



# Living with Cancer Resources & Support

May 2021

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

410-955-8934

## Don't miss the newsletter!

[Sign-Up](#) for Cancer-related survivorship programs and resources! Each month you will receive this newsletter and possibly other great opportunities to participate in programming provided by SKCCC and local organizations!

## Programs for Children!

A cancer diagnosis in the family is a critical juncture in a young person's life! Since 1995 [HopeWell Cancer Support](#) has offered programs for families with children aged 5 and over, including support groups for teens and yoga for families. Call 410-832-2719 or [email](#) for more info.



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

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

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

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

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

[Claudia Mayer/Tina Broccolino Cancer Resource Center](#) – [Email](#) Chris or call 410-740-5858.

## A Gift to your Family ...

A [Health Care Advance Directive](#) allows you to name the decision-maker of your choice in the event you cannot make your own decisions about medical treatment. 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 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”](#) [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.

## 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!



## JHH Survivorship Highlight

### [SKCCC Breast Cancer Program](#)

The amazing [team](#) of doctors and nurses are nationally recognized as among the best of the best! They will support your treatment goals and [survivorship](#) every step of the way, at various clinics in the Baltimore/D.C. [area](#). Nurses, social workers, navigators and others are available through SKCCC, and stand ready to be there for you. [Email Elizabeth](#) for more information.

### [A Doctor's Perspective on Survivorship](#)

Monday, [May 10](#), 6:30-7:30 pm

Drs. Melinda Hsu & Joseph Murray



Ever wanted to have an informal dialogue with an oncologist about their views on survivorship? Take this opportunity to join respected & beloved Johns Hopkins providers via Zoom. [RSVP](#) or [email](#) for more info.

### **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](#) is a support group for Latina women with cancer, and meets online weekly from 9am-12n on Saturday - includes movement, activities and a discussion. Click the link to register or call Claudia at 202-223-9100.

### **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 weekly [Energy Balancing](#) – here is your chance to explore. (Each will lead you through the required sign up process.)

**Free EPIC Experience Virtual [Cancer Camp](#)** for Survivors, Thrivers and Caregivers 18+ Free virtual camps every week, including campfire chat.

<https://www.epicexperience.org/virtual-camps/>

## Doors Opening!

[Wellness House](#) in Annapolis is opening its doors to members (join for free) **by appointment** -- including up to 6 free counseling sessions for those impacted by cancer – including family members – with a licensed clinical social worker. Other services such as massage, reiki and support groups are also being scheduled. Call Kris at 410-990-0941 or [email](#) for information and/or inquire about appointments.



## For the Creative You!

May 18, 6:30 - 8:15 pm (\$10)

### [Learn to See More: Endurance, Living on the Edge with Perseverance](#)



Join artist Renee Sandell as she uses her Balanced Way of Seeing method to explore layers of meaning in Frida Kahlo's 1932 self-portrait. Reflecting on moments when we need perseverance and bravery, you will rediscover sources of endurance necessary for the times. Register by [clicking](#), or email [Carla@smithcenter.org](mailto:Carla@smithcenter.org) to register!

## Online Information (click web link)

[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



[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.