



**AYA@USC  
Getaway  
Retreat**



# AYA@USC 5th Getaway Retreat

September 22-24, 2023  
Camp Ronald McDonald  
Idyllwild, CA

**USC** Norris Comprehensive  
Cancer Center  
Keck Medicine of **USC**

**Adolescent and Young Adult  
Cancer Program at USC**



Scan to RSVP  
[bit.ly/aya2023retreat](https://bit.ly/aya2023retreat)

- A unique two-night getaway experience FREE for young adults (ages 18 - 39) with cancer
- Relax and unwind in a peaceful, natural setting
- Therapeutic art and writing workshops and fun activities like challenge tower, archery, fishing, bonfires, and stargazing

[aya.usc.edu](https://aya.usc.edu)



@ayausc



[shuli@usc.edu](mailto:shuli@usc.edu)



Inspiration  
Creativity  
Community



# Welcome Message



Dr. Aura Kuperberg  
AYA@USC Project Administrator

Thank you for joining us at our 5th annual AYA@USC Young Adult Getaway Retreat at Camp Ronald McDonald. With the generosity of the Audrey Irmas Foundation for Social Justice, we can bring together young adult cancer patients and survivors to create a supportive community, learn new talent and skills, enjoy performances, or hang out in a relaxing, healing, and beautiful setting. This weekend will leave you inspired, relaxed, and with some new friendships. We look forward to a getaway weekend of sharing, laughing, and celebrating together!

## *Special Acknowledgement*

### **AYA Patient and Family Advisory Committee Retreat Planning Members**

Christopher Birmingham  
Olivia Brown  
Stephen Heaviside  
Siobhan Hebron  
Michelle Meyers

### **AYA@USC Team**

Dr. James Hu, Co-Medical Director  
Dr. David Freyer, Co-Medical Director  
Dr. Aura Kuperberg, Project Administrator  
Shu Li, Program Administrator  
Elaine Vieira, Nurse Navigator

### **Onsite Support**

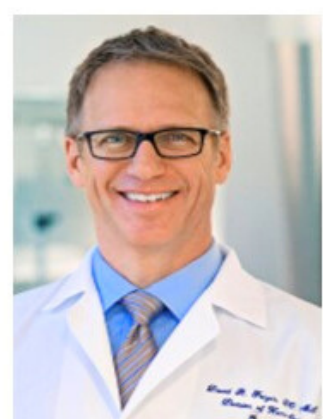
Moontower Band  
Kirstin Quade Eggers  
Dr. Cecilia Fu  
Dr. Gino In  
Dr. Aura Kuperberg  
Shu Li  
Michelle Meyers  
Zachary Steel  
Erik Stone  
Jonathan Sommers

### **Camp Director**

Chad Edwards



Dr. James Hu  
Co-Medical Director



Dr. David Freyer  
Co-Medical Director



Elaine Vieira, RN  
AYA Nurse Navigator



Mario Espitia, DSW, LCSW  
AYA Social Worker



Dr. Aura Kuperberg, DSW, LCSW  
Project Administrator



Shu Li, MA  
Program Administrator

# Facilitators



**Chris Birmingham** is a PhD student at USC. He spends most of his days trying to program social robots to interact with people in positive ways. Chris is also involved with the USC AYA community, where he volunteers as a patient advocate and helps organize and plan events for cancer patients and survivors. Since Chris was diagnosed with cancer, he has become an avid meditator and is familiar with many styles and traditions of meditation and mindfulness practice.



**Amanda Fletcher** is a writer, trainer & breathwork practitioner with a degree in kinesiology. A queer neurodivergent in recovery with more than two decades of experience in the health and wellness industry, Amanda is also a breast cancer survivor. She aims to provide a safe and inclusive space for one-on-one and communal healing, both in-person and online. Find her at HaloHolisticWellness.



**Kirstin Eggers** is a faculty member at the USC School of Dramatic Arts. She has been a working actor and writer for over 15 years, with extensive commercial, guest and recurring television appearances including as a series regular on the ABC sitcom *Work It*, for which Entertainment Weekly called her “phenomenal.” With a focus on comedy off-camera, she has performed sketch and improv at the Groundlings, UCB, and Comedy Central Stage, and accepted invitations to appear at comedy festivals nationwide, including SketchfestNYC, Chicago Sketchfest, and the storied HBO U.S. Comedy Arts Festival in Aspen (winning the Best Sketch Comedy award with troupe Summer of Tears).



**Michelle Meyers** is a writer and educator originally from Los Angeles, CA. After finishing her MFA in Fiction at the University of Alabama, she joined the faculty of USC Dornsife's Writing Program. Her debut novel, *Glass Shatters*, was published by She Writes Press in 2016 and was selected as an Editor's Pick in Literary Fiction by Foreword Reviews. Michelle is a breast cancer survivor as well and is actively involved in developing opportunities for adolescent and young adult cancer survivors/thrivers to tell their stories.



**Zach Steel** is an assistant professor of theatre practice and head of comedy at the USC School of Dramatic Arts. He has been teaching at The Clown School in Los Angeles for three years and began teaching at the USC School of Dramatic Arts in the fall of 2014. He also serves as supervisor for SDA's new program in medical clowning, the practice of bringing highly skilled performers into hospitals. He has been a member of the theatre troupe Four Clowns since 2011, performing in multiple theatres in L.A., in São Paulo, Brazil, and taking his original, award-winning show, *Me Rich You Learn* to The Telluride Playwrights Festival in Colorado. He has appeared on several television shows for NBC, Comedy Central and Fox.



**Mario Ybarra Jr.** is a Mexican-American conceptual artist born and raised in LA. His artwork examines excluded social norms, often examining complete environments, histories, and narratives. He received an MFA from UC Irvine and a BFA from Otis College of Art and Design. He has been featured in local, national, and international exhibitions/fairs, including the 2008 Whitney Biennial, the Tate Museum in London, the Orange County Museum of Art, Museum of Contemporary Art San Diego, MOCA Los Angeles, MOCA Detroit, the ICA Boston, Museo De Cervantez Spain, ARCO Fair 2011 and 2013, LACMA, the Art Institute of Chicago, among others. In 2002, in partnership with his wife Karla Diaz, he co-founded Slanguage (an artist-run space/collective in Los Angeles that hosted art exhibitions, residencies, and programming for youth and adults). He has been featured as a speaker in many national and international venues, most notably at the Creative Summit in New York & Art Pace San Antonio.

# Itinerary

## Friday, September 22

- 12:00 pm** Bus departs from USC Norris Comprehensive Cancer Center & Hospital
- 3:00 pm** Camp Orientation & Check In
- 4:00 pm** Camp Tour, Archery, Fishing, Arts & Crafts (optional)
- 6:30 – 7:30 pm** Dinner (Dining Hall)
- 8:00 – 9:00 pm** Group Activity (Fellowship Hall)
- 9:30 pm** Campfire & S'mores

## Saturday, September 23

- 7:00 – 7:30 am** Coffee Bar/Juices for Early Birds
- 7:30 – 8:00 am** Camp Walk (optional)
- 8:00 – 8:45 am** Mindfulness Workshop – Christopher Birmingham
- 9:00 – 10:00 am** Breakfast
- 10:00 – 12:00 pm** Writing/Improv/Camp Sports (Choose One to Attend)  
Writing & Breathwork – Amanda Fletcher & Michelle Meyers  
Improv – Zachery Steel & Kirstin Eggers, USC School of Dramatic Arts Comedy Program  
Camp sports – Archery, Fishing, Volleyball, Pickleball, Basketball, Soccer (optional)
- 12:30 – 1:30 pm** Lunch (Dining Hall)
- 1:30 – 3:30 pm** Writing/Improv/Art Workshops (Choose One to Attend)  
Writing & Breathwork – Amanda Fletcher & Michelle Meyers  
Improv – Zachery Steel & Kirstin Eggers, USC School of Dramatic Arts Comedy Program  
Art Workshop – Mario Ybarra Jr.
- 3:30 – 5:30 pm** Climbing Tower Challenge (Team Building Activity)  
Arts and Crafts (optional)
- 6:00 – 7:00 pm** Dinner (Dining Hall)
- 7:30 – 9:30 pm** Saturday Night with Mocktails & Snacks (Fellowship Hall)  
Improv Comedy Show, Karaoke & Dancing
- 9:30 pm** Campfire & S'mores OR Board Games

## Sunday, September 24

- 7:00 – 7:30 am** Coffee Bar/Juices for Early Birds
- 7:30 – 8:00 am** Camp Hiking (optional)
- 8:00 – 8:45 am** Mindfulness Workshop – Christopher Birmingham
- 9:00 – 10:00 am** Breakfast (Dining Hall)
- 10:00 – 11:30 am** Optional Group Activity (choose one of the following)  
Archery  
Fishing  
Arts and Crafts/Board Games
- 11:30 – 12:00 pm** Pack and Bring Bags to Meeting Room
- 12:00 – 1:00 pm** Lunch (Dining Hall)
- 1:00 – 1:45 pm** Closing Meeting
- 1:45– 2:00 pm** Group Photo
- 2:00 pm** Bus Departures and return to USC

\*Pop-up Library is available during the camp through the courtesy of Siobhan Hebron.



Scan to RSVP and  
visit [aya.usc.edu](http://aya.usc.edu) for more info

