



Living with Cancer Resources & Support

March 2024

Published by The Harry J. Duffey Family Patient & Family Services Program
Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital
If you have a printed copy of this newsletter and would like an electronic copy with web links to the resources, please call 410-955-8934.

March Cancer Awareness

Words of Wisdom from a Stage 3 [colorectal cancer](#) Survivor - [Eden Stotsky-Himelfarb](#),
BS, BSN, RN, ONN-CG:



Now is the time to think about screening for colorectal cancer. If you are 45 or older and have not had a colonoscopy, don't take a chance with colorectal cancer - schedule an appointment today. If you have a family history of polyps or colorectal cancer, don't take a chance with colorectal cancer, schedule an appointment today. A colonoscopy can dramatically reduce your risk of colorectal cancer. It's better to talk about a colonoscopy now, than to talk about colorectal cancer later. If you have any questions, you can always call Eden at 443-287-9045. (You can schedule a colonoscopy at Johns Hopkins at 443-997-1870.)

We are here to help!

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.

Lung Cancer Support Group

Thur, Mar 14, 2024, 5:30-7:00 pm
Topic: "Pharmacy Updates"



You are not alone – join other lung cancer survivors in person or by [Zoom](#). For more information you can [email](#) Tony Forte LMSW or call him at 410-550-6565.

Palliative Care – What is it really?

Monday, March 4, 4:00-5:30 pm

Thomas Smith, MD, *Palliative Care Physician*

Sponsor: [Greenberg Bladder Cancer Institute](#) –
Women and Bladder Cancer Educational Series

This Zoom webinar for women will explain how palliative care can help with pain management, neuropathy and other side effects of treatment. You also will learn about how oncology care & palliative care work hand-in-hand, from Dr. Smith, the Harry J. Duffey Family Professor of Palliative Medicine at Johns Hopkins. [Register now](#) or [email](#) for more info.

How Animals Help Us through Cancer

Thursday, March 15, 5:00 pm (via Zoom)

Jack Parker and [Kristen Burton](#), speakers

Sponsored by Johns Hopkins Breast Cancer Support

You may email Breastevents@jhmi.edu to register or to learn more about this program.

Living with Cancer Resources & Support March 2024



*Johns Hopkins
Kimmel Cancer
Center / [National
Capital Region](#)
offers free,*

*diagnosis-specific support groups for [women](#) and [men](#), meditation, yoga and more – these are **free and open to all**. Plus, many are virtual (by Zoom).*

Email CancerSupportNCR@jhmi.edu for info.

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Support Options - at no charge!

[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](#).

[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

[Smith Center](#) for Healing and the Arts – 202-483-8600
info@smithcenter.org – check out their [calendar](#).

[Cancer Support Community Washington, D.C.](#) – [Contact](#)
online or call Rachel at 202-659-9709, ext 4698

[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

[Wiersberg Warriors](#) Foundation provides resources and
support for young adults with cancer on the
Delmarva's Eastern Shore (rides, meals and/or care
packages). [Email](#) for more info.

[SPOHNC](#) monthly [Zoom](#) support group for people
with oral and head and neck cancer. [Click](#) for
info. March 13, 6:30-7:30 pm is next meeting.

JHH Lung Cancer Support Group – monthly on the
2nd Thursday, 5:30-7:00 pm, in person or by
[Zoom](#). [Email](#) or call 410-550-6565 for info. Topic
for March 14: “Pharmacy Updates”.

[Life with Cancer](#) provides education, support
groups and psychosocial support online, in-
person to anyone, **any age**, impacted by cancer,
at no cost! [Email](#) or call 703-206-5433.

Cancer in the Black Community

Saturday, March 23, 9:30 am-12 noon

[Coppin State University](#) – [Talon Center](#)

Leukemia and Lymphoma Society ([LLS](#)), sponsor

This educational program will address disparities in
diagnosis, care and survival rates. You will learn
about the most common blood cancers within the
Black community, with a choice of two breakout
sessions: Nutrition as Medicine **or** Caregiver
Support. A complimentary brunch will also be
served! Contact Nailah.Harlee@lls.org to register.

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Check out these free resources:



[CancerCare](#) – helpful resources, info, and online
support groups.



[Cancer Hope Network](#) offers peer to peer
support through a [free match](#) with a mentor.
Caregivers are invited to [request a match](#), as
well as those who curious about [clinical trials](#).



[Free webinars and information](#) with a
focus on work issues & cancer.

[Greenberg Bladder Institute](#) at Johns Hopkins offers
[recordings](#) of past virtual grand rounds, as well as
educational sessions for [women only](#). [Email](#) for info.



[Image Recovery Centers](#) - [Email](#) or call 410-
502-5623 if your appearance has been
affected by treatment. Insurance is accepted
for eligible services.



[National Comprehensive Cancer Network](#) –
patient & caregiver resources by topic, in
various languages.



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



[National Brain Tumor Society](#) – [info](#)
and [support](#), including monthly online
[support conversations](#).



[Triage Cancer](#) *tiene varios recursos
disponibles en Español* and in [English](#) –
videos, 2024 list of relevant [webinars](#)



[American Cancer Society](#) – Support
through “online chat” or by phone 1-800-
227-2345, and other free resources.



[LLS](#) offers [peer support](#), a free remote
[nutrition consult](#) with a registered
dietician, resources, and a one-time

[\\$100 stipend](#) for non-medical expenses.

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SPECIAL OPPORTUNITIES FOR YOUNG SURVIVORS AND CHILDREN OF SURVIVORS

CAMP SUNRISE this summer! 3 opportunities!
The Johns Hopkins [Division of Pediatric Oncology](#)
Free of charge!

Johns Hopkins Pediatric Oncology wants to provide **joyful & nurturing** camping experiences for children with cancer that foster confidence, fun and friendship. **2024 camps** will be held May 24-27 (weeklong, overnight), July 28-Aug 3 (weekend, for kids whose siblings have/had cancer), and July 29, 31, Aug 2 (for those in the hospital at JHH). [Register](#) or [email](#) for more info.

CLIMB (*Children’s Lives Include Moments of Bravery*) – 6-week free, group-based program via



Zoom, and open to school-aged children with a loved one being treated for cancer (or is within a year since last treatment). Feb 20 - Mar 26, Mondays & Tuesdays, 5:30-6:30 pm. To register, [email](#) Kara or call 301-896-2718.

[Camp Kesem](#) at Johns Hopkins University

kesem ...provides free programming and support for children and families affected by cancer - year-round. Check the [website](#) for summer camp info and how to apply. You can also [email](#) (or call 260-255-4863) for info.

NIH - National Cancer Institute ...

... has [excellent information](#) online for caregivers and family of children with cancer, including tips for talking to children about cancer, ways to help children with cancer and helping your child during treatment.

[ACCO](#) American Childhood Cancer Organization ...



... was founded 50 years ago by parents of children diagnosed with cancer. This organization is the largest publisher of books for pediatric cancer survivors, and offers many [free resources](#) for children, teens and families.
En español: ¡Solicite sus recursos gratuitos!

Reach out to Child Life Services!

Many hospitals which care for children and youth have a team of [Child Life specialists](#), who are trained to support the youngest patients and their family members. The Johns Hopkins Hospital has a [robust program](#) as do other area medical centers, including [University of Maryland](#) and [Children’s National](#) in Washington, DC. They generally serve both inpatients and outpatients in treatment.



CANCERCARE®

CancerCare is an excellent resource for educational material on many topics. In

terms of children and youth, particularly helpful is [Helping Children Understand Cancer: Talking to Your Kids about Your Diagnosis](#). [CancerCare](#) also offers online and remote counseling, support groups, resource navigation and workshops.

[familycircle](#) [HopeWell Cancer Support](#)

sponsors a networking group each 2nd Sunday (1:00-2:00 pm) of the month, in person and virtually, for parents who are dealing with cancer while raising a family.

[Email](#) or call 410-832-2719 for more information.

[HopeWell Cancer Support](#) also offers a virtual support group for parents who have lost a partner or spouse to cancer and are raising children on their own: **Parenting through Grief: Learning to Thrive**. The online meeting is the 4th Tuesday of each month from 6:30 – 8:00 pm. [Email](#) or call 410-832-2719 for more information.