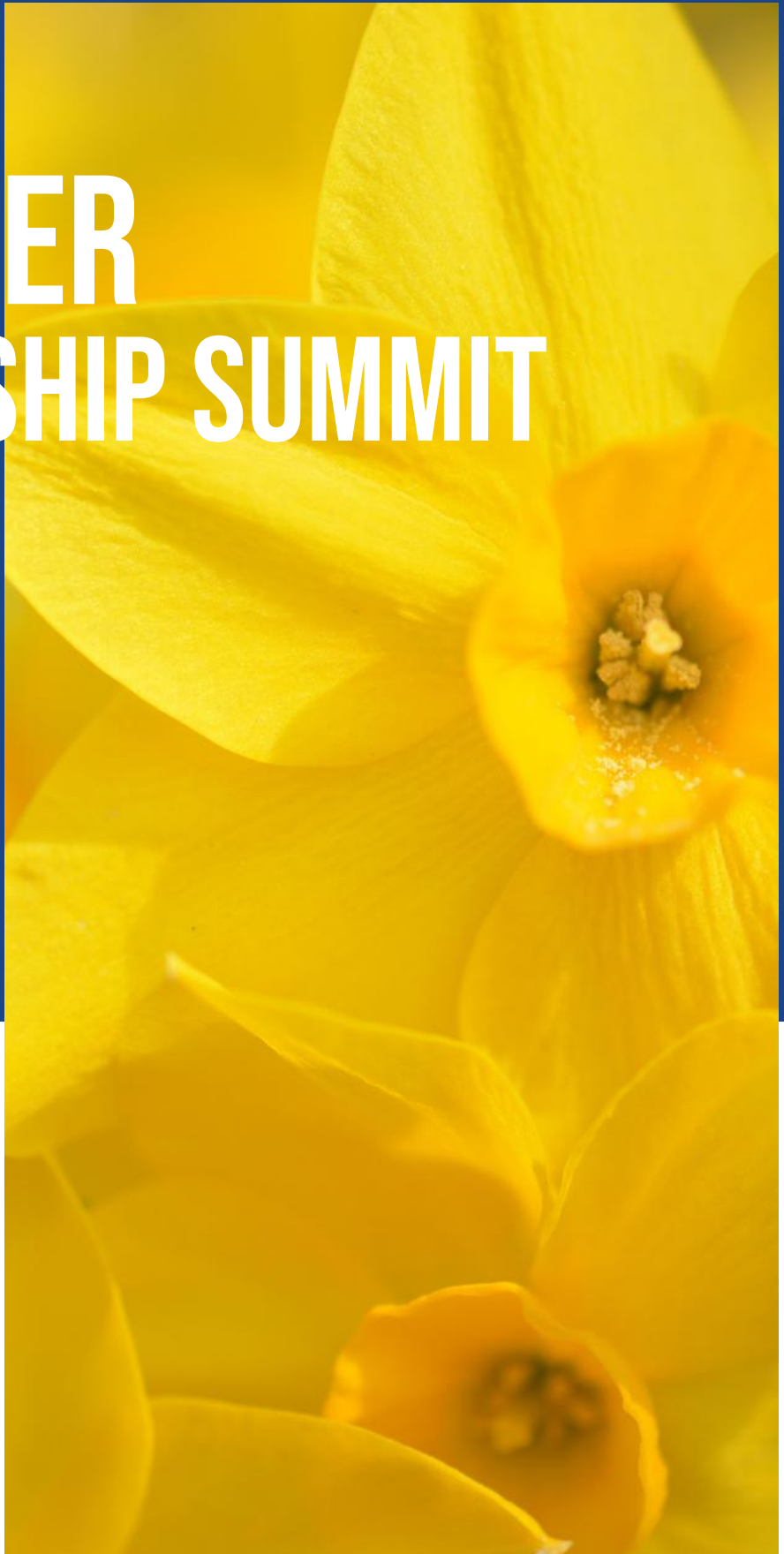


North Carolina Cancer Prevention and Control Branch  
NC Comprehensive Cancer Control Program Presents

# 2022 NC CANCER SURVIVORSHIP SUMMIT

**REGISTRATION BROCHURE**

**VIRTUAL  
FRIDAY MAY 6TH -  
SATURDAY MAY 7TH**



# ABOUT NC CANCER SURVIVORSHIP SUMMIT

The North Carolina Cancer Prevention and Control Branch of the North Carolina Department of Health and Human Services is hosting its 14th Annual Cancer Survivorship Summit. The summit is for cancer patients, survivors, thrivers and their caregivers. The theme of the 2022 NC Cancer Survivorship Summit is **“Reinventing Yourself as the New You; Changing the Narrative”**. 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 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, May 6th, 2022**

**Day 1: Survivorship Empowerment - Accessing Resources**

**Summit Virtual Link will open at 1:45 PM**

- The Summit program begins at 2:00 PM and ends at 6:00 PM
- There will be breaks built-in throughout
- Feel free to enjoy snacks and dinner at your place of comfort during the summit
- There will be a virtual evening Welcome Reception from 6:15 PM to 7:30 PM

**Saturday, May 7th, 2022**

**Day 2: Survivorship Empowerment - Health and wellness**

**Summit Virtual Link will Open at 8:45 AM**

- The summit program continues on Day 2 at 9:00 AM and ends at 1:00 PM
- 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



# AGENDA

FRIDAY MAY 6TH, 2022

## **SURVIVORSHIP EMPOWERMENT: ACCESSING RESOURCES**

*Session titles, descriptions and content or subject to change.*

- 1:45 PM **Summit Link Will Open**
- 2:00 PM to 3:30 PM **Welcome, Introductions and Opening Session**
- 3:30 PM to 3:45 PM **Break**
- 3:45 PM to 4:45 PM **Accessing Resources Breakout Sessions**
- 4:45 PM to 5:00 PM **Break**
- 5:00 PM to 6:00 PM **Accessing Resources Breakout Sessions**
- 6:15 PM to 7:30 PM **Welcome Reception and Support Group Celebration**

### **Accessing Resources Breakout Session Topics**

- Sessions will be repeated -

#### **1. Get Connected. Help is Near!**

This panel discussion will explore the various roles of patient navigators and how patients are connected to resources. Patient navigators can help connect you to support services and resources. Some are nurses, social workers, community health ambassadors/coaches, and health educators.

#### **2. Thinking about it, Talking about it, Writing it Down. Take Action! Legal Needs**

This session will review the three steps to advance healthcare planning - thinking about it, talking about it, and writing it down. What important papers do I need? What am I missing? Where do I keep them? Participants will explore options and understand why completing a Healthcare Power of Attorney and/or Living Will is truly a gift to their loved ones.

#### **3. Chemo Beamo Brain. I'm Struggling with Memory Loss and Fatigue.**

Chemo and radiation can cause problems with memory, focus and multitasking. This can leave many feeling fatigued and frustrated. Learn practical tips that can help improve "Chemo Beamo Brain" and resources that can provide additional assistance.

#### **4. Become the Healthiest YOU. Ready. Set. Plan. Go!**

Take action of your health through personal health action planning! In this session you will work with a health coach on how you are a BIG part of your care planning. Learn simple tips to start writing your own personal health action plan.

#### **5. Caregiver Self-Care.**

This session will help identify ways to take care of yourself as a caregiver. Develop a plan for people to help you; self-care, reducing compassion fatigue and feeling guilty, building skills to be your best ally, learning healthy assertiveness, how to be supportive of your survivor and connect to your community resources.

***Feel free to enjoy snacks and dinner at your place of comfort during the summit!***

# AGENDA

SATURDAY MAY 7TH, 2022

## **SURVIVORSHIP EMPOWERMENT: HEALTH AND WELLNESS**

*Session titles, descriptions and content or subject to change.*

8:45 AM **Summit Link Will Open**

9:00 AM to 10:10 AM **Opening Remarks and Keynote Speaker**

10:10 AM to 10:25 AM **Break**

10:25 AM to 11:25 AM **Health and Wellness Breakout Sessions**

11:25 AM to 11:40 AM **Break**

11:40 AM to 12:40 PM **Health and Wellness Breakout Sessions**

12:40 PM to 1:00 PM **Summit Wrap-Up and Evaluation**

### **Health and Wellness Breakout Session Topics**

- Sessions will be repeated -

#### **1. Hey Survivor, are you okay? Emotional Toll of Cancer Panel Discussion.**

This session you will hear from a diverse group of individuals that includes cancer survivors and a therapist. They will discuss the emotional toll cancer has and how it affects cancer patients during and post treatment. You will learn strategies and solutions on how to navigate and process these emotions.

#### **2. Moving to a Healthier You. Healing Through Moving.**

This session will introduce how gentle yoga poses for cancer patients can work magic on many levels. This session will also highlight how yoga increases blood flow, balance the glands and enhances the lymphatic flow in the body, all of which improves the body's internal cleansing processes.

#### **3. Healing through Writing.**

This session will teach proven approaches 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, strengthen the immune system, shorten recovery periods and improve family relationships.

#### **4. Sexual Health. A Private Talk Among Survivors.**

(Female Only First Session / Male Only Second Session)

This session will help you identify ways to cope with issues of intimacy and concerns about sex when you or your partner are going through cancer treatment including side effects of treatment and after effects during survivorship. This session will provide a safe, private and judgement free space with other survivors.

***Bring breakfast, snacks and lunch to enjoy during the summit!***



# STEPS TO REGISTER

**Complete Registration by Monday, May 2nd, 2022**

## To Register online:

1. Go to: <http://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

## To Register via mail:

Complete the registration form at the end of this packet and mail to the address provided.

## What happens next?

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

On Thursday, May 5th, 2022 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 to check your email often in the days leading up to the Summit! We don't want you to miss anything!**

The week of the summit you will receive a Survivorship Toolkit care package in the mail to the mailing address you provided us.

# FOR ADDITIONAL INFORMATION

**Summit Questions:** Sarah Arthur, [Sarah.Arthur@dhhs.nc.gov](mailto:Sarah.Arthur@dhhs.nc.gov) or 919-707-5331

**Registration Questions:** Kim Dittmann, [kdittmann@ncpha.org](mailto:kdittmann@ncpha.org) or 919-345-3890



# 2022 NC CANCER SURVIVORSHIP SUMMIT

## REGISTRATION FORM

- You may share this form with others.
- Fill out one form for each person attending.
- You can register by:
  - **Phone:** 919-345-3890
  - **Online:** <http://ncpha.memberclicks.net/cancer-survivorship-summit>
  - **Mail: (Address Below)**  
Attention: Kim Dittmann  
N.C. Public Health Association  
222 N. Person Street, Suite 208  
Raleigh, NC 27601

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address\*\*:** \_\_\_\_\_

*\*\*without a valid email address you will not receive access to the 2022 Cancer Survivorship Summit*

I am a cancer survivor (check one):  Yes  No

If yes, diagnosis date: \_\_\_\_/\_\_\_\_/\_\_\_\_

If no, are you a caregiver? (check one):  Yes  No

**Complete Registration by Monday, May 2nd, 2022**

## EVENT REGISTRATION NOTICE

By registering for the 2022 NC 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 2022 Cancer Survivorship Summit by the North Carolina Cancer Prevention and Control Branch or its official representatives, to be used in any future promotional and communication endeavors of the North Carolina Prevention and Control Branch, without any further notification or expectation of compensation.

# SPECIAL THANK YOU TO THE 2022 NC CANCER SURVIVORSHIP NETWORK



NCDHHS is an equal opportunity  
employer and provider • 3/22