

CANCER SURVIVOR CELEBRATION BINGO 2021

HOW TO PLAY

While we are not able to celebrate together this Cancer Survivors Day, we still want to have some fun! Complete a bingo on our Cancer Survivor Celebration Bingo by completing 5 squares in a row – horizontal, vertical or diagonal. You will find resources on the back to help you complete some of the activities.

The first 20 people who complete and submit their bingo cards will be sent a prize. You can submit your bingo card via mail or email, the information is listed below. The submission deadline is July 1, 2021. We encourage you to complete these activities with your loved ones for extra fun.

HOW TO SUBMIT YOUR BINGO CARD

EMAIL: Britney.Leinen@avera.org
SUBJECT: Cancer Survivor Bingo

MAIL: Britney Leinen
1000 E. 23rd St., Suite 150
Sioux Falls, SD 57105

PARTICIPANT(S) NAME(S): _____

ADDRESS: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

BINGO

Tell a friend about the Navigation Center	Create a playlist of your favorite songs	Play a game with a friend	Read the ASCO Cancer Survivorship Handbook*	Meditate*
Complete your medical family tree*	Try a new fruit or vegetable	Sign up for Avera Balance <small>Avera.org/balance or follow Avera Health on social media</small>	Schedule your annual wellness visit with your primary care provider**	Listen to a song you find calming
Cook a plant-based meal	Write a thank-you note to someone who helped you during your cancer journey	FREE	Visit a farmer's market	Read the AICR's Living Well with Cancer and Beyond*
Read the American Cancer Society's Life After Treatment*	Read a book	Do a self-care activity*	Journal about how you are feeling today	Go for a walk with a buddy
Cook one of the AICR recipes for cancer survivors*	List 5 things you love about yourself	Try a new physical activity*	Practice sun safety: <small>Put on sunscreen, wear a wide-brimmed hat and sunglasses before you head out for the day</small>	Register and attend a virtual ACI event. <small>Avera.org/events</small>

*Resource listed on other side

**Check this box if you've completed your wellness visit in 2021



ACTIVITY RESOURCES

FOOD/NUTRITION

American Institute for Cancer Research – Recipes for Cancer Survivors

<https://www.aicr.org/cancer-prevention/recipes/>

MEDICAL HISTORY FAMILY TREE

CDC

https://www.cdc.gov/genomics/famhistory/famhist_basics.htm

PHYSICAL ACTIVITY/EXERCISE

American Cancer Society

<https://www.cancer.org/healthy/eat-healthy-get-active/get-active/make-exercise-work-for-you.html>

AICR

<https://www.aicr.org/resources/blog/new-insights-about-getting-active-staying-active/>

<https://www.aicr.org/resources/blog/top-5-ways-to-get-moving-this-summer/>

SURVIVORSHIP

ASCO Cancer Survivorship handbook

https://www.cancer.net/sites/cancer.net/files/cancer_survivorship.pdf

American Cancer Society – Life after Treatment

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/be-healthy-after-treatment/life-after-cancer.html>

AICR – Living Well with Cancer and Beyond

<https://www.aicr.org/wp-content/uploads/2020/01/CancerResource2019-1.pdf>

MINDFULNESS, MEDITATION, AND SELF-CARE

American Cancer Society

<https://www.cancer.org/latest-news/take-a-moment-with-meditation.html>

AICR

<https://www.aicr.org/news/how-mindfulness-meditation-can-help-cancer-survivors-cope-with-stress/>

National Cancer Institute

<https://www.cancer.gov/rare-brain-spine-tumor/living/self-care>

