



Living with Cancer Resources & Support

November 2024

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.*



Resources, Webinars and Support Groups are now just a [click](#) away on the Johns Hopkins SKCCC [website](#). Check out the list for free support groups, classes & 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.

During Open Enrollment for insurance plans, some helpful videos (with links) include:

- [2024 Medicare Message from CMS Administrator](#)
- [How to use Medicare Plan Finder](#)
- [Medicare & You - Deciding to Sign Up for Medicare Part B](#)
- [Learn about the Parts of Medicare](#)
- [Look Out for Enrollment Fraud](#)

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, support and guidance
during your treatment.

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

Don't Get Left Behind It's Open Enrollment Time!

- **Now - December 7, 2024**
Medicare Advantage Plans, Medicare Part D, plus the [New Medicare D Pharmacy Payment Plan](#)
[Pick your 2025 plan!](#)
[Medicare Help \(QMB/SLMB\)](#), Maryland Senior [Prescription Drug Assistance Program \(SPDAP\)](#) provides financial assistance to moderate-income MD residents who are eligible for Medicare and are enrolled in a prescription drug plan.
- **November 1, 2024 - January 15, 2025**
[Maryland Health Connection](#)
Private health plans and Maryland Medical Assistance for 2025. [Click](#) to browse plans and get an estimate of cost. Nine out of 10 people who enroll are eligible for [financial help](#).

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.

To Learn More and Get Extra Help: Go to [Triage Cancer](#) to watch important webinars and [Maryland State Health Insurance Assistance Program \(SHIP\)](#) for more information and guidance (1-800-243-3425).

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Welcome New SKCCC Chaplains at Johns Hopkins Both are available Monday-Friday – 9a-5p



Miriam Hanson Fairchild, ThM, MDiv, provides spiritual support to Weinberg inpatients, caregivers, and staff. Call her at 410-502-1500. (Staff may use Secure Chat.)

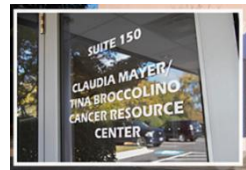


Tasha Brownfield, MDiv, supports outpatients, caregivers and staff in Skip Viragh, Weinberg, Bayview, & Green Spring Station and can be reached at 667-776-6022. (Staff may also use Secure Chat to contact Tasha.)

Note: The Johns Hopkins Hospital On-Call Chaplain may also be reached **24/7** by the staff via EPIC Secure Chat.

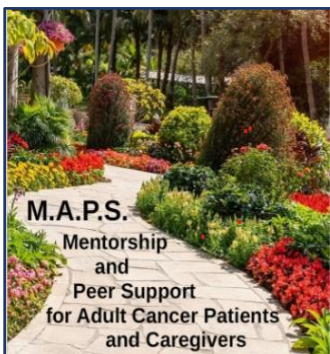
Resource for Survivors in Howard County

[Claudia Mayer/Tina Broccolino Cancer Resource Center](#)



Center provides free counseling, support groups, yoga and exercise rehab (with more to come) from 9:00am-5:00pm, Monday-Friday. Additionally,

there is a [Wig Salon](#) with free wigs as well as wigs to purchase. (Call 410-720-8588 for an appointment.) For more information about all these services, call 410-740-5858 or send an [email](#).



Connect with someone who cares! Whether you are seeking support as an adult cancer patient or caregiver ... *or* you are looking for a way to provide support as a trained mentor to

another person affected by cancer, the [M.A.P.S.](#) program is for you!



Sign up by scanning the QR code, or by going to Hopkins.org/MAPS. You can also call 1-877-HOPENET.



[Mind/Body Retreat](#) in Bethesda, MD Saturday, November 2, 11am-2pm with Lunch [Hope Connections for Cancer Support](#)

Three 30-minute sessions (plus a free lunch) will be offered to introduce you to a range of programs, including acupuncture, hypnosis for symptom reduction, yin and yoga, mind body boxing, pilates, and strength and balance. You can attend one, two or all three sessions. To register, [click](#), [email](#), or call **(301) 634-7500** for more info.

Giving Back at Thanksgiving

The [Vernon Rice Memorial Turkey Drive](#) will help local families this



 year with fresh vegetables and a turkey. Click the above link or scan  QR to learn more and/or make a \$\$ gift. You may also send an [email](#) for more info or a flyer.

Combating Cancer Related Fatigue

Wednesday, Nov 13, 6:30-7:30 pm (by [Zoom](#))
[Patricia Horning, PT, DPT, CLT](#), Guest Speaker



Hear from our speaker about the fatigue that occurs with most cancer patients and how to recognize, manage, and treat symptoms. [Click](#) for Zoom link.



This [non-profit](#) provides gifted musicians diagnosed with cancer, a chance to work with top music professionals to ensure their musical legacy and contribution to the arts is made. [Click](#) to explore [Cancer Can Rock](#) past artists and learn more about how you can become a featured artist (and/or contribute to the organization).

November Cancer Awareness

- ❖ [Pancreatic](#) Cancer
- ❖ [Lung](#) Cancer
- ❖ [Stomach](#) (Gastric) Cancer
- ❖ [Carcinoid](#) (Neuroendocrine) Cancer



You may click on each type of cancer to learn more.