



Living with Cancer Resources & Support

September 2021

[The Harry J. Duffey Family Patient and Family Services Program](#)
410-955-8934



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Blood Cancer Conference
Saturday, September 18, 2021
11:30 am - 3:30 pm (EST)

Sponsored by [The Leukemia & Lymphoma Society](#), this conference will feature Dr. Thomas Kipps, Dr. Alvaro Jose Alencar, Dr. Brandon Blue, Dr. Jonathon B. Cohen, Dr. Lucy A. Godley and others. All are welcome – patients, caregivers, family and friends. Questions? Call 1-800-955-4572.

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

Basics of Medicare

September 15, 2021, 1:00 – 2:30 pm
Sponsored by [Triage Cancer](#)

This [free webinar](#) will cover the basics of the Medicare system – the different parts, financial assistance options, enrollment periods. For health care professionals and others.

[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.

Relaxation & Tranquility Fridays

1st & 3rd Friday, 11:30 am-12:30 pm
[Hope Connections](#) in Bethesda MD



Let your body feel relaxation and your mind experience tranquility. These sessions are led by Larry Bricker, a Reiki Master. Join us and you will learn techniques to minimize pain, reduce stress and increase feelings of wellness! Email info@hopeconnectionsforcancer.org for more information or learn about other programs.

Virtual SKCCC Survivorship Conference 2021

Every Thursday in October, 12 noon – 12:45 pm
Free to all!

The four topics will include Sexual Wellness, Cancer and Careers, Eating for your Health, and Life beyond Cancer (Epic Experience). For more information call or [email](#) Jessie Sullivan at 410-955-8934.

Don't miss the newsletter!

[Sign-Up](#) for Cancer-related survivorship programs and resources! Each month you will receive info about 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 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](#)" (Sept 15); [Budgeting](#) (Sept 21); and [Fair Housing](#), Know Your Rights (Sept 24). For "[First Time Homebuyers](#)" a 6 hour webinar, completely free, will be on Sept 11. 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.

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](#), [head and neck](#) cancer, and by [disease group](#)! Click the links for info about these & more!

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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.

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[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.

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[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