



Living with Cancer Resources & Support

April 2021

[The Harry J. Duffey Family Patient and Family Services Program](#)

410-955-8934

Looking for a Support Group?

Our Cancer Support colleagues offer virtual support groups for [men](#), women, young people, caregivers, [newly diagnosed](#), [advanced cancer](#), readers, [knitters](#), and by [disease group](#)! Click the links for info about these & more!



Saturday, April 17
9:30am-1:30pm
Free Registration
[The Leukemia & Lymphoma Society](#)

Click for [agenda](#), [speakers](#), topics and [sign up](#) form!

For information from our Cancer Support Colleagues who provide wonderful **programs at no charge**:

[Wellness House](#) of Annapolis – 410-990-0941
admin@annapoliswellnesshouse.org

[Hope Connections](#) – 240-714-4744
info@hopeconnectionsforcancer.org

[HopeWell Cancer Support](#) – 410-832-2719
info@hopewellcancersupport.org

[Smith Center](#) for Healing and the Arts – 202-483-8600
info@smithcenter.org

Healthcare Decisions Day



[National Healthcare Decisions Day](#)

educates and empowers all people about the importance of advance care planning! The question is: Who will make medical decisions for you if you are unable? This is your chance to decide today – in advance! A [Health Care Advance Directive](#) allows you to name the decision-maker of your choice. This **free** gift is available to all!

Call **410-955-8934** today to speak with a **social worker** about an [advance directive](#), living will and selecting a health care agent – today! You also can find the forms for your [state](#).

MONEY MATTERS



Financial Advocates are the ready to speak to you at [CCCSMD](#), a non-profit group that offers counsel on debt repayment solutions, as well as access to free web-based [workshops](#) on a variety of topics, including “[Managing Finances in Uncertain Times](#)” on April 16 at 12:00-1:00 pm, [scams](#) (April 15), [how to understand your credit report](#) (April 8), [budgeting](#) (April 7), [buying a home](#) (April 6) and understanding your [rental rights](#) (April 5). Check the [CCCSMD website](#), or call 1-800-642-2227.



JHH Survivorship Highlight
[The Susan L. Burgert, M.D. Gynecologic Oncology Survivorship Program](#)

The Kelly Gynecologic Oncology Service has a library of [videos](#) on YouTube, where you will also meet members of the Kelly team. On the GYN Onc [Survivorship webpage](#) you will see upcoming events, including a book club and sessions on “movement” options.



[Register](#) for the virtual run/walk as an individual or part of a team – **Sunday, June 6** at 8:00 am – entry fee is \$40.

Know Your Rights!

Free [webinar](#) on April 7, 1:00 pm - 2:30 pm

Learn how the Americans with Disabilities Act (ADA) and Family Medical Leave Act (FMLA) can be useful to those coping with cancer. Explore ways to [take off time](#) if you have with cancer or serve as a caregiver for someone with cancer. Sponsored by [Triage Cancer](#), who provide free resources on practical & legal issues you may face.

Mind * Body * Soul

How about [virtual sessions](#) at a variety of times: Gentle Stretch or Yoga, weekly prayer circle, meditation and mindfulness for stress reduction. Ever wanted to try [Pilates](#), [Tai Chi](#) or [Energy Balancing](#) – here is your chance to explore. (Each organization can confirm that your class is offered virtually and will lead you through the required sign up process.)

What’s cookin’?

April 7, 7pm-8pm – [Nutrition and Cancer](#): Sorting Out Fact and Fiction, Led by Mary-Eve Brown, Clinical Dietician & [Anna Beavis](#), MD

April 26, 1pm-2pm – [“Sugar Blues”](#): Why do we crave sugar? How does it affect our mood and health? Led by Tina Hinchman, Health Coach & Integrative Nutritionist



[“How to Cancer” Videos](#) will give you some great tips on being your own advocate, telling your friends & family you have cancer, scans to expect along the way – and other topics still to come! Subscribe with one click!

These wonderful short videos are from our [Epic Experience](#) colleagues, who also sponsor free camp experiences for “survivors, thrivers and caregiver”s – [offered](#) by Zoom. Check out [Sweat City Fitness](#), a free online demand exercise program they sponsor as well!

Claudia Mayer/Tina Broccolino Cancer Resource Center in Howard County offers financial grants for those interested in special services for cancer patients, including nutritional counseling, yoga, acupuncture and massage.



The Resource Center also offer virtual support groups on a drop-in and ongoing basis for survivors and caregivers, including young adults as well as those with GYN and breast cancer. [Email](#) or call **Chris at 410-740-5858** for more information.

For the Creative You!

April [7](#), [14](#), [21](#), [28](#), 3:00-4:30 pm
Knitting on the Couch



Knitting can be a respite from one’s worries, be a lovely way to pass the time, and reduce stress. Sometimes referred to as the “new yoga” – [knitting is good for you!](#) Beginners and experienced knitters are welcome to this Zoom class. Register by clicking on the link or email Carla@smithcenter.org to register!

Online Information (click web link)

[Lacuna Loft](#) – young adult support + resources – no matter where you are – wide range of timely topics
[Ulman Fund for Young Adults](#) – [guidebook](#), social media, resources (including [scholarships](#)), [Q&A](#)
[CancerCare](#) – for helpful resources, info, online groups
[Leukemia & Lymphoma Society](#) – news, updates, chat
[National Comprehensive Cancer Network](#) –patient and caregiver resources by topic, in various languages