



# Living with Cancer Resources & Support

## December 2021

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

### [Tips for Healthy Holiday Eating](#)

Thur, Dec 16, 2021 – 1:00 – 2:00 pm

Mandy Katz, MS, RD, Speaker



Just in time for the end of year holidays, join in to hear Mandy Katz, the instore nutritionist for one of the local grocery stores! She will provide tips for how to make your traditional favorites with a healthy twist! [Click](#) to register & receive the link from [HopeWell Cancer Support](#).

### Transportation for Treatment!



The American Cancer Society has awarded a gift – and only until **December 31, 2021** – for transportation to your Cancer Center treatment in Weinberg, Viragh & Bayview.

Please call us **410-955-6549!**



We will ask for your name, JH Orange Card number, pick up address, treatment location, and date/time of your appointment.

**“Chemobrain”** – *Understanding and Coping with Breast Cancer-Related Cognitive Changes*

Tues, Dec 7, 2021 – 1:00 – 2:00 pm EST

Ashley Henneghan, PhD, RN, FAAN

[Click](#) to register, receive link and/or [ask question](#).

### Medicare Open Enrollment Medicare Prescription Drug Plan (Part D) Only until 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.

You may be eligible for **Extra Help** with Part D premiums, deductibles & co-pays. Check [www.marylandspdap.com](http://www.marylandspdap.com) or call 1-800-551-5995 if you are a Maryland senior and need prescription assistance.

We are here to help!  
Call **410-955-8934** to speak with your Social Worker about Medicare Open Enrollment.

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Patient & Family Services Program

### Maryland Health Connection Open Enrollment Only until 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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### 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, including:

[Budgeting](#) (Dec 1)

[Managing Finances in Uncertain Times](#) (Dec 9)

[Fair Housing](#) (Dec 10),

[Foreclosure Prevention](#) (Dec 13)

For more offerings, see CCCSMD [website](#), or call 1-800-642-2227 to speak to a Financial Advocate.

### [Coping with Cancer during the Holidays](#)

[Click for tips](#) from [CancerCare](#), a great online resource for helpful information and support.



[Wit, Wine & Wisdom](#): *Navigating life's transitions through soulful conversation and spiritual wisdom*

**January 13, 2022, 7:30 pm – Virtual**

Rabbi Dana Saroken & Bruce Feiler, author  
Sponsored by [The Soul Center](#)

[Register](#) for this free program and hear Rabbi Dana and Mr. Feiler, one of America's most thoughtful voices on contemporary life. Author and speaker, his [TED](#) talks have been viewed more than 2 million times!

### [Warning Signs for Pancreatic Cancer](#)

**December 14, 2021, 7:00pm**

Dr. Anne Marie Lennon



Sponsored by [A Woman's Journey](#), this free webcast has been announced, as well as others in 2022. [Click](#) to register.

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

### Mindfulness Winter Resources

- 2-minute Guided [Meditation](#)
- [Mindful Coloring](#) tips

Take a break with [Neda Gould](#), PhD  
Director of the Johns Hopkins  
Mindfulness Program



### 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](#)

[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.

For information from our Cancer Support  
Colleagues who provide 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) – see programs for [December](#)

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

### Looking for Support?

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!