

Best Practice Guide: Survivor & Caregiver



Colleges Against
Cancer®

Dear Colleges Against Cancer Leader:

These Best Practice Guides have been compiled directly from student submissions via the 2015 Year End Reports. Use these resources as a guide to spark new ideas and learn from your fellow peers around the country. Additionally, make sure you stay up to date and engaged with all of the resources available via the Impact Update blog and the National Campus Leadership Team Facebook page. By connecting with these resources, you will continue to receive the latest content to help you create an incredible experience on your campus!

Remember that some ideas will encompass more than just one of the four strategic divisions. These guides each focus on one, but sometimes ideas overlap. Additionally, these guides are by no means exhaustive; we are always amazed by the continual creativity displayed by you, our campus leaders! We encourage you to share these guides with your fellow leaders and fully take advantage of the information available here. Also, be sure that you are filling out your own Campus Progress Report each year so that we can share YOUR great ideas with other Relayers in future years. Visit campusrelay.tumblr.com for more information.

Thank you for all you do in the fight against cancer.

With hope,

The National Campus Leadership Team



Best Practice Guide – Survivor & Caregiver

NOTE: These best practices have been collected directly from the 2015 Year-End Reports submitted by Colleges Against Cancer chapters. The text from those reports has been included in this guide. Few changes have been made. Questions about these practices should be directed to the National Collegiate Advisory Team at CAC@Cancer.org. The team will make every attempt to find the answers you need.

School Name: University of Georgia

Size: 35,000

Division: South Atlantic

Best Practice: Our January CAC event highlighted UGA Relay's mission to fight for more birthdays. We set up at the university's student center in the middle of campus. We had a poster you could sign someone's name and how many birthdays they had celebrated since being diagnosed with cancer. We also had gallons students could write a cancer survivor's name on and could blow them up and we would hang them at the event. We handed out fact sheets to students who walked by with cervical cancer information because that is one of the January cancer's of the month. Lastly, we had a birthday cake to hand out, which continued our celebration of birthdays. In total, we had around 200 students stop by throughout

School Name: New York University

Size: 23,000

Division: Eastern

Best Practice: At each CAC meeting, we open with a mission moment. A member of our committee bravely volunteers to share their story or relation to cancer as a way for us to remember why we are each involved in the fight. These stories often include the diagnosis process or treatment course that went along with their personal fight, which help educate our members on different protocol and caregiver resources.

School Name: Hope College

Size: 3,388

Division: Lakeshore

Best Practice: Adopt-A-Survivor was very successful. We had teams adopt survivors who were coming to Relay for Life. The teams made posters recognizing their survivors, socialized with them throughout Relay, and provided support to the survivors. It was a very special opportunity for many of the survivors and students.

School Name: New Mexico State University

Size: 17,651

Division: Great West

Best Practice: At the end of our Fall semester we wrote and sent Christmas cards to the survivors we had on our survivor list. We also used this as an opportunity to announce when our

Relay For Life would be and invite them to come. We do not know if this was successful or not, but it was a nice, fun, and easy thing for our committee to do right before finals.

School Name: The Ohio State University

Size: 57,466

Division: East Central

Best Practice: Each year we have all the committee members put together a scrapbook of pages with pictures and names telling why we relay and who we relay for. This goes on display at the survivor dinner for all the survivors and caregivers to look at. This was successful because it lets the survivors know why we are here and shows them how passionate we are in the fight against cancer.

School Name: Florida State University

Size: 40,000

Division: Florida

Best Practice: We incorporated survivor campaigns into our social media presence. One was our #SurvivorSunday campaign in which we did a weekly spotlight on a survivor that is connected to our event, either as a loved one of a participant or a student survivor themselves. We also did a #RelayRoyalty campaign leading up to the night of our event. The campaign encouraged all of our participants to change their profile pictures on facebook to a photo of them wearing a purple crown, in order to honor the real Relay Royalty, our survivors. This campaign also helped raise awareness of our upcoming event.

School Name: Florida State University

Size: 40,000

Division: Florida

Best Practice: Our survivorship lead had a great idea to make a "Garden of Thanks" for the event. Each survivor wrote a thank you note on a paper flower to stick in the ground at the "garden". Participants walked by the garden all night and we got great feedback. Survivors were so grateful that we gave them an opportunity to brag about their caregivers

School Name: University of Minnesota Twin Cities

Size: 50,000

Division: Midwest

Best Practice: This year we partnered with a student group to host a pop up event on the mall of the university. We decided to create a giant luminary bag out of wood and have people write who they Relay for on the outside of it. We had great turnout at the event (event though it was -10 and we had a foot of snow in early November) and offered hot chocolate to those who stopped by

School Name: Mount Saint Mary College

Size: 2,500

Division: Eastern

Best Practice: Partnered with our get creative club to make Valentines day cards for the survivors in the local hospital.

Gatherings & Receptions

School Name: University of Wisconsin Madison

Size: 43,193

Division: Midwest

Best Practice: We held a caregiver bonding event in honor of National Caregiver Month. Caregivers were divided into groups of 3-5 and went on a scavenger hunt around campus taking pictures and performing tasks such as dropping off donation jars at local businesses. This is the first year we held a caregiver bonding activity, and it was a great starting point and has great potential for next year.

School Name: York College of Pennsylvania

Size: 5,000

Division: East Central

Best Practice: Our Survivor ceremony takes place at our Relay For Life event. We provided a tent for the survivors to have their dinner. We also allow the survivors to have their own lap in which the remaining participants cheer and applaud them as they walk. We also have a few of the survivors speak during this time and share their stories.

School Name: UCLA

Size: 43,239

Division: California

Best Practice: The Survivorship and Caregiver Chair and committee organized the Celebration Ceremony for Relay for Life along with the Luncheon immediately following the ceremony
Planning: The chair and the President coordinated with the Veterans Affairs in order to invite oncology nurses to share their experiences by speaking in the ceremony. Two nurses attended and talked about their experiences caring for cancer patients on behalf of all caregivers. In addition, the chair coordinated with two survivors to share their stories

School Name: University of California, San Diego

Size: 30,000

Division: California

Best Practice: We decorated the room with lots of purple, balloons, and Relay swag. We had a ton of food and tea/coffee sponsored by outside companies, such as The Cottage, Coffee Bean, Einstein Bagels, etc. They gave us so much food that we had a problem trying to figure out what to do with the leftovers. We also had two lovely singers perform

School Name: Pepperdine University

Size: 3,450

Division: California

Best Practice: Provided a Brunch on campus that was catered for survivors in our local community. They were given a chance to speak, create community and get excited about their attendance to Relay For Life.

School Name: Wright State University

Size: 14,000

Division: Eastern Central

Best Practice: Program honoring caregivers of cancer survivors. I think this was a very important event that was successful. Caregivers are very important to the process of beating cancer. It is important to celebrate them. This is something I would like to do it again in the future.

School Name: Ramapo College of New Jersey

Size: 5,000

Division: Eastern

Best Practice: Survivor tea is a way to thank our survivors both at ramapo and in the community for their support and to celebrate them! We host a small tea party and ask any survivors to come join us.

School Name: California Lutheran University

Size: 2,400

Division: California

Best Practice: We had the retirement community that surrounds our college bring cancer survivors and caregivers over for the opening ceremony, and involved in numerous caregiver and survivor activities throughout.

School Name: Worcester Polytechnic Institute

Size: 4,012

Division: New England

Best Practice: Goal: To provide a time to for survivors to meet, socialize, and share a celebratory meal prior to the start of Relay. Marketing Strategy: We reached out to everyone who had signed up as a survivor this year and last year, as well as the local Hope Lodge and the student body as a whole. We created an evite that was emailed out, a Facebook event, and posted it as an event in the school event calendar. Logistical: We utilized an outdoor venue and had an indoor location in reserve in case of rain. I feel that this was a relatively successful event; we had more survivors come than last year, the outdoor venue was beautiful, and the weather worked in our favor. The survivors enjoyed themselves and the food was good. Next year I would like to have a closer relationship with the hope lodge, and perhaps try and arrange transportation from there to the event.

School Name: Old Dominion University

Size: 25,000

Division: South Atlantic

Best Practice: We called out for survivors and caregivers to participate in the Homecoming Parade & Tailgate with our chapter. The participating members of our chapter called a local pink firetruck (dedicated to cancer awareness) to drive alongside the members, survivors, and caregivers in the parade and to sit in for the tailgate.

School Name: Old Dominion University

Size: 25,000

Division: South Atlantic

Best Practice: Survivors and Caregivers were invited to our Reception before Relay to be celebrated and congratulated for their personal Fight Against Cancer. We had the Vice-President of the University and a faculty survivor speak at the reception, as well as the student gospel choir perform for the reception. We provided raffles, prizes, and a hand paint wall for the participants. The survivors and caregivers were then walked over to the event for their survivor lap to begin the night.

School Name: New York University

Size: 23,000

Division: Eastern

Best Practice: We had great success with our survivor tent this year at Relay. All of our committee members had the chance to interact with the participants in a quieter setting. To incorporate our theme of "Camp Out to Stamp Out Cancer", our survivor lead created smores kits as gifts for all survivors. We set it up in a way so survivors could feel like it was their personal space. Georgetown cupcakes donated cupcakes in addition to the dinner that was provided at the tent. The survivors also received a medal, a sash, a tshirt, and a few of other things. It was a nice open area where everyone was able to hang out and share the special moments of the different ceremonies together.

School Name: New York University

Size: 23,000

Division: Eastern

Best Practice: This year, we held our first (hopefully annual) survivor reception. A local cafe generously donated their event space and a majority of the food for our 5-7PM event. We created and mailed out invitations with personal CAC committee stories and information about the event to all the survivors registered for the previous 12 Relay For Life at NYU. We had several survivors attend the reception, and though many could not attend, it was great to connect with them via RSVPs. This event allowed CAC members to get to know the survivors more personally than ever before, as we ate, decorated luminaria, and handed out raffle prizes. In the future, we may schedule the event for a weekend, and ask all registered participants to pass the information on to their loved ones who they are Relay-ing for.

School Name: SUNY Cortland

Size: 6,985

Division: Eastern

Best Practice: Each year Colleges Against Cancer hosts a survivor brunch in which we honor the survivors on campus and in the community. We promoted the event by making posters and having our ACS representative and the ACS representative for Cortland county promote the event. The cancer navigator of a local medical center helped us spread the word about the brunch also. It was great getting to know and talk with the survivors, and helped us to establish a relationship with them which made inviting them to Relay much easier.

Hope Lodge Programs & Activities

School Name: Minnesota State University, Mankato

Size: 15,426

Division: Midwest

Best Practice: We took a trip to the Rochester Hope Lodge and played bingo with the residents and we had a tour of the lodge after the games and food. I think this event inspired our committee.

School Name: Nazareth College

Size: 2,057

Division: Eastern

Best Practice: We limited this event to club members only, since the group could not exceed 10 members. For this event, we made tacos for dinner and brownies for dessert for the guests at the Hope Lodge in the kitchen facility at the Lodge. We were looking to really connect with the people we were trying to help by being members of CAC, and we found that hosting a dinner was a great way to do this. Everyone was very appreciative of our efforts, and it was a good way to see the difference that even the smallest of acts can help those affected by cancer.

School Name: Cornell University

Size: 14,000

Division: Eastern

Best Practice: Some of our members drove up to the Rochester Hope Lodge to engage with survivors and caregivers. We brought supplies and cooked a pasta dinner for anyone who was at the lodge that night. We enjoyed interacting with the people there and seeing how our fundraising dollars really help make people's lives better. The Lodge was beautiful and the evening was eye-opening. We will definitely hold many more of these trips next year.

School Name: Hope College

Size: 3,388

Division: Lakeshore

Best Practice: The Relay for Life committee volunteered during Game Night at Hope Lodge in Grand Rapids on two occasions in the spring semester. The students brought snacks for the individuals at Hope Lodge and spent the evening with them. The students really enjoyed going to Hope Lodge.

School Name: Hope College

Size: 3,388

Division: Lakeshore

Best Practice: The students made cards to give to individuals staying at Hope Lodge. They wrote notes of encouragement on the cards and were excited to give them to Hope Lodge when they visited.

School Name: Merrimack College

Size: 2,752

Division: New England

Best Practice: A small part of our committee was fortunate enough to travel into Boston to visit the AstraZeneca Hope Lodge Center. In addition to a tour of the facility, we baked cupcakes, cookies and baked goods for the patients of the Hope Lodge to enjoy. In addition, we were able to gain a greater insight of how the Hope Lodge works, the benefits and services available to the patients and their family members.

School Name: Capital University

Size: 3,600

Division: East Central

Best Practice: The goal of this drive was to collect needed supplies for the Silber Hope Lodge of Cleveland. This was a collaboration between our chapter and our university's Provost's Office. We place eight collection boxes around campus. Each box had a list of the various items on the Silber Hope Lodge's Wish List. Students, faculty, and staff were encouraged to return the suggested item(s) to the donation boxes. We began the drive on January 5th and continued until January 25th. The details of the drive were sent in several e-mails to all faculty, and staff. Also, the boxes were in very visible places on campus such as the library and Student and Community Engagement Office. Having the support of the faculty in our administration building was crucial to this drive's success. Faculty were motivated to donate to the cause since the winning department would receive bragging rights, including a certificate, and a place at our VIP section at Relay for Life. We collected over 250 items, including movies, food, paper products and more!

Publications

School Name: Saint Louis University

Size: 13,500

Division: High Plains

Best Practice: Members of the Survivorship subcommittee created a monthly newsletter to be sent to survivors registered for SLU Relay For Life, Hope Lodge residents, and patients at SLU Cancer Center. Newsletters included information about the cancers for that month (risk factors, prevalence, etc.), instructions on how to register as a virtual survivor, resources for various support organizations for survivors and a short description of the SLU Relay For Life event. The goal of the newsletter was to further engage survivors in the St. Louis area and provide them important information about the SLU Relay For Life event and invited them to participate. They were informative and kept our survivors aware of what SLU Relay For Life was doing. In the future, more creative topics could be explored and we might also consider asking for feedback on the newsletter from our survivors who are receiving it.

Support Programs & Services

School Name: Florida State University

Size: 40,000

Division: Florida

Best Practice: On Halloween a group of our Executive Committee members attended the pediatric oncology area of the Tallahassee Memorial Hospital to hand out candy to patients. This is an event that we have done in the past, and we plan to continue it every year because of the relations it builds with our local survivors and the joy that it brings

School Name: UCLA

Size: 43,239

Division: California

Best Practice: This was the first hospital visit to the Ronald Reagan Oncology Department to provide psychosocial support and season's greetings to the patients. -Planning: The survivorship chair communicates with the nurses in oncology department to schedule a time for CAC members to visit and deliver gifts to the patients. She bought paper and glue from Michael's Craft Store to make tiny homemade paper bag turkeys with inspirational sayings on their feathers. The crafts were assembled at the Tuesday General Meeting earlier in the week. - Logistics: 8 members signed up and attended the hospital visit to deliver the pumpkin crafts to the patients in the Oncology department. -The event was immensely successful and patients were so happy to have visitors come and cheer them up. Hospital visits give patients an intimate supportive community through UCLA's CAC, especially because many patients don't have the luxury of having family visit them, even during the holidays. In addition, the members of CAC interacting with the patients in the oncology department allows us to solidify our connection with the Ronald Reagan hospital while also allowing the students to strengthen their motives to finish the fight against cancer. Students often linger to chat with the patients, and are able to relate to them through a shared experience of cancer. After seeing and identifying with real individuals who are currently battling cancer, it strengthens our resolve to do everything we can to end this disease.

School Name: SUNY Cortland

Size: 6,985

Division: Eastern

Best Practice: As a club, we compiled chemo care packages to distribute to those who are going through chemotherapy. Each package consisted of a bottle of water and drink mix, a word search book and pen, mints and lifesaver candies, snacks, and a mini bottle of lotion. A member of our club who is a survivor suggested certain things for the bags that she liked when she was going through chemo. We also decorated the bags and included cards.

School Name: University of Pittsburgh

Size: 35,000

Division: East Central

Best Practice: During the fall semester we tabled outside of the Union and gathered signatures on a card that was taken to Hillman Cancer Center to be displayed for the patients there. This seemed to get positive responses both from students and faculty on campus as well as employees and patients at the cancer center.

School Name: Lake Forest College

Size: 1,500

Division: Lakeshore

Best Practice: For this we sat outside the cafeteria and talked to students about survivors and what it means to be a survivor. We led a letter writing campaign for which students wrote letters to either a cancer survivor they know or a general letter to a cancer survivor which were delivered to a hospital. We also had students sign quality of life petitions for ACS CAN. There were approximately 150 petitions signed and 75 letters written.

School Name: Loyola University Chicago

Size: 1000

Division: Lakeshore Division

Best Practice: Caregiver Awareness Month Table-In November we had a table where we talked to students about what it meant to be a caregiver and how to respond when someone tells you they have cancer. We advertised for this table over social media and word of mouth around campus. At the table we passed out fliers and ribbons for caregiver awareness month and asked students to share their stories about being a caregiver to see what being a caregiver meant to other people.

School Name: Albany College of Pharmacy

Size: 1,200

Division: Eastern

Best Practice: Our Survivorship chair hosted a virtual survivor drive to encourage the caregivers on campus to register their loved ones who have battled cancer for Relay For Life, even if they may not be able to attend. Those who registered a virtual survivor walked in their place during the opening lap of Relay For Life. We had a total of 21 survivors registered for the event, surpassing our original goal of 12.