



# Living with Cancer Resources & Support

## August 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.*



**Appendix cancer** is a very rare cancer that affects 1-2 people per million/year. It grows from the cells

that make up the appendix, a small pouch of tissue in the abdomen and part of the intestines and colon. [Research](#) continues to discover new treatments.



**You are a Survivor ...**  
*... from the day of your diagnosis!*

All of us at [Johns Hopkins Kimmel Cancer Center](#) celebrate you and your caregivers with a special **video** created by our Johns Hopkins Kimmel Cancer Center staff which you can **view now!**

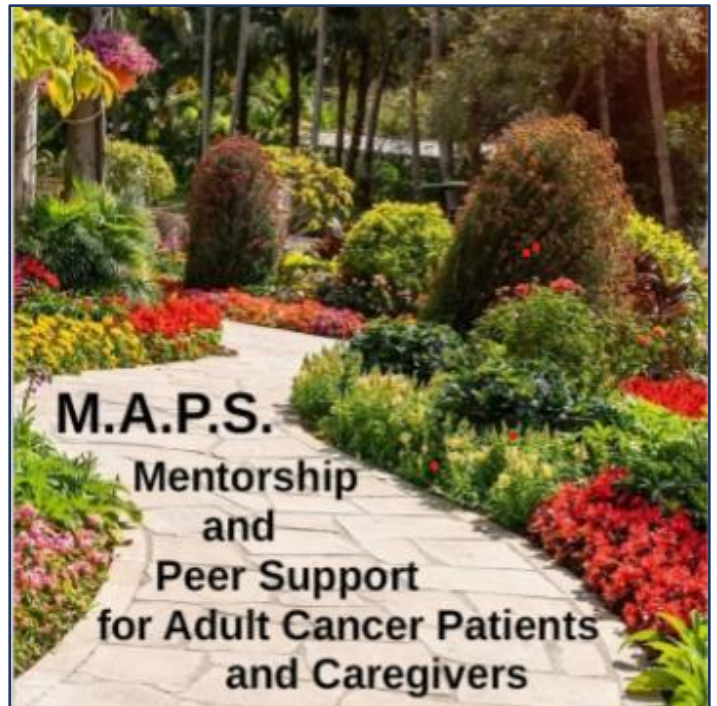
**We are here to help!**

**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 editor.



**Seeking support:** M.A.P.S. is a new Hopkins program that offers adult cancer patients and/or caregivers a way to be matched with a trained peer mentor.

**Provide support:** M.A.P.S. also offers adult cancer patients and/or caregivers an opportunity to become a trained mentor.



Sign up by scanning the QR code  
or by going to [Hopkins.org/MAPS](https://Hopkins.org/MAPS).  
You can also call 1-877-HOPENET.

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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.

[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)

[Smith Center](#) for Healing and the Arts – 202-483-8600

[info@smithcenter.org](mailto:info@smithcenter.org) – check out August [calendar](#).

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

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center [Email](#) or call 410-740-5858 for their 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 Delmarva's Eastern Shore. [Email](#) for more info.

[SPOHNC](#) monthly [Zoom](#) support group for people with oral & head and neck cancer. [Click](#) for info. The next meeting is Wed, [Sept 11, 6:30-7:30 pm](#).

Check out [SPOHNC Baltimore](#) | [Facebook](#)

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

[Fb.com/hopkinskimmel](https://fb.com/hopkinskimmel)

[Instagram.com/hopkinskimmel](https://Instagram.com/hopkinskimmel)

[YouTube.com/hopkinskimmel](https://YouTube.com/hopkinskimmel)

[X.com/HopkinsKimmel](https://X.com/HopkinsKimmel)



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



[LLS](#) offers [peer support](#), a free remote [nutrition consult](#) with a registered dietician, and many other resources.

**Aromatase Inhibitors & Tamoxifen 101**  
**Tues, Aug 20, 2024, 5:30-6:30 pm (Zoom)**  
**Nina Mahapatra, MSN, NP**



What are these and how do you manage side effects from the treatment? The webinar, part of the 2024 Sibley Women & Cancer Series, will be taught by an oncology nurse practitioner for women with breast or gynecologic cancer. [Register](#) to receive [Zoom](#) link.



350+ FREE AND LOW-COST PROGRAMS UPDATED DAILY

Who doesn't love free stuff!? Check out this [non-profit site](#) for patients and their caregivers. It is updated daily and sponsors a [Helpline](#) as well.