National Cancer Survivors Day
June 7, 2020
A New Way to Celebrate

SURVIVORS DAY 2020
A message from the hosts and planning committee:
We are saddened that we cannot gather in person this year to celebrate together. We put together a few short messages for you, one is from our chaplain, Kaytlin Butler, a song from our vocal ensemble led by Michael Inge, and some ideas to help you celebrate safely. We hope to celebrate together next year in June of 2021.
We wish you all the best!

Alison Snow, PhD, LCSW-R, OSW-C,
Kaitlin Goldgraben, LCSW,
Lina Jandorf, MA & Sandy Lansinger

We would like to thank the Cindy Turkeltaub Cancer Support Fund for their generous support of Survivors Day!
Thank you to the wonderful survivors who sent in ideas of how to bring the survivor's day celebration home during the time of COVID-19.

How To Celebrate Survivors Day From Home!

- Cook a special meal
- Write a note to people who helped carry you through
- Join a mentor or support program to offer help to others going through the experience
- Take a moment to meditate - light some candles, take a deep breath and find calm
- Do something special for yourself or buy yourself a present
- Write to your doctor and medical team thanking them and include a photo of yourself
- Take a moment to reflect on your journey
- Throw yourself a big birthday party for another trip around the sun!

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