

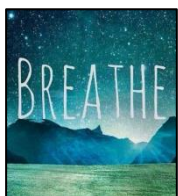


Living with Cancer Resources & Support

September 2026

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.



Healing through Breath: A Virtual Pranayama Experience (Via Zoom)

Led by Nicole Dover, LCSW-C
Thurs., Sept. 10, 5:00 - 6:00 pm

Discover the healing power of **pranayama breathwork** in this nurturing virtual experience sponsored by [The Johns Hopkins Breast Cancer Program](#). Learn techniques to reduce stress, build resilience, and support your overall wellbeing. You just need a nice place to lie down, and a blanket, towel or mat. Nicole Dover is a certified breath work



facilitator, yoga teacher, licensed clinical social worker, [book author](#) and Stage IV breast cancer thriver! Email breastevents@jhmi.edu to register.

We are here to support you through thoughtful listening, counsel, assessment as well as referral to other resources!

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.

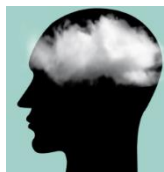
To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editor.

Brain Fog Series – [4 online classes](#)

Wed., Sept. 2, 9, 16 & 23 - 6:00 pm - 7:30 pm

[Lauren Dixon](#), BSN, RN, OCN, CMSRN, and [Kim Lowery Walker](#), MBA, LCSW, facilitators

Sponsored by Inova Peterson [Life with Cancer](#)



If you have experienced changes in thinking, memory, or attention since being diagnosed with cancer, you may be having **Brain Fog**. This 4-week series will help you understand

symptoms, contributing factors, and strategies to manage the day to day impact of brain fog.

Sept 2 – Education & Current Research on Brain Fog

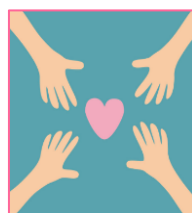
Sept 9 – Mind/Body Interventions

Sept 16 – Sleep, Mood and Medications

Sept 23 – Managing Brain Fog

[Register](#) (“+ Add Full Series”) to receive more info and Zoom link, or call 703-206-5433.

Many resources, webinars and support group options are on the Resources list. [Click here](#) for a pdf copy.



Regardless of your treatment center, your Social Worker may be aware of financial or supportive resources that are relevant to your diagnosis or care needs. Do not hesitate to reach out!

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**“HPV-related Oropharynx Cancer Updates”
[Dr. Christopher Maroun](#), Johns Hopkins Head
and Neck Surgery Fellow – Speaker
Wednesday, September 9, 6:30 pm - 7:30 pm**

Join via [Zoom](#) for a conversation and Q&A with Dr. Maroun. Email [Kim Webster](#) to submit questions or join the email list to receive updates about monthly webinars. All are welcome!



Sponsored by the local chapter of [SPOHNC](#); check [Baltimore Facebook](#) page.



**[Open Enrollment: Reviewing, Reevaluating, Renewing](#)
Tue., Sept. 22, 2:00 - 3:30 pm ET
Presented by [Triage Cancer](#)
[Sofia Fernandez, Esq.](#), Speaker**

This webinar led by a cancer rights attorney will cover key info about the open enrollment process, including important deadlines and steps for reviewing, reevaluating, and renewing insurance coverage, as well as picking new coverage that works best for you. [Click](#) to register.



Check out the [weekly and monthly programs and support groups](#) – **free to all survivors and caregivers**, regardless of your treatment center

– and offered by Johns Hopkins Center for [Patient & Family Services](#) of Sibley Memorial & Suburban Hospitals. Check the [September](#) offerings. [Email](#) Margo Calkin to register for virtual mind-body offerings such as **Reiki, Meditation and Mindfulness, and Gentle Yoga** (including evening sessions).

Johns Hopkins Howard County Medical Center’s [Claudia Mayer / Tina Broccolino Cancer Resource Center](#) provides free services, including short term counseling, integrative health offerings such as yoga and exercise rehabilitation, and support groups. Please [email](#) for more information.

Prostate Cancer: An Ounce of Prevention is Worth a Pound of Cure – Virtual Conversation

Sat., Sept. 19, 11:00 am - 12 noon



[James A. Dula, Ph.D.](#), Office of Veterans Affairs, Military Liaison to the County Executive of Prince George’s County (Maryland)

Co-sponsored by the Faith-based Cancer Education Consortium & [Hope Connections for Cancer Support](#), Dr. Dula will discuss risk factors, screening, early detection and importance of taking charge of your health. [Click](#) to register to receive Zoom link & a recording of the program.

Looking ahead to October

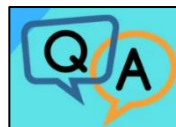
[Mid-Atlantic Blood Cancer Conference](#)

Saturday, October 3, 9:00 am - 2:30 pm (ET)
Bethesda North Marriott Hotel/Center
5701 Marinelli Rd, Bethesda MD



Experts and blood cancer survivor [speakers](#) will be featured in person, including [Dr. Amy DeZern](#) of Johns Hopkins SKCCC, who will focus on myelodysplastic syndromes. Click to [register](#) (required) or view the [agenda](#) for this in-person conference (no Zoom). *Parking and registration costs will be covered by [Blood Cancer United](#), the sponsor of this conference.*

Updated Free Guides from [Triage Cancer](#):
[Cancer Rights for Caregivers](#) (28 pages) and [Cancer Rights for Seniors](#) (36 pages). These concise, practical guides may be read online or downloaded for later reference.



Many people are interested in clinical trials for their type of cancer. You may [click](#) to find a clinical trial at Johns Hopkins Hospital. The [NIH site](#) also offers a way to search for clinical trials, while they provide info on “[the basics](#)” as well. (NOTE: Many cancer centers will offer a search site for the trials which they offer.) The [American Cancer Society](#) also offers a nice general site about clinical trials.