



Living with Cancer Resources & Support

April 2022

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Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital



Dragon Boat Club

Check out the dragon boat teams in your area!

This is a fun way to stay fit and connect with other survivors. Plus, being a team member will provide a low impact cardiovascular workout. Click on the links below to find more information about a club near you!

- o [Baltimore Dragon Boat Club](#) at Tide Point Marina.
- o [Annapolis Dragon Boat Club](#)
- o [Washington DC Dragon Boat Club](#)



Free Blood Cancer Conference

April 2, 2022 - 9:30am-1:30pm

Sponsored by the [Leukemia and Lymphoma Society](#), the conference

is for patients, survivors, caregivers and healthcare professionals. Online [registration](#) is required.

Chemo Brain

Coping with the cognitive impact of cancer treatment

Wed, April 13

6:30-7:30 pm

Online workshop!

[Tracy D. Vannorsdall, PhD](#), is in the Departments of Psychiatry and Neurology at Johns Hopkins and a great speaker - on a subject she has studied extensively.

[Email](#) HopeWell Cancer Support to register!



National Health Care Decisions Day

National Health Care Decisions Day is dedicated to inform and educate all adults about planning ahead for a health care emergency. A great way to do this is by completing an [advance directive](#).

An Advance Directive lets you decide who will speak for you if you are unable to speak for yourself. If you are unconscious, or too sick to make your wishes known, your voice will be heard through this document. You get to pick the person you trust with your life, sometimes known as a “medical decision maker” or “health care proxy”.

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

We are here to help!

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

Call 410-955-8934 or [click to Email](#)

The Harry J. Duffey Patient & Family Services Program

Licensed clinical social workers, chaplains, and housing resources during your treatment, support and guidance.

Financial Wellbeing Webinar Series



CCCSMD offers a series of unique and **FREE** web-based financial literacy [workshops](#) during April, all to help increase the economic strength of communities and individuals. Click here, on [workshops](#), to learn more about the different topics offered.

Caregiver's Support Group

Online - April 4 – 6:00-7:30pm

Meets the first Monday of each month



Being a caregiver can be both an honor and a challenge! This monthly support group provides caregivers the opportunity to share their journey with other caregivers. For more information, call 410-990-0941 or email [Wellness House](#) for details.

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 español* 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, and you can also find a sampling of [financial resources](#).

Cancer Support Colleagues

- [Wellness House](#) of Annapolis – Call 410-990-0941
admin@annapoliswellnesshouse.org
(Offers free, short-term counseling to members)
- [Hope Connections](#) – Call 240-292-6757
info@hopeconnectionsforcancer.org
- [HopeWell Cancer Support](#) – Call 410-832-2719
info@hopewellcancersupport.org
- [Smith Center](#) for Healing & the Arts –
Call 202-483-8600 or email info@smithcenter.org

Our Cancer Support colleagues also offer free **virtual support groups** for everyone!



[CancerCare](#), in collaboration with Association of Oncology Social Workers, offers **free** telephone and online workshops on a variety of cancer-related topics for patients, survivors and caregivers! All workshops are from **1:30 – 2:30 pm**; click on workshop to register.

- **April 1** - [Acute Myeloid Leukemia](#) (AML): Treatment Updates
- **April 4** - [New Perspectives in the Treatment of Advanced Skin Cancer: Advanced Basal Cell and Squamous Cell Cancers](#)
- **April 5** - [For Caregivers: Coping with a Loved One's Metastatic Prostate Cancer](#)
- **April 7** - [Coping with the Stresses of Caregiving When Your Loved One Has Mantle Cell Lymphoma](#)
- **April 14** - [Renal Cell Cancer: Treatment Advances](#)
- **April 21** - Adult [Glioblastoma: Treatment Updates](#)
- **April 22** - [Emerging Treatments for Metastatic Melanoma](#)
- **April 26** - [Adjusting to Your Blood Cancer Treatment Over Time: Challenges and Opportunities](#)
- **April 28** - [Life with Graft vs. Host Disease \(GVHD\) Post Allogeneic Stem Cell or Bone Marrow Transplantation: New Treatment Approaches](#)

For details and to register, please click on above links, visit [CancerCare](#) or call 800-813-HOPE (4673).

April Cancer Awareness!

- [National Esophageal Cancer Awareness Month](#)
- [National Oral, Head, and Neck Cancer Awareness Month](#)
- National [Young Adult Cancer Awareness Month](#)
- [Testicular Cancer Awareness Month](#)



“Kick Butts Day” – April 1

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.