



Living with Cancer Resources & Support

June 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 direct web links to the resources, please call 410-955-8934.

National Cancer Survivors Month



From the day of your cancer diagnosis you are a survivor... through treatment and beyond. An [estimated](#) 18 million survivors live in the USA. Since the 1980's, the first Sunday in June has been designated as [National Cancer Survivors Day](#). **Make the day** of your favorite survivor (and/or their caregiver) by finding a way to [celebrate](#) sometime this month.

Summer Fun Day at the HopeWell Barn
Sunday, June 23, 12 noon-2:30 pm – Free!
10628 Falls Rd, Timonium, MD



Lunch will be served, along with Nature Walks, shaved ice, entertainment, a balloon artist and children's activities. Meet the staff of [HopeWell Cancer Support](#) and learn about their programs. *Co-sponsor of the Fun Day is the Johns Hopkins [Breast Cancer Program](#).*

[Email](#) or [click](#) to sign up by June 14 - space is limited.

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.



[National Conference](#)

Friday, June 21, 8:30-5:00 pm (ET)
Virtual / Zoom – Many topics!

A number of speakers will present on topics such as “the doctor’s perspective,” navigating work and cancer, activating employer support, and strategies for self care.

Free to attend – [Pre-registration required \(click here\)](#)
[Email](#) or call 646-929-8032 if you have questions.

Build your Best Brain: Promoting Brain Health During and After Chemotherapy – For Young Adults - Mon, June 3, 6:30-7:30 pm
Speaker: [Jessica Parker](#), MA, CCC-SLP



Co-sponsored by [Smith Center](#) for Healing and the Arts, [Ulman Foundation](#), [Hope Connections](#) & [Inova Life with Cancer](#) – [Email](#) to register and to receive the Zoom link.



Climb: Children’s Lives Include Moments of Bravery – Free and open to all school-aged children (and their guardians) with a loved one being treated for cancer (or within a year of last treatment). Six-weeks, group based, Zoom, Mondays & Thursdays, 5:30-6:30 pm, **June 10-July 25**. [Email](#) for info.



Women and Bladder Cancer Educational Series
[Greenberg Bladder Cancer Institute at Sibley](#)
What You Need to Know to Manage & Cope During and After Treatment
Tuesday, June 18, 4:00-5:00 pm
Cynthia Jeong, MSN & Molly Vencel, MSW

Gain insights and practical tips on coping with a bladder cancer diagnosis – for women only. [Click](#) or [email](#) to register.

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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 hybrid or virtual (by Zoom). [Email](#) for more info.

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 - [Register](#) to take advantage of this support, or email 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](#) or call 410-740-5858 for offerings

[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 (meals, grants 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. [June 12, 6:30-7:30 pm](#) is the next meeting.

[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.



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.

Thurs, June 13 topic: Pulmonary Rehabilitation



[Men's Retreat](#)

Saturday, June 22, 2024
9:30 am-4:00 pm
Ellicott City, Maryland

This free small-group retreat for men with cancer will provide a day of activities and holistic therapies focused on healing of mind, body and spirit. Conveniently located in Ellicott City MD, please apply [online](#). [Email](#) or call 410-988-5760 for more information.

PS: Upcoming day *retreats of respite*, focused on fun, relaxation, and self-care, will be [Wed, July 24 \(metastatic patients\)](#) and [Sat, Oct 26](#).

Check out these other 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 can also [request a match](#).



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



[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 provides 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), as well as other resources -- and info about [housing](#) options during your treatment.



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

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