



# Living with Cancer Resources & Support

March 2022 – Spring into a new season!

The Harry J. Duffey Family Patient and Family Services Program

**410-955-8934**



## Cancer Survivorship Series (5 pm-6:30 pm)

This **free**, 6-week series via Zoom will provide education to aid in recovery and taking steps to wellness. Free one-on-one consultations will also be offered with a certified health coach.

**March 2:** Introduction to Survivorship/ Health Coaching

**March 9:** Healthy Eating and Lifestyle after Cancer

**March 16:** Stress Management & Resilience through Mind-Body Practices

**March 23:** Safe Exercise Principles / Lymphedema Education

**March 30:** Sexual Health, Follow-up Care and More

**April 6:** Improving Psychosocial Well-being

For more information and to register, email [Pam Goetz](mailto:Pam.Goetz@jhmi.edu) or call 202-243-2320. (Participants are expected to attend all sessions.)

### We are here to help!

Short term counseling, advanced directive consultation, spiritual support, & resources.

**Call 410-955-8934**

### The Harry J. Duffey

### Patient & Family Services Program

Licensed clinical social workers, chaplains, and housing resources for support and guidance.



- **Good Nutrition for Cancer Care**  
(March 2, from 6:30-7:30 pm)
  - A registered dietitian will discuss ways to prepare for and cope with the challenges of active treatment and healthier habits afterwards.
  - Register [here!](#)
- **Food & Friends Webinar**  
(March 16, from 2:00-3:00 pm via Zoom)
  - Grace, one of Food & Friends' community dietitians, will respond to frequently asked questions on nutrition and cancer.
- **Breast Cancer Symposium Update**  
(March 30, 6:30-7:30 pm via Zoom)
  - Dr. Karen Smith is a medical oncologist at the Kimmel Cancer Center at Sibley Memorial.
- **Prostate Cancer Support Group**  
(3rd Monday of every month)
  - Email [Janet B. Connors](mailto:Janet.B.Connors@jhmi.edu) or call 301-896-6837
- **SPOHNC**  
(Monthly Zoom, March 9 at 6:30pm)
  - Support for people with oral & head/neck cancer
  - Call Kim Webster for more info – 410-955-1176

# Living with Cancer Resources & Support

## March 2022

### Monthly Breast Cancer Support Groups

The Johns Hopkins  
Breast Cancer Program

- ❖ [Early Stage Young Breast Cancer](#)
- ❖ [Metastatic Breast Cancer Group](#)
- ❖ [Early Stage Over 50](#)

Three different monthly Zoom groups to meet your need as a breast cancer survivor! Click on the support group of your choice to email facilitator, or to receive weekly program updates by email!

### Buying a Home?



Interested in buying a home? [Register](#) for a **FREE** homeownership education webinar, March 5, 2022 (9am – 3pm), that will cover:

- The home buying process
- Overcoming barriers to homeownership
- Budgeting
- Credit
- Upfront and ongoing costs
- Advantages and challenges of homeownership

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

### Spiritual Support for You!

Johns Hopkins Outpatient Chaplain Moira Bucciarelli will meet with you during clinic or infusion at JHH Weinberg, Viragh, Green Spring or Bayview! Ask your nurse or provider to page her or call her at 443-287-2900.



[Epic Experience Beyond Cancer](#) offers **free** online low impact [exercise classes](#) Tuesday and Thursday 3:00-3:30pm (ET).



Low impact is designed for those who want to improve their fitness level without feeling overwhelmed. A chair (and a wall) are useful for supported exercises. You can do it! Register [here](#).



If you are **not** signed up to receive this LWC monthly newsletter, use the QR Reader on your Smart Phone or Tablet to scan and [register](#). Call 410-955-8934 for assistance.

### Financial Wellbeing Webinar Series



[CCCSMD](#) offers a series of unique and **FREE** web-based financial literacy [workshops](#) all through March. Directed towards increasing the economic strength of communities and individuals. Go to the [website](#) to learn more about the different workshops offered.

### Helpful 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 espanol* as well as in [English](#) – videos, webinars, guides – on many different topics affecting you and your life.  
[Nancy's List](#) has a helpful list of [integrative modalities](#) with brief definitions. You can also find a sampling of [financial resources](#).

### Cancer Support Colleagues and Programs

[Wellness House](#) of Annapolis – 410-990-0941  
[admin@annapoliswellnesshouse.org](mailto:admin@annapoliswellnesshouse.org)  
*Also offers free, short-term counseling to members*  
[Hope Connections](#) – 240-292-6757  
[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)  
[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center  
– [Email](#) Chris or call 410-740-5858.