

You are invited to the North Carolina Comprehensive Cancer Program



This will be a virtual Summit for Cancer Survivors and their Caregivers

You are a survivor from the time of diagnosis.

2021 Registration Packet



The Cancer Survivorship Summit

The North Carolina Cancer Prevention and Control Branch of the North Carolina Department of Health and Human Services, Division of Public Health, Chronic Disease and Injury Section is hosting its 13th Annual Cancer Survivorship Summit for cancer survivors, patients and their caregivers. The theme of the 2021 Cancer Survivorship Summit is “Thriving in the Moment” The goal of the Summit is to bring together cancer survivors to empower them and increase survivorship quality of life in North Carolina. During the Summit, survivors will be empowered through sharing their experiences, gaining support, participating in breakout sessions on the latest in cancer treatments and research, enhancing self-advocacy skills, learning ways to help improve health and wellness and expanding knowledge on access to services and resources. **You must be 18 years of age or older to attend.**

Summit Overview

Friday, April 30, 2021: Day 1: Survivorship Empowerment - Thriving in the Moment

Summit Virtual Link will open at 1:45 pm

- The Summit program begins at 2:00pm and ends at 6:00pm
- There will be breaks built-in throughout
- Feel free to enjoy snacks and dinner at your place of comfort while enjoying the Summit

Saturday, May 1st, 2021: Day 2: Survivorship Empowerment - Health and Wellness

Summit Virtual Link will open at 8:45 am

- The Summit program continues on Day 2 at 9:00am and ends at 1:00pm
- There will be breaks built-in throughout
- We will be moving a little during the sessions, dress comfortably
- Bring snacks, breakfast and lunch to enjoy during the Summit

Steps to Take for Your Summit Registration

1. Go to: <https://ncpha.memberclicks.net/cancer-survivorship-summit>
2. Scroll down to the heading “NC Comprehensive Cancer Program Survivorship Summit.”
3. Click the tab “Register here for Summit”
4. Scroll down to “New User” and enter your email address, you will need to create a password
5. Click “Register Yourself”
6. Complete the registration form and click “submit” at the bottom

What Happens Next?

Once you have completed the registration form you should receive a confirmation email.

After registering, it is very important that you let us know if you cannot attend. There are others who would like to attend and are on a waiting list should registration slots become available.

On Thursday, April 29th you will receive an email with instructions on how to login for the virtual conference. **You will be able to use your phone, tablet or computer with the Summit Platform.** We will send you an email a few days before the Summit to touch base with you. **Please make sure you check your email often in the days leading up to the Summit! Don’t want you to miss anything!**

After you register, you will also receive a Survivorship Tool kit care package in the mail to the mailing address you provide us.

For More Summit Information

Registration Questions: Kim Dittmann, kdittmann@ncapha.org or 919-828-6205

Summit Questions: Sarah Arthur, Sarah.Arthur@dhhs.nc.gov or 919-707-5331

Agenda

Friday, April 30, 2021: Day 1: Survivorship Empowerment: Thriving in Moment/Accessing Resources

Session titles, descriptions and content are subject to change.

1:45 pm **Summit Link Open**

2:00 pm to 3:25 pm **Welcome, Introductions and Opening Session**
Keynote: Good Things to Know About Cancer and COVID

3:25 pm – 3:40 pm **Break**

3:40 pm to 4:40pm
and
4:00pm to 5:00pm

Accessing Resource Sessions

Session titles, descriptions and content are subject to change.

There will be a 15-minute break between breakout sessions

- Sessions will be repeated. -

1. **Thriving in My Survivor Journey Before and After Care:** This session will cover managing long-term effects from cancer and cancer treatment. Learn about some of those long-term/late-term effects and some tips on how to manage them. Discover how survivorship care planning can assist you during survivorship.
2. **Survivorship Post Treatment...Now What?:** Your care does not end once your treatment ends. This session will cover everything you need to know about your survivorship care after treatment ends. We want to help you know about resources that may help you and how to cope with the ins and outs of Survivorship. Learn tips on how to manage anxiety, fear, and depression surrounding cancer.
3. **Navigating my Healthcare in a Virtual World:** Seeing my provider over the phone or computer? What in the world is telehealth? Learn the basics of telehealth, what it is, and how to navigate it. During this session you will learn how to have a successful telehealth experience, how to prepare for it and some helpful telehealth tips.
4. **Managing Care without Breaking the Bank:** Cancer treatment and care can cause just about anyone to have a financial crisis. This session will help you identify ways to ease the stress with these issues and strategies to reduce financial toxicity while still keeping up with your care.



Saturday, May 1, 2021: Day 2: Survivorship Empowerment - Health and Wellness

Session titles, descriptions and content are subject to change.

9:00am to 10:10am **Opening Remarks and Panel Session:
Thriving Through Cancer and Survivorship**

10:10am to 10:25am **Break**

10:25am to 11:25am
and

11:40am to 12:40pm

Health and Wellness

Session titles, descriptions and content are subject to change.

There will be a 15-minute break between breakout sessions

- Sessions will be repeated. -

1. **Healing Touch Discovering Self-Care, Relaxing Whole-Body Stresses:** An Integrative Approach to Health and Wellness. This session will introduce how healing touch is a nurturing energy therapy that promotes health and well-being. It boosts immune function and improves the effectiveness of chemo/radiation, helps to relax you while reducing stress, anxiety, pain, depression and grief. This session will show you things you can do at home. It will also explain how healing touch uses the best ways to help your wellness goals for healing of your whole self.
2. **My Tribe is Bigger Than My Diagnosis:** This session will discuss the importance of support team during treatment and most of all post treatment. It will discuss ways to identify members of your tribe and how to involve them with your healing and ways they can be supportive. You will also understand how support groups can be effective in helping family, friends and caregivers of those with cancer cope with the challenges.
3. **Journal Club – Healing Through Writing:** This session will teach ways to aid in the healing process of your body, mind and spirit. Whether you are a patient, caregiver or loving friend, expressive writing can aid you in sharing racing thoughts, reducing stress, easing symptoms, strengthening the immune system, shorten recovery periods and improve family relationships.
4. **Thriving in Your Kitchen:** This Session will provide tips to identify good cancer fighting super foods, tips for eating healthy on a budget, and how to prepare healthy snacks through a brief culinary demo.
5. **Keeping it Moving:** Enjoy practicing simple ways to keep your body moving, release muscle tension, gain tips to keep your strength, improve your quality of life, reduce fatigue, mental, emotional distress and depression, sharpen self-esteem to keep the intimacy charged, and connect to your community resources.

**2021 Cancer Survivorship Summit
Registration Form**

- You may share this form with others.
- Fill out one form for each person.
- You can register by phone: 919-828-6205;
Fax: 919-828-6203; Mail: (Address below)
Online: <https://ncpha.memberclicks.net/cancer-survivorship-summit>

Mail to - Attention: Kim Dittmann
N.C. Public Health Association
222 N. Peace Street, Suite 208
Raleigh, NC 27601

Name: _____

1. I am a cancer survivor: ____ Yes ____ No
2. If yes, diagnosis date: _____
3. If no, are you a caregiver: ____ Yes ____ No
4. Mr. /Ms. / Mrs. (Circle One)
5. First Name: _____
6. Last Name: _____
7. Home Address: _____
8. City: _____ Zip Code: _____
9. Phone Number: _____
10. Email Address: _____

*(Please use a family member email address if you do not have an email address.)

Event Registration Notice

By registering for the 2021 Cancer Survivorship Summit, you grant the North Carolina Cancer Prevention and Control Branch full rights to use any photos /videos /recordings containing your likeness taken during the routine business course of the 2021 Cancer Survivorship Summit by the North Carolina Cancer Prevention and Control Branch or its official representatives, to be used in any future promotional and communications endeavors of the North Carolina Cancer Prevention and Control Branch, without any further notification or expectations of compensation

North Carolina Cancer Prevention & Control Branch
CANCER SURVIVORSHIP SUMMIT



For Additional Summit Information

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**Special Thank You to the
2021 Cancer Survivorship Summit Partners**

