



Living with Cancer Resources & Support

September 2023

Published by The Harry J. Duffey Family Patient & Family Services Program
Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital

If you have a printed copy of this newsletter and would like an electronic copy with web links to the resources, please call 410-502-1500 or 410-955-8934.

September Cancer Awareness



[Childhood Cancer](#), although [rare](#), is the leading cause of disease-related death past infancy in children and adolescents.

[Leukemia and Lymphoma](#) are types of blood cancers. Free virtual [blood cancer conference](#) with Leukemia & Lymphoma Society – Sat, Sept 9, 2023.

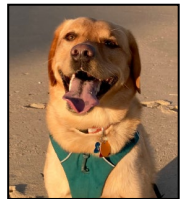
[Gynecologic](#), including [hereditary](#) breast and ovarian, starts in a woman’s reproductive organs.

[Prostate](#) cancer is one of the most common cancers among men, with some men being at higher risk.

[Thyroid cancer](#) starts in the thyroid gland, which makes hormones that help regulate your metabolism, heart rate, blood pressure and body temperature.

Therapy Dog Study

If you receive treatment in the John Hopkins Skip Viragh Outpatient Building, and would like to be part of a study about effects of therapy dog interactions on anxiety – call 410-502-0830, or [email Jack Parker](#) for more info.



[Free Blood Cancer Conference](#) - Virtual

Sat, Sept 9, 2023
11:30am-3:30pm (EST)

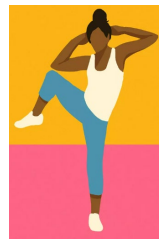


Check out [agenda](#), [speakers](#) and [registration](#) form.

[Better Health after Breast Cancer with Physical Activity](#) - Free Webinar

Wed, Sept 13, 7:00-8:15pm

Meet [Dr. Jenni Sheng](#) & [Michelle Stravitz](#) and learn about the science behind the benefits of exercise for survivors and identify some fun exercise options and achievable goals. Register [online](#). Sponsored by JH SKCCC National Capital Region [Center for Patient & Family Services](#)



[Managing Stress: how stress affects you and ways to cope](#) – a free resource from [LLS](#)

This booklet (and [others](#)) can be [downloaded](#) or ordered from Leukemia & Lymphoma Society.

We are here to help!

Short term counseling, advanced directive consultation, spiritual support & other resources.

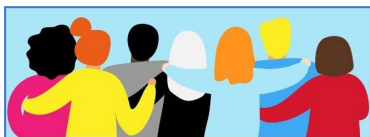
Call 410-955-8934

**The Harry J. Duffey
Patient & Family Services Program**

Licensed clinical social workers, chaplains, housing resources, support and guidance during your treatment.

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editors.

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**Johns Hopkins
Kimmel Cancer
Center / [National
Capital Region](#)**

offers free, diagnosis-specific support groups, yoga, meditation and more – these are *free and open to all*. Plus, many are virtual (by Zoom).

Email CancerSupportNCR@jhmi.edu for info.

A speech-language pathologist leads a monthly [SPOHNC](#) support group via Zoom for people with oral and head and neck cancer. [Click](#) for more info.

[Johns Hopkins Breast Health Services](#) offers support groups led by patient navigators, specifically for [early stage](#) young women, those with [metastatic](#) cancer and [early stage over 50](#).

SAVE THE DATE – Wed, Oct 25 – 12noon-1:30 pm
Living with Cancer: Self-Care & Survival - webinar
Topics include exercise and integrative therapies.

Looking for Support?

For information from our Cancer Support Colleagues who provide support groups and other programs at **no charge**, many of which are now being offered remotely, in person or a hybrid:



[Wellness House](#) of Annapolis – 410-990-0941

admin@annapoliswellnesshouse.org

[Hope Connections](#) – 301-634-7500

info@hopeconnectionsforcancer.org

[HopeWell Cancer Support](#) – 410-832-2719

info@hopewellcancersupport.org

[Sign up](#) to receive *HopeWell Happenings* newsletter!

[Smith Center](#) for Healing and the Arts – 202-483-8600

info@smithcenter.org – check out their [calendar](#).

[Cancer Support Community Washington, D.C.](#) – [Contact](#) online, or call Rachel at 202-659-9709, ext 4698

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center
[Email](#) Chris or call 410-740-5858

[Ulman Foundation](#) – 410-964-0202 - [Email](#) - resources online & in person for young adults and adolescents

If you would like to receive LWC in your email inbox each month, scan this QR code or call 410-502-1500 to sign up!



**TRIAGE
CANCER**

Medicare 101

Wednesday, September 13, 2023
11:30am-1:30pm (EST) – **FREE**

Presenter: [Amanda Goodstadt, Esq.](#), Staff Attorney

Learn about the different “parts” of Medicare, including supplemental plans and open enrollment. [Register now](#).

Medicine for the Greater Good

[Dr. Panagis Galiatsatos](#) and his guests host a [Zoom](#) call on **Fridays at 11 am**, on a variety of community topics, including COVID vaccine updates, mental health advancements, cancer screenings, & aging! [Email mgg@jhmi.edu](mailto:mgg@jhmi.edu) for link.



[CancerCare](#) – for helpful resources, info, online groups
[National Comprehensive Cancer Network](#) – patient and caregiver resources by topic, in various languages
[PanCAN](#) – Pancreatic Cancer Action Network – free info and one-on-one support to patients & caregivers
[National Brain Tumor Society](#) – [info](#) and [support](#)
[Triage Cancer](#) *tiene varios recursos disponibles en Español* as well as in [English](#) – videos, webinars, guides – on many different topics affecting you and your life
[American Cancer Society](#) – Call for support through “online chat” or by phone 1-800-227-2345, as well as resources and materials to download.

[Leukemia & Lymphoma Society](#) offers [peer support](#) as well as other resources, including a one-time [\\$100 stipend](#) to cover non-medical expenses and [Survivorship Workbooks](#) to download (or order) for free.

[Greenberg Bladder Institute](#) at Johns Hopkins offers [recordings](#) of past “virtual grand rounds” as well as educational monthly sessions for [women only](#). On Sept 18 at 4:00-5:30pm, the topic will be “Hearing the Female Voice & Pushing the Boundaries of Healthcare,” with speaker Dr. Marisa Clifton. [Email](#) to register.

[Image Recovery Centers](#) - Call 410-502-5623 or [email](#) if your appearance has been affected by treatment.

[Click](#) on the link to request a **free peer-mentor match**. The [staff](#) will respond to your needs and/or preferences and will follow each match for the duration. Caregivers can also [request a match](#), as well as those who are curious about the experience of being in a [clinical trial](#).

**CANCER
HOPE
NETWORK**