



CONNECTION • SUPPORT • EDUCATION • CONEXIÓN • APOYO • EDUCACIÓN



2026
BILINGUAL CANCER
SURVIVORSHIP SUMMIT

DIGITAL RESOURCE GUIDE
GUIA DE RECURSOS DIGITAL

FROM THE FOUNDER/ MENSAJE DE LA FUNDADORA



Dear Friends,

On behalf of our entire community, it is my deepest privilege to welcome you to the 2026 Rock Your Ribbon / Vivir y Avanzar Survivorship Summit.

At 305 Pink Pack, our core belief is that survivorship begins on Day 1. This intentional space was built by others just like you. We understand firsthand the complex physical, emotional, and financial challenges that come with a diagnosis, and we know how vital it is to have a network that truly understands.

This digital resource guide and today's bilingual sessions are designed to connect you with trusted care teams, practical tools, and a community of peers dedicated to ensuring no one in South Florida faces cancer alone.

We are so glad you are here. Welcome to a space created by your community, tailored for your strength.

With all my heart,
Rosemary Carrera
Founder, 305 Pink Pack

Queridos amigos:

Es un profundo privilegio darles la bienvenida a la Cumbre de Sobrevivencia Rock Your Ribbon / Vivir y Avanzar 2026.

En 305 Pink Pack, nuestra creencia fundamental es que la sobrevivencia comienza desde el Primer Día. Este espacio intencional fue creado por personas exactamente como ustedes. Entendemos de primera mano los complejos desafíos físicos, emocionales y financieros que conllevan un diagnóstico, y sabemos lo importante que es contar con una red de apoyo que realmente comprenda por lo que están pasando.

Esta guía digital de recursos y las sesiones bilingües de hoy están diseñadas para conectarlos con equipos de atención médica de confianza, herramientas prácticas y una comunidad de compañeros dedicados a garantizar que nadie en el sur de la Florida enfrente el cáncer a solas.

Nos alegra mucho que estén aquí. Bienvenidos a un espacio creado por su comunidad, hecho a la medida de su fortaleza.

De todo corazón,
Rosemary Carrera
Fundadora de 305 Pink Pack





ABOUT 305 PINK PACK SOBRE 305 PINK PACK

About 305 Pink Pack

305 Pink Pack is a Miami-based non-profit dedicated to supporting adults impacted by a cancer diagnosis. We manage the logistical hurdles of daily life so patients can focus entirely on healing.

How We Support Our Community

Direct Services: Free transportation to medical appointments, childcare assistance, and meal support.

Education: Community-guided educational programs tailored to patient needs.

Inclusive Care: We have proudly expanded our program to include men undergoing cancer treatment, ensuring all local families feel supported.

How You Can Help

We are entirely community-funded, meaning every dollar raised stays right here to support our neighbors. Help us make an impact—join our PACK by donating or sharing our mission with a friend today!



Sobre 305 Pink Pack

305 Pink Pack es una organización sin fines de lucro en Miami dedicada a apoyar a adultos afectados por un diagnóstico de cáncer. Nos encargamos de los desafíos logísticos diarios para que los pacientes puedan enfocarse por completo en su recuperación.

Cómo Apoyamos a Nuestra Comunidad

Servicios directos: Transporte gratuito a citas médicas, asistencia con el cuidado de niños y apoyo con las comidas.

Educación: Programas educativos guiados por la comunidad y adaptados a las necesidades de los pacientes.

Cuidado inclusivo: Con orgullo, hemos expandido nuestro programa para incluir a hombres en tratamiento activo, asegurando que todas las familias de nuestra región se sientan respaldadas.

Cómo Puedes Ayudar

Nos financiamos en su totalidad gracias a la comunidad; cada dólar recaudado se queda aquí para apoyar a nuestros vecinos. ¡Ayúdanos a marcar la diferencia! Únete a nuestro PACK donando o compartiendo nuestra misión con un amigo hoy mismo.



[DONATE WITH A CREDIT CARD](#)

ZELLE: 305pinkpack@gmail.com

[DONAR CON TARJETA](#)

VENMO @pinkpack305



PIONEERING CLINICAL TRIALS

HOPE

DRIVING DISCOVERIES. TRANSFORMING CANCER CARE.

Sylvester Comprehensive Cancer Center is the only NCI-designated cancer center in South Florida, a distinction held by only the top 4% of centers in the country. For you, this means early access to the next generation of therapies and clinical trials found nowhere else in the region.

With the opening of our new Kenneth C. Griffin Cancer Research Building, we are redefining the landscape of discovery. This 12-story powerhouse of innovation brings the world's brightest minds together to turn laboratory breakthroughs into life-saving treatments with unprecedented speed.

This momentum is bringing greater hope to patients and families here in South Florida—and far beyond.



LEARN MORE



STRETCH AND MOVEMENT

ESTIRAMIENTO Y MOVIMIENTO



ROSANNA DE GUZMAN
POLESTAR PILATES
PRACTITIONER

Baptist Health
Herbert Wertheim
Cancer Institute



JC
RODRIGUEZ

Cancer Exercise
Trainer
Founder at Oncolofit

Resource Links

Enlaces de los Recursos



CARING FOR THE CAREGIVER

CUIDANDO AL CUIDADOR



JOSE GARIBALDI
ADVOCATE

Husband,
Caregiver, y Sound
Engineer



ARELYS RIVERO,
LCSW, MSW

Palliative Care Team
Jackson Health
System

Resource Links

Enlaces de los Recursos



NUTRITION MADE EASY

NUTRICIÓN SIN COMPLICACIONES



LIZ NIEVES, NTP
PATIENT ADVOCATE

Life and Nutrition
by Design, Inc.



PAOLA ROSSI,
MD, MSED

Clinical Program Director -
Life Style Medicine
Sylvester Comprehensive
Cancer Center



STACY DAVIS,
REGISTERED DIETITIAN

Flavorful
Nutrition LLC



BERENCE DE LA MOTA,
MS, RDN, CSEO

Senior Clinical Dietitian
Baptist Health
Herbert Wertheim
Cancer Institute



KARLA P. PFAEFFLE-
PALOMO

Supervisor of Clinical Nutrition
Baptist Health
Herbert Wertheim
Cancer Institute

Resource Links

Enlaces de los Recursos



Baptist Health
Herbert Wertheim
Cancer Institute



An Affiliate of the
CANCER SUPPORT COMMUNITY





Baptist Health

Herbert Wertheim
Cancer Institute



Herbert Wertheim Cancer Institute

Comprehensive Cancer Care Made for You

Our multidisciplinary team provides personalized treatment, supportive care and wellness-focused resources designed to support patients throughout every stage of care.

Supporting the Whole Person

- Arts in Medicine
- Genetic counseling
- Integrative medicine
- Music therapy
- Nutrition support
- Patient education
- Physical rehabilitation and pain management
- Psychosocial oncology
- Support groups
- Survivorship resources



To learn more about our support services and programs, scan the QR code.

TOOLS FOR TAMING THE EMOTIONAL "WHAT-IFS"

CÓMO MANEJAR LA ANSIEDAD Y LA INCERTIDUMBRE



**CRISTY
CLAVIJO-KISH**
PATIENT ADVOCATE

Digital Entrepreneur
Founder of Talento
Unlimited



JOYCELYN M. LEE,
PH.D., M.B.A.

Director of Psychosocial
Oncology
Sylvester Comprehensive
Cancer Center



**ROSA M. CAIEDA
ACANTILADO,**
MSW, CMSW

Manager of Social Work
Baptist Health
Herbert Wertheim
Cancer Institute



DIANA GARIBALDI
PATIENT ADVOCATE

Fundadora
BBellaBStrong



PATRICIA I. MORENO,
PH.D.

Lead, Evidence-Based
Survivorship & Supportive Care
Sylvester Comprehensive
Cancer Center



CAROLINA PONCE
PATIENT ADVOCATE

Certified Mindfulness
and Energy Coach
Quest Therapy

Resource Links

Enlaces de los Recursos



Baptist Health
Herbert Wertheim
Cancer Institute



Mount Sinai
MEDICAL CENTER
Braman Comprehensive
Cancer Center



CANCERcare®
Over 80 Years of Help and Hope



**IMERMAN
ANGELS**

NAVIGATING YOUR SURVIVORSHIP CHECKLIST

NAVEGANDO TU CAMINO EN LA SOBREVIVENCIA AL CÁNCER



PAULA ZELAYA
REPRESENTANTE DE
PACIENTES

Fundadora de Zetta
Productions,
Productora de
Contenido y Eventos



**DENNIS ORKOULAS-
RAZIS, MD., MHS**

Medical Oncologist
Hematologist
Baptist Health
Herbert Wertheim
Cancer Institute



EILEEN LÓPEZ TOMÉ
PATIENT ADVOCATE

Cancer Survivorship
Coach



**JANAKI NEELA
SHARMA, M.D.**

Medical Oncologist
Hematologist
Sylvester Comprehensive
Cancer Center



JEFFREY BESADA, SR.

Principal Strategic
Accounts Director, PO
Exact Sciences



**JC
RODRIGUEZ**

Cancer Exercise
Trainer
Founder at Oncolofit

Resource Links Enlaces de los Recursos



Baptist Health
Herbert Wertheim
Cancer Institute



Mount Sinai

MEDICAL CENTER
Braman Comprehensive
Cancer Center

**EXACT
SCIENCES**

 **NOVARTIS**



LIVESTRONG

AT THE YMCA



BILINGUAL CANCER
SURVIVORSHIP SUMMIT



CONNECTION • SUPPORT • EDUCATION • CONEXIÓN • APOYO • EDUCACIÓN



GILEAD

THANK YOU



For Supporting all of us in
our Survivorship.

CRACKING THE CODE: YOU, YOUR TUMOR, AND TARGETED TREATMENTS

MEDICINA PERSONALIZADA: TU TRATAMIENTO Y LAS TERAPIAS DIRIGIDAS



**ARELIS MARTIR-
NEGRON, MD FACMG**

**Chief of Medical Genetics
Baptist Health
Herbert Wertheim
Cancer Institute**



**DIANA AZZAM, PHD
ASSOCIATE PROFESSOR**

**F.I.U.,
Co-Founder at
First Ascent
Biomedical**



**DR. ARLET M. ACANDA
DE LA ROCHA**

**Associate
Professor,
F.I.U.**



GRETTER MANSO, CGC

**Genetic Counselor, MS
University of Miami Miller
School of Medicine**



**JESSICA ORDONEZ,
MS, LCGC**

**Medical Science Liaison
Myriad Genetics**



**ANDREA DE ARMAS
PATIENT ADVOCATE**

**Physician Assistant
(PA-C), Breast
Cancer Survivor**

Resource Links Enlaces de los Recursos



INNOVATIONS IN EARLY BREAST CANCER CARE

NOVEDADES EN EL CÁNCER DE MAMA ETAPA TEMPRANA



**DR. ANA C SANDOVAL
LEON, MD**

Breast Medical Oncologist
Baptist Health
Herbert Wertheim
Cancer Institute



**CARMEN GOMEZ-
FERNANDEZ, M.D.**

Director of Breast
Pathology Service
Sylvester Comprehensive
Cancer Center



MEHRAN HABIBI, MD

Chief of Breast Surgery
Baptist Health
Herbert Wertheim
Cancer Institute



TANAZ SALEHI, ESQ
PATIENT ADVOCATE

Managing Partner
Salehi Boyer
Lavigne Lombana



MARIANGEL ANGULO
REPRESENTANTE DE
PACIENTE

Founder and Chef:
Miami Sushi Lover

Resource Links Enlaces de los Recursos



BREASTCANCER • ORG



LatinaSHARE
APOYO Y EDUCACIÓN DE CÁNCER



CANCER CARE WITHOUT COMPROMISE.



Mike Cusnir, MD
Chief, Hematology & Oncology
Co-Director, Gastrointestinal Malignancies

The new **Braman Comprehensive Cancer Center** is home to **Dr. Cusnir**. Distinguished for his extensive clinical research, multidisciplinary expertise across complex cancers, and incorporation of integrative medicine into advanced patient care. He's one of the many members of our team who ensures our patients receive comprehensive **cancer care without compromise**.

Mount Sinai
MEDICAL CENTER
**Braman Comprehensive
Cancer Center**

305.674.CARE • [MSMC.COM/BCCC](https://msmc.com/BCCC)

INNOVATIONS IN COLON CANCER CARE

NOVEDADES EN EL CÁNCER DE COLON



DR. MIKE CUSNIR

Co-Director, Gastrointestinal
Malignancies
Mount Sinai
Medical Center



KASIA ORZECOWSKA
PATIENT ADVOCATE

Stage IV Young
Onset Colon
Cancer Survivor
Fight CRC



**KYAW L.
AUNG, MD**

Gastrointestinal
Medical Oncologist
Baptist Health
Herbert Wertheim
Cancer Institute



ANDREA SUAREZ
REPRESENTANTE
DE PACIENTE

Research Patient Advocate
asv Patient Centric
Solutions



SEAN KELLY
PATIENT ADVOCATE

Chapters Lead
Man Up to
Cancer

Resource Links
Enlaces de los Recursos



OPTIONS FOR RELIEF FROM CHRONIC SIDE EFFECTS

NOVEDADES EN EL CÁNCER DE COLON



MELISSA RAMIREZ
PATIENT ADVOCATE

Marketing Leader
Southeast for Wild
Fork Foods



**MARIANA KHAWAND-
AZOULAI, M.D.**

Director - Hospice and
Palliative Medicine
UHealth/Sylvester



ELENA C. OCHOA
ACUPUNCTURE PHYSICIAN

Acupuncture Center for
Wellness, INC.



ANA MENDIETA
PHYSICAL THERAPIST

Midas Touch
Institute LLC

Resource Links Enlaces de los Recursos



CANCERCARE®
Over 80 Years of Help and Hope



Foundation
for Peripheral
Neuropathy



GET PALLIATIVE
CARE

UNSPOKEN SIDE EFFECTS:WHAT HAPPENS AFTER HORMONE LOSS

DE LO QUE NO SIEMPRE SE DICE: EFECTOS DE LA PERDIDA DE HORMONA EN LA MUJER



ALINA NUÑEZ, ESQ.
PATIENT ADVOCATE

**Nuñez Estate
Law & Title**



**DR. CHRISTOPHER
GOMEZ**

**Program Director of the
FIU/Baptist Health Urology
Residency Program**



DR. ERIKA LOPEZ
PT, DPT

**Lavender Physical
Therapy and Wellness**



JESSENIA CISNEROS

**Tigerlily ANGEL
Advocate**



**DR. PETER
KHAMVONGSA**

**Director of the Miami
Institute for Women's
Health**



JESMIG HERNANDEZ
**SEXOLOGA / COACH DE
PAREJAS**

**Fusion Peligrosa,
Practica Privada**

Resource Links **Enlaces de los Recursos**



THE MIAMI INSTITUTE
OF UROGYNECOLOGY AND MINIMALLY
INVASIVE SURGERY
Peter A. Khamvongsa MD FACC FACS IF
Medical Director



CHANGING LIVES, TOGETHER

We're dedicated to making a
meaningful difference in every life
and every community that we touch.

**EXACT
SCIENCES**



Visit www.exactsciences.com
to see how we're changing lives and shaping
the future of cancer testing.

Thank You To Our Partners



 **NOVARTIS**

MAN TO MAN- NAVIGATING SIDE EFFECTS, STIGMA, AND STRENGTH

ENTRE HOMBRES-CONVERSACIONES SOBRE EFECTOS SECUNDARIOS, ESTIGMA Y BIENESTAR



EZEQUIEL KUPERMAN
SOCIAL WORKER

Baptist Health
Herbert Wertheim
Cancer Institute



JUAN CARLOS MALOUF
REPRESENTANTE DE
PACIENTES

Real Estate & Business
Broker Malouf
International Realty



MARK J. WYLIE
PATIENT ADVOCATE

VP of Talent Relations
Best Buddies
International



SEAN KELLY
PATIENT ADVOCATE



JORGE CALIL
PATIENT ADVOCATE

Resource Links
Enlaces de los Recursos



INNOVATIONS IN METASTATIC BREAST CANCER CARE

NOVEDADES EN EL CÁNCER DE MAMA METASTASICO



**DR. ALEJANDRA
PEREZ**

Director Breast Cancer
Program, **Sylvester
Comprehensive
Cancer Center**



**DIANA AZZAM, PH.D.
ASSOCIATE PROFESSOR**

**F.I.U.
Co-Founder First
Ascent Biomedical**



**DR. ARLET M. ACANDA
DE LA ROCHA**

**Associate
Professor, F.I.U.**



**STEPHANIE POLANCO
SANCHEZ, MSW, LCSW**

**University of Miami
Miller School of Medicine**



**MARY VASQUEZ
REPRESENTANTE DE
PACIENTE**

**Sobreviviente de
Cancer de Mama
Metastatico**



**ARELYS RIVERO,
LCSW, MSW**

**Palliative Care Team
Jackson Health System**



**CASEY LIENING
PATIENT ADVOCATE**

**Metastatic Breast
Cancer Thriver**

Resource Links Enlaces de los Recursos



BREASTCANCER • ORG



INNOVATIONS IN GYNECOLOGICAL CANCER CARE

NOVEDADES EN LOS CÁNCERES GINECOLÓGICOS



**DR. ELEFThERIA
KALOGERA**

Gynecological Oncologist
Baptist Health
Herbert Wertheim
Cancer Institute



PATRICIA NOVOA-VOGT
MSN, APRN, FNP-BC

Baptist Health
Herbert Wertheim
Cancer Institute



MELISSA GONZALEZ SUAREZ
REPRESENTANTE
DE PACIENTE

3x Metastatic Endometrial
Cancer Survivor,
Lynch syndrome



**COURTNEY DE
STEFANO**

Vaginal Cancer
Survivor

Resource Links
Enlaces de los Recursos



INNOVATIONS IN LUNG CANCER CARE

NOVEDADES EN EL CÁNCER DEL PULMON



DR. BRUNA PELLINI

Chief of Thoracic Medical
Oncology
Baptist Health
Herbert Wertheim
Cancer Institute



MATILDE M. "MATI" QUINTANA
PATIENT ADVOCATE

Lung Cancer Survivor and
Clinical Trial Participant

Resource Links
Enlaces de los Recursos



INNOVATIONS IN BLOOD CANCER CARE

NOVEDADES EN LOS CÁNCERES DE LA SANGRE



**DR. MARCO A. RUIZ
ANDIA**

Hematologic Malignancy
Medical Oncologist
Baptist Health Herbert
Wertheim Cancer Institute



JUSTIN TAYLOR, M.D.

Associate Professor in the
Division of Hematology
University of Miami Miller
School of Medicine



**KAREN ESTRADA
PATIENT ADVOCATE**

Founder of
Live Again App



**MAITTE PENALVER
PATIENT ADVOCATE**

Founder of
The Onco Collective

Resource Links
Enlaces de los Recursos



MANAGING THE COSTS OF CANCER

EL IMPACTO FINANCIERO DEL CÁNCER

Resource Links
Enlaces de los Recursos



**SOFIA FERNANDEZ
STAFF ATTORNEY
TRIAGE CANCER**



DOLLAR FOR





Atención primaria con
Genuina Amabilidad



Thank You To Our Partners



Nuestro enfoque es ofrecer productos que ayuden en el proceso de recuperación y fortalezcan la autoestima de nuestras pacientes.

**8353 Pines Blvd.
Pembroke Pines, FL
33024**

(954) 505-4411

www.hopemastectomy.com

Ofrecemos una selección especializada de prótesis mamarias, sostenes postquirúrgicos y prendas de compresión, todo con un servicio personalizado y compasivo. En Hope, cuidamos cada detalle para que cada mujer se sienta cómoda, segura y acompañada.



BILINGUAL CANCER SURVIVORSHIP SUMMIT

CONNECTION • SUPPORT • EDUCATION

8:00AM DOORS OPEN-- VISIT OUR SURVIVORSHIP CARE PARTNERS AND SURVIVORSHIP LOUNGE TO COMPLETE YOUR RAFFLE ENTRY

MAIN STAGE

8:45-9:00 AM WELCOME

9:00-9:45 AM NUTRITION MADE EASY- EATING BETTER IN REAL LIFE

10:00-10:45 AM BEYOND THE SCAN: TOOLS FOR TAMING THE EMOTIONAL "WHAT-IFS"

11:00-11:45 AM FROM DIAGNOSIS FORWARD: NAVIGATING YOUR SURVIVORSHIP CHECKLIST

BREAKOUT SESSIONS IN CLASSROOMS

12:00-12:45 PM

#1320 INNOVATION AND CARE:
THE LATEST IN GYNECOLOGICAL
CANCER CARE

#1336 MAN TO MAN: NAVIGATING SIDE
EFFECTS, STIGMA, AND STRENGTH

#1323 INNOVATION AND CARE:
THE LATEST IN METASTATIC
BREAST CANCER CARE

#1347 INNOVATION AND CARE:
THE LATEST IN EARLY STAGE
BREAST CANCER CARE

1:00-1:45 PM

#1320 CRACKING THE CODE: YOU, YOUR
TUMOR, AND TARGETED
TREATMENTS

#1336 INNOVATION AND CARE: THE
LATEST IN LUNG CANCER CARE

#1323 THE UNSPOKEN SIDE EFFECTS:
RECLAIMING INTIMACY AND PELVIC
HEALTH (OFFERED AGAIN AT 2PM)

#1347 OPTIONS FOR RELIEF: MANAGING
CHRONIC SIDE EFFECTS

AREA NEXT TO 1336 CARING FOR THE CAREGIVER

2:00-2:45 PM

#1320 INNOVATION AND CARE: THE
LATEST IN BLOOD CANCERS CARE

#1336 INNOVATION AND CARE: THE
LATEST IN COLON CANCERS CARE

#1323 DOLLARS AND SENSE: MANAGING
THE COSTS OF CANCER

#1347 THE UNSPOKEN SIDE EFFECTS:
RECLAIMING INTIMACY AND PELVIC
HEALTH

2:45 PM CLOSING AND RAFFLES ON MAIN STAGE





BILINGUAL CANCER SURVIVORSHIP SUMMIT

CONEXIÓN • APOYO • EDUCACIÓN

8:00AM LAS PUERTAS ABREN--VISITE LOS SURVIVORSHIP CARE PARTNERS Y
SURVIVORSHIP LOUNGE PARA COMPLETAR SU ENTRADA PARA LA RIFAS

ESCENARIO PRINCIPAL

8:45-9:00 AM BIENVENIDA

SESIONES PARALELAS EN LAS AULAS

9:00-9:45 AM

#1320 LO MÁS RECIENTE EN EL CÁNCER DE
COLON

#1336 LO MÁS RECIENTE EN EL CUIDADO
DE LOS CÁNCERES DE LA SANGRE

#1323 HABLEMOS DE LO QUE NO SIEMPRE
SE DICE: INTIMIDAD Y SALUD
PÉLVICA DESPUÉS DEL CÁNCER

#1347 HABLEMOS CLARO: CÓMO
MANEJAR EL IMPACTO
FINANCIERO DEL CÁNCER

10:00-10:45 AM

#1320 LO MÁS RECIENTE EN EL CUIDADO
DEL CÁNCER DE PULMÓN

#1336 HABLEMOS DE LO QUE NO SIEMPRE
SE DICE: INTIMIDAD Y SALUD
PÉLVICA DESPUÉS DEL CÁNCER

#1323 ENTENDIENDO TU TRATAMIENTO:
MEDICINA PERSONALIZADA Y TERAPIAS
DIRIGIDAS

#1347 OPCIONES PARA SENTIRTE MEJOR:
CÓMO MANEJAR LOS EFECTOS
SECUNDARIOS A LARGO PLAZO

SALA AL LADO DEL 1336 CUIDANDO AL CUIDADOR

11:00-11:45 AM

#1320 LO MÁS RECIENTE EN EL CUIDADO
DE LOS CÁNCERES GINECOLÓGICOS

#1336 ENTRE HOMBRES: CONVERSACIONES
SOBRE EFECTOS SECUNDARIOS,
ESTIGMA Y BIENESTAR

#1323 LO MÁS RECIENTE EN EL CÁNCER DE
MAMA METASTÁSICO

#1347 LO MÁS RECIENTE EN EL CUIDADO DEL
CÁNCER DE MAMA EN ETAPA
TEMPRANA

ESCENARIO PRINCIPAL

12:00-12:45 PM NUTRICIÓN SIN COMPLICACIONES: CÓMO COMER MEJOR EN LA VIDA REAL

1:00-1:45 PM MÁS ALLÁ DE LOS RESULTADOS: CÓMO MANEJAR LA ANSIEDAD
Y LA INCERTIDUMBRE

2:00-2:45 PM DESPUÉS DEL DIAGNÓSTICO: NAVEGANDO TU CAMINO EN
LA SOBREVIVENCIA AL CÁNCER

2:45 PM CIERRE Y RIFAS



Navigating Finances Resources

Triage Cancer: [TriageCancer.org](https://www.TriageCancer.org)

Quick Guide to Managing Medical Bills: [TriageCancer.org/QuickGuide-medicalbills](https://www.TriageCancer.org/QuickGuide-medicalbills)

Help with Charity Care: [DollarFor.org/TriageCancer](https://www.DollarFor.org/TriageCancer)

Medical Bill Tracker: [TriageCancer.org/worksheet-billtracker](https://www.TriageCancer.org/worksheet-billtracker)

Health Insurance Appeals Resources: [TriageCancer.org/Appeals](https://www.TriageCancer.org/Appeals)

Checklist: Getting Organized: [TriageCancer.org/Checklist-gettingorganized](https://www.TriageCancer.org/Checklist-gettingorganized)

Quick Guide to Managing Debt: [TriageCancer.org/QuickGuide-debt](https://www.TriageCancer.org/QuickGuide-debt)

Consumer Financial Protection Bureau - Complaints: [consumerfinance.gov/complaint](https://www.consumerfinance.gov/complaint)

Quick Guide to Legal Assistance: [TriageCancer.org/QuickGuide-LegalAssistance](https://www.TriageCancer.org/QuickGuide-LegalAssistance)

Financial Big Picture Spreadsheet: [TriageCancer.org/FinancialBigPicture](https://www.TriageCancer.org/FinancialBigPicture)

National Foundation for Credit Counseling: www.NFCC.org

Financial Planning Association: www.fpanet.org

Estate Planning Resources: [TriageCancer.org/EstatePlanning](https://www.TriageCancer.org/EstatePlanning)

Financial Assistance Resources Module: [TriageCancer.org/cancer-finances-financial-assistance](https://www.TriageCancer.org/cancer-finances-financial-assistance)

Managing Prescription Drug Costs Module:
[TriageCancer.org/cancer-finances-prescription-drugs](https://www.TriageCancer.org/cancer-finances-prescription-drugs)

Quick Guide to Getting & Paying for Prescription Drugs:
[TriageCancer.org/QuickGuide-RxAssistance](https://www.TriageCancer.org/QuickGuide-RxAssistance)

Triage Cancer Conferences: [TriageCancer.org/Conferences](https://www.TriageCancer.org/Conferences)

Triage Cancer Webinar Series: [TriageCancer.org/Webinars](https://www.TriageCancer.org/Webinars)

Legal and Financial Navigation Program: [TriageHealth.org/GetHelp](https://www.TriageHealth.org/GetHelp)

Navigating Finances Resources

Triage Cancer: [TriageCancer.org](https://www.TriageCancer.org)

Quick Guide to Managing Medical Bills: [TriageCancer.org/QuickGuide-medicalbills](https://www.TriageCancer.org/QuickGuide-medicalbills)

Help with Charity Care: [DollarFor.org/TriageCancer](https://www.DollarFor.org/TriageCancer)

Medical Bill Tracker: [TriageCancer.org/worksheet-billtracker](https://www.TriageCancer.org/worksheet-billtracker)

Health Insurance Appeals Resources: [TriageCancer.org/Appeals](https://www.TriageCancer.org/Appeals)

Checklist: Getting Organized: [TriageCancer.org/Checklist-gettingorganized](https://www.TriageCancer.org/Checklist-gettingorganized)

Quick Guide to Managing Debt: [TriageCancer.org/QuickGuide-debt](https://www.TriageCancer.org/QuickGuide-debt)

Consumer Financial Protection Bureau - Complaints: [consumerfinance.gov/complaint](https://www.consumerfinance.gov/complaint)

Quick Guide to Legal Assistance: [TriageCancer.org/QuickGuide-LegalAssistance](https://www.TriageCancer.org/QuickGuide-LegalAssistance)

Financial Big Picture Spreadsheet: [TriageCancer.org/FinancialBigPicture](https://www.TriageCancer.org/FinancialBigPicture)

National Foundation for Credit Counseling: www.NFCC.org

Financial Planning Association: www.fpanet.org

Estate Planning Resources: [TriageCancer.org/EstatePlanning](https://www.TriageCancer.org/EstatePlanning)

Financial Assistance Resources Module: [TriageCancer.org/cancer-finances-financial-assistance](https://www.TriageCancer.org/cancer-finances-financial-assistance)

Managing Prescription Drug Costs Module:
[TriageCancer.org/cancer-finances-prescription-drugs](https://www.TriageCancer.org/cancer-finances-prescription-drugs)

Quick Guide to Getting & Paying for Prescription Drugs:
[TriageCancer.org/QuickGuide-RxAssistance](https://www.TriageCancer.org/QuickGuide-RxAssistance)

Triage Cancer Conferences: [TriageCancer.org/Conferences](https://www.TriageCancer.org/Conferences)

Triage Cancer Webinar Series: [TriageCancer.org/Webinars](https://www.TriageCancer.org/Webinars)

Legal and Financial Navigation Program: [TriageHealth.org/GetHelp](https://www.TriageHealth.org/GetHelp)

Advance care planning resources

1. **Caring Info** [Florida.pdf](#)

Provides free advance directive forms and instructions for each state, which can be accessed and filled out online as PDF files.

2. **The Five Wishes** [Home](#) · [Five Wishes](#)

A comprehensive advance care planning tool that combines a living will and healthcare power of attorney into one user-friendly document. It addresses five key areas of end-of-life care and personal preferences, making it easier for individuals to express their wishes regarding medical, personal, and spiritual matters.

3. **My Directives** [MyDirectives | Advance care planning that's simple, secure, and always available.](#)

Offers a simple and accessible platform for creating, uploading, and storing ACP documents at absolutely no cost to users. Our user-friendly platform guides individuals through the process of creating a comprehensive advance care plan step by step, ensuring that it's easy to understand and complete.

4. **PREPARE-Advance Directive** [PREPARE](#)
[FL-PREPARE-Advance-Directive-English.pdf](#)
[FL-PREPARE-Advance-Directive-Spanish.pdf](#)

Provides free advance directive forms and instructions for each state, which can be accessed and filled out online as PDF files.

5. **The Conversation Project** [The Conversation Project - Have You Had The Conversation?](#)

Offers free guides for the following: conversation starters, choosing a health care proxy, being a health care proxy, talking with health care team, what matters to me workbook, caregivers of a child with serious illness.

6. **National POLST Form: Portable Medical Order** [National POLST Form: Portable Medical Order - POLST](#)

Physician Orders for Life Sustaining Treatment (POLST). Varies from state to state. May also be called Medical Orders for Life Sustaining Treatment (MOLST).

7. **Free Will** [Write Your Legal Will Online, Free & Simple | FreeWill](#)

Free tools to create a Last Will and Testament (for personal assets and property distribution), Living Will/Advance Healthcare Directive (for healthcare related wishes), Durable Financial Power of Attorney (to designate someone to manage your property and finances if you become unable to do so) and Beneficiary Plans.

G PINK FOR THE PACK



HOST AN EVENT.
MAKE AN IMPACT.

SUPPORT
ADULTS IN
CANCER
TREATMENT
IN OUR
COMMUNITY.



TRANSPORTATION



GROCERIES



CHILD CARE



AND MORE

HOST YOUR WAY.

Make a difference

When you host a **GO PINK FOR THE PACK** event, you help provide transportation, child care, grocery support, and more, for adults in cancer treatment here in Miami.

Every event brings them hope.

EVENT IDEAS



BRUNCHES



FITNESS CLASSES



NETWORKING MIXERS



MARKETPLACE



ART EVENTS



SPORTS TOURNAMENTS



BAKE SALE



GET CREATIVE!

WHY IT MATTERS



SUPPORT LOCAL FAMILIES

Provide essential services when they are needed the most



HAVE A FLAMAZING TIME

Host something fun while doing something good.

SCAN TO GET STARTED



**BIG OR SMALL, YOUR EVENT
MAKES A HUGE DIFFERENCE!**

**VISIT [HTTPS://BIT.LY/GOPINK2026](https://bit.ly/gopink2026)
EMAIL: GOPINK@305PINKPACK.ORG**

GET READY TO **GO PINK** FOR THE PACK

11.15.26
GIVE MIAMI 5K

Thank You To Our Partners



ALL CHILDREN FACING A PARENT'S CANCER
DESERVE THE CHANCE TO FULLY EXPERIENCE
THE JOYS OF CHILDHOOD AND **BE THEIR BEST SELVES.**



ABOUT KESEM

Kesem is the nation's largest nonprofit that serves children coping with a parent or caregiver's cancer diagnosis. Our mission is to support these children through and beyond their parents' cancer with free, fun-filled creative programs and a lasting community. Today, Kesem operates at more than 120 local chapters across the country, including in the District of Columbia.

Kesem Better Days programs are designed for children to gather, connect, have fun, and reflect on their experiences with parental cancer while their parents receive support, medical procedures, or cancer treatment. Kesem delivers these tailored programs at conferences, cancer centers, or support groups.



WHAT TO EXPECT

A half to full day filled with games, arts & crafts, and activities to build connection while also providing opportunities for participants to try something new. From scavenger hunts to obstacle courses, friendship bracelet making to origami folds, participants can expect to have fun, make connections with their peers, and leave feeling empowered and supported by this community. Participants and families should prepare for the location and weather of their program appropriately and all supplies for activities and snacks will be provided.



PROGRAM ELIGIBILITY

Youth ages 6-18 who have lost a parent to cancer, have a parent undergoing cancer treatment, or a parent who is a cancer survivor are eligible to register for Kesem Better Days. A parent or guardian is anyone with primary or legal responsibility for a child. This includes biological, adoptive, and foster parents. It can also include grandparents and other relatives in parenting roles.

Want to join us?

Visit kesem.org to register today

Email Megan Polites at megan.polites@kesem.org with questions.





info@305pinkpack.org 305-859-1224

305 Pink Pack is a 501c(3) registered non-profit. Tax ID 84-3414585