



Living with Cancer Resources & Support

March 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.



[Sign up](#) for free virtual (Zoom) workshops sponsored by [Kits to Heart](#), beginning in March. No art experience needed. (For more info, you may scan the QR code.) The sessions are from 7:00 pm – 8:30 pm EST, and are all led by licensed art therapists.

- **Mindful Journaling for Patients 18+**
Tuesdays, March 4, 18, April 1, 15, 29, May 13
- **Mindful Journaling for Survivors 18+**
Wednesdays, March 12, 26, April 9, 23, May 7, 21
- **Art Journaling for Healthcare Workers**
Wednesdays, March 5, 19, April 2, 16, 30, May 14

This non-profit was founded by a survivor and also provides thoughtfully designed, curated cancer care kits for patients and caregivers. [Click](#) for more info.

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.

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



Caregiving for someone with cancer can be challenging, and it's important to have the support and resources you need. You are invited to join us for coffee, tea and light refreshments at **Caregiver Café**, a safe space where you can connect with other caregivers who understand your journey. **Caregiver Café** is held every **Wednesday at 2:15 pm** in the Abeloff Auditorium -- [Weinberg Building](#) 1st floor, across from the visitor bathrooms.

The sessions are designed to provide emotional support, share valuable resources, and offer tips to help you navigate the demands of caregiving. You do not have to go through this challenge alone. We hope to see you and look forward to supporting you! [Click](#) to [email](#) Natalie for more information.



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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The Effects of Chemotherapy on Hearing (Ototoxicity) and General Tips on Hearing



Health for Cancer Patients

Wednesday, March 12, 6:30 – 7:30 pm

[Dr. Madison Cinnamo](#), AuD, CCCA

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

After chemotherapy, patients may experience hearing loss, vertigo, and/or tinnitus. Join

Dr. Cinnamo as she discusses her experience and best practices with diagnosing and treating patients. This [SPOHNC](#) (Support for People with Oral and Head and Neck Cancer) will also allow time for questions. Click on the [SPOHNC link](#) to view the Baltimore Facebook page. For more info or to be added to the local **SPOHNC** email list, you may click to [email a request](#).



[Building Confidence at Work](#) (via Zoom)

Wednesday, March 5, 2025, 1:00-2:00 pm ET

[Sage Bolte](#), PhD, LCSW, OSW-C, CST, Speaker

Sponsored by [Cancer + Careers](#)



The title of this free webinar speaks for itself. Dr. Bolte is an experienced and engaging speaker who serves as the Chief Philanthropy Officer for Inova

Health Foundation. She joined Inova 16 years ago as an oncology counselor. Register with a [click](#).

You may also check out the Cancer + Careers [website](#) for more free offerings and resources.



Wellness House
OF ANNAPOLIS

[Free Podcasts!](#)

A number of [podcasts](#) from [Wellness House of Annapolis](#) are available, on a wide variety of topics, such as naturopathic healing, the value of rehab, breathing techniques to address stress, integrative nutrition, reiki, and energy healing. Wellness House also offers many great in-person and online programs for [adults](#), [families](#), [teens and children](#). You can call 410-990-0941, or [email](#) for more information.

Resources, Webinars and Support Groups are now just a [click](#) away on the Johns Hopkins SKCCC [website](#) (as well as past LWC newsletters). Check out the 2025 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 Washington DC area team.



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](#).



March is [Social Work Month](#) -- a great time to celebrate the professional social workers in your life ... in your family, among

your friends and associates, and/or in the health care setting! Social workers go through years of training and education so they can help others in the most optimal ways. Take a minute this month and email, write or call the social workers in your personal or work life to express your appreciation!



[Colorectal cancer](#) screening saves lives!

This is the second deadliest cancer in the USA (after lung cancer), and one in 24 people will be diagnosed in their lifetime. You can find helpful info on the [NCCN](#) and [American Cancer Society](#) websites.

Remember!

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