



# Living with Cancer Resources & Support

## January 2023

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.)*

### January Cancer Awareness

[Cervical cancer](#) is most often detected through PAP tests. [Anyone with a cervix is at risk.](#)



Regular screening and HPV vaccine can help prevent this cancer. Click links to learn more.

### Maryland Health Connection Open Enrollment Only until 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 a social worker at 410-955-8934. We are here to help you!*

### 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.

*You don't have to go it alone if you are living with cancer.*



Many support groups are now virtual (Zoom) and open to you and your caregivers at no cost.

[Hope Connections](#) and [HopeWell Cancer Support](#) groups are led by licensed clinical social workers. The same is true for [Smith Center](#) for Healing and the Arts and [Wellness House of Annapolis](#). The [Johns Hopkins Breast Health Services](#) offers support groups led by patient navigators, specifically for [early stage](#) young women, those with [metastatic](#) cancer and [early stage over 50](#). Click the links for more info.

### Some Trusted 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.

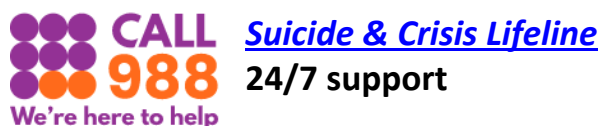
[American Cancer Society](#) – for support through “online chat” or by phone 1-800-227-2345 as well as resources and materials you can download.

*May peace, love and hope be yours in the **New Year.***



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

Check out the website [for materials and quick-guides](#), all vetted by a team of attorneys, as well as upcoming [webinars](#) all year long, including [Getting Organized](#) on Jan 25 (2pm), and [Legal & Financial Navigation](#) Related to Cancer on Jan 31 (1pm).



Free and confidential support to people in crisis or behavioral-health related distress: Dial **988** – yes, just 3 numbers – press 1 for veteran assistance or 2 for Spanish. **Or just hold the line for a live person.**

## 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) – check programs for [January](#).

[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



The American Cancer Society [Hope Lodge](#) provides a free “home away from home” for cancer patients and their caregivers. Call the SKCCC Duffey Patient & Family Services for info: 410-955-8934.

## Cancer and Guilt ... Letting Go

**A 3-Week Series: Thursdays, 1:00-2:00 pm**  
**January 12, 19 and 26**

Dorothy Gold, LCSW-C, Facilitator

*Sponsored by HopeWell Cancer Support*

Do you struggle with feelings of guilt around your cancer diagnosis? Is your mind full of "what if...." and "should I have...." questions? You are NOT alone. These feelings are normal and shared by many of those with cancer.



This psycho-educational series will explore why we may blame ourselves for things beyond our control, how these feelings may impede our healing, and ways to release and move forward.

Call 410-832-2719 or [email](#) HopeWell Cancer Support for more information and to enroll.

## Bereavement support resources

Have you lost a loved one to cancer? Looking for a warm supportive group with a trained facilitator?



Some Zoom options are:

A [monthly program](#)

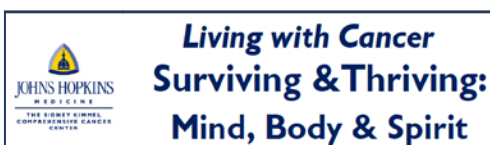
through **Smith Center** (Jan 4, 6:00-7:00 pm),

a [bi-monthly group](#) (1<sup>st</sup> and 3<sup>rd</sup> Monday, 10

am-11:30 am) with **Wellness House**, and a

[weekly group](#) (Tuesdays, 6:30-7:30 pm) with

**Hope Connections**. The mission of Hospice is to provide bereavement services as well, so reach out to your local hospice for info.



[Click](#) to view webinar.

As survivors and caregivers, you will learn about sleeping better, coping in the midst of uncertainty, and finding hope and resilience in your spirit.