

CANCER CON 2022

PRESENTED BY **stupidcancer**

PROGRAM

June 9 - 12, 2022

Hyatt Regency Minneapolis, MN

stupidcancer.org/cancercon

CANCER CON 2022

PRESENTED BY
stupidcancer®

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WELCOME BACK!

It has been two long years behind masks and screens and I am thrilled we can be together in person this weekend to connect, learn, and celebrate! Together we are working to end isolation and build community for all AYAs and connect with those who *get it*. This weekend we come together as individuals with unique challenges and perspectives. We will leave as one community equipped with tools and strategies as well as new friends and colleagues.

A lot has changed here at Stupid Cancer since I started three years ago (and not just a global pandemic!) We have expanded our programming to better meet the diverse needs of all AYAs with our Digital Meetups and DMU Workshops, we have expanded our webinars to include Discussion Sessions so you can learn and discuss important topics with one another, and our Story Library continues to grow thanks to your incredible input. And we are continuously working to better the experience for all AYAs through our Health Disparities Town Hall.

The global pandemic forced us to change the way we do things – whether it was meeting friends over Zoom or going to the doctor over the computer. But what has not changed is Stupid Cancer's unwavering commitment to the AYA community and our vision that everyone in AYA community is supported, understood, and accepted. My hope for you this weekend is that you will gain some great information and tips this weekend, reconnect with old friends, and find new friends!

It does not end in Minneapolis...join us for a Meetup, a Discussion Series, or an Open Mic to reconnect with all your friends from this weekend; follow us on social and join a discussion in our Regional Facebook Groups; share your experience at the Health Disparities Town Hall; and come back and continue the CancerCon experience at Digital CancerCon this November!

Thank you for joining us this weekend and thank you for being a part of this incredible community.

Best,



Alison Silberman, CEO
Stupid Cancer



SCHEDULE

(*all times are Central Time)

THURSDAY

TIME

ACTIVITY

ROOM

12:00 pm - 6:00 pm

Registration

Great Lakes
Promenade

Head to the CancerCon Registration Desk on the 4th floor to check in to the conference, get your badge, and pick up your attendee t-shirt and tote bag! This will also be your go-to help desk throughout the weekend.

12:00 pm - 6:00 pm

Stupid Cancer Store

Great Lakes
Promenade

Stop by the Stupid Cancer Store booth all weekend long to buy discounted, limited-edition Stupid Cancer merchandise. (Full store hours listed on pg. 6)

12:00 pm - 10:00 pm

Lounge

Lake Nokomis

Need a breather? The Lounge is your place to take a rest, decompress between sessions, have a quiet chat, do some adult coloring... Whatever you need to recharge. (Full hours listed on pg. 6)

1:00 pm - 1:45 pm

Gentle Flow Yoga for Every Body

Lake Bemidji

Hosted by Pathways

Whether you are a beginner or have practiced yoga for years you can benefit from this class. Join us for a gentle flow yoga class that can be adapted to suit everyone's needs: limited strength and lack of flexibility welcome! Come prepared for a gentle pace of yoga that will allow you to enjoy the poses and relax your mind and body. Leave feeling rested, relaxed with a renewed sense of energy that will set you up for the rest of the day.

2:00 pm - 2:45 pm

Loving-Kindness Guided Meditation

Lake Bemidji

Hosted by Pathways

Calm your body, relax and reset your mind as you experience a guided imagery meditation called Loving-Kindness. This meditation will focus on cultivating feelings of goodwill, kindness and compassion - not only towards others but ourselves!

SCHEDULE

THURSDAY

TIME	ACTIVITY	ROOM
3:00 pm - 3:45 pm	Throwback Thursday: Slumber Party Crafts	Lake Minnetonka
<p>Feeling nostalgic? Meet new friends and unwind with an array of crafts that are sure to bring you back to the old days.</p>		
4:00 pm - 4:45 pm	Improv Class <i>Hosted by HUGE Theater</i>	Lake Bemidji
<p>This session is a quick introduction to give you some improv basics to bring joy to your life with fun improv games, exercises and philosophy. No experience required, you're perfectly prepared for this.</p>		
4:15 pm - 4:45 pm	First-Timer Orientation	Lake Harriet
<p>First time at CancerCon? You aren't alone! Come meet other newcomers and learn the ropes. You'll leave with a better sense of what is in store and make some new friends while you're at it!</p>		
5:00 pm - 7:00 pm	Welcome Reception	Great Lakes A2
<p>Break the ice and meet your AYA cancer community at the Welcome Reception. Enjoy some food and beverages while getting to know your fellow attendees.</p>		
6:00 pm - 7:30 pm	Community Meetups	
<p>Our Community Meetups are dedicated spaces for those communities within our community. If you identify with these groups, swing by one or more of these intimate meetups to get to know your peers.</p>		
LGBTQ+ Meetup	-----	Lake Minnetonka
BIPOC Meetup	-----	Lake Bemidji
Caregivers Meetup	-----	Lake Harriet
Pediatric Survivors Meetup	-----	Great Lakes A1
Metastatic Patients Meetup	-----	Great Lakes A3
8:30 pm - 10:00 pm	Karaoke	Great Lakes A2
<p>Sing your heart out! Kick off this awesome weekend by tapping into your inner rockstar with your new friends.</p>		

Weekend Hours for the Lounge and Stupid Cancer Store

Stupid Cancer Store Great Lakes Promenade

Thursday 12 PM - 6 PM

Friday 10 AM - 6:30 PM

Saturday 8 AM - 6 PM

Sunday 8 AM - 2:30 PM



Lounge Hours Lake Nokomis

Thursday 12 PM - 10 PM

Friday 10 AM - 10 PM

Saturday 8 AM - 8 PM

Sunday 8 AM - 1:15 PM

**CANCER
CON 2022**
PRESENTED BY **stupidcancer**

SCHEDULE

FRIDAY

TIME

ACTIVITY

ROOM

8:00 am - 5:30 pm

Registration

Great Lakes Promenade

9:00 am - 9:45 am

Fun Run

Hosted by Ulman Foundation

Loring Park Greenway

Start the day with a fun run in Loring Park, hosted by our friends at Ulman Foundation. Whether you're looking for some intense exercise or a leisurely stroll, all are welcome. Run, jog, or walk with us on a mile-long loop, or do extra laps in the park if you really want to sweat! Meet at the East Entrance to the Loring Park Greenway, right outside the front entrance of the hotel on Nicollet Mall.

10:00 am - 10:45 am

Low Impact Training Class

Hosted by Epic Experience

Loring Park

We welcome you to move your body in a fun, safe, low impact workout that's doable for all. Personal trainer Chris Chinn of Epic Experience will lead you through low intensity cardio, functional bodyweight strength training, and a stretching routine. No equipment needed, but a mat/towel is encouraged.

10:30 am - 11:00 am

First-Timer Orientation

Lake Bemidji

First time at CancerCon? You aren't alone! Come meet other newcomers and learn the ropes. You'll leave with a better sense of what is in store and make some new friends while you're at it!

11:00 am - 11:45 am

Let's Express: Vision Boards

Hosted by Project Koru

Lake Minnetonka

Got any goals for CancerCon Live this year? Maybe it's to make some friends, learn something new, or find a life-changing resource. No matter your art experience, join our friends at Project Koru to make that vision come to life with this fun, expressive crafting activity.

We want your feedback!

The Stupid Cancer community wouldn't be what it is today without YOU. Tell us what your favorite (and not-so-favorite) thing about Stupid Cancer is. Tell us about the kinds of content you'd like to see more of and/or what content you wish there was less of.

Your opinion matters!

Take our Stupid Cancer Survey here: <https://stpdcn.cr/3N5FNVj>

SCHEDULE

TIME

ACTIVITY

ROOM

2:00 pm - 3:15 pm

Opening Session

Great Lakes BC

Join us for the official start to CancerCon Live 2022!

- Special Greeting from Stupid Cancer Board Chair, David Richman
- Welcome from Stupid Cancer CEO, Alison Silberman
- Keynote Panel: Addressing Health Disparities in AYA Cancer Care
ft. Julye Williams, Lisa Nelson, Fernando Olivarez, and Ambreen Maan
- Keynote Address: Owing My Lifetime Survivorship Status, Susan Moser

3:30 pm - 5:00 pm

Breakout 1*

- A Hidden Pandemic: Black Grief in the Oncology Setting
- Caring Community: Building Support for Caregivers
- Loving Your Body: Finding Acceptance After "Betrayal"
- Self-Advocacy 101: Play an Active Role in Your Cancer Care

*Breakout descriptions are available on pg. 13.
Some sessions are limited to specific audiences.

5:00 pm - 6:30 pm

Reception with Exhibitors

**Boundary
Waters**

Grab a bite to eat while you learn about the amazing resources available from our exhibitors and sponsors. Don't forget to pick up an Exhibit Bingo card and get it stamped at each table you visit in order to enter our raffle!

7:30 pm - 8:30 pm

Scavenger Hunt

Lake Bemidji

The ultimate team building experience! Join a group and compete to see which team can rack up the most points in one hour by hunting down photos and clues around the hotel. The winning team will be announced at Saturday's General Session.

9:00 pm - 10:00 pm

Stupid Trivia

Great Lakes A1

Test your trivia know-how and impress new friends with your useless knowledge! Pop culture, sports, history - it's all fair game in this "pub-style" team trivia game.

FRIDAY

SCHEDULE

TIME

ACTIVITY

ROOM

8:00 am - 6:00 pm

Registration

Great Lakes
Promenade

8:00 am - 9:00 am

Breakfast with Exhibitors

Boundary
Waters

9:15 am - 10:15 am

General Session

Great Lakes BC

A full day of activities and education begins with our General Session.

- Keynote Presentation: Resilience after Cancer Treatment, Shernan Holtan, MD
- Morning Mindful Moving Meditation with Gabrielle Roberts of 612 Jungle
- Awards Ceremony

10:30 am - 12:00 pm

Breakout Session 2

- ...And Now I Go Back to Work? Communicating Effectively in the Workplace
- Cancer as Work: A Space for Nonprofit & Healthcare Professionals
- From Day One: Planning Your Survivorship Care
- Man Enough for Cancer? Transcending Toxic Masculinity & Finding Support

12:15 pm - 1:15 pm

Lunch with Exhibitors

Sponsored by Servier

Boundary
Waters

2:00 pm - 3:30 pm

Breakout Session 3

- Anticipatory Grief
- Cancer in the Bedroom: Sex & Intimacy
- Coping with Loneliness, Fear, & Anxiety



It's our 15th birthday!

Just our celebration at the CancerCon dance party on Saturday night in the Great Lakes BC room.



SATURDAY

SCHEDULE

SATURDAY

TIME

ACTIVITY

ROOM

4:00 pm - 5:30 pm

Breakout Session 4

- Finding Meaning & Creating Legacy
- Healing from Post-Traumatic Stress Disorder: Trauma Therapy, Post-Traumatic Growth, Psychedelics & More
- Understanding Your Rights and Advocating for Yourself as an LGBTQI2S+ Cancer Patient

5:30 pm - 6:30 pm

Reception with Exhibitors

Boundary
Waters

6:00 pm - 7:00 pm

Storytelling Open Mic

Great Lakes A3

Join an intimate and powerful open mic event to hear the real, raw, relatable stories of your AYA peers. Each storyteller will have 4 minutes on the mic to share their story, which will be recorded and added to the Stupid Cancer Story Library. Slots are limited, so sign up in advance at the Stupid Cancer exhibit table if you want to share!

8:00 pm - 10:30 pm

CancerCon Nights

Great Lakes BC

Sponsored by Northwestern Mutual

This year Stupid Cancer is finally old enough to be considered an AYA, and we are ready to celebrate! Dance the night away with your AYA community - together in person at last. Dress up as your 15-year-old self, your favorite childhood party theme costume, or come as you are! We'll bring the party hats and birthday cake.

DOWNLOAD THE CANCERCON APP

Access the CancerCon program, learn more about breakout sessions, find information on speakers, and chat with other attendees from your phone on the CancerCon app.

Search "CancerCon 2022" in your app store.

SCHEDULE

TIME	ACTIVITY	ROOM
8:00 am - 12:00 pm	Registration	Great Lakes Promenade
8:00 am - 9:00 am	Breakfast with Exhibitors	Boundary Waters
9:00 am - 10:30 am	Breakout Session 5 <ul style="list-style-type: none"> Engaging AYAs: Bridging the Gap to Include AYAs in Research & Trials Helping Kids Cope with Their Parent's Cancer Mindset of Survivorship : Authentically Owning an Empowered Survivor Experience What's Next? School and Work After Cancer and COVID 	
10:45 am - 12:15 pm	Breakout Session 6 <ul style="list-style-type: none"> COVID-19 and Cancer: Reflecting on the Pandemic and Mapping the Road Ahead Imposter Syndrome During AYA Survivorship Living Single with Cancer Therapeutic Cannabis and Cancer 	
12:15 pm - 1:15 pm	Lunch with Exhibitors	Boundary Waters
1:30 pm - 2:15 pm	Closing Session	Great Lakes BC

Say goodbye to this unforgettable weekend at our Closing Session.

- Keynote Address, Uma Chatterjee: Thriving in Community
- Keynote Panel Discussion: Survivorship as a Whole Body Experience, ft. Karim Sadak, MD, MPH, Anne Blaes, MD, and Megan Voss, DNP, RN
Moderated by Joshua Rivera, Stupid Cancer Board Treasurer
- Farewell Remarks from Stupid Cancer CEO, Alison Silberman

SUNDAY

**STUPID CANCER WOULD LIKE
TO THANK MERCK FOR THEIR
GENEROUS SPONSORSHIP OF
CANCERCON 2022**



A Hidden Pandemic: Black Grief in the Oncology Setting

Sponsored by **Jazz Pharmaceuticals** | Speaker: *Lisa Petgrave-Nelson, LMSW, OSW-C*

The COVID-19 pandemic led to an unprecedented death toll among Black Americans, leaving a disparate impact on black grief and loss. This presentation aims to increase awareness of the risks and consequences of the COVID-19 pandemic on the lives of Black cancer patients as well as to identify some contributing factors which lead to disparities in mental health and grief within this community. Join this session to discuss the impact of racial inequities and learn strategies that can be utilized by health care professionals to support Black patients.

Audience:
Everyone

Great Lakes A1

Caring Community: Building Support for Caregivers

Speaker: *Whitney Hadley, MA, MSW, LSW*

When you are the caregiver to an AYA patient, it can be hard to balance caring for your loved one and taking time for yourself. Whether you're caring for a romantic partner, child, sibling, family member, or friend, you need a community of caregivers to support your own journey. Join your caregiving peers in small groups to discuss your successes, concerns, or frustrations, and discover that you are not alone.

Audience:
Caregivers

Lake
Minnetonka

Loving Your Body: Finding Acceptance After "Betrayal"

Speakers: *Wendy Griffith, MSSW, LCSW, OSW-C, Ashadee Miller, & James O'Neill*

Seeing sudden changes to your body after cancer treatment can be traumatizing and the effects can be long-lasting or permanent. So how do you learn to accept, and even love, your body after you feel it has betrayed you? How does body image affect the way you see yourself, your partner, or other relationships? In this session, hear from survivors who have found a newfound love and appreciation for their bodies after cancer and then join in a discussion to share your own experiences.

Audience:
Survivors

Lake Harriet

Self Advocacy 101: Play an Active Role in Your Cancer Care

Sponsored by **Seagen** | Speakers: *Ambreen Maan, MSW & Mindy Freund, MSN, RN, CCRC*

Fear, anxiety, and feeling of loss of control are all associated with a cancer diagnosis. Through self-advocacy, you can play an active role in your care and recovery and take back your power. Join this interactive session to empower yourself with the tools, information, and skills you need to become your own best advocate.

Audience:
Survivors &
Caregivers

Great Lakes A3



Supporting you is our **ONE** priority.

For one-on-one support, including educational tools, resources, and help with insurance eligibility and treatment costs, visit [ServierONE.com](https://www.servierone.com).



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BREAKOUT 2 : SATURDAY, JUNE 11

10:30 AM - 12:00 PM

...And Now I Go Back to Work? Communicating Effectively in the Workplace

Speakers: Rachel Becker, LMSW; Yunna Sinskey, MD, & Sarahi Hernandez Rico

It can feel overwhelming thinking about going back to work after a cancer diagnosis – whether you've been away from your job for a year, or only an afternoon. Understanding how to best communicate with coworkers and supervisors can be nuanced and require strategy. This session will help you to think through your communication style, understand how disclosure decisions can shape ways to communicate at work, and provide tips and techniques for ensuring a comfortable workplace experience.

Audience:
Everyone

Great Lakes A1

Cancer as Work: A Space for Nonprofit & Healthcare Professionals

Speaker: Ashley Williams, LCSW

Whether you work as an advocate, a nonprofit professional, a healthcare provider, or an industry partner, when it's your job to support those with cancer, there are lots of unique challenges and stressors. This working session will allow for professionals in the AYA oncology space to join together across disciplines to collaborate and share solutions.

Audience:
Providers

Lake
Minnetonka

From Day One: Planning Your Survivorship Care

Sponsored by **Leukemia & Lymphoma Society**

Speakers: Amelia Baffa, MSN, APRN, PMHNP-BC & Crystal Reinhart, PhD

The decision about when to call yourself a "survivor" varies between cancer patients, but the National Cancer Institute defines cancer survivorship from the date of diagnosis. So the focus on survivorship care planning should start from the beginning and continue throughout treatment and beyond. This presentation will explore the process of creating and sharing a survivorship care plan, why it's so important to have one, and the research on the disparities and gaps in survivorship care for young adult cancer patients.

Audience:
Everyone

Great Lakes A3

Man Enough for Cancer? Transcending Toxic Masculinity & Finding Support

Speakers: Charles Razook & Calvin Hauer, MA, LMFT

Battling cancer is a hard time for everyone, but given societal pressures to "stay strong" and the underrepresentation of men in cancer support spaces, being an AYA male can be a particular challenge. This discussion will be an opportunity for male-identifying survivors to talk about their struggle to overcome toxic messages of masculinity in order to accept physical and emotional help.

Audience:
Male Survivors

Lake Harriet

BREAKOUT 3 : SATURDAY, JUNE 11

2:00 PM - 3:30 PM

Anticipatory Grief

Speakers: Allison Breininger & Megan Voss, DNP, RN

As a cancer caregiver, it can be hard to not think about the future and what it may or may not hold. In doing so, it is common for caregivers to experience anticipatory grief, in which you mourn the loss of your loved one while they are still here as well as grieve the future that is no longer available to you. In this discussion session, we will dig into this term, talk about how and when these feelings emerge for us, and explore how we can cope when they do.

Audience:
Caregivers &
Providers

Great Lakes A1

Cancer in the Bedroom: Sex & Intimacy

Speakers: Tara Rick, PA-C, J. Pritchett & Calvin Hauer, MA, LMFT

You may be frustrated by disruptions to your sex life during and after cancer treatment, but there are interventions and tools that can help you regain confidence and increase pleasure. This dynamic panel presentation will share approachable tools and strategies to address the physical and emotional aspects of intimacy and sex after cancer.

Audience:
Everyone

Lake Harriet

Coping with Loneliness, Fear, & Anxiety

Sponsored by Merck | Speaker: Ashley Williams, LCSW

The cancer experience is often characterized by loneliness, fear, and anxiety. Upon diagnosis, there are many challenges and uncertainties that can leave you feeling isolated and scared. This session will address the impact of loneliness, fear and anxiety on the patient experience, identify strategies for coping with these feelings when they arise, and provide an opportunity to share and connect with your peers.

Audience:
Survivors

Great Lakes A3



**Got a story you want
to share?**

**Sign up at the Stupid
Cancer exhibit table to
join the Storytelling Open
Mic roster!**

**Saturday, June 11th
6PM CT**



**Novartis proudly joins
Stupid Cancer and
CancerCon 2022**

**Your dedication to helping patients
with cancer is applauded.**



Novartis Pharmaceuticals Corporation
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Making a difference together

**Walgreens is proud to sponsor
CancerCon and support Stupid Cancer**
in their mission to empower everyone
affected by adolescent and
young adult cancer.

Walgreens



Finding Meaning & Creating Legacy

*Speakers: Whitney Hadley, MA, MSW, LSW,
Amelia Baffa, MSN, APRN, PMHNP-BC & Alique Topalian, PhD, MPH*

Every AYA has a unique experience with cancer. Finding meaning through your cancer diagnosis can help patients, especially those with metastatic or chronic cancer, cope with the challenges and limitations you may face along the way. This workshop will offer a unique way for AYAs to explore meaning and create a story of legacy using vision boarding and small group discussion.

Audience:
Survivors

Lake Minnetonka

Healing from Post-Traumatic Stress Disorder: Trauma Therapy, Post-Traumatic Growth, Psychedelics & More

Speaker: Elana Miller, MD

You finished your last dose of chemotherapy, your last course of radiation, or your final surgery and thought the hard part was over — only to find a new struggle in front of you. What do you do if you feel like you're "surviving" but not quite living? PTSD after cancer is common, but many cancer survivors don't seek out help because they don't recognize the signs and symptoms in themselves or don't know how to get the help they need. In this session you will learn how the cancer experience can cause PTSD, how to identify the signs and symptoms of PTSD in yourself, and how to get the right kind of help so you can recover from cancer not just physically, but emotionally.

Audience:
Everyone

Great Lakes A3

Understanding Your Rights and Advocating for Yourself as an LGBTQI2S+ Cancer Patient

*Speakers: Hailey Johnston; Yasmine Ramachandra, MS,
Nicole Jolicoeur, Esq & Sheena Pruitt, LGSW*

LGBTQI2S+ identifying cancer patients, survivors, and caregivers face unique practical and legal issues that can impact health care, access to health insurance, estate planning, and medical decision-making. In this interactive session, learn about the steps you can take to be better prepared legally. Then, join the conversation to explore how to advocate for appropriate and inclusive care, workshop how to talk with and interview medical professionals, and share in community with your peers.

Audience:
LGBTQ
Survivors

Great Lakes A1

Engaging AYAs: Bridging the Gap to Include AYAs in Research & Trials

Sponsored by **Novartis** | *Speakers: Rebecca Johnson, MD, Bernadette Ray, Khamai Simpson, MSc, & Emily Jordan, PhD*

There is a growing consensus that meaningful engagement from patient stakeholders is critical to improving outcomes, but patient engagement in research is not a universal standard practice and the proportion of AYAs taking part in clinical trials has decreased over the past decade. This dual presentation will first address how to best engage AYA stakeholders in the development and dissemination of academic research and then discuss the benefits of and barriers to enrolling AYAs in clinical trials.

Audience:
Providers

Great Lakes A1

Helping Kids Cope with Their Parent's Cancer

Speaker: Wendy Griffith, MSSW, LCSW, OSW-C

Seeing yourself as a successful parent is hard enough at the best of times, but with cancer it can feel impossible. If you've ever wondered "How am I supposed to talk to them about this?" or "How do I make sure I don't scar them for life?" you are not alone. Join this discussion with other young parents to explore the do's and don'ts for talking to your kids about cancer, strategies for helping them cope, and how to maintain your sense of worth as a successful parent during a time when it's easy to feel otherwise.

Audience:
Survivors &
Caregivers

Lake Harriet

Mindset of Survivorship: Authentically Owning an Empowered Survivor Experience

Speaker: Susan Moser

The mind is a powerful thing...how are your thoughts treating you in your survivorship? For many, the mindset of survivorship can become debilitating in personal and professional life. In this workshop session, learn and practice strategies to prioritize, vocalize, and emphasize your desired mindset and relationship with your survivorship in order to establish habits that can help you authentically own your experience so you can be empowered by, instead of debilitated by, the realities of AYA cancer survivorship.

Audience:
Survivors

Lake Minnetonka

What's Next? School and Work After Cancer and COVID

Speakers: Michele Rosenthal & Rachel Becker, LMSW

The transition into school and/or your first job is usually tricky, but if you're a Gen Z cancer patient or survivor, the past couple of years have been a truly wild ride. This workshop session will share important information you need to be successful at school and in your early job hunt and help you set goals for your future during a time of instability and the changing landscapes of working and learning.

Audience:
Gen Z
Survivors

Great Lakes A3

TRANSFORMING LIVES. REDEFINING POSSIBILITIES.

Jazz Pharmaceuticals is proud to support Stupid Cancer



Jazz Pharmaceuticals is a global biopharmaceutical company whose purpose is to innovate to transform the lives of patients and their families. We are dedicated to developing life-changing medicines for people with serious diseases — often with limited or no therapeutic options.

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RIGHT **FIT**
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jazzpharmaceuticals.com



YOUNG ADULTS AND CANCER

 LEUKEMIA &
LYMPHOMA
SOCIETY®

As a young adult with cancer, you have specific concerns and needs. You may have never been diagnosed with a serious illness before. This may be the time when you want to focus on school, start a family and work towards your career. Life is changing and The Leukemia & Lymphoma Society wants to help you through those changes.

We offer:

- Personalized information and support
- One-on-one nutrition consultations
- Online support and patient podcast
- Booklets and fact sheets, including a young adult journal

For more information about all of our resources, visit:

www.LLS.org/YoungAdults

COVID-19 and Cancer: Reflecting on the Pandemic and Mapping the Road Ahead

Speakers: Marlyn Allicock, PhD, MPH & Andrea Betts, PhD, MPH

Unsurprisingly, research on AYA cancer patients and survivors has demonstrated that the pandemic has heightened health and psychosocial challenges. In this session, learn about key research findings on the gaps, challenges, and opportunities presented by the pandemic and join in a discussion about how patients/survivors, family members/caregivers, and health care professionals can promote health management and improve the quality of life in the Covid era.

Audience:
Everyone

Lake Minnetonka

Imposter Syndrome During AYA Cancer Survivorship

Speakers: C Robert Bennett, PhD, CPNP-AC, PPCNP-BC & Peter Drahms, RN, BSN

Have you ever felt like you're "failing" at being a cancer survivor? This session will address imposter syndrome in the context of AYA cancer, discussing how common insecurities can creep into your subconscious and effect identity development during survivorship. Learn how to reframe these negative thoughts and join in a discussion about how you have navigated them in your treatment and survivorship.

Audience:
Survivors

Great Lakes A1

Therapeutic Cannabis and Cancer

Speaker: Alicia Bennett

Cannabis is a plant with therapeutic potential that has been shown to help people with cancer. Join this session to learn more about the scientific evidence on how cannabis can help treat the symptoms of cancer, practical information about what to expect if you decide to try cannabis, and how you find products that may work for you.

Audience:
Everyone

Great Lakes A3

Living Single with Cancer

Speakers: Sheena Pruitt, LGSW & Jennifer Garam

Whether you're trying to date or happily solo, there are unique struggles to single survivorship. Join this open and honest discussion session to share your frustrations, successes, and experiences with other survivors who understand what it's like to fly solo as an AYA with cancer.

Audience:
Survivors

Lake Harriet



Crisis Support Info



In the event of an emergency or crisis during CancerCon Live, please call or text (646) 223-0896 to get in touch with a Stupid Cancer staff member to assist.

This number is for emergencies **ONLY**. For general questions or concerns, please visit the Registration Desk or email programs@stupidcancer.org.

Other Resources for Free, 24/7 Mental Health Support
Crisis Text Line: text MN to 741741
National Suicide Prevention Lifeline:
call 1-800-273-TALK (8255)

Science demands diversity.



Got a question for a speaker but ran out of time during the session? Swing by the Executive Board Room for our Office (Half) Hours to get some face time with some of our speakers!

Saturday Office Hours

3:30 - 4 PM

Ambreen Maan, MSW

Ashley Williams, LCSW

Whitney Hadley, MA, MSW, LSW

Sunday Office Hours

12:15 - 12:45 PM

Alicia Bennet

C. Robert Bennet, PhD

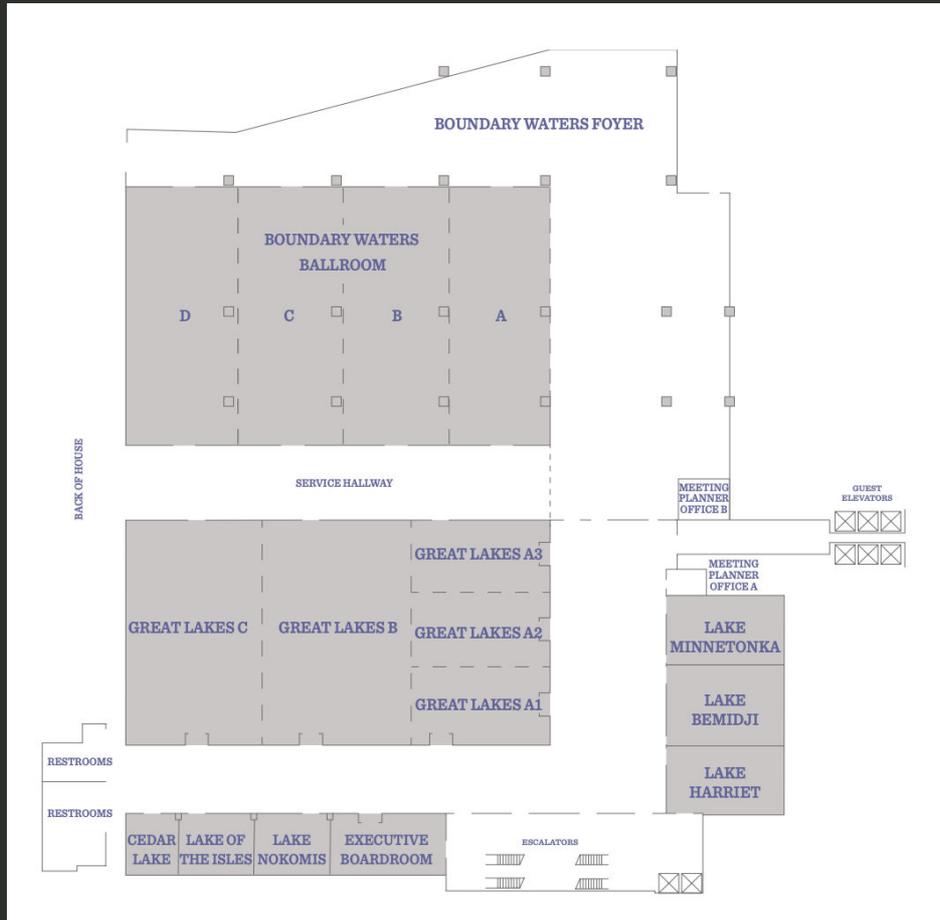
Elana Miller, MD

Michele Rosenthal

Rachel Becker, LMSW

NAVIGATE THE HYATT

CancerCon Live 2022 activities will take place on the 4th floor of the Hyatt Regency Minneapolis. Here's a map to help guide you. Please note, masks will be required **AT ALL TIMES** in all 4th floor meeting areas.



Transforming the language of life into

At Amgen, we believe that the answers to medicine's most pressing questions are written in the language of our DNA. As pioneers at biotechnology, we use our deep understanding of that language to create vital medicines that address the unmet medical needs of patients fighting serious illness—to dramatically improve their lives.

Image caption
(employee, facility or therapeutic name)

AMGEN[®]

LANYARD COLORS

PATIENT/SURVIVOR

CAREGIVER/FAMILY MEMBER

NONPROFIT PROFESSIONAL

HEALTH PROFESSIONAL

OTHER

Looking to meet another survivor or caregiver? Use this handy guide to tell who's who at CancerCon.



Committed to Patients –
Every Step of the Way

At Seagen, our mission is to develop transformative medicines that make a meaningful difference for people with cancer.

For more information on our medicines and ongoing research, visit www.seagen.com.



CANCERCON LIVE 2022

COVID-19 POLICY

- All attendees must submit proof of vaccination (initial dose plus boosters as recommended by the CDC) or provide documentation of a medical or religious exemption prior to arrival or at the registration desk in order to receive their conference badge. Anyone without proper documentation **WILL NOT BE ADMITTED.**
- Masks are required to be worn over the nose and mouth **AT ALL TIMES** in conference areas when not actively eating or drinking.
 - During meal times, takeaway meals will be made available upon request to those who prefer not to eat in the public dining area.
- Attendees are expected to monitor their health and seek medical assistance should any symptoms of illness arise during their stay.
- Happy Masks and INDICAID OTC rapid tests are available at the registration desk upon request.



The health and safety of our AYA cancer community is our top priority. If you see another attendee not wearing their mask properly while in our 4th floor CancerCon areas, please kindly remind them to put on their mask. We also encourage you to use our Traffic Light COVID Buttons system to help show your boundaries as you navigate interactions with new and old friends throughout the hotel. (See next page for more details.)

Thanks to our in kind sponsors: Happy Masks and Phase Scientific!



TRAFFIC LIGHT COVID BUTTONS

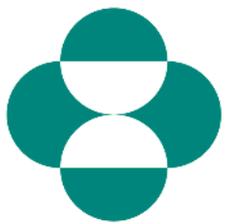
We know that everyone may have a different level of comfort with loosening restrictions. Our "traffic light" button system will allow attendees to easily communicate their boundaries.



*Note: Selecting a Green or Yellow button does NOT exempt you from the mask policy.

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EXHIBITORS

Visit the [Boundary Waters Ballroom](#) to meet our exhibitors and network with fellow attendees. You'll find invaluable resources, make professional connections, and walk away with a lot of swag and goodies.

13thirty Cancer Connect
American Brain Tumor Association (ABTA)
Amgen
Ancora.ai
Beads of Courage
Bright Spot Network
Cassie Hines Shoes Cancer Foundation
Colon Cancer Coalition
Dempsey Center
Epic Experience
First Descents
Genentech
Leukemia & Lymphoma Society
Masonic Cancer Center, University of Minnesota
Melanoma Research Foundation
Novartis
Project Koru
Rein in Sarcoma
Seagen
Servier
Smitten Kitten
Steven G. Cancer Foundation
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**We help empower
everyone affected by
AYA cancer by ending
isolation and building
community.**

f   **in**
STUPIDCANCER.ORG

Stupid Cancer programs empower all adolescents and young adults impacted by cancer. All of our programs are designed to help you **Get Busy Living by connecting with other AYAs and gaining access to critical information and resources to improve your quality of life with and after cancer.**

Stupid Cancer Stories:

Share your experiences and connect with peers through the power of storytelling at intimate open mic events or by browsing our Story Library.



Discussion Series:

Topic-based discussion sessions running over 4 weeks allow participants to engage in sustained, meaningful conversation with each other in a structured setting, led by trained professionals.

Meetups:

Social gatherings that bring together the adolescent and young adult community, online or in person, to connect with other patients, survivors, caregivers, and professionals that get it.

CancerCon:

Stupid Cancer's annual conference brings together hundreds of patients, survivors, caregivers, and professionals for a weekend of breakout sessions, keynote speakers, and social activities.

Health Disparities Town Hall:

A 3-year initiative to develop a strategic action plan that addresses the needs of AYAs in historically marginalized groups relating to their experiences during diagnosis, treatment, and/or support.

VISIT [STUPIDCANCER.ORG](https://stupidcancer.org) FOR MORE INFO

**SAVE THE
DATE:**

Digital CancerCon 2022

Saturday, November 19, 2022

