

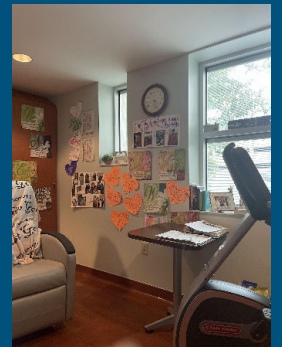
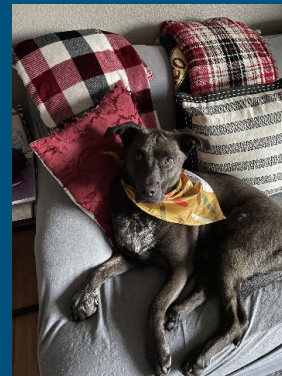
Terese Roob, CAN-SURvivor



- Is a very happily married 57 year old **woman** (for 34 wonderful years); a proud **mother** of two amazing adult children, and blessed **Nana** to one grandbaby, so far; a Colorado girl since 1980
- Is a licensed elementary **teacher** with a B.S. in HDFS from CSU, and an M.Ed. from Graceland University; has followed her passion for the last 22 years and thrives in elementary classrooms, supports TAG students, and enjoys coaching secondary students to improve their Executive Function Skills
- Is an avid **reader**, passionate **cook**, outdoor **explorer**, enthusiastic Colorado Avalanche hockey **fan**, and humble **Jesus follower**
- Is still in the season of strength and stamina building, and has been for the past 17 months after receiving a life-saving stem cell transplant in May 2022 for a life-changing Atypical CML diagnosis in December 2021
- Is a **survivor** committed to not wasting this cancer and living a thankful, grateful, and blessed new season!

Learning to Cope: Season One: Diagnosis →→ Transplant

- Are you serious? The surreal story
- You scream, I scream, we all scream for...
- We don't know what we don't know
- Trust and obey
- Focus and control
- Pause, breathe in peace, and press on



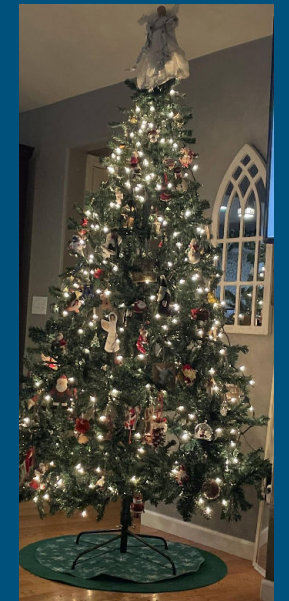
Learning to Survive: Season Two: Transplant →→ End of the 100 days/Acute phase



- Germs, germs, germs
- FIGHT
- Be a good patient
- It's OK not to be OK
- It's just a season
- Mind over matter
- Pause, breathe in peace, and press on

Learning to Listen: Season Three: Acute Phase →→One Year Milestone

- Stay on track
- Listen and learn
- Feed the beast
- Stay ahead of it
- WOW
- Find your joy
- Pause, breathe in peace, and press on



Learning to Thrive: Season Four: Year One →→Beyond



- Lean In
- The new me—I am, I can, I will, I want to
- Wait and see
- Let this be a gift, not a curse
- Progress NOT Perfection
- Continue to be patient, as a patient
- Pause, breathe in peace, and press on

Learning to Fly: Season Five: The rest of our life

- Lots of living yet to come!
- Ready, goal set, go
- “No” is a complete sentence
- Embrace a new normal every day
- Bloom where you are planted
- Stay faithful, stay hopeful, stay joyful, and keep smiling, ...and breathe!

Programs/Websites I have found super helpful:

- Livestrong.org (Livestrong at the YMCA-free)
- AbleTo.com and Rally Coach (check with your insurance-mine is free/UHC)
- Cancer and Careers.org
- LLS.org
- nbmtlink.org (on repeat)
- BMTinfonet.org (on repeat)
- Flourish After Cancer.com (just do the free stuff!)
- Pinterest for Mediterranean diet
- Facebook groups (BMT InfoNet/private)