

Resource Guide

FALL 2023

End of Life Conversations



 TUES OCT 24  6:00 PM CT

loved ones remember special moments and make wishes for the future. Join us for an event that begins to explore the concept of legacy work, offers tools and resources to begin your own projects, and provides a safe space with others to begin practicing some of this writing with prompts and templates. [REGISTER NOW](#)

NOVEMBER IS
CAREGIVER
AWARENESS

MONTH

We would like to recognize all of our Caregivers. Celebrate Caregiver Awareness Month by becoming a Mentor Angel!

[LEARN MORE](#)

INTRODUCTION OF LEGACY PROJECTS

A cancer diagnosis often prompts people to take stock of their lives, what they may leave behind, and how they can continue being part of their family's future, even if not physically present. One practical way to work through some of the emotions that emerge is through legacy projects: that heart work that helps you and your

Support Groups In The Cancer Community

Stay
Connected

DESCRIPTION	DATE/TIME	LINK
Virtual Hangout For LGBTQIA + Survivors	Second Sunday Monthly 6 pm CT	Register
Virtual Hangout For African American Young Breast Cancer Survivors	Last Thursday Monthly 6 pm CT	Register
Virtual Support Group For Those Young Adults That Are "Flat" Or Are Considering "Going Flat" After A Mastectomy	11/4/23 7 pm CT	Register
Virtual Meetups For Male Caregivers	Last Tuesday Monthly 8 pm CT	Register
Parents In Long-Term Survivorship	Second Sunday Monthly 3 pm CT	Register
Parents Who Have A Partner With Cancer Virtual	Second Sunday / Fourth Monday Monthly	Register

End Of Life Conversations Event



 **WEDS, NOV 15**  **6:00 PM CT**

Save the date! Join Imerman Angels and The Peaceful Presence Project in this virtual event and learn how open conversations with loved ones can ease suffering and bring a new relationship with mortality— one that makes every day we live much brighter.

You will hear the personal story of one of Imerman Angels' Caregiver Mentors as she shares the effects of not knowing what their loved ones final wishes were. End-of-life doula Erin Collins, MN RN CHPN will share practical ways to start “the conversation,” and engage in embracing mortality to live well, now.

[REGISTER NOW](#)



“

“When you’re facing death like I have been, fear is a common response, but my mentor told me that reaching out to other people would help me survive. That’s the path I chose when I got sick. Being a Mentor Angel has given my life a lot of purpose, and the people I work with have taught me many lessons about survival and hope. Talking to them is one of my favorite things to do in my week. I think that being there for someone when their backs are against the wall is the greatest gift in the world.”

– Mark, Mentor Angel, Stage 4 Liver Cancer

End of Life Conversations Resources

DESCRIPTION

LINK

When Cure Is Not An Option | Managing Difficult Conversations And Treatments At The End Of Life

[Learn more](#)

Helping People Share Their Wishes For Care Through The End Of Life

[Learn more](#)

Estate Planning Toolkit

[Learn more](#)

Grief Toolkit

[Learn more](#)

Prepare Advance Directive - Making Informed Medical Decisions

[Learn more](#)

Get Palliative Care While Living With A Chronic Illness

[Learn more](#)

Compassion & Choices For Everyone To Chart Their End-Of-Life Journey

[Learn more](#)

Providing Free Therapeutic Stays For Those Impacted By Cancer

[Learn more](#)

Podcast On Donating One's Body To Science When One Dies

[Learn more](#)

Improve Your Quality Of Life Through Palliative Care

[Learn more](#)

Is It Time For Hospice?

[Learn more](#)

Advanced Care Planning Guide

[Learn more](#)

Talking About End Of Life With Kelly Grosklags, Oncology Psychotherapist

[Watch](#)

Memories Live - Free Legacy Project - Personalized Videos

[Watch](#)

End of Life Conversations Events

DESCRIPTION	DATE/TIME	LINK
Cancer And Mental Health	Oct 10th / 12 pm CT	Register
Your Peace Of Mind End Of Life Plan - How To Decide, Discuss, And Document Your Final Wishes Before You Go	Oct 31st / 10:30 am - 12 pm CT	Register
Open Death Conversation	Nov 2nd / 8 pm - 10 pm CT	Register
Grief And The Holidays: A Conversation	Nov 9th / 8 pm - 10 pm CT	Register
After Death, Care And Support - How To Make Your Final Arrangements	Dec 5th / TBD	Register

Partner Feature

cure[®]
curetoday.com

Launched in 2002 for patients with cancer, survivors and their caregivers, CURE[®] Media Group's flagship magazine and online resource curetoday.com provide access to leading resources and information that serve as a guide to every stage of the cancer experience.

CURE offers an exploration of inspiring stories of hope and empowerment, along with findings from recent studies, in the survivorship section of their website.

[LEARN MORE](#)

General
& Cancer
Related

Upcoming Events In The Cancer Community

DESCRIPTION	DATE/TIME	LINK
Weekly Guided Meditations For Caregivers	Weekly / Tuesdays 10 am CT	Register
Supporting Neurodivergent Children Through A Parent's Cancer	Oct 12th / 12 pm CT	Register
Rituals And Hobbies For Coping	Oct 12th / 5 pm- 6:30 pm CT	Register
The Truth About Liver Cancer	Oct 14th / 11 am CT	Register
Facing Scanxiety	Oct 16th / 7 pm CT	Register
After Cancer: Maintaining Intimacy And Connection For Couples	Oct 18 th / 1 pm CT	Register
Preimplantation Genetic Testing: How Might The New Fertility-Related Technology Support You And Your Family?	Oct 23rd / 7 pm CT	Register
Treatment Advancements In Blood Cancer	Oct 25th / 6:30 pm CT	Register
Sexual Health For AYAs	Oct 26th / 11 am CT	Register
From Diagnosis To Survivorship: Addressing Recurrence Risk And Quality Of Life	Oct 26th & Nov 2nd / 6 pm CT	Register
Artificial Intelligence And Breast Cancer: What Does The Future Hold?	Oct 30th / 7 pm CT	Register
Balancing Work & Caregiving	Nov 1st / 5 pm CT	Register
AYA Survivor's Guilt	Nov 9th / 6 pm - 7:30 pm CT	Register
Cancer Caregivers: Rights And Resources Event	Nov 15th / 10:30 am CT	Register

Conferences

FREE
CONFERENCES
CANCER
RELATED

DESCRIPTION	DATE/TIME	LINK
Head And Neck Cancer Survivorship Symposium	Oct 7th / Virtual & In Person	Register
GVHD National Symposium	Oct 13th / 8 am - 5 pm CT	Register
LLS Southern Regional Blood Cancer Conference	Oct 14th / 8:30 am - 1 pm CT	Register
Triage Cancer Conference - How To Navigate Legal And Practical Issues	Oct 14th / 10 am - 6 pm CT	Register
LLS Heartland Regional Blood Cancer Conference	Oct 23rd / 9 am - 2:30 pm CT	Register
LLS Upper Midwest Regional Blood Cancer Conference	Nov 4th / 9 am - 2:30 pm CT	Register
Triage Cancer Conference - Insurance & Finance Intensive	Nov 8th / 9 am - 5 pm CT	Register



RESOURCES



Imerman Angels Grief Toolkit

A guide to coping and supporting the grief process.

[DOWNLOAD](#)

List of helpful cancer related resources.

[Resource Page](#)

[Request Brochures](#)

[Shop Imerman Angels](#)

Additional Resources

AYA RESOURCES

[Fertility After Cancer](#)

[Parenthood Options for Infertile Survivors](#)

[Family Cancer Support Kit - Age Appropriate Conversations For Kids And Teens About Cancer](#)

[Young Adult Survivor/ Caregiver Retreats](#)

[Young Adult Resources For Those Diagnosed With Leukemia Or Lymphoma](#)

BILINGUAL RESOURCES

[Recursos En Español](#)

[El Sueño Después De Un Diagnóstico De Cáncer De Mama](#)

[Prostate Care En French](#)

[Prostate Care In Shalom](#)

[Thyroid Cancer En Espanol](#)

[Videos En Espanol On Radiation Therapy For Cancers Of The Brain, Breast, Gynecologic Areas, Head And Neck, Lung, Prostate](#)

[Cancer Care En Espanol](#)

[EN VIVO: AMAR SU HÍGADO](#)

[Kidney Cancer - Translated](#)

CAREGIVER RESOURCES

[Cancer Risk Assessment Tool](#)

[Shared Decision - Making Part II: The Caregiver Perspective](#)

[For Caregivers: Coping with Your Loved One's Metastatic Triple Negative Breast Cancer](#)

[Courageous Parents Network - Caring For A Child](#)

[For Caregivers: Practical Tips to Cope with a Loved One's Bladder Cancer](#)

[Things Caregivers Need To Know When Their Loved One Dies](#)

[Cancer Caregivers Need Care Themselves](#)

[Love Your Caregiving Life Podcast](#)

GENETICS

[Understanding Genetic Mutations & Biomarkers In Ovarian Cancer](#)

[Genetic Testing And Previvors](#)

[What If I Test Positive For Genetic Mutations - Should I Tell My Family?](#)

CANCER SPECIFIC INFO

[Understand Your Options For Life After You've Moved From Fighter To Thriver With Breast Cancer](#)

[Physical and Psychosocial Sexual Health After Bladder Cancer](#)

[Self-Care For Women With Breast Cancer](#)

[The Psychosocial Impact of Bladder Removal](#)

[Guy Talk | Men's Sexuality After Bladder Cancer](#)

[Women in Bladder Cancer: Sexuality and Intimacy](#)

[Newly Diagnosed With Metastatic Breast Cancer](#)

[Recently Diagnosed with Kidney Cancer - Next Steps](#)

RESEARCH PROJECTS

[The Impact Of Sibling Cancer Diagnosis On The Sibling Relationship](#)

[Self-Perception And Intimacy After The Cancer Experience](#)

[Open Clinical Trials For Those Positive For The BRCA Gene](#)

[Research Opportunity For Ovarian Cancer Patients](#)

[Liver Cancer Disparities Research](#)

Become a Mentor Angel

Have you sought support with Imerman Angels. Are you willing to give back? Join our worldwide cancer support community as a Mentor Angel and provide personalized, one-on-one support for cancer fighters, survivors, previvors and caregivers.

[LEARN MORE](#)



Looking for other ways to get involved?

Being a part of Imerman Angels' volunteer community makes you a special type of supporter that believes in the same future we do – to see a world where no one faces cancer alone! [Learn more](#)



Share your journey.

Everyone has a story to tell. It only takes one story to inspire and provide hope to others. Whether it is a story of survivorship, your experience as a caregiver, or of remembrance, others like you will find comfort in knowing they are not alone.

[SHARE YOUR STORY](#)

Connect with us

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vimeo.com/user85396031
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