



Living with Cancer Resources & Support

April 2023

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

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

April Cancer Awareness

- [Esophageal](#)
- [Head and Neck](#)
- [Testicular](#)



Esophageal Cancer Awareness Event

Tuesday, April 11 – 10am-3pm
In Person and Live Stream



Sponsored by the Johns Hopkins Division of Thoracic Surgery, featuring speakers and educational sessions. For more info and/or to register, [email](#) or call Leslie Ricks at 443-889-1121.



[SPOHNC](#) is a support for those with oral and head and neck cancer. They offer resources, info, a blog and newsletter. [Email](#) to learn more about the Baltimore chapter and support opportunities in the area, or call 1-800-377-0928.

Art Therapy & Cancer Survivorship

Tuesdays, April 1-May 9, 5:00-6:30pm
Zoom – For more info, email [Pam Goetz](#).



Join Art Therapist [Sarah Jones](#) and [Pam Goetz](#) for six weekly sessions to help ground & creatively explore your inner artist, whether you're in treatment or beyond. No art experience necessary.



Your Johns Hopkins Kimmel Cancer team can assist you to complete an advance directive, allowing you

to decide who you want to make health care decisions for you if you are unable to do so yourself. You can also use it to say what kinds of treatments you do or don't want, especially the treatments often used in a medical emergency or near the end of a person's life. Visit our tables in Weinberg and Viragh (in Baltimore) on **April 14**, or call 410-955-8934 for more info.

You may also download [your state's document](#) and find [tips](#) for talking about your care wishes with your family or medical team.

[Balancing Remote Work & Cancer](#)



Wed, April 19, 1:00pm ET
Scott Sinclair, speaker

This free webinar will explore the challenges of working remotely, including techniques to effectively communicate your needs with your boss and your co-workers while working remotely. [Click](#) for more info & to sign-up.

You may also sign up to receive Cancer and Careers newsletter and explore the website for many more helpful [resources](#), plus a free [resume review](#) service!

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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 (Zoom). [Click](#) the link or [email](#) our colleagues at [Sibley](#) and Suburban to find out more!

The [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](#). The Johns Hopkins speech-language [pathologist](#) leads a monthly group for people with Oral, Head and Neck cancer. *Click the links for more info.*

Looking for Support?

For information from our Cancer Support Colleagues who provide support groups and other programs at **no charge**:



[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 [March](#) programs.

[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

We are here to help!

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

Call 410-955-8934

The Harry J. Duffey Patient & Family Services Program

To submit announcements or for have questions, please [email](#) the LWC Newsletter editors or call 410-955-8934.

[Effective Communication](#)

**with Your Healthcare Team:
What You Need to Know**

Monday, April 17, 6:30-7:30pm
Brennan Streck, PhD, RN, MPH



[Email](#) the [Smith Center](#) for Healing & the Arts to register. This Zoom class is **free** and open to all.



Cancer and Sleep

Monday, April 3, 1:00-2:00pm
Donna Yaffe, PhD, Speaker

You will get practical tips on how to address sleep difficulties, a common struggle for those living with cancer. This *HopeWell Happenings* online event is open to all – [email](#) or call **410-832-2719** to sign up.

Bereavement support resources

Have you lost a loved one to cancer?

Some Zoom options are: A [monthly program](#) through **Smith Center** (April 5, 1:00-2:30 pm), a [bi-monthly group](#) (1st & 3rd Monday, 10 am-11:30 am) with **Wellness House**, and a [weekly group](#) (Tuesdays, 6:30-7:30 pm) with **Hope Connections**.



**Are you a caregiver of
someone with leukemia,
myeloma or lymphoma?**



You may order a free copy of The Caregiver Workbook (also in Spanish) and tote by calling [The Leukemia & Lymphoma Society](#) at 800-955-4572 (Mon-Fri, 9a-9p).

[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
[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](#) – for support through “online chat” or by phone 1-800-227-2345, as well as resources and materials to download