



4/1/2020

Resources for Connecting in the Time of COVID-19

Cancer Support

<i>Organization</i>	<i>Offering</i>	<i>Online Link</i>
American Cancer Society	Call 24/7, 7 days a week to talk to an information cancer specialist and get connected to resources in your area.	1.800.227.2345 https://www.cancer.org/
Apps: Citizen	Access all of your medical records and have it all available to you in one place no matter how many medical centers you use.	https://www.ciitizen.com/
Apps: BreastAdvocate	Provides personalized, evidence-based information and recommendations, Connect to others in its community feature.	https://breastadvocateapp.com/
Apps: Outcomes4Me	Get access to breast cancer news and info that can be personalized. Submit questions to get answers you need. Watch the new webinars with experts series just launched. Co-founded by an Assistant Professor of Medicine at Harvard Medical School and practicing oncologist at Dana-Farber Cancer Institute along with a long-time pharma professional.	https://www.outcomes4me.com/



<p>Breastcancer.org</p>	<p>Turn to this website for reliable and up-to-the-minute information on any breast cancer topic. It is filled with content from leading experts.</p> <p>To connect with others in the community, hop on to the discussion boards.</p>	<p>https://www.breastcancer.org/</p> <p>https://community.breastcancer.org/</p>
<p>Breast Cancer Resource Center (BCRC) At the YWCA Princeton</p>	<p>Join support groups on zoom offered by the BCRC. Email for info on how to join the programs on zoom.</p> <p>For the newly diagnosed, Thursdays at 6:00 pm EST. Also for young survivors (under 45). And, Mindfulness zoom workshop wednesdays at 12:30 pm EST</p> <p>Note all staff was laid off because of the covid-19 pandemic and are volunteering to run programs for us.</p>	<p>https://www.ywcaprinceton.org/programs/bcrc/</p> <p>mwhite@ywcaprinceton.org</p>
<p>The Breasties</p>	<p>Connect with the breast cancer community by joining virtual meetups on Instagram with any local chapter of this national nonprofit.</p> <p>Get a listing of all upcoming meetups from their weekly newsletter.</p>	<p>Newsletter registration https://thebreastie.activehosted.com/f/1</p> <p>https://thebreasties.org/</p>
<p>Cancercare.org</p>	<p>This nonprofit offers many resources for the cancer community.</p> <p>Get 6 free counseling sessions by phone with an oncology social worker. Get financial grants, which they've extended because of the pandemic. Join support groups both online and by phone.</p>	<p>https://www.cancercare.org/</p> <p>800-813-HOPE (4673)</p>



	Also, get resources for COVID-19 for cancer patients, including webinars.	
<p>Cancer Support Community Center local chapters:</p> <p>Central New Jersey Delaware Greater Philadelphia</p>	<p>Join virtual programming and support groups usually offered by this incredible nonprofit for free and in person to the cancer community. Local chapters of this organization are shifting to virtual programming. This is an example of 3 of its chapters</p> <p>Online support groups -- prior registration required and Exercise classes</p>	<p>https://www.cancersupportcnj.org/</p> <p>https://cancersupportdelaware.org/covid-19-program-update/</p> <p>https://csc-gp.gnosishosting.net/Events/Calendar</p>
<p>Cancer Support Community Center:</p> <p>National headquarters</p>	<p>Online cancer information</p> <p>Cancer Support Helpline Mon – Fri 9am – 9pm ET Sat - Sun 9am - 5pm ET By phone or live web chat</p>	<p>888-793-9355</p> <p>https://www.cancersupportcommunity.org/</p>
<p>Covid 19 Information</p>	<p>Get covid-19 updates for the cancer community from the National Coalition for Cancer Survivorship. This will be continually updated. For a full listing of covid 19 cancer resources, go to the living beyond breast cancer website.</p> <p>Get reliable, updated covid-19 information from <i>The Washington Post</i> through its free covid 19 newsletter. And also get excellent and credible updates from <i>The Philadelphia Inquirer</i>. And look to Johns Hopkins University for information, everything from the basics about covid 19 to the latest that's happening.</p>	<p>https://www.canceradvocacy.org/blog/coronavirus-cancer-resources-for-survivors/</p> <p>https://www.lbbc.org/news-opinion/resources-coping-covid-19</p> <p>https://www.washingtonpost.com/coronavirus/?itid=sf_coronavirus_subnav</p> <p>https://www.inquirer.com/health/coronavirus/</p> <p>https://coronavirus.jhu.edu/</p>



<p>The Donna Foundation</p>	<p>A national patient advocate nonprofit for the breast cancer community. Helps you navigate to resources that you need. Also, offers financial grants.</p> <p>More details coming.</p>	<p>https://thedonnafoundation.org/contact/</p> <p>1-877-236-6626</p>
<p>Imeran Angels</p>	<p>Get one on one support from a trained peer mentor. You will be matched with someone with a similar diagnosis and treatment. This is for breast cancer patients, survivors and caregivers.</p>	<p>https://imermanangels.org/#info@imermanangels.org</p>
<p>Living Beyond Breast Cancer (LBBC)</p>	<p>Get connected to extensive information and peer support. LBBC has a helpline, peer connection program and webinars.</p> <p>Connect to the breast cancer community with its Facebook groups. One for any stage, one for young survivors.</p>	<p>https://www.lbbc.org/</p> <p>(855) 807-6386</p> <p>https://www.facebook.com/groups/1057830844587231</p> <p>https://www.facebook.com/groups/LBBC.YWI</p>
<p>Research studies: Participate/Promote</p>	<p>Be a part of breast cancer research studies. Sign up with the Army of Women to receive alerts on studies recruiting participants. And promote those studies among your own network.</p>	<p>https://www.armyofwomen.org/studies</p>
<p>Research studies: Stress Management</p>	<p>Be a part of this NIH-funded research for young cancer survivors diagnosed between the ages of 14 -29 and currently aged 16-29. It is testing a virtual stress-management and resilience program called the Bounce Back program</p> <p>Led by Massachusetts General Hospital</p>	<p>https://rally.partners.org/study/bounce_back</p> <p>https://www.facebook.com/pages/category/Community/MGH-Bounce-Back-1183805088463680/</p> <p>Helen Mizrach [617-724-5458]</p>



	<p>Cancer Center in partnership with Dana Farber Cancer Center and Harvard Medical School.</p>	
SHARE	<p>For help finding resources and to get peer support, call their helpline.</p> <p>Join support groups offered virtually through the end of June. A wide range of support groups are offered. For early stages through MBC as well as caregivers and ovarian and uterine cancers. There are even support groups in Spanish as well as Japanese.</p> <p>Also tune in to any of their upcoming educational programs offered online. Or look through their library of past webinars.</p> <p>Their entire website is also offered in Spanish at Latina SHARE.</p>	<p>Helpline 844-275-7427</p> <p>https://www.sharecancersupport.org/calendar/support-groups/</p> <p>https://www.sharecancersupport.org/calendar/online-educational-programs/</p> <p>https://latina.sharecancersupport.org/</p>
Sharsheret	<p>Receive support by phone and online from this national breast and ovarian cancer nonprofit. It supports every stage.</p> <p>Call their clinical team of trained skilled mental health professionals and genetic counselors for confidential, psychosocial support. Also get support online through a live chat.</p> <p>Tune in to their live educational webinar program or watch past programs.</p>	<p>https://sharsheret.org/</p> <p>https://sharsheret.org/resource/teleconferences-webinars/</p> <p>866.474.2774</p> <p>info@sharsheret.org</p>



<p>Sidney Kimmel Cancer Center at Jefferson</p>	<p>Join a regularly scheduled, virtual support group for MBC. Contact Celeste Vaughn Briggs to pre-register.</p> <p>For the newly diagnosed, get matched to a trained peer mentor through the Buddy Program who will offer support by phone.</p> <p>Look for virtual events from their Cancer Support and Welcome Center. Check their Facebook page for upcoming programs. This includes mindful eating, stretching for stress relief and an introduction to mindfulness based stress reduction</p> <p>You do not need to be treated at Jefferson in order to use these free services.</p>	<p>Celeste Vaughan-Briggs LCSW 215-955-5495 Celeste.Vaughan-Briggs@jefferson.edu</p> <p>https://www.facebook.com/sidneykimmeltcancercenter/</p> <p>Buddy Program 267-438-0574</p> <p>Cancer support and welcome center</p> <p>CancerSupportCenter@jefferson.edu 215-955-1800</p>
<p>Twist Out Cancer</p>	<p>Free weekly art therapy classes Tuesdays 2:00 - 3:00 pm</p> <p>Prior registration required</p>	<p>https://twistoutcancer.org/</p>
<p>Young Survivors Coalition</p>	<p>Connect with the cancer community through YSC Virtual Hangouts. join from an electronic device or your phone.</p> <p>Hangouts include: Metastatic Thrivers, Healthcare Provider Survivors, African American Survivors and Male Co-Survivors</p> <p>Also, get support from YSC licensed clinical oncology social worker by email. And, get matched to a trained peer mentor for support. Or become a peer mentor yourself.</p>	<p>https://www.youngsurvival.org/find-support-online/virtual-hangouts?fbclid=IwAR3AyypWknEBah3DqbmbwaPZX_6bz69rla-NRNbiu15QjBIOLQ_0VUCPG-0</p> <p>support@youngsurvival.org</p> <p>877.972.1011</p>



Entertainment

<i>Activity</i>	<i>Offering</i>	<i>Online Link</i>
The Arts	Enjoy all types of art through the newly launched social distancing festival. From music to visual arts to dance to musicals and opera.	https://www.socialdistancingfestival.com/
Audio books	Free access to many titles in the Audible library	https://stories.audible.com/start-listen?fbclid=IwAR3t5fJq8SffpFE8Conj4HZp_h9ZkqC-mPFR-77vonQiN8FPe3XfX8wzhMc
Baking	Learn baking and other culinary skills from Michele Mitchell, the former pastry chef at the four star Hotel duPont. She is doing live streams on her facebook page several times a week.	https://www.facebook.com/michele.mitchell.50951
Classical Music	Free access to the video archive from the Detroit symphony orchestra.	https://livefromorchestrahall.vhx.tv/browse
College classes	Learn something new using free courses from Ivy League schools	https://www.classcentral.com/collection/ivy-league-moocs
Concerts	A listing of online concerts from all types of musicians.	https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams
Cooking	Daily classes on kitchen techniques from world-class chef Massimo Bottura	https://www.instagram.com/massimobottura/
Games	Play games online with your friends and video chat at the same time	https://houseparty.com/



Globetrot Virtually	Take a tour to all the world's most famous landmarks right from your couch. Read this article filled with many links to virtually visit places like The Taj Mahal and more.	https://www.timeout.com/travel/virtual-landmark-tours
Museums	Tour art museums from around the world all from your couch.	https://artsandculture.google.com/partner?hl=en&tab=pop&int_promo=newsletter
Virtual Get Togethers	Hang out with your friends online through virtual get togethers. Have a coffee talk. Or a happy hour. Or a book club and more. There are several platforms you can use to do this, including Zoom, FaceTime, Google Hangouts, and Skype	https://zoom.us/ https://www.skype.com/en/ https://play.google.com/store/apps/details?id=com.google.android.talk&hl=en_US
Volunteer	Give back to the breast cancer community or to your local neighboring community. The possibilities are limitless. Check in on your neighbors. Check with your local hospitals to support healthcare professionals. contact your favorite breast cancer organization and volunteer. Become a peer mentor.	https://nextdoor.com/news_feed/
Your Public Library	Instantly borrow digital movies, music, magazines, eBooks and more, 24/7 with your library card. If you don't have a card, you should be able to apply for one online. Hoopla is one example of a free service Delaware residents can get with their library cards.	https://www.hoopladigital.com/



Mind and Body

<i>Organization</i>	<i>Offering</i>	<i>Online Link</i>
Cancer Support Community Center	Online classes. See Cancer Support on page one	
Meditation app	This is a wonderful app that makes meditation easy to do on your own. It is recommended by the Penn Medicine Abramson Cancer Center. The app has both free and for-pay meditations.	https://www.calm.com/
Meditation: Tara Brach	Tap into talks and guided meditations online to help you cope with the COVID-19 pandemic. Created by Tara brach, a psychologist, author, and proponent of Buddhist meditation. She is a guiding teacher and founder of the Insight Meditation Community of Washington, D.C. Also, tune in to her weekly livestreams Wednesday nights at 7:30 pm EST on both YouTube and Facebook. Includes a 30 minute meditation followed by a talk.	https://www.tarabrach.com/pandemic/ https://www.facebook.com/tarabrach
Mindfulness: Jon Kabat-Zinn	Watch the father of the western mindfulness movement -- Jon Kabat-Zinn -- in a video he recorded 3/25/2020 called Mindfulness, Healing, and Wisdom in a Time of COVID-19. Wisdom 2.0, which hosted this, plans on doing more sessions like this. The week of March 30th he will be doing a live stream everyday.	https://www.youtube.com/watch?v=r2efOoRF_pw&feature=youtu.be&t=202 https://www.facebook.com/wisdom2conference https://www.youtube.com/results?search_query=jon+kabat+zinn



	For more videos from him now, check out YouTube.	http://www.wisdom2conference.com/live
Mental Health Support National Alliance on Mental Illness (NAMI)	NAMI offers one on one support via phone or text. The helpline is open M-F, 10 AM - 6 PM EST. send your texts to 741741 Also, local chapters of NAMI are now offering virtual programs. for instance, the bucks county Pennsylvania chapter has a wide variety of virtual support programming. And you don't need to be a resident of Bucks County or Pennsylvania in order to participate.	https://www.nami.org/Find-Support 800-950-NAMI info@nami.org text "NAMI" to 741-741 https://namibuckspa.org/support/online-support-groups/onlineschedule/ info@namibuckspa.org
Mental Health Support: New Jersey Mental Health Cares Mental Health Association of New Jersey	This is a mental health hotline staffed by trained peer support staff. If needed, you can get referrals to clinicians. It is open from 8 - 8 mon - fri and 8 - 6 weekends You can also join online support groups.	https://www.njtvonline.org/news/video/state-help-line-offers-relief-from-stress-and-anxiety/?fbclid=IwAR1ETL4Ro2C9NXj3wYrA3Akjb5DK90pDgLIHUNEW3B8-ZC1CMHqKVDd7dOM 866.202.HELP https://www.mhanj.org/virtual-support-and-learning-opportunities/
YMCA of Delaware	Free online classes. (not tailored to the cancer community.)	https://join.ymcade.org/register-for-virtual-ymca/
Yoga4Cancer	Free online classes from Yoga4Cancer. It is a nonprofit that uses a specialized yoga method tailored to address the specific physical and emotional needs left by the cancer and cancer treatments.	https://y4c.com/classes-for-survivors/



<p>Yoga with Jean</p>	<p>Daily livestream of yoga classes 12:00 pm EST</p> <p>Jean DiCarlo Wagner is a colon cancer survivor who specializes in yoga for cancer patients.</p>	<p>https://www.facebook.com/groups/1792922554310382/media/videos</p> <p>http://yogabeing.net/?fbclid=IwAR0JWjuunkkLHvn1rptu-tMpf8w1Be0Q3MFvV4a1gsT5tQ5zAZ9csh3WiYo</p>
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This list is a work in progress. Help make it better. If you know of any additional resources to add to this list, send them to Marianne Sarcich at m.sarcich2@verizon.net And thank you.

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