



Living with Cancer Resources & Support

October 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 the resources, please call 410-502-1500 or 410-955-8934.)

Monthly Awareness

- [Liver Cancer](#)
- [Breast Cancer](#)
- [Hospice & Palliative Care](#)



The liver is the largest internal organ in the body and plays a key role in digestion. Sometimes cancer begins in the liver; other times the cancer spreads from another place in the body.

[Click](#) to join the walk/run *Making Strides Against Breast Cancer* – **Sat, Oct 22, 9am** – Camden Yards.

DETAILS FOR OCTOBER 26, 2022 SURVIVORSHIP WEBINAR (MIND – BODY - SPIRIT) ATTACHED!

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.

cure20 2023 Calendar Contest – click for more information – deadline is **October 17**. **12 artists will be featured in the 2023 CURE calendar.**

Oncology Peer Mentor Program



This wonderful new program is being facilitated by the Claudia Mayer/Tina Broccolino Cancer Resource Center at Howard County General Hospital. For more information, please contact [Chris Miller](#), MS, LCPC, OPN-CG, by calling 410-740-5858.

Side Effects of Breast Cancer Endocrine Therapy



Thur, Oct 6, – 5:00 pm via Zoom

Wen Shen, MD, Johns Hopkins Medicine

Trouble sleeping? Hot flashes? Weight gain? Intimacy concerns? Dr. Shen, a JHH gynecologist, Co-Director of the Women's Wellness & Healthy Aging Program, will speak. For info or to register, [email](#) Women's Wellness.

Epigenetics and Breast Cancer: How Environment and Behavior Affect Treatment

Tue, October 18, 7:00-8:00 pm via Zoom

Eneda Toska, PhD, MS,
Kimmel Cancer Center at Johns Hopkins



If you've ever wondered how the environment shapes the behavior of cancer cells and impacts health outcomes, you will want to join via Zoom for this talk by a Hopkins cancer researcher. Register by clicking [here](#) – to receive a Zoom link, or [email](#) Pam Goetz for more info.

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"If only I had someone to talk to...."

The many different virtual groups sponsored by

[HopeWell Cancer Support](#) and [Hope Connections](#), are led by licensed clinical social workers. A Johns Hopkins speech-language pathologist leads a [monthly group](#) for people with oral head and neck cancer. The Johns Hopkins Breast Cancer Program 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 these opportunities to find "a listening ear".

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

[Hope Connections](#) – 301-634-7500

info@hopeconnectionsforcancer.org

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

info@hopewellcancersupport.org

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

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

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



[Suicide & Crisis Lifeline](#)

Provided 24/7, this free and confidential support to people in suicidal crisis or behavioral-health related distress. Just dial **988** – yes, just three numbers – and press 1 for veteran assistance or 2 for Spanish. Otherwise, just hold the line for a live person.

[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 also email patientservices@pancan.org (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 volunteer yourself!

Diagnosing Cancer Early

Tue, October 11, 7:00-8:00 pm



Elliot Fishman, M.D.

Dr. Fishman, a Johns Hopkins radiologist, reveals how computerized tomography (often called CT or CAT) will revolutionize our ability to diagnose cancer during its early stages. [Register](#) free for this presentation sponsored by JH A Woman's Journey.



Living Healthy – Eat Better and Move More!

Tue, Oct 18, 6:00-7:00 pm - Webinar

The 20-minute webinar will be followed by a 40-minute Q & A, with the opportunity to "chat" with our Community Health Educators. Go to [SKCCC Community Outreach and Engagement](#) to register and see other webinars.

We are here to help!

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

Call 410-955-8934

The Harry J. Duffey

Patient & Family Services Program

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

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editors by clicking this [link](#) - or call 410-955-8934.

DETAILS FOR OCTOBER 26, 2022 WEBINAR - ATTACHED!



10th Annual Survivorship Program

Surviving & Thriving: Mind, Body & Spirit

A **FREE** virtual event for patients & caregivers

Wednesday, October 26, 2022
12 noon – 1:30 PM

Online Webinar
Log in from your own home!



Dr. William Nelson

Director, Sidney Kimmel
Comprehensive Cancer Center
at Johns Hopkins
Professor of Oncology

Dr. Nelson invites
you to join our
Survivorship Webinar
and learn from our
informative and
enlightening guest
speakers.

This free annual
program is designed to
address your unique
needs as a cancer
survivor or caregiver.
Make plans now
to join us!

Mental health matters! This **FREE** online webinar will address relevant topics to support your emotional well-being. You can participate in the comfort of your own home or office by connecting through your electronic device or listening to the audio with your phone.

Guest Speakers

- "Coping in the Midst of Uncertainty," Laura Hoofing, ARPN-PMH
Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins
- "When Sleep Won't Come," Jessica Pam Engle, DO
Johns Hopkins Physical Medicine and Rehabilitation
- "Hope, Resilience & the Life of the Spirit," Wayman Scott, MTS, MS,
LGPC, Gilchrist/GBMC Healthcare



Click [here](#) to register or call 410-955-8934

Hosted by

The Harry J. Duffey Family Patient and Family Services Program

We are here to assist and support you, providing practical, emotional and spiritual support to survivors and caregivers. This includes help with resources and short term housing needs during treatment.

For more information, check the website by clicking [here](#).

You become a cancer survivor the day of your diagnosis.



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Surviving & Thriving: Living with Cancer Webinar – October 26, 2022



Coping in the Midst of Uncertainty, led by Laura Hoofring, APRN-PMH
Psychiatric Nurse Liaison
Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins

Living with uncertainty during and after treatment is a reality that every person affected by cancer knows, including the care partners of the one being treated. Laura is a well-known and well-loved team member in the Cancer Center. She has expertise about living with the anxiety of the present as well as the future - during and after treatment.



When Sleep Won't Come, led by Jessica Pam Engle, DO
Assistant Professor of Physical Medicine and Rehabilitation
Johns Hopkins Medicine

Dr. Engle, a physician specializing in cancer rehabilitation, uses a multidisciplinary approach to treat the whole patient through the cancer care continuum. She recognizes the value of "good sleep" and will address the relationship between fatigue, sleep hygiene and exercise. Please join us to hear her advice and guidance "when sleep won't come."



Hope, Resilience, & the Spiritual Life, led by Wayman Scott, MTS, MS, LGPC
Associate Director of Diversity, Equity, Inclusion and Community Relations
Gilchrist/GBMC Healthcare

Hope has long been regarded as the fuel for resilience and an integral component of the spiritual life. Wayman will share his perspective as one who has worked in pastoral counseling in the healthcare and hospice settings. In his present role at Gilchrist he leads by hope as well as faith that individuals can change and grow during all the seasons of their lives.



To register click [here](#) or go to hopkins.org/survivorship For
information call: 410-955-8934



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