

Living with Cancer Resources & Support February 2023

Published by The Harry J. Duffey Family Patient & 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.)

February Cancer Awareness

- **Gallbladder cancer**
- Bile duct cancer



Both of these are relatively rare forms of cancer. The gallbladder stores the bile, and the bile ducts are tubes that connect the liver, gallbladder and small intestine. Bile duct cancer is also called cholangiocarcinoma. Click on the above links for more information.

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**

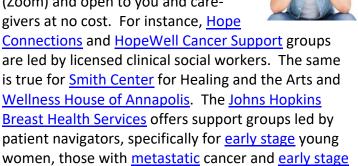
Licensed clinical social workers, chaplains, housing resources, support and guidance during your treatment.

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.



How can I live with this diagnosis? Who will understand?

Many support groups are now virtual (Zoom) and open to you and caregivers at no cost. For instance, Hope



over 50. Also, a Johns Hopkins speech-language pathologist leads a monthly group for people with oral head and neck cancer. Click links for more info.

Some Trusted Online Resources

Cancer*Care* – 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.

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Camp Kesem

... provides summer camp experiences at no cost for children (ages 6-18) who have a parent with cancer.



<u>Click</u> to review frequently asked questions, and if you are interested in more info, <u>click</u> and scroll down to the form. You can also fill out the <u>camper interest list</u> for summer 2023. **It is not too early to apply!**

Camps are sponsored by college chapters across the USA, including the following ones in MD:

Camp Sandy Hill in North East MD

Aug 14-18 (Johns Hopkins University)

Camp Airy in Thurmont MD

Aug 20-25 (Towson Univ & Univ of Maryland)

Camp Pecometh in Centreville MD

Aug 13-18 (George Mason University)

Camps are also offered in PA and VA!

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 – check February programs.

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



<u>Suicide & Crisis Lifeline</u> 24/7 free, confidential support from a real person

Are you a caregiver of someone with leukemia, myeloma or lymphoma?



You may order a free copy of The Caregiver Workbook and tote, by calling <u>The Leukemia & Lymphoma Society</u> at 800-955-4572 (Mon-Fri, 9a-9p). Also, you may click on the above **LLS** link for more great information. PS: This caregiver resource is also available in Spanish!

LLS Young Adult Survivors Meet-up – N. Bethesda Saturday, Feb 25 – 12:30-2:30 pm

Pinstripes Bistro, Bowling, Bocce and Lunch! Free!

For more info, address and sign up click here.



Art for Cancer Wellness Free bi-weekly virtual workshops

Six bi-weekly groups beginning in early February are offered at **no**

charge for patients, young adults, survivors, caregivers and healthcare workers, led by certified art therapists. Learn more and sign up with Kits to Heart, which requests \$10 to cover shipping of the supplies. Also offered are specially curated art kits for purchase on a sliding scale. You may contact the Kits to Heart non-profit organization with questions through their website.

Bereavement support resources

Have you lost a loved one to cancer? Some Zoom options are: A monthly program through **Smith Center** (Feb 1, 6:00-7:00 pm), a bi-monthly group (1st and 3rd Monday, 10 am-11:30 am) with **Wellness**



House, and a <u>weekly group</u> (Tuesdays, 6:30-7:30 pm) with **Hope Connections**.



Living with Cancer
Surviving & Thriving:
Mind, Body & Spirit

Click to view webinar.