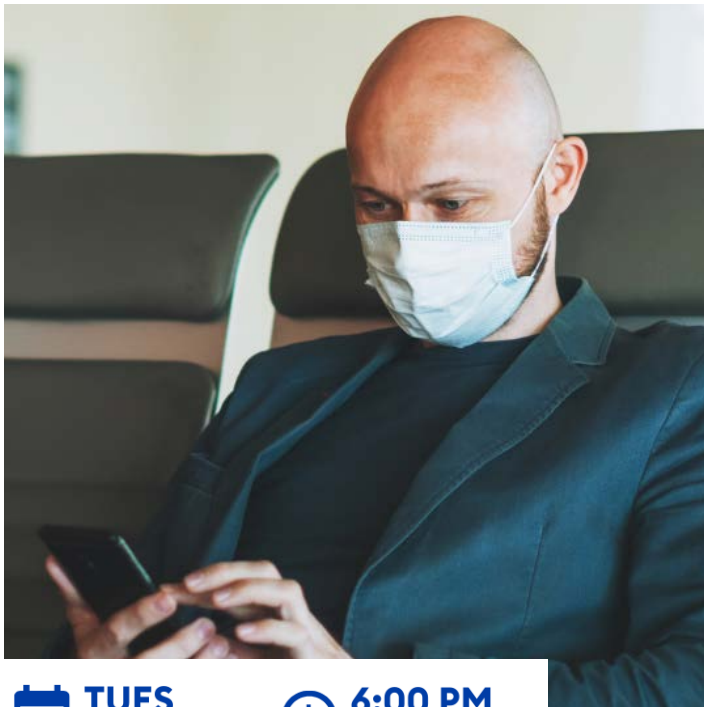


Working with Cancer

Resource Guide

WINTER 2024

Community Event Series



 TUES
FEB 27

 6:00 PM
CT

IN PARTNERSHIP WITH:  **CANCER+
CAREERS**

[LEARN MORE](#)

JANUARY IS
**NATIONAL
MENTORING**
MONTH

Thank you Mentors.
Celebrate Mentoring Month
by becoming a Mentor Angel!

[LEARN MORE](#)

BALANCING WORK & CANCER

Working after a cancer diagnosis can come with many unexpected challenges. These challenges include disclosure in the workplace, taking time off from work, or returning to work after treatment, to name a few.

Join us in partnership with Cancer and Careers and presented by Nicole Jarvis LMSW, their Assistant Director of Programs as we explore ways to manage working during, or after, treatment. Regardless of where you are in your cancer experience, this presentation can provide you with information to help you make informed decisions when it comes to working after a cancer diagnosis.

[REGISTER](#)

Working With Cancer Resources

DESCRIPTION

LINK

What Is "Career Transition" After Cancer?

[Watch](#)

Balancing Work & Cancer

[Watch](#)

Options When Losing Insurance At Work

[Watch](#)

Dealing With Side Effects Of Cancer At Work

[Watch](#)

Decisions About Work: Accommodations, Leave, Disability And Retirement

[Watch](#)

Managing Side Effects At Work & In School

[Watch](#)

How To Take Time Off & Pay For It

[Watch](#)

Marketing Yourself: Job Search And Beyond

[Watch](#)

Employers' Prescription For Employee Protection Toolkit: Appendix

[Read](#)

Employer Toolkit On Biomarker Testing

[Read](#)

Employers - How To Help An Employee With Cancer

[Read](#)

Best Practices For Human Resource Departments To Help Employees Cope With Cancer

[Read](#)

Employment Rights - State Laws: Taking Time Off

[Read](#)

Know Your Rights And Needs If You Continue To Work During, And After Your Cancer Treatment

[Read](#)

Work & Cancer Resource Hub

[Read](#)

Cancer And Careers' Publications Library Download Or Order Free Copies Of Our Publications, Available In English & Spanish - On A Variety Of Topics Related To Work And Cancer

[Read](#)

The Challenge Of Creating Supportive Work Environments For Employees With Cancer And Their Caregivers

[Read](#)

Free Resume Review & Personalized Feedback

[Read](#)

Working While Caring - Rosalynn Carter Institute

[Read](#)

Working With Cancer Events

DESCRIPTION

DATE/TIME

LINK

Balancing Remote Work & Cancer

Feb 7th / 12 pm CT

[Register](#)

Career Shifting: Tips, Tools & Techniques

March 6th / 5 pm CT

[Register](#)

First Impressions: Resumes And LinkedIn

April 3rd / 12 pm CT

[Register](#)

Unlock New Opportunities

May 1st / 12 pm CT

[Register](#)

Balancing Work & Nutrition

June 5th / 5 pm CT

[Register](#)

Understanding Your Rights At Work

July 16th / 11 am CT

[Register](#)

Maximizing Employee Benefits

Aug 27th / 12 pm CT

[Register](#)

Setting Boundaries At Work

Oct 9th / 5 pm CT

[Register](#)

Self-Care: Practical Approaches At Work And
Beyond

Dec 4th / 12 pm CT

[Register](#)

Dusty's Journey



DUSTY MYSEN, PANCREATIC CANCER SURVIVOR

When you are diagnosed with cancer, your entire life changes. Faced with a new, busier schedule, treatments and side effects, plus potential financial strain, a cancer diagnosis can have a major impact on a person's career.

Cancer fighters, and their caregivers, likely have to continue working through a cancer diagnosis for as long as possible in order to receive health benefits and funds for treatments, travel, and more. But working and maintaining career goals can seem impossible when you or a loved one are faced with cancer.

Imerman Angels talked with Dusty Mysen, a pancreatic cancer survivor and Mentor Angel, about maintaining a career while going through treatment, and how employers can support their employees facing a diagnosis.

What was it like navigating your work life/career after being diagnosed?

Prior to being diagnosed with pancreatic cancer in September of 2020, I had a thriving career as a sales executive in the automotive software industry. Once diagnosed, I decided I would

“With the right support, employees with cancer can still be extremely valuable members of the workforce. They will still provide huge value. Sometimes even more than prior to cancer, as there is typically more appreciation for the ability to work and the enjoyment that work provides after being diagnosed and dealing with all of the challenges cancer provides.”

do everything in my power to keep working as normally as possible for as long as possible. I was able to work full-time for the entirety of my cancer battle, until being deemed cancer-free in late 2022. I worked through many rounds of chemo, radiation, and multiple surgeries.

I in turn was also flexible and determined to meet all of the demands of my high-stress job while balancing the added challenges of cancer.

I frequently took meetings or worked while in the chemo chair. If I felt too sick to complete something during normal business hours, I would work on my tasks at night when I felt a little better.

I used my vacation time for my hospital stays post surgery. Things were significantly different in my career after diagnosis.

Continuing my career allowed me to keep a critical part of my identity during my fight. That was huge in my battle. It was something I wasn't willing to allow cancer to take away from me. Continuing to work was also a significant financial benefit, as my family saw minimal change in the way we lived during my time with cancer, which was something I

really wanted. Short-term and long-term disability would have allowed my family to be OK during my fight, but it would have been a financial hit versus continuing to receive my full salary while working full-time.

Did you have any career or work changes after your diagnosis? How did this impact your wellbeing?

At one point after my diagnosis, my company temporarily brought in someone to take my role and bumped me down a level. I think they were worried that as I continued my fight, I would not be able to continue working at the high level required. They did not change my title or salary, only my responsibility. I unfortunately did not see any significant reduction in workload from the change, which is why I think it ended up being only temporary. It did hurt my pride. I truly believed, and wanted others to believe as well, that I could do everything I could do prior to cancer, regardless of the added challenges from treatments and feeling ill on a regular basis.

What advice would you give to people newly diagnosed with cancer, who are worried about the future of their career?

Everyone's situation is unique in regards to cancer as well as their career. We are all different. So my best advice would be to trust your intuition and to trust what your body is telling you. If you want to keep working, you can find a way. If it is important to you, you WILL find a way. Think outside the box and work with your employer to find the best solution for your unique career and cancer situation. Hopefully you have an employer who is willing to work with you to find that flexible solution.

Don't let anyone tell you what you can and can't do. Don't let the expectations of others dictate your cancer journey. It is your journey, so you get to decide. Cancer warriors can typically do way more than others expect, and often way more than we even expect ourselves.

What advice would you give to employers (both supervisors and coworkers) of people recently diagnosed with cancer?

I would remind them that we didn't lose the traits and skills that make us a valuable employee just because we received our diagnosis. We can still



MYSEN WORKING WHILE RECEIVING CHEMO

bring the same or similar value to our company and teams. We just may need a little more flexibility to allow us to do so due to the added strain we have from cancer.

Also, I would tell them that working is important to us. Being able to work is so beneficial to our mindset. It often gives us a sense of normalcy. It gives us something to focus on that is 'not cancer.' So please do not take that away from us unless absolutely necessary.

Imerman Angels is proud to support the [Working with Cancer Pledge](#), a pledge declaring that leaders from companies, health care providers, and non-profits across the globe stand together and pledge to provide a more supportive, and recovery-forward culture at work for people with cancer. Learn more about the pledge and its supporters on their website; you can even lead the charge at your own company or organization to take the pledge and create work environments more inclusive to people with cancer!

Cannabis in Conversation:

Hear From a Survivor-Turned-Mentor Angel and Two Leading Clinicians



 **TUES**
JAN 30  **6:00 PM**
CT

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Join Ethan Zohn, Survivor, Imerman Angel Mentor Angel and *Survivor Africa* winner as he discusses his journey and the role cannabis played in helping him deal with the side effects of cancer treatments. Ethan will be joined by Dr. Brooke Worster, Medical Director of the Neu Center for Supportive Medicine and Cancer Survivorship and Greg Garber, MSW and Director of Oncology Support Services at Sidney Kimmel Cancer Center as they discuss the benefits and risks of cannabis use for the abatement of cancer treatment symptoms.

This interactive discussion will include audience participation and time for Q&A at the end of the discussion.

Partner Feature



[LEARN MORE](#)

Cancer and Careers, founded in 2001, is a national nonprofit that empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events. Its free services include a comprehensive website and library of publications in English and Spanish; legal and insurance information; career coaching; resume review; financial and technology grants; and events for people with cancer and their healthcare providers, coworkers and employers.

Additional Resources

AYA RESOURCES

[The Scoop: Navigating Careers And Cancer- AYA Focused](#)

[The Scoop: Finances And Cancer- AYA Focused](#)

[The Scoop: Navigating College And Cancer](#)

[Fertility After Cancer](#)

[Parenthood Options for Infertile Survivors](#)

[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 Espanol](#)

[Prostate Care En French](#)

[Prostate Care In Shalom](#)

[Thyroid Cancer En Espanol](#)

[Lidiar Con Los Efectos Secundarios En El Trabajo](#)

[En Vivo: Amar Su Hígado](#)

[Cómo Tomarse Tiempo Libre Con Goce De Sueldo](#)

[Decisiones Sobre La Divulgación](#)

[Kidney Cancer- Translated](#)

CAREGIVER RESOURCES

[Cancer Risk Assessment Tool](#)

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

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

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

[Cancer Caregivers Need Care Themselves](#)

[Love Your Caregiving Life Podcast](#)

CANCER SPECIFIC INFO

[Self-Care Through Movement, Meditation, And More For Breast Cancer](#)

[The Psychosocial Impact of Bladder Removal](#)

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

[Women In Bladder Cancer: Sexuality And Intimacy](#)

[Ovarian Cancer Symposium Session 1](#)

[Kidney Cancer Associations Rights To Work](#)

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

Additional Resources

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?](#)

[Decoding Genetic Tests For Parents-To-Be](#)

RESEARCH & CLINICAL TRIALS

[A Healthy Diet & Exercise May Prevent Colorectal Cancer Recurrence Study](#)

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

[Open Clinical Trials for those positive for the BRCA GENE](#)

[Research Opportunity For Ovarian Cancer Patients](#)

[Animation - Understanding Clinical Trials In Ovarian Cancer](#)



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](#)

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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