



Living with Cancer Resources & Support

January 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.

For Johns Hopkins Patients & Caregivers

Experienced [professional social workers](#), [health-care 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.

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.



You still have time to enroll in a health care plan through the Maryland Health Connection....

- **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).

What if you live in a state other than Maryland?

[Virginia's Insurance Marketplace](#) is available for Virginia residents as is [Pennie](#) for those who live in Pennsylvania, through January 15 for open enrollment. If you are in Delaware, [ChooseHealth Delaware](#) is the place for you! All have excellent resources. If you cannot find the right webpage / information, call a Johns Hopkins Duffey Family Patient and Family Services social worker at 410-955-8934. **We are here to help!**

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Are you feeling sadness after the holidays because you've lost loved ones over the past few years?



You are not alone. Call 410-955-8934 for suggestions about how to find helpful support and understanding. You may also check out bereavement services offered by Hospice groups or one of the following organizations:

- [Hospice of the Chesapeake](#) podcast – [Reimagining Hope: Navigating Grief During the Holidays](#)
- [Wellness House of Annapolis](#)
- [Roberta's House](#)
- [Hope Connections for Cancer Support](#)
- [HopeWell Cancer Support](#)
- [Smith Center for Healing and the Arts](#) (for their loss of parent support group)

Patients with Metastatic Prostate Cancer: Treatment Advances – Live [Zoom Webinar](#)



Speaker: Dr. Mark C. Markowski, MD
Medical Oncologist & Researcher
At Kimmel Cancer Center at Sibley
Tuesday, Jan. 14, 6:00 pm-7:00 pm

Learn about treatment advances, such as hormonal therapy and side effects, targeted therapies, and bipolar androgen therapy. [Register online](#) or [email](#) for more information on this live Zoom webinar.

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.

Have you experienced “ghosting” as a result of getting a cancer diagnosis or undergoing cancer treatment? [Let us know](#) about the ways you have coped or resources that have been helpful. You can check out these stories, along with some coping tips:



- NPR story on [“cancer ghosting”](#)
- [Breastcancer.org podcast](#) with a licensed clinical social worker
- [GoodRx article](#) featuring one woman’s story
- [ABC News interview](#) with ghosted patient
- [Cure article](#) about this experience



Notary Services for Patients

Did you know? Many hospitals, including Johns Hopkins, have complimentary notary services for oncology patients, inpatient and outpatient, usually Monday-Friday (daytime). Ask your social worker, nurse or chaplain for information. On the Johns Hopkins Hospital (East Baltimore) campus you may also call 410-955-8934 for help.



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.

2024 SKCCC Survivorship Webinar

To view the October self-care webinar sponsored by the Johns Hopkins Kimmel Cancer Center Duffey Family Patient and Family Services team, go to [YouTube](#) to see and hear info on health insurance in 2025; the impact of peer to peer support for patients and caregivers; and tips on how to eat well and thrive.

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