



Living with Cancer Resources & Support

November 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

- [Lung Cancer](#)
- [Pancreatic Cancer](#)
- [Carcinoid Cancer](#)
- [Stomach Cancer](#)



Medicare Open Enrollment for 2023

Only happens once a year & until December 7, 2022!
Medicare Advantage Plans, Medicare Part D, Medicare Help (QMB/SLMB) & Medicare Rx Savings plans (SDAP).

Maryland Health Connection Open Enrollment
November 1, 2022 – January 15, 2023
Private Health Plans & Maryland Medical Assistance

If you need info or assistance to begin or change your health insurance or Medicare plan, call us at 410-955-8934. Social workers are here to help you!



A [great resource](#) for practical & legal issues that arise after diagnosis for patients & [caregivers!](#)

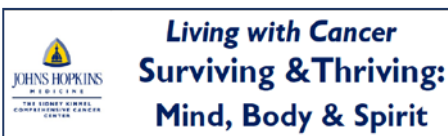
Triage Cancer - free webinars in November include:

[Understanding Long-Term Disability Insurance](#)
Thursday, November 10, 1-2pm EST

[Navigating Cancer-Related Legal Issues](#)
Wednesday, November 30, 1-2pm EST

Click on title of webinar to register & receive weblink. Check out the website for materials and quick-guides, all vetted by a team of attorneys.

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



[Click](#) to view the October 2022 webinar.

Special thanks to our speakers: [Dr. Jessica Engle](#), [Wayman Scott](#) and Laura Hoofring, and the Duffey Family Patient and Family Services team for presenting this 1½ hour webinar for survivors and their caregivers! Hear about coping in the midst of uncertainty, sleeping better and finding hope and resilience in your spirit.

[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. Join the conversation in PanCAN Instagram community: [#PanCANawareness](#) or tag [@PanCAN](#).



You may also [connect](#) with a Survivor & Caregiver Network as a **volunteer**. Please 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.

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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 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.

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 [November](#)

[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.

Creating Hope: How to Build Resilience

Thursday, November 17, 12noon – 1pm

Pat Fosarelli, MD, DMin, speaker



The change of seasons and upcoming holidays can affect our mood, even in the best of times. Join us as Pat Fosarelli shares ideas on how to plan – and cope with – whatever the season holds for you and yours. Contact [HopeWell Cancer Support](#) to register.

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.

[American Cancer Society](#) – for support through “online chat” or by phone 1-800-227-2345 as well as resources and materials you can download.



Sign up to receive [Cancer and Careers](#) newsletter and explore the website for many helpful [resources](#),

including a free [resume review](#) service! Check out this free webinar on Wednesday, November 2, at 6 pm:

[Balancing Remote Work & Cancer](#) – a timely topic!

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, housing resources, support and guidance during your treatment.

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.