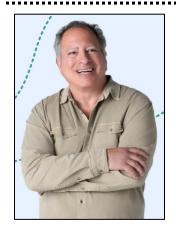


Living with Cancer Resources & Support November 2025

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.



Welcome to
Medicare!
The official website
Medicare.gov
has great information
for you!
Check it out today.

Open Enrollment November 1 - December 7

You may now choose a new Medicare Advantage (Part C) or Medicare Part D plan now – coverage which will begin on January 1, 2026.

During the Medicare Open Enrollment Period, you can make the following changes:

- If you have (or are signing up for) Medicare Parts
 A or B, you can join or drop a Medicare Part D
 prescription drug plan.
- If you have <u>original Medicare</u> (Parts A and B), you can switch to a Medicare Advantage plan.
- If you have a Medicare Advantage plan, you can drop it and switch back to original Medicare (Parts A and B).
- If you have a Medicare Advantage plan, you can switch to a different Medicare Advantage plan.
- If you have a Medicare Part D prescription drug plan, you can switch to a different Medicare Part D prescription drug plan.

What Is a SHIP and How Can It Help Me?

4 things to know about State Health Insurance Assistance Programs (SHIPs):

- 1. SHIP counselors can offer personalized, one-onone assistance with your Medicare coverage by:
 - Reviewing your health and/or prescription drug options and helping you learn about assistance programs that could help with your out-of-pocket Medicare costs.
 - Explaining basics, including eligibility guidelines,
 - Navigating Medicare coverage and payment, and
 - Ensuring your rights are protected under Medicare.
- 2. SHIP services are offered at no cost to you.

Services are completely free and will never cost you a penny. SHIPs nationally are funded in part by the Administration for Community Living, Office of Healthcare Information and Counseling.

3. SHIP counselors are not selling anything.

They are highly trained and certified to provide free, in-depth, unbiased, one-on-one health insurance counseling and assistance to Medicare beneficiaries and their caregivers. They are not selling insurance plans and do not offer enrollment services.

4. SHIP is for you, everywhere in the USA.
SHIPs are available to you in all 50 states, Puerto Rico, Guam, DC, and the US Virgin Islands. Visit the **SHIP** website to find one near you, or call the SHIP National Technical Assistance Center toll free at 877-839-2675.

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Lung Cancer Awareness Month

The most diagnosed cancer worldwide, there are various treatment options depending on the stage of the cancer.

Surgery, chemotherapy, radiation, targeted molecular therapies as well as palliative care



Surgery, chemotherapy, radiation, targeted molecular therapies as well as palliative care treatments are offered. Some recommended non-profit support organizations include:



Emphasizes research, education & support. Click for information.



One-on-one HelpLine, educational materials, video library and more Click for more information.



Provides financial support to patients in need of rides, food, other expenses.

<u>Click</u> for info or speak with your Johns Hopkins providers.

Survivorship & Screening for Lung Cancer
Discussion with <u>Dr. Stephen Yang</u>
Monday, November 10, 4:00-6:00pm
The Johns Hopkins Hospital Zayed Conf Room
1800 Orleans St, Baltimore MD

Free parking will be provided in a Hopkins garage if you will bring your ticket to the event. For more info or other details, call 443-889-1121 or <a href="mailto:ema

the Art and Science of Lung Cancer
Friday, November 14, 10am-3pm
Speaker: Sara Corckran, Resilience Life Coach
Panel Discussion: Thoracic Oncology Team
Chevy Chase Conference Center, The Johns
Hopkins Hospital, 1800 Orleans St., Baltimore

Early Breath, Longer Life: Mastering

This free in-person conference for those diagnosed with lung cancer and their care partners includes lunch as well as a chance to hear from Thoracic Oncology Doctors Joy Feliciano, Jeff Thiboutot, Ranh Voong, Richard Battafarano, and Pharmacist Stefanie Houseknecht. Click to register (by Nov 7) or call 410-550-6594 if you have questions.



Patients and Survivors of <u>Esophageal Cancer</u> will be Honored at a Community Outreach Event!

Saturday, November 1, 10:00 am-1:00 pm

C A K E ™ S H O P - 47 E. Padonia Rd, Timonium MD

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.

Two Free Virtual Webinars from Hope Connections for Cancer Support



I'm a Caregiver, Now What? Wednesday, Nov 5, 6:30-7:30pm

A practical session for those caring for a loved one with cancer. Learn strategies for navigating the healthcare system, managing stress, boundary setting, and sustaining your well-being as a caregiver. Register here.

Guiding the Way: Practical Lessons from a Cancer Navigator's Experience Monday, Nov 17, 6:30-7:30pm



Using real-world scenarios, we will highlight practical approaches for managing the challenges of hurried physicians, complex treatment options, building an effective care team and addressing emotional and logistical hurdles. You will be better equipped to support yourself or a loved one more confidently as you face a challenging and complex diagnosis.

To register for either of these free webinars and to receive the Zoom link, please <u>email</u> Stephanie Stern.

In support of Lung Cancer Survivorship week,

The Johns Hopkins Hospital

Dome will be lit up with white
lights November 10-14!

Resources, Webinars and Support Group options are a <u>click</u> away on the JH/SKCCC <u>website</u>. Check out the <u>2025 list</u> for free support groups, classes and webinars.

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Maintaining Your Best Nutrition and Diet During the Challenges of **Head & Neck Cancer**

Wednesday, Nov 12, 6:30-7:30pm Speaker: Isabella Nelson, RD, CNSC, LDN, Dietitian

Join us via **Zoom** for this presentation, including an open discussion/Q&A with Isabella Nelson, outpatient dietician for Suburban Hospital. Learn about "intuitive eating" and other topics. You may submit questions in advance by emailing Kim Webster as well as request to be on the monthly email list.



Sponsored by the local chapter of this SPOHNC, with a Baltimore Facebook page.



Experienced professional social workers, healthcare chaplains and other caring staff are just a phone call away for Johns Hopkins cancer patients and

caregivers. Support is offered in person or by phone - call 410-955-8934 for assistance at JHH East Baltimore, 202-537-4105 in the NCR, and 410-550-0296 at JHH Bayview.

Johns Hopkins Kimmel Cancer Center in the D.C. Region offers many free support groups as well as yoga, meditation & more. Email for info. Claudia Mayer/Tina Broccolino Cancer Resource Center at Howard County also offers groups and services. Email for info.



Support for Those with Breast Cancer at The Johns Hopkins Kimmel Cancer Center

Social workers and others are available to support and advise you. Tambra Chisolm

LCSW-C is at Green Spring Station, as well as community outreach program advisor Jill Mull. Aja Lecointe Wilkinson LMSW is on the Baltimore campus -- in person or by phone - working alongside health educator Elizabeth Saylor in Viragh. Click on their names to email, or you can call 410-955-8934.



The **new name** of the non-profit formerly known as Leukemia & Lymphoma Society reflects the full scope of the mission to cure all blood cancers.

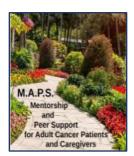
TRIPGE C/NCER®

This <u>non-profit organization</u> offers a great explanation of Medicare by legal experts – all for free.

What Should I Know about Medicare - Part 1 Click to view video of October Webinar.

What Should I Know about Medicare – Part 2 **Click** to register for this live webinar, presented by Senior Staff Attorney Amanda Goodstadt, Esq., on November 19, 1-2:30pm EST

Connect with someone who cares!



The M.A.P.S. mentorship program is for all persons with cancer and those who support them. Caregivers may also become mentors to other caregivers! If you are seeking support as an adult cancer patient or caregiver ... or if you

would like to serve as a trained mentor to someone affected by cancer, survivor or caregiver, the M.A.P.S. program is for you, approved and sponsored by The Johns Hopkins Sidney Kimmel Cancer Center!



■監験場画 Sign up by scanning the QR, calling 1-877-HOPENET, or at **Hopkins.org/MAPS**.

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.