



2018 Call-On Congress Breakout Sessions

General Description

After talking with many of you, we're introducing breakout sessions at Call-on Congress 2018 to dive deeper into specific hot topics impacting those touched by colorectal cancer.

Guided by an expert in the field, these 45-minute interactive sessions will include a short presentation followed by Q&A and lively discussion with attendees. All sessions are tailored to patients, survivors, caregivers friends and family. Space is limited, so register today!

Stress Reduction and Mindfulness: A Guide to Living in the Present

Session Presenter:

Andrea Lee, BSN, RN, Oncology Program Manager at Methodist Dallas Medical Center

For patients, survivors, caregivers and loved ones, the colorectal cancer experience is filled with fear and uncertainty, loss of routine, and constant management of side effects. Did you know that *mindfulness practices* can help us learn to better manage these challenges? Mindfulness practices bring awareness to the present moment and foster a sense of openness. They support our ability to release control and help reduce negative self-talk. The purpose of these practices is to see the world just as it is: without judging whether things are “good” or “bad” — and in this place of non-judgment, it is thought that life may be appreciated more fully. A growing body of research suggests there are huge benefits that result from a regular mindfulness practice, including improved physical and mental health. In this interactive breakout session, Andrea will discuss how mindfulness practices can help you live more fully during your cancer experience, and she will lead a guided mindfulness exercise and help prepare you to be in the present moment during your time on the Hill and beyond.

What you'll walk away with:

- An understanding of how mindfulness can help manage the stress associated with a cancer diagnosis
- Tools for how to be more mindful day to day
- A real experience with mindfulness practices

Coping and Guilt Management Strategies: Fearlessly Facing the New Normal

Session Presenter:

Jennifer Bires

LICSW, OSW-C, Executive Director, Smith Center for Healing and the Arts

Many cancer survivors agree the support they receive during treatment quickly fades when treatment ends, and they are expected to make a seamless transition back to how life was prior to their diagnosis. These expectations couldn't be further from the reality of a cancer survivor! Unfortunately, most survivors continue to face challenges, including the loss of friends they

met through the cancer community. Transitioning to a new normal requires coping with a host of things, including fear of recurrence, survivor's guilt, adjusting to life back at work or school, relationship management, and more. In this interactive breakout session, we will discuss some of the common issues faced by survivors and tackle management strategies. We will also spend time hearing about your own experiences, challenges, and triumphs!

What you'll walk away with:

- Tips for coping with guilt
- Where to go for support when finding your "new normal"
- How to cope with the death of a friend or loved one

Treatment Summaries and Survivorship Care Plans (TS/SCPs): Symptom Management and Surveillance

Session Presenter:

**Andi Dwyer, University of Colorado
Director of Health Promotion, Fight Colorectal Cancer**

How are colorectal cancer survivors supposed to manage their medical care after treatment ends? It is recommended by several professional cancer organizations that at completion of treatment, patients receive a summary of what treatments they have had in addition to a detailed plan of ongoing care from their providers. *Did you leave with a clear plan?* The truth is, a majority of patients are leaving with more confusion than clarity as it relates to their follow up and management post treatment. In this unique breakout session Andi will facilitate a discussion about the importance of survivorship care planning.

Lively, interactive discussions will cover:

- What is a TS/SCP
- The recommended follow-up care for colorectal cancer survivors
- Responsibilities of different providers (oncologist, primary care, etc.)
- Where to go for resources

Cooking and Nutrition for Colorectal Cancer

Session Presenter:

Ann Ogden Gaffney, Founder, Cook for Your Life

Taking the time to cook and eat well during cancer treatment can seem nearly impossible, but join this unique session with Ann Ogden Gaffney, founder of Cook for your Life, and she will inspire you to take on the challenge. In this breakout, Ann will share tips and recipes that helped her and countless others find balance in the kitchen while going through cancer treatment. Patients, survivors, family members and friends can all benefit from the skills and techniques Ann has learned, written about in her book, and used in the development of programs funded by the National Institutes of Health. To learn more about her recipe guide, Cook for your Life, visit

<https://www.cookforyourlife.org/>

What will be covered:

- Importance of a healthy diet
- Time management and tips for home cooked meals
- Information about different diets and diet trends
- Cooking demo and samples of items from Cook For Your Life

Research Advocacy: We Need YOU to be the Voice for CRC Patients

Session Presenter:

Patrick Mahoney, MPH, Office of Advocacy Relations, National Cancer Institute

More patients are needed to engage in the cancer research process through research advocacy! Research advocacy provides a critical component to cancer research by including YOUR EXPERTISE. It brings in patients, survivors, and advocates to inform the research process with patient perspective. Including research advocates in the scientific processes ensures the research will be effective and relevant to those affected by cancer. Join this breakout session to learn more about the need for patients in research.

What will be covered:

- How research advocacy is embraced
- How agencies like the National Cancer Institute ensure research is moving forward with patients at the forefront
- How YOU can be a part of this movement

The Elevator Pitch: Telling your story quickly and effectively*

Session Presenter:

Julienne Gede Edwards, JD, Grassroots Advocacy Manager, Fight Colorectal Cancer

No one knows your story better than you do, but do you know how to tell it *effectively*? Can you connect it to the stories of other survivors or to specific goals? Can you boil it down to its most basic and compelling components? In this breakout, we will work in small groups led by Grassroots Action Committee members to fine tune your storytelling skills and make sure that whether you have 30 minutes or 30 seconds to share your experience, your story makes maximum impact.

What you'll leave with:

- An organized, goal and audience-oriented approach to storytelling
- A better sense of how your story fits in with other advocates on your "team"
- Increased confidence and communication skills as we move towards your Hill Day meetings

**This breakout session is mandatory. You will not see it on your choice of breakout sessions during registration, but you will be automatically placed into this session on Day 1 of Call-On Congress.*