



# Living with Cancer Resources & Support

## February 2025

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.*

### Uncover Your Inner Strength!



The free, online [Program](#) will offer survivors and/or their caregivers a chance to identify your inner strength and

appreciation for life – through group discussion, engaging videos, workbook activities and your own reflection time.

10 themes to be explored are: Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Dignity, Understanding, Choice, Hope, and Contentment.

The sessions will be on consecutive Mondays, March 3 – May 5, 2025, from 7:00-8:00 pm EST. To register, [click](#), or call Alicia Ortega at 505-795-1437 if you have a question. (A flyer also is attached to the email with this LWC newsletter.)

**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, transportation info, support and guidance during your treatment.

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editor.

### For Johns Hopkins Patients & Caregivers

Experienced [professional social workers](#), [healthcare chaplains](#) and other [caring staff](#) are just a phone call away for all Johns Hopkins patients with cancer and their caregivers, including short term counseling as you adjust to life as a person with cancer, especially during your treatment, and/or caregiving for a loved one with cancer.



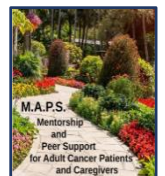
Support is offered in person or remotely by phone – call 410-955-8934 for assistance for East Baltimore, 202-537-4105 in the National Capital Region, and 410-550-0296 at Bayview.

The **M.A.P.S.** [mentorship](#) program is for all persons with cancer and those who support them. Whether you are seeking support as an adult cancer patient or caregiver ... *or* you would like 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!

### Connect with someone who cares!



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



**Living with Cancer  
Resources & Support  
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**[Balancing Work & Cancer Webinar:  
Managing Long-Term Stress \(via Zoom\)](#)**

**Wednesday, February 5, 2025, 6:00-7:00 pm EST**

**Julie Larson, LCSW, Speaker**

**Sponsored by [Cancer + Careers](#)**



This free webinar for patients and survivors (as well as health care professionals and caregivers) is part of a 12-month series of free

webinars. This one help you identify tools to help you maintain your best performance at work, stay in control of your work and life, and set reasonable boundaries at work. [Register online.](#)

**[Impact of Radiation Therapy on Swallowing](#)**

**Wednesday, February 12, 6:30 – 7:30 pm**

**Zoe Chang, MS, SLP-CFY**

**[Zoom Support Group](#) – Click for link**

This [SPOHNC](#) (Support for People with Oral and Head and Neck Cancer) will



featured a discussion of swallowing issues as well as exercises and stretches to combat fibrosis, as well as allow time for questions. Click on the [SPOHNC link](#) to view the Baltimore Facebook page.

**[New & Emerging Therapies for Blood Cancers](#)**

**Wednesday, February 26, 2025, 12 – 1:30 pm EST**

**[Faith E. Davies, MD](#), Speaker**

**Presented by [Leukemia & Lymphoma Society](#)**



This free telephone/web education program will feature Dr. Davies of the NYU Grossman School of Medicine and Perlmutter Cancer Center, NYU Langone (NYC), who will speak about

newly approved therapies, promising therapies in clinical trials, immunotherapies, and CAR T-cell therapy. You will also be able to submit questions. Call to register – 866-992-9950 – or click [here](#). For more info or to be added to the **SPOHNC** email list, you may click to [email](#).



**Image Recovery Update**

After more than 25 years of providing an on-campus resource to JHH/SKCCC/ East Baltimore patients, Image Recovery Center has closed operations in Weinberg and Viragh.

We thank Marianne and Jerry Kelly for their caring and commitment as they supported patients seeking wigs, prosthetic fittings, compression garments and more, as well as their support of JHH Cancer Survivor Day programs. They recognized the importance of caring for the whole person and their family, and for this we are grateful.

**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 about offerings to all, sponsored by the SKCCC - D.C. Region team.

**The Johns Hopkins Breast Cancer Program**

[Breast Health Services](#), [The Breast & GYN Malignancies Group](#) and



their support programs offer Zoom support groups for breast cancer survivors of various ages and stages, and they publish a weekly [Monday Minute](#) email with various opportunities and programs. You may use the above QR code to sign up.

**[Inspirational Podcasts](#) from a Survivor**



[Kate Bowler](#) is a Duke professor, podcaster, author, and Stage IV cancer survivor - who also emails occasional messages, upon request.

Her podcasts are about [hope and related topics](#). Check out her [website](#) for more information.

**Remember!**

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