

JOHNS HOPKINS MEDICINE  
THE KELLY GYNECOLOGIC ONCOLOGY SERVICE  
SUSAN L. BURGERT, MD GYNECOLOGIC SURVIVORSHIP PROGRAM  
SURVIVOR and CAREGIVER RESOURCE GUIDE\*

Facebook: Johns Hopkins Kelly Gynecologic Oncology Service

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[www.johnshopkinsmedicine.org/gynonc](http://www.johnshopkinsmedicine.org/gynonc)

## Career Support:

### Cancer and Careers

<https://www.cancerandcareers.org/>

Cancer and Careers is dedicated to empowering and educating people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events.

## Caregiver Support:

### Caregiver Action Network

<http://caregiveraction.org>

Caregiver Action Network is the nation's leading family **caregiver** organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

### CaringBridge

[www.caringbridge.org](http://www.caringbridge.org)

Caring Bridge offers a free website with all the tools **patients or caregivers** need to keep your family and friends updated during a difficult time.

### CaringOn

[www.Caringon.org](http://www.Caringon.org)

CaringOn provides a way for **patients** with advanced cancer to say "thank you" to their primary **caregiver**.

### Jack's Caregiver Coalition

<https://www.jacks caregiverco.org/>

Improving the way guys think, feel, and act through every phase of their caregiving journey.

## Chemotherapy support:

<http://chemocare.com/default.aspx>

Chemotherapy Drug Information, Side Effects, Health and Wellness, and Resources for cancer patients and caregivers before, during and after cancer treatment.

## Cleaning Services:

### Cleaning for a Reason

[www.cleaningforareason.org](http://www.cleaningforareason.org)

Cleaning for a Reason is a nonprofit organization that serves all the United States and Canada. Their mission is to give the gift of free house cleaning to women undergoing treatment for any type of cancer. Their goal is to let these brave and strong women focus on health and treatment while Cleaning for a Reason focuses on, and takes away the worry and work of, cleaning their homes – free of charge.

## Hotels:

### 1840's Carrollton Inn

[www.1840plaza.com](http://www.1840plaza.com)

1840's Carrollton Inn is located 1 mile from Johns Hopkins Hospital. The Inn offers discounted rates, flexible check-in and check out times (when available), transportation arrangements, complimentary upgrades (when available), modified breakfast menu for dietary restrictions, in-room breakfast service, early morning to-go breakfast options. Please mention any special requests before your stay so they can plan for them (including transportation).

### Lord Baltimore Hotel

[www.lordbaltimorehotel.com](http://www.lordbaltimorehotel.com)

410-539-8400

Lord Baltimore Hotel is a newly renovated, historic downtown property offering luxurious accommodations at an incredible value. It houses 428 spectacular guestrooms and suites and features three signature dining outlets. Johns Hopkins special offer of \$99 Patient/Patient Related includes; continental breakfast, complimentary self-parking, complimentary high-speed Wi-Fi, and transportation to and from Johns Hopkins Hospital.

### Residence Inn by Marriott - Johns Hopkins Medical Campus

**443-524-8400**

Located at the 800 block of Wolfe Street. The hotel provides discounted rates for Hopkins Patients and AAA members. The hotel provides shuttles to the hospital.

### Staybridge Suites – Inner Harbor

410-624-7333

Located at 17 Commerce Street, Staybridge Suites offers a kitchen in every room, free hot breakfast, free laundry, is one block from the inner harbor and is less than a mile from JHH. To book, please contact directly at 410.624.7333 for the \$79 medical rate.

## **National Cancer Organizations:**

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Information about all cancers, guidelines, resources and on-line support. American Cancer Society has a program to help with transportation to and from cancer treatments. The site provides information for both the **patient and the caregiver**.

### **American Society of Clinical Oncology (ASCO)**

[www.cancer.net](http://www.cancer.net)

Trusted, compassionate information for people with cancer and their families and caregivers, from the ASCO, the voice of the world's cancer physicians and oncology professionals.

### **Foundation for Women's Cancer**

[www.foundationforwomenscancer.org](http://www.foundationforwomenscancer.org)

A nonprofit organization dedicated to increasing public awareness of gynecologic cancer risk awareness, prevention, early detection and optimal treatment.

### **National Cancer Institute**

[www.cancer.gov](http://www.cancer.gov)

The National Cancer Institute (NCI) is part of the National Institutes of Health, which is one of eleven agencies that are part of the U.S. Department of Health and Human Services. The NCI coordinates the United States National Cancer Program and conducts and supports research, clinical trials, training, health information dissemination, and other activities related to the causes, prevention, diagnosis, and treatment of cancer; the supportive care of cancer patients and their families; and cancer survivorship.

### **National Coalition for Cancer Survivorship**

[www.canceradvocacy.org](http://www.canceradvocacy.org)

NCSS advocates for quality cancer for all individuals touched by cancer.

### **National Hospice and Palliative Care Organization (NHPCO)**

[www.nhpco.org](http://www.nhpco.org)

The NHPCO is the oldest and largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. The organization is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in American and their loved ones.

### **National Ovarian Cancer Coalition**

[www.ovarian.org](http://www.ovarian.org)

National non-profit has information about ovarian cancer, events, and more resources on their website. NOCC has chapters in central Maryland, Frederick, Maryland and the DC Metro area.

DC Metro

[dcmetro@ovarian.org](mailto:dcmetro@ovarian.org)

571.234.5231

Central Maryland

[centralmd@ovarian.org](mailto:centralmd@ovarian.org)

443-569-4651

Frederick, Maryland

[frederick@ovarian.org](mailto:frederick@ovarian.org)

301-788-5348

## Retreats:

### **Camp Mak – a – Dream**

[www.campdream.org](http://www.campdream.org)

An adult retreat for ages 21 plus. In the Fall and Spring they have an ovarian cancer survivor retreat and in the fall a retreat for all women's cancers. They do have travel scholarships for first timers.

### **Dream Foundation**

[www.dreamfoundation.org](http://www.dreamfoundation.org)

Serving terminally-ill adults and their families by providing end-of-life Dreams that offer inspiration, comfort, and closure.

### **Mary's Place by the Sea**

[www.marysplacebythesea.org](http://www.marysplacebythesea.org)

Mary's Place by the Sea is a home for women who are receiving treatment for cancer. We provide services that complement their medical treatment, including oncology massage, nutrition education, individual counseling, Reiki, guided meditation, expressive writing, and yoga. Mary's Place by the Sea is not a medical facility with medical staff. They offer integrative services to women with cancer and provide rest and support during this challenging time in their lives. They are empowered with knowledge that will aid them on their road to healing.

## Health and Wellness:

### **Claudia Mayer/Tina Broccolino Cancer Resource Center**

[http://www.hopkinsmedicine.org/howard\\_county\\_general\\_hospital/services/cancer/claudia\\_mayer\\_cancer\\_resource\\_center](http://www.hopkinsmedicine.org/howard_county_general_hospital/services/cancer/claudia_mayer_cancer_resource_center)

The Claudia Mayer/Tina Broccolino Cancer Resource Center at Howard County General hospital is a place to find hope, help and support for anyone diagnosed with cancer. Offering free counseling, support groups, mindfulness classes as well as practical and esthetic supplies such as wigs, hats and scarves. Also offering Integrative Health services such as massage, acupuncture and nutritional counseling (fee for service). Located at 11065 Little Patuxent Parkway, Suite 150, Columbia, Maryland. Center hours are M-F 9-5. Wig consultations by appointment.

### **Headspace**

[www.headspace.com](http://www.headspace.com)

A free meditation app that teaches you how to meditate and live mindfully.

### **HealthWell Foundation**

<http://healthwellfoundation.org>

The HealthWell Foundation is a non-profit organization committed to addressing the needs of individuals with insurance who cannot afford their copayments, coinsurance, and premiums for important medical treatments. 1-800-675-8416

### **Image Recovery**

**410-502-5623**

Image Recovery Center is located in both the Skip Viragh Cancer Center and the first floor of the Weinberg building. The image recovery program founded in a sincere desire to help individuals of all ages whose appearance and self-esteem are affected while undergoing treatment from illness such as cancer.

### **Johns Hopkins Integrative Medicine and Digestive Center**

[www.johnshopkinsmedicine.org/integrative\\_medicine\\_digestive\\_center](http://www.johnshopkinsmedicine.org/integrative_medicine_digestive_center)

The Johns Hopkins Integrative Medicine and Digestive Center team of practitioners, including board-certified physicians, licensed massage therapists, acupuncturists, psychotherapists, and nutritionists, work closely with patients and their healthcare providers to address a variety of chronic conditions using an individualized approach. These services are offered in conjunction with the best of Hopkins' cutting-edge research to provide patients with all the latest treatment options.

### **Johns Hopkins Pelvic Floor Physical Therapists**

**443-997-5476**

Johns Hopkins pelvic floor physical therapists help patients with a variety of pelvic floor issues related to pregnancy, aging, cancer, lifestyle and other factors. They work with patients of all ages and genders, and offer several convenient clinic locations in the Baltimore area through the Johns Hopkins Rehabilitation Network. The team includes several certified women's health physical therapists, as well as therapists with specialized training in neurology, oncology, pediatrics, and other related fields.

### **Memorial Sloan Kettering Cancer Center Herbal Dictionary**

[www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs](http://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs)

Determining whether herbs, vitamins, and other over-the-counter dietary supplements would be helpful or harmful to you can be challenging. Will a substance work as the label states it will? It is likely to interact with your cancer medicines? Is it worth the cost? Memorial Sloan Kettering Cancer Center's

About Herbs Database, a tool for the public as well as healthcare professionals, can help you figure out the value of using common herbs and other dietary supplements.

### **Smith Center for Healing and the Art**

[www.smithcenter.org](http://www.smithcenter.org)

202-483.8600

Offers cooking and nutrition classes, creativity workshops, therapeutic yog and qigong, and on-day retreats all tailored to the needs of those living with **cancer and their caregivers**. Also offers a program for newly diagnosed patients called “Navigating Cancer: Charting your Journey” that will provide skills to help people make choices and navigate their way through the cancer experience.

## **Legal Support:**

### **Cancer Legal Resource Center**

<http://cancerlegalresources.org/>

Since its founding in 1997, DRLC’s Cancer Legal Resource Center (CLRC) remains unique, providing invaluable cancer-related legal information and resources to people nationwide. The success of the Center’s work is reflected in the enormous need for the information it provides. Throughout its 15-year history, CLRC has served more than one-half million people through its Telephone Assistance Line, conferences, seminars, workshops, education and outreach programs, and other cancer community activities. Unfortunately, a cancer diagnosis may carry with it a variety of legal issues, including insurance appeals, employment rights and leave time, access to health care and government benefits, and estate planning. These legal issues can cause people unnecessary worry, confusion and stress, and can be overwhelming. When these legal issues are not addressed, people may find that although they have lived through treatment, they have lost their homes, jobs or insurance coverage. Although it should not take legal resources to access health care, understand insurance options or preserve one’s job, it frequently does. To contact the Center, please call (866) THE-CLRC.

### **Patient Advocate Foundation**

<http://www.patientadvocate.org/>

The Patient Advocate Foundation provides effective mediation and arbitration services to patients to remove obstacles to healthcare including medical debt crisis, insurance access issues and employment issues for patients with chronic, debilitating and life-threatening illnesses.

### **Triage Cancer**

[www.triagecancer.org](http://www.triagecancer.org)

Triage Cancer is a national, non-profit organization that provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers, through events, materials, and resources.

## **Meditation:**

### **Calm**

Calm is an app for meditation and relaxation. Their mission is to make the world happier and healthier. To check out free resources, as well as their extensive list of support, check out [www.calm.com](http://www.calm.com)

### **Headspace**

Headspace is an application available online so that you can experience the benefits of meditation anytime, anywhere. Headspace has one mission: to improve the health and happiness of the world. You can try Headspace for yourself and learn the essentials of meditation and mindfulness with their free basic course.

## **Ostomy Support:**

### **Ostobeauties**

[www.Ostobeauties.com](http://www.Ostobeauties.com)

An organization to support individuals who have experienced difficult life altering medical conditions, which have caused them to be permanently left with ostomies.

### **United Ostomy Association**

[www.ostomy.org](http://www.ostomy.org)

(UOAA) is a 501(3)© nonprofit organization that supports, empowers, and advocates for people who have had or people who will have ostomy or continent diversion surgery.

## **Support Groups/Centers:**

### **Cancer Care**

[www.cancercare.org](http://www.cancercare.org)

Counseling, Support Groups, Education, and Financial Assistance for **patients and caregivers**.

### **Cervivor**

[www.cervivor.org](http://www.cervivor.org)

Cervivor is a community, a learning tool, an advocacy resource, and an online retreat for healing, connecting, and thriving.

### **Hope Connections for Cancer Support**

[www.hopeconnectionsforcancer.org](http://www.hopeconnectionsforcancer.org)

301-493-5002

Hope Connections is located in Bethesda, Maryland and provides emotional, physical, and social support for people with cancer and their families.

### **Hopewell Cancer Support**

<http://www.hopewellcancersupport.org/>

Hopewell's mission is to create a community for all people with cancer, their families and friends, which encourages an exchange of information, the development of a support system and the presence of hope. Hopewell offers a variety of programs such as; mind, body, spirit programs, educational presentations, expressive arts programs and support groups.

### **Imerman Angels**

[www.inermanangels.org](http://www.inermanangels.org)

Imerman Angels mission is to provide personalized connections that enable one-on-one support among **cancer fighters, survivors, and caregivers.**

### **Inspire**

[www.inspire.com](http://www.inspire.com)

A community where members are sharing and learning about their medical conditions, treatment, and support.

### **MetaCancer**

[www.metacancer.org](http://www.metacancer.org)

The MetaCancer Foundation provides resources and support for metastatic **cancer survivors and their caregivers.** MetaCancer encourages dialogue among those with metastatic disease to share common psychological and emotional bonds and realities.

### **MyLifeline.org**

<http://www.mylifeline.org/>

MyLifeLine.org empowers cancer patients and caregivers to build an online support community of family and friends to foster connection, inspiration, and healing through free, personalized websites.

MyLifeline.org provides resources for specific cancer types, patient and caregiver insights, financial assistance, emotional support, nutrition, and more.

### **Ovarian Cancer Research Alliance**

Ovarian Cancer Research Alliance (OCRA) is the leading organization in the world fighting ovarian cancer from all fronts, including in the lab and on Capital Hill, while supporting women and their families.

OCRA's mission is to cure ovarian cancer, advocate for patients, and support survivors.

The OCRA Woman to Woman program is a program that pairs gynecologic cancer patients with trained Volunteer Mentors who provide one-on-one emotional support and mentoring. W2W also promotes education and self-advocacy for women in treatment, as well as for their partners, families, and other

caregivers. Johns Hopkins Kelly Gyencologic Oncology has a thriving Woman to Woman Program and also participates in the national program.

[www.ocrahope.org](http://www.ocrahope.org)

212-268-1002

#### **Smart Patients**

[www.smartpatients.com](http://www.smartpatients.com)

An online community where patients and their families learn from each other.

#### **Smart Patient Care**

[www.11health.com](http://www.11health.com)

Helping people living with medical bags by combining peer-to-peer lifestyle education and support with SmartBags that collect patient generated data for preventative care.

#### **Wellness House of Annapolis**

[www.Annapoliswellnesshouse.org](http://www.Annapoliswellnesshouse.org)

Wellness House of Annapolis provides support, education, and services to help individuals and families who have been touched by cancer recover their health and well-being in a home like environment.

## **Young Adult Support:**

[www.firstdescents.org](http://www.firstdescents.org)

First Descents provides life-changing outdoor adventures for young adults (ages 18-39) impacted by cancer.

#### **Ulman Foundation**

[www.Ulmanfoundation.org](http://www.Ulmanfoundation.org)

The Ulman Foundation changes lives by creating a community of support for young adults (15-39), and their loved ones impacted by cancer.

**\*Important Disclaimer: This list constitutes neither an accreditation nor an endorsement by Johns Hopkins Medicine or any of its affiliates. Consult with your healthcare providers before undertaking an exercise program. Be informed and ask questions about a provider's experience in their field.**

9/25/2020