



# Living with Cancer Resources & Support

## July 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.*

### July Cancer Awareness:

#### [Sarcoma & Bone Cancer](#)

This rare group of cancers occur when malignant cells form in the bones or soft tissues of the body, such as cartilage, fat, muscle, blood vessels, tendons, nerves or around joints. Learn about resources, research & treatment centers from [Sarcoma Foundation of America](#), including at Johns Hopkins [Kimmel Cancer Center](#).



**You are a Survivor ...**  
*... from the day of your diagnosis!*

All of us at Johns Hopkins [SKCCC](#) celebrate you and your care partners with a video created by our staff, which you can view with a single [click!](#)

#### **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.

### Peer-to-Peer Support Really Helps!

Peer support, in person or by telephone/Zoom, lets you exchange information *and* find a listening ear and encouragement from someone who has “been there”. A number of trusted, proven peer support programs are available to you, including these:

- ✓ [Cancer Hope Network](#)
- ✓ [American Cancer Society](#)®
- ✓ [Colorectal Cancer Alliance](#)
- ✓ [Friend for Life](#)
- ✓ [Imerman Angels](#)
- ✓ [Leukemia & Lymphoma Society](#)®
- ✓ [Lung Cancer Alliance Phone Buddy Program](#)
- ✓ [PanCAN – Pancreatic Cancer Action Network](#)
- ✓ [Woman to Woman](#) - Johns Hopkins GYN Oncology
- ✓ [Claudia Mayer/Tina Broccolino](#) Resource Center, Johns Hopkins Howard County Medical Center



### [Balancing Work & Cancer: Self-Care](#)



**Wednesday, July 12, 2023  
1:00pm-2:00pm – FREE!**

Between doctor visits, treatment sessions and work, we often neglect self-care. This session will not only present the benefits of self-care but will also provide practical suggestions as you seek to better care for yourself.

[Register](#) for free.

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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). [Click here](#) or email [CancerSupportNCR@jhmi.edu](mailto:CancerSupportNCR@jhmi.edu) to find out more!

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](#).

### 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](mailto:admin@annapoliswellnesshouse.org)

[Hope Connections](#) – 301-634-7500  
[info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org)

[HopeWell Cancer Support](#) – 410-832-2719  
[info@hopewellcancersupport.org](mailto:info@hopewellcancersupport.org)  
[Sign up](#) to receive *HopeWell Happenings* newsletter!

[Smith Center](#) for Healing and the Arts – 202-483-8600  
[info@smithcenter.org](mailto:info@smithcenter.org) – check out [July](#) programs, both remote and in person.

[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 received this newsletter from a friend and would like to sign up to get it sent monthly to your email inbox, call 410-502-1500 or scan this QR code for the sign up form!



### [Image Recovery Centers](#)® ...

... were founded by a [survivor](#) for survivors, to help anyone whose appearance and self-esteem are affected while undergoing treatment. Each Center also offers fittings for wigs and post-mastectomy products and accepts most insurance plans for eligible products. [Email](#) for more information, or check for nearby [locations](#), such as [Johns Hopkins](#).

### Struggling to Sleep?

The [National Sleep Foundation](#) website has some excellent tips and resources on sleep topics and issues.



### [TRIAGE CANCER](#) [Engaging in Self-Advocacy](#)

Wednesday, July 26, 2023  
1:00pm-2:30pm (EST)

This free webinar will empower self-advocates! Get tips for collecting medical records, talking with health care teams, applying for benefits, filing appeals, navigating work and cancer, and more! [Register now](#).

[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](#) – 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](#).

Happy [July 4<sup>th</sup>](#)  
to you and  
yours!



Independence Day