



Living with Cancer Resources & Support

April 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.

April Cancer Awareness

Esophageal

The Johns Hopkins Hospital's iconic dome will be lit periwinkle in April for esophageal cancer awareness. The JH departments of medicine and surgery will honor survivors and partner with the community to continue to work together to highlight research projects that aim to prevent esophageal cancer. [Click](#) to read the latest newsletter.



Testicular – [Dr. Nirmish Singla](#) shares [info about self-exams](#) that may help men catch testicular cancer early. Although survival rates for all stages of the disease are relatively high, patients diagnosed later often require chemotherapy, which can have unpleasant side effects.

Oral, Head and Neck – The next [SPOHNC](#) monthly [Zoom](#) support group for patients and their care partners will be April 10, 6:30-7:30 pm. Topic will be: “What You Think Future Clinicians Should Know.” [Click](#) for more info.



*Did you know that everyone over age 18 needs an Advance Directive? Your Johns Hopkins Kimmel Cancer team can help you complete an advance directive, allowing you to name the person you would like to make medical decisions for you if you are unable to do so yourself. You also can select the kinds of treatments you do or do not want, especially the treatments used in a medical emergency. At the east Baltimore location, visit our tables in Weinberg and Viragh lobby on **April 16**, or call 410-955-8934 for a personal appointment.*

You may also download [your state's document](#) and find [tips](#) for talking about your care wishes with your family or medical team.

We are here to help!
Call 410-955-8934

**The Harry J. Duffey Family
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, April 11, 2024, 5:30-7:00 pm
Topic: “Exercise and Relaxation”



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

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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. [April 10, 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.

[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.

Music Therapy

Every Tuesday, April 23 – May 28

5:00-6:00 pm

Sibley Memorial Hospital, Washington DC



“Healing with Nature”

Saturdays, April 20, 27 & May 11, 18
10:00 – 11:30 am

Locust Grove Nature Center, in

Bethesda, MD -- [Email](#) to register or for more info
about either of these **in person** opportunities.

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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.