



Living with Cancer Resources & Support

August 2021

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

410-955-8934



Twitter.com/hopkinskimmel
Instagram.com/hopkinskimmel
Fb.com/hopkinskimmel
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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!

There is a virtual / online group for [“cancer at midlife”](#) (ages 40-60) for someone who may be balancing multiple roles – cancer, career, parenting, caregiving for aging relatives. Call Amy at 410-964-2212 (x1122) for info.

For information from our Cancer Support Colleagues who provide amazing **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 – Featured programs for [June](#).

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

[What’s Legal About Cancer](#)

August 18, 2021, 6:30 pm – 8:00 pm

Sponsored by [Triage Cancer](#)



Need information about the various cancer-related legal issues that may impact you, including employment, insurance and managing finances? Worried about taking time off, losing income, health insurance, managing medical bills? This [free webinar](#) may be for you!

[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.



[Mindful Minutes](#)

Andrea Gottlieb, PhD

On demand via YouTube

This series of very brief videos that will bring you a little breath of fresh air from the staff of Sheppard Pratt! In each video an expert will share strategies and mindfulness exercises to help you be present in the moment.

[Hypnosis](#) for Symptom Reduction

Thursday, August 5, 10:30 am-11:30 am

[Hope Connections](#) in Bethesda MD



Certified hypnotherapist Don Pelles will teach self-hypnosis techniques that will assist you to feel better. Call 410-832-2719 for more information about this monthly offering.

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!

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Want to Know More about Acupuncture?

The [Integrative Medicine](#) program at Green Spring offers this 5,000 year old therapy for many common illnesses, including alleviation of side effects of radiation and chemotherapy. They also offer massage therapy and nutritional consults!

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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.)

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MONEY MATTERS



Financial Advocates are the ready to speak to you at the non-profit [CCCSMD](#), offering counsel on debt repayment solutions and access to free web-based workshops on many topics, such as "[Managing Finances in Uncertain Times](#)" (August 19). See [CCCSMD website](#), or call 1-800-642-2227.

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[Morning Gratitude](#) with Rabbi Dana Saroken

Monday - Friday @ 8:45 am



Join Rabbi Dana, Rabbi Ben Shalva or Cantor Melanie Blatt and a loving, caring community for a bit of prayer, song, gratitude, Torah and intention setting each day. For info, call 410-580-5160 or check out [The Soul Center](#) website.

[Caregiving for a Loved One](#) with Lymphoma

August 19, 2021, 2:00 pm – 3:00 pm (EST)

Dr. Thomas Habermann & Chris Zavadowski



This webinar will give an overview of lymphoma, as well as practical tips on talking with your medical team, managing stress, and coping as a caregiver.

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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](#).

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[Tips from Former Smokers](#)[®]

It's never too late to quit smoking – for your health and the health of those around you! This website has great resources, including videos, free texts, plans, an app, and social support – as well as many other resources.



[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

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Counseling for your Wellness!

[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. Call Kris at 410-990-0941 or [email](#) for information and/or appointments.