



Living with Cancer Resources & Support

April 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.



Patients and Survivors of Esophageal Cancer will be Honored at a Community Outreach Event!

Saturday, April 12, 10:00 am-1:00 pm
CAKE™ SHOP – 47 E. Padonia Rd, Timonium MD

You are welcome to come by this local bakery for a free cupcake and information about esophageal cancer prevention and screening, featuring [Stephen Yang, MD](#) of The Johns Hopkins [Division of Thoracic Surgery](#), who will be present to talk with you and answer your questions.

The iconic **Johns Hopkins Hospital Dome** on North Broadway also will be lit up in **periwinkle** in recognition of esophageal cancer awareness month.



We are here to support you!

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 - in person or by telephone.

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

Weekly Caregiver Café on JHH Kimmel Cancer Center/East Baltimore Campus



Caregivers/family of JHH cancer patients are invited to join us for coffee, tea and light refreshments at **Caregiver Café**, a safe space where you can connect with other caregivers and staff. **Caregiver Café** is held every **Wednesday at 2:15 pm** in the Abeloff Auditorium -- [Weinberg Building](#) 1st floor, across from the visitor bathrooms. For more information, [click](#) to [email](#) Natalie.



April is also **Testicular Cancer** Awareness Month. This rare cancer, most frequently diagnosed in men ages 20-34, is often curable, even when diagnosed in advanced stages. More info is available by clicking the [NCI](#) and [ACS](#) websites.



Experienced [professional social workers, healthcare chaplains](#) and other [caring staff](#) are just a phone call away for Johns Hopkins cancer patients and caregivers, including short term counseling as you adjust to life as a person with cancer, 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 NCR, and 410-550-0296 at Bayview.

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Understanding Your Disability Insurance

Options – Free Zoom webinar

Thurs, April 24, 1:00-2:30 pm (ET)

Laura Beilke, Esq., Presenter



Sponsored by the non-profit [Triage Cancer](#), Staff Attorney Beilke will explain disability insurance options when you have a serious medical condition and need to take time off from work. Learn about the process to apply, application tips, what to do if your claim is denied, navigating benefits, and other options for caregivers. Register with this [link](#).

PS If you have benefitted from this free source of materials, webinars and/or guidance, you may lend your support by ordering spring bulbs or seeds in a way that [Triage Cancer](#) will receive half the price of your purchase. Check out their [Flower Power webpage](#) to see your choices.



 **What's New in the Fields of
Chemotherapy & Immunotherapy
at Johns Hopkins/SKCCC**

Wednesday, April 9, 6:30 – 7:30 pm

Dr. Aliyah Pabani, MD, MPH

Zoom Support Group (*Click for link*)

Join this online discussion about changes in the past decade to medical oncology treatments for **head and neck cancer patients**, particularly in terms of new immunotherapy drugs as well chemotherapies. You may also click on the [SPOHNC link](#) for the Baltimore Facebook page.

For more info, or to be added to the local **SPOHNC** email list, you may [email your request](#).



Resources, Webinars and Support Groups are just a [click](#) away on the JH/SKCCC [website](#). Check out the 2025 list for free support groups, classes and webinars. [Johns Hopkins Kimmel Cancer Center in the D.C. Region](#) offers support groups as well as yoga, meditation & more. [Email](#) for details.



Connect with someone who cares!

The **M.A.P.S.** [mentorship](#) program is for all persons with cancer and those who support them. **Many of you have already taken advantage of this free**

support! So 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, whether a survivor or caregiver, the [M.A.P.S.](#) program is for you!



Sign up by scanning the QR, calling 1-877-HOPENET, or at [Hopkins.org/MAPS](#).



**LEUKEMIA &
LYMPHOMA
SOCIETY**

The Bloodline with LLS

podcasts are in [English](#)

and [Spanish](#) on topics of

interest to those with these blood disorders and their caregivers. You can [subscribe](#), browse the [topics](#), and listen to the recent [Cancer Nutrition: Myth Busters Edition](#),

presented by LLS Dietitians Margaret Martin and Heather Knutson. They will cover topics (such as the question of whether sugar fuels cancer), and also share how you can access free, personalized nutrition support through the [LLS Nutrition Education Services Center](#).



Chemo Brain and Cognitive Rehab

Wed, April 16, 5:00-6:00 pm, virtual and in person

Conference Room, 1st Floor, [Tate Cancer Center](#)

UM Baltimore Washington Medical Center

Led by [Kristen Kanoff](#), Speech-Language Pathologist

The session will focus of managing memory issues, brain fog, and focus problems commonly experienced during and after chemotherapy. Brain exercises and memory games designed to help you will be included. It is necessary to [register](#) with a [click](#) to attend **virtually** or in person. (Other [monthly survivorship sessions](#) are free and open to the public and also may be offered virtually.)

Remember!

You are a survivor ...

from the day of your diagnosis!