

Living with Cancer Resources & Support

November 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.

Open Enrollment for 2027 Insurance

… call 410-955-8934 if you need help!

- **Now - December 7, 2026**
  Pick your 2027 plan!
  Medicare Advantage Plans, Medicare Part D, Medicare Help (QMB/LSMB), Medicare Prescription Savings plans (SDAP)
  (If you are happy with your present coverage, you don't need to do anything to renew your Medicare supplement policy for 2027.)

- **November 1, 2026 - January 15, 2027**
  Maryland Health Connection
  Private health plans and Maryland Medical Assistance for 2027. Click to browse plans and get an estimate of cost. Nine out of 10 people who enroll are eligible for financial help to pay for the plan.

All plans available through the Maryland Health Connection cover important health benefits - doctor visits, prescriptions, mental health services, and more. If you qualify for Medicaid you may enroll any time of the year. MD Dept of Aging can help you find a counselor - click or call 1-800-243-3425.

November - Lung Cancer Awareness

On Target Podcast: Pope Leo & Lung Cancer



Dr. Akila Viswanathan is joined by lung cancer experts from across Johns Hopkins to discuss **Pope Leo's** recent diagnosis of adenocarcinoma. Dr. Richard Battafarano, Dr. Julie Brahmer, Dr. Otis Brawley and Dr. K. Ranh Voong also explain the benefits of lung cancer screening, for smokers as well as never-smokers, and the range of treatment options available at the Johns Hopkins Kimmel Cancer Center.



P.S. Hopkins thoracic patients / survivors may stop by Cake by Jason Hisley, 47 E. Padonia Rd, in Timonium, for a **free cupcake**, **Sat., Nov. 14, 10 am-1 pm**.

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.



Helpful free resources about insurance provided by Triage Cancer - include a Medicare Comparison Calculator.

These free tools will help you compare your different Medicare options and help you choose the one(s) that may minimize your out-of-pocket costs. The Worksheet is downloadable and the Calculator is an online interactive tool.



Warning: If You Get a 'New' Plastic Medicare Card in the Mail, Do Not Give Your Social Security Number

Don't fall for this scam – official Medicare cards are **not plastic**, do not have a chip, and do not include your social security number. If you get something in the mail like this, check this info or call 1-800-MEDICARE (1-800-633-4227).

We Are HOPKINS KIMMEL

A GUIDE TO UNDERSTANDING PALLIATIVE CARE

New, easy-to-understand one-page guides explaining palliative care and hospice care are available to you for free! **Please email rcoope23@jhmi.edu if you would like a copy of the guides** - specify English or Spanish.

Learn more about estate planning services

Free Estate Planning Services, safe and secure, for people with cancer / survivors ... click for helpful tools to create a will, update your will with a codicil, make a durable power of attorney or advance healthcare directive, legally binding in all 50 states and D.C. Brought to you by American Cancer Society.

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!



"Managing Diet and Nutrition for Head and Neck Cancer Patients"
Wed., November 11, 6:30 pm - 7:30 pm
Isabella Nelson, RD, CNSC, LDN, Speaker

Join via **Zoom** for a talk and Q&A with **Isabella Nelson**, outpatient oncology dietitian for Suburban Hospital. Sponsored by the local chapter of SPOHNC; see Baltimore Facebook page.

SPOHNC
SUPPORT FOR PEOPLE WITH ORAL AND HEAD AND NECK CANCER ▪ EST 1991

GRATITUDE: A Way to Multiply Your Treasures



Friday, Nov. 20, 11:00 am – 12:30 pm
Al Muehlberger, leader

With the musical energy of crystal bowls as background, a guided meditation will help open your treasure chest and fill it with even more love, caring and peaceful joy. **Register here** with HopeWell Cancer Support. For more info: 410-832-2719.

The Village: A Black Cancer Support Group
Wed., Nov. 18, 12:30 – 1:30 pm - *Virtual*
Cyerra Wheeler, LGSW, Facilitator
Smith Center for Healing and the Arts

This (free) monthly group offers a culturally affiming space, specifically for Black individuals impacted by any type of cancer. Join others by Zoom in this supportive space where you can show up as yourself and support others. Click to register. 202-483-8600.

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Check out the **weekly and monthly programs and support groups** – **free to all survivors and caregivers,** offered by Johns Hopkins Center for Patient & Family Services of Sibley Memorial & Suburban Hospitals. Check the **November** offerings. Johns Hopkins Howard County Medical Center's Claudia Mayer / Tina Broccolino Cancer Resource Center provides free services and support groups. Please email for more information.