



# Living with Cancer Resources & Support


## December 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.*

### Winter Solstice 2024

December 22 is the shortest day of the year when night is longest and the days begin to lengthen. Many religious and spiritual traditions observe this event in nature ... and embrace the idea that light and love can truly overcome despair and defeat. In that spirit, may we all look to the heavens and find peace and hope in this season of holy days.



 Resources, Webinars and Support Groups are now just a [click](#) away on the Johns Hopkins SKCCC [website](#). Check out the list for free support groups, classes and webinars. [Johns Hopkins Kimmel Cancer Center in the D.C. Region](#) offers free support groups for all, as well as yoga, meditation & more. [Email](#) for details.

**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.

### You still have time ... ... for Open Enrollment!

- **Now - Dec 7, 2024** for [your 2025 plan](#). Medicare Advantage Plans, Medicare Part D, plus the [New Medicare D Pharmacy Payment Plan](#) [Medicare Help \(QMB/SLMB\)](#), Maryland Senior [Prescription Drug Assistance Program \(SPDAP\)](#) provides financial assistance to moderate-income MD residents who are eligible for Medicare and are enrolled in a prescription drug plan.
- **Now - Jan 15, 2025** - [Maryland Health Connection](#) - Private health plans and Maryland Medical Assistance for 2025. [Click](#) to see plans and get cost estimate. Nine out of 10 people who enroll are eligible for [financial help](#).

*All plans available through the [Maryland Health Connection](#) cover important health benefits - doctor visits, prescriptions, mental health services, & more. (If you qualify for Medicaid you may enroll any time.)*

**To Learn More and Get Extra Help:** Go to [Triage Cancer](#) to watch important webinars and [Maryland State Health Insurance Assistance Program \(SHIP\)](#) for more information and guidance (1-800-243-3425).

**Some more helpful resources include:**

- [2024 Medicare Message from CMS Administrator](#)
- [How to use Medicare Plan Finder](#)
- [Medicare & You - Deciding to Sign Up for Medicare Part B](#)
- [Learn about the Parts of Medicare](#)

## Living with Cancer Resources & Support December 2024

**Winter Solstice Celebration**  
Sunday, Dec 15, 4:00-6:00 pm  
[HopeWell Cancer Support](#)  
10628 Falls Rd, Lutherville MD

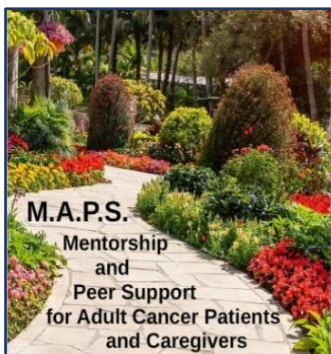


This free, in person, event for you and your loved one will feature warm beverages and treats, a winter solstice ritual and other creative activities. To RSVP [click here](#). Call 410-832-2719 or send an [email](#) for more info.

Do you have a yen to try **yoga**? Many people of various physical levels enjoy yoga on a floor mat or in a chair, in person or online / virtual! [Studies](#) have shown that yoga may also help patients manage fatigue, nausea, and other symptoms. Check out these opportunities:



[Wellness House of Annapolis](#) – online Wed 4:00 pm  
[Johns Hopkins Kimmel Cancer Center](#) – DC Area – Mon 7:30 pm (mat); Wed, 10 am (chair), in person  
[Hope Connections](#) – Bethesda – hybrid (online and in person) Mon and Wed 11:00 am (gentle yoga)  
[HopeWell Cancer Support](#) – Lutherville – “Gentle Flow”: Mon 10 am (hybrid), Tue 6:30 pm (online)



### Connect with someone who cares!

Whether you are seeking support as an adult cancer patient or caregiver ... *or* you are looking for a way to provide support as a trained mentor to

another person affected by cancer, survivor or caregiver, the [M.A.P.S.](#) program is for you! Join others who have volunteered or requested a mentor.



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

## The Holidays are upon us...

... when people with cancer and their loved ones may feel out of step with the various holiday celebrations and/or observances. Check out these [tips](#) and [resources](#) for coping with cancer during this season – as well as ideas for managing [holiday stress](#).

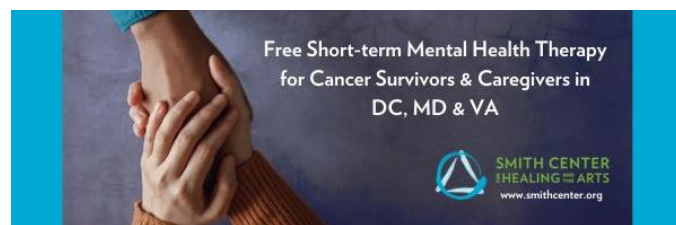


Not sure how to talk (or not talk) about your diagnosis with friends and family? These [tips](#) will give you some clues, from keeping your privacy, to questions or comments about your treatment, prognosis, appearance ... even your choice to mask at events. The [Cancer Support Helpline](#) is also a resource: Call 888-793-9355.

## Self-Care Survivorship Webinar

To view the October 2024 webinar sponsored by Johns Hopkins Kimmel Cancer Center, go to [YouTube](#) to see and hear Monica Fawzy Bryant, Esq., of [Triage Cancer](#), speaking about health insurance in 2025; Samantha Schrage of [Cancer Hope Network](#), presenting on the impact of peer to peer support for patients and caregivers; and Elizabeth Soucy, RD, LDN, [Johns Hopkins Medicine](#), helping us all to “eat well and thrive.”

## FREE CANCER COUNSELING SERVICES



If you live in DC, MD or VA, [Smith Center](#) is offering free short-term counseling (10-12 sessions) for cancer patients, survivors and caregivers in a virtual format, aimed at creating space to process life with (and after) cancer. Your counselor will be a licensed therapist or a graduate therapy intern under close supervision of a licensed counselor.

This is for those ages 18+, not already in therapy with another counselor, and not looking for medication management or prescription services. For more info, reach out to Erin at Smith Center: [erin@smithcenter.org](mailto:erin@smithcenter.org)