



Living with Cancer Resources & Support

October 2021

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

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Virtual SKCCC Survivorship Conference 2021 **Surviving and Thriving: Mind, Body & Spirit**

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

October 7 – Relationship Dynamics: Survivor & Caregivers Journey (led by Colin Ferro of [Epic Experience](#))

October 14 – Sexual Health: An Important Aspect of Quality of Life (led by [Sage Bolte](#), PhD, LCSW)

October 21 – Balancing Work and Life (led by Nicole Jarvis, LMSW)

October 28 – Eating Well (led by Emma Slattery, RD)

[Click here](#) to register -- or go to <https://bit.ly/SurvivorshipConference2021>
You may also call or [email](#) Jessie at 410-955-8934.
You will receive a Zoom link prior to the class.

We are here to help!
Call 410-955-8934 to speak with your Social Worker about Medicare Open Enrollment.
The Harry J. Duffey Family Services Program

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Don't miss this 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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Medicare Open Enrollment Only **Happens Once a Year!** **Medicare Prescription Drug Plan (Part D)** **October 15 – December 7, 2021**

Medicare Advantage Plans, Medicare Part D, Medicare Prescription Savings plans (SDAP), Medicare Help ((QMB/SLMB)

You can also **join** or **switch** Medicare Prescription Drug Plans. [Click](#) or call 1-800-633-4227 for info or assistance.

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You may be eligible for Extra Help with Part D premiums, deductibles & co-pays. Is your income at or below \$19,140/year (or \$25,860 for a married couple)? Do you have limited resources? You may be able to apply for "Extra Help". If you are a senior in Maryland and need prescription drug assistance, visit www.marylandspdap.com or call 1-800-551-5995.

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Maryland Health Connection **Open Enrollment** **November 1 – December 15, 2021**

Private health plans & Maryland Medical Assistance

For enrollment help, please call your local State Health Insurance Assistance Program (SHIP) at 1-800-243-3425 – coverage to begin January 1, 2022.

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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 link 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](#) (Oct 5); [Budgeting](#) (Oct 12); and [Fair Housing](#) (Oct 21), [Know Your Rights](#) (Oct 27). To rent or to buy? [Intro to Homeownership](#) (Oct 20) and [Intro to Renting](#) (Oct 13). For more offerings, see CCCSMD [website](#). You can also call 1-800-642-2227 to speak to a Financial Advocate.

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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. You can also sign up for their email newsletter.

The Alvin & Lois Lapidus Center for Healing & Spirituality at Beth El Congregation (Baltimore MD)

[Understanding Health Insurance](#)

October 14, 2021, 1:00 – 2:30 pm (EST)

Sponsored by [Triage Cancer](#)



This [free webinar](#) will explore how to choose and use your health insurance. You will learn about the various health-care and health insurance options for individuals diagnosed with cancer, how you can choose between plan options, and the appeal process.

[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.

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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 gift is available to all!*



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

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[Radical Writing Space](#)

October 8, 2021, 11am-12 noon

On the 2nd Friday of each month, drop in (virtually) for one hour and join in for inspiring writing prompts, time to write, and to time to share safe space with others, about your experience of putting your most radical emotions, feelings, and experiences on paper. Led by Kiersten Gallagher and Mindy Brodsky, LCSWA, sponsored by [Smith Center for Healing and the Arts](#).

Email carla@smithcenter.org to register and receive the Zoom link.

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

Cancer Center Chaplaincy News!

Chaplain Moira Bucciarelli has joined the Kimmel Cancer Center Team – providing interfaith spiritual and religious support in the outpatient clinics in Weinberg, Viragh, Bayview and Green Spring! She can be [emailed](#), or call her office at 443-287-2900.

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

Online Resources

[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
[Ulman Fund for Young Adults](#) – [guidebook](#), social media, resources (including [scholarships](#)), [Q&A](#)



Twitter.com/[hopkinskimmel](#)
Instagram.com/[hopkinskimmel](#)
Fb.com/[hopkinskimmel](#)
YouTube.com/[hopkinskimmel](#)



[Relaxation & Tranquility Fridays](#)

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

Email info@hopeconnectionsforcancer.org for info.

[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.



[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.

Make Yourself at Home at [Gilda's Club](#)!!



Gilda's website has an amazing offer of resources, telephone and [online](#) support, [recipes](#), videos, [mind-body](#), and a variety of helpful videos.

Programs for Children!

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 info.



[Epic Experience](#) offers [week-long adventure](#) camps in Colorado for adults (18+) cancer survivors and thrivers. Click above link to apply!

They also offer [free low impact training classes](#) – online and virtual!