



# ***Living with Cancer Resources & Support***

## **November 2021**

**[The Harry J. Duffey Family Patient and Family Services Program](http://www.hopkinsmedicine.org/hopkinskimmel)**  
**410-955-8934**

### **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.

### **Transportation for Treatment!**

The American Cancer Society has awarded a grant and only available until December 31, 2021, if you need transportation to your treatment in the Cancer Center: Weinberg, Viragh or Bayview.



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

Be prepared to give us your name, JH Orange Card number, pick up address, treatment location and date/time of your appointment.



Twitter.com/hopkinskimmel  
Instagram.com/hopkinskimmel  
Fb.com/hopkinskimmel  
YouTube.com/hopkinskimmel

### **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.

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](http://www.marylandspdap.com) or call 1-800-551-5995.

**We are here to help!**

**Call 410-955-8934 to speak with your Social Worker about Medicare Open Enrollment.**

**The Harry J. Duffey Patient and Family Services Program**

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### MONEY MATTERS ....



Financial Advocates are ready to speak to you at the non-profit [CCC\\$MD](#), offering counsel on debt repayment solutions and access to free web-based workshops on many topics, including:

[Managing Finances in Uncertain Times](#) (Nov 12);

[Budgeting](#) (Nov 9)

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

[Foreclosure Prevention](#) (Nov 23)

To rent or to buy? That can be a big question! Check out [Intro to Homeownership](#) (Nov 11) and [Intro to Renting](#) (Nov 29). For more offerings, see CCC\$MD [website](#), or you can call 1-800-642-2227 to speak to a Financial Advocate.

### [Make Ahead Holiday Recipes that Nourish Your Body & Soul](#)

November 11, 2021, 2:00–3:30 pm (EST)

Sponsored by [Triage Cancer](#)



This [free webinar](#) will explore holiday recipes that can be made ahead. You will also learn about the nutritional benefits of traditional holiday ingredients and how to promote a healthy relationship with food during the holidays! You will also have the chance to ask questions in real time via the chat-box.

[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.

### [Sexual Health After a Breast Cancer Diagnosis](#)

Wed, Nov 17, 2021 – 12:00 noon – 1:00 pm

Sharon Bober, PhD, Speaker

Sponsored by The JHH Breast Cancer Program, this free online class will feature Sharon Bober from Harvard Medical School, the founder and director of the Sexual Health Program. To register or questions? [Click](#) here.

## 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!

### [Conversations that Matter: Timely Webcasts](#)



Sponsored by [A Woman's Journey](#), free webcasts have been announced, including December 14 – “Warning Signs for Pancreatic Cancer,” and others for 2022 – all happen on the 2<sup>nd</sup> Tuesday of each month from 7:00 – 8:00 pm. [Click](#) to register.

## 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](#)

For information from our Cancer Support Colleagues who provide amazing **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) – Programs updated monthly

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

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