



Living with Cancer Resources & Support

March 2021

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

410-955-8934

Virtual Support Groups!

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

Mind * Body * Soul

How about classes via YouTube!? HopeWell Cancer Support offers an array of choices in their [Video library](#) as well as virtual. Or 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.)

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

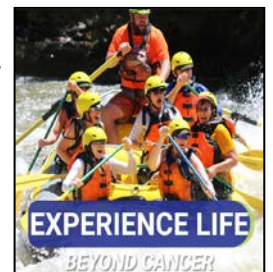
[HopeWell Cancer Support](#) – 410-832-2719
info@hopewellcancersupport.org

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

[CANCER CAMP FOR SURVIVORS](#) ages 18+

Ever thought of camping in Colorado – virtually?! Although the [Epic Experience](#) cannot offer free in-person camping at this time, they do offer [virtual camps](#) every week (including a campfire chat!) for cancer survivors, thrivers and caregivers. They also offer 30-minute [low impact training classes](#) – as well as yoga with DeEtta, an Urban Zen Integrative Therapist™ - all free of charge!

Check out their [website](#) for details. Listen to their podcasts on [Apple](#) and [Spotify](#) – you can also reach out to info@epicexperience.org for more info.



MONEY MATTERS



Financial Advocates are 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](#)” (Mar 4 & 23), [scams](#), how to understand your credit report, [budgeting](#), buying a home (also in [Spanish](#)) or understanding your [rental rights](#).

Check the CCCSMD [website](#), or call 1-800-642-2227.

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JHH Support Group Highlight [SPOHNC](#) – Support for People with Oral and Head and Neck Cancer

[Kimberly Webster](#), MA, MS, an experienced speech language pathologist and assistant professor in the Johns Hopkins Dept of Otolaryngology-Head and Neck Surgery, has led this support group for many years, along with survivor Dwayne Arehart - now via [Zoom](#) on the 2nd Wednesday of each month, from 6:30-7:30 pm. For more information, call Kim at **410-955-1176**.

What's cookin'?

March 10, 3pm-4pm – [Meal Planning Tips](#)

Presented by: Emily Bozzell, RD, CSO, LDN, CNSC

March 27, 10:30-12 noon

[One Pot, One Bowl Meals](#)



Spring is coming and the weather will be warming up! To spend more time outdoors, you will learn how to make some one-pot meals to save time on prep and clean-up – Laura Pole, RN, MSN, Chef leading. Click on this [link](#) or email carla@smithcenter.org to register.

Recursos en Espanol

Spanish Resources

[Triage Cancer](#) tiene varios recursos disponibles en *espanol* as well as in [English](#) – videos, webinars, guides – on many different topics affecting you and your life.

[Nueva Vida Grupo de Apoyo](#) (new life support group for Latina women with cancer) meets weekly from 9am-12n online, and includes movement, activities and a support group. Click the link to register ... and share the link with your friends for whom Spanish is preferred.

Who Helps You Make Medical Decisions?

Who will make medical decisions for you in the event you are unable to do so? Have you prepared a [Health Care Power of Attorney](#) and named a Health Care Agent? Call **410-955-8934** to speak with a **social worker** about an [advance directive](#), living will and selecting a health care agent. They can also help you access the forms for your [state](#).

For the Creative You!

March 18, 5:30-7:00 pm (\$15)

[The Art of Doodling](#)



This monthly Thursday group lets you explore doodling, which is spontaneous, uncensored drawing! Doodling can help us process our emotions, alleviate stress and develop new possibilities for creative expression. You will be joined by artist and sculptor Liz Lescault.

March 25, 1:00-2:15 pm

[Listen Like a Poet](#)



If you're a good listener, people will trust you with their stories. Poet Ravenna Raven from [The Good Listening Project](#) will share tips about how to start and continue a conversation with a stranger ... and create a poem for them, and she will invite you to try it yourself!

March 16, 23 & 30, 6:00-7:30 pm

Give Your Voice Life after Death: [An Ethical Will Writing Workshop](#)

A typical will is about property you leave behind. What about the intangible parts of you that you hope your loved ones will always remember?

In this 3-part workshop you will create your own non-legal "ethical will" – also known as a legacy letter, love will, or life letter. The workshop will include writing exercises, discussion, reflective practices and practical info. People in all ages and stages are welcome. Led by Mindy Brodsky, LCSWA.

NOTE: For these 3 workshops, click on the course title above 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, live chat, community support, financial support options
[National Comprehensive Cancer Network](#) – patient and caregiver resources by topic, in various languages