



# Living with Cancer Resources & Support

## September 2022

Published by The Harry J. Duffey Family Patient and Family Services Program  
Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital  
*If you are reading a printed copy of this newsletter and would like an electronic copy with direct web links to many of the resources, please call 410-502-1500.*

### Monthly Awareness

- [Leukemia & Lymphoma](#)
- [Ovarian](#) Cancer
- [Prostate](#) Cancer
- [Thyroid](#) Cancer
- [Uterine](#) Cancer
- [Childhood Cancer](#)



According to [Centers for Disease Control](#), over 89,000 women are diagnosed with gynecological cancers each year, including ovarian, cervical and uterine cancers. [Prostate cancer](#) is the most common non-skin cancer diagnosed in men. [Leukemia](#) and [lymphoma](#) are both cancers that affect the blood or bone marrow.

*Learn more by clicking on the links above!*

### Some 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  
[PanCAN](#) – Pancreatic Cancer Action Network – free info and one-on-one support to patients & caregivers  
[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.



**2022 Free Family Caregivers Walk**  
Baltimore Canton Waterfront Park,  
3001 Boston Street  
Sat, Sept 24 – 10am-12:30pm

Sponsored by [Johns Hopkins Bayview](#) & Baltimore City Health Dept. [Sign up](#) or call 443-604-9896 for more info.



You can read about free **2022 webinars** (and register in advance) by clicking on each offering:

Sept 14: [Communicating Effectively Part 1](#)

Oct 5: [Communicating Effectively Part 2](#)

Sept 20 & 27, Oct 4 & 11: [Pregúntale a los Expertos](#)

Nov 2: [Balancing Remote Work & Cancer](#)

Dec 7: [Balancing Work & Caregiving](#)

*Sign up to receive **Cancer and Careers** newsletter and explore the website for many more helpful [resources](#), including a free [resume review](#) service!*

**Save the Date!** *The Body, Mind & Spirit Survivors Conference Zoom webinar will be **Wed, Oct 26, from 12 noon - 1:30 pm**, featuring speakers about sleep issues, living with uncertainty and replenishing hope.*

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**“Wow, I thought I was the only one who felt this way....”**

If you have a felt a certain way, others likely have as well. Many **free virtual support and networking groups** exist --

for [men](#), women, young people, [caregivers](#), [newly diagnosed](#), [advanced cancer](#), readers, those interested in [energy balancing](#), [Qigong](#), [head and neck](#) cancer, and by [disease group](#)!

The virtual groups sponsored by [HopeWell Cancer Support](#) and [Hope Connections](#) are led by licensed clinical social workers, for those with blood cancer, under age 40, caregivers, couples, metastatic breast and ovarian cancers, advanced cancer, bereavement, caregivers, newly diagnosed, men’s, young adults, bladder, blood cancers, GI cancers, post treatment.

The Johns Hopkins Breast Cancer Program also sponsors support groups led by patient navigators: [Early stage](#) young women, those with [metastatic](#) cancer & [early stage over 50](#). Click the links for info about all these opportunities to find support and encouragement.

## Looking for Support?

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](#) – 301-634-7500

[info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org)

[HopeWell Cancer Support](#) – 410-832-2719

[info@hopewellcancersupport.org](mailto:info@hopewellcancersupport.org)

[Sign up](#) to receive *HopeWell Happenings* newsletter!

[Smith Center](#) for Healing and the Arts – 202-483-8600

[info@smithcenter.org](mailto:info@smithcenter.org) – see programs for [August](#)

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center

[Email](#) Chris or call 410-740-5858

[Ulman Foundation](#) – 410-964-0202 - [Email](#) - resources online & in person for young adults and adolescents

**Difficult conversations?** Most of us are OK talking about **Life**, although many of us shy away from **Death & Dying** Conversations. Join Dr. Anna Maria Izquierdo, a palliative care doctor with [Care for Your Health, Inc.](#), on **Wed, Sept 14, 6:30-7:30 pm** for a Zoom conversation about end-of-life care. [Email](#) or call Stephanie Stern at [Hope Connections](#) (301-634-7500) for more information.

[PanCAN](#) is an excellent source of info about pancreatic cancer. Their [patient services](#) and resources are free, and the staff will respond to your questions.



[Connect](#) with a Survivor & Caregiver Network **volunteer**. You can [email](#) or call 877-272-6226 to speak with a case manager Mon -Fri, 10am-8pm EST, to be matched with a volunteer or offer to be a volunteer!



## Talking to Kids About Cancer Mon, Sept 26, 7:00-8:00 pm

Join Lindsey Wise, LCSW-C & Paula Ernst, MSW, as they

explore what children understand and experience at different ages, tips for having a good conversation, resources for helping your child thrive through this time, and more! To register for a Zoom link, [email](#) Stephanie Stern at [Hope Connections](#).

## Financial Wellbeing Webinar Series



[CCCSMD](#) offers a series of unique and **FREE** web-based financial literacy [workshops](#) year-round. Check out the [CCCSMD website](#) or call 1-800-642-2227 to speak to a Financial Advocate, including a **free counseling session** if you are struggling with debt management or budgeting.



## Yoga Nidra with [Evangeline “Jamila” Keita](#) Wed, Sept 14, 7:00-8:15 pm – via Zoom

Yoga Nidra is a guided meditation practice that helps to relax the mind and body by doing “nothing” – one hour of yoga may be equal to four hours of sleep due to the relaxation it provides. Please call 410-832-2710 or [email](#) [HopeWell Cancer Support](#) to register.

## We are here to help!

Short term counseling, advanced directive consultation, spiritual & emotional support and guidance

**Call 410-955-8934**

## The Harry J. Duffey

### Patient & Family Services Program

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

Click this [link](#) or call 410-955-8934 to submit info for *Living with Cancer* - or if you have questions for the editors!