

North Carolina Comprehensive Cancer Program

SURVIVORSHIP SUMMIT

Greensboro, North Carolina • April 24-25



Moving Forward Together

The Survivorship Summit (Summit)

The North Carolina Cancer Prevention and Control Branch of the Division of Public Health Chronic Disease Section hosts the Survivorship Summit each year. The goal of the Summit is to improve and enhance the cancer survivorship experience of North Carolina cancer survivors. The 7th annual 2014 Summit has a variety of healthy survivorship topics. It includes keynote speakers, panels, healthy lifestyle activities, empowering breakout sessions, exhibits – all for survivors and their caregivers. It is a wonderful way to meet and share with other survivors and their caregivers.

Overview

Thursday, April 24, 2014

Sign-in: 12:00 noon to 12:50 p.m.

- The Summit program begins at 1:00 p.m. and ends for the day at 4:45 p.m.
- There will be an evening Welcoming Reception, 6:00 to 8:00 p.m.

Friday, April 25, 2014

Buffet Breakfast: 7:00 a.m. to 8:00 a.m.

- Summit program continues at 8:00 a.m. and ends at 4:15 p.m.
- Exhibits throughout Friday
- Lunch is provided

Registration and Cost

The Summit is **FREE** to all who attend, but you must complete the registration form and **register by March 12th** to be able to attend. Registration is limited to the first 200 registrants.

- You must pay for your hotel room and other costs.
- The registration deadline to attend the Summit is: **Wednesday, March 12th**.
- Each survivor who attends will receive a *Tervis Tumbler*!

Location

Marriott Hotel, downtown Greensboro

304 N. Greene Street, Greensboro, NC 27401

- Directions will be sent with your registration confirmation before the Summit.

If you need a hotel room, call 336-379-8000 and ask for the Cancer Summit Rate.

- The room cost is \$90 plus tax, or \$101.48, per night. You can receive this reduced rate until the rooms are sold out.
- The deadline to make your hotel room reservation is: **Wednesday, April 13th.**

Steps to take for your Summit registration

1. ____ Decide the Healthy Living Activities and Empowering Breakout Sessions you want to attend and which are your 1st and 2nd choices.
2. ____ Carefully complete the registration form. Complete one form for each person.
3. ____ Be sure to check if you will or will not attend the Thursday evening Welcoming Reception and the Friday morning walk or Tai Chi.
4. ____ After registering, it is very important you let us know if you cannot attend. There are others on a waiting-list of whom want to attend if slots open up.

Registration questions: Michelle Adams, 336-713-7726 / micadams@wakehealth.edu

Summit questions: Linda Rohret, 919-707-5331 / linda.rohret@dhhs.nc.gov

Thursday, April 24, Emcee is survivor Suzanne Carroll, OCN

12:00 to 12:50 p.m. Sign-in

1:00 to 2:15 p.m. Welcome, Introductions, and Keynote, **Complementary and Integrative Medicine**, *Denise Spector, PhD, MPH, MSN*, Director, Thriving After Cancer Clinic, Duke, Durham

2:15 to 4:45 p.m. Healthy Living Activities

Healthy Living Activities, Session 1 and Session 2

You will choose a 1st and a 2nd choice for Sessions 1 and 2

- A. **Journaling**, *Tamara Kissane, MA* - Literary Arts Coordinator, Arts and Health at Duke, Durham
- B. **Art Therapy**, *Louise Grape*, Art Therapist, Cone Health Cancer Center, Greensboro
- C. **Tai Chi**, *Cheryl Rowland*, Cone Health Cancer Center, Greensboro
- D. **Reiki and the Cancer Journey**, *Susan Melchione, MSW, LCSW*, Reiki Master Teacher, Reiki Healing Services, Cary
- E. **Basic Meditation Techniques**, *Doreen Stein-Seroussi, MA, MPA, E-RYT*, Cornucopia House, UNC
- F. **Pet Therapy**, *Sammie, "the Therapy Dog," and Mary Magrinat and Olive, "the Therapy Dog," and Jan Donahue*, Cone Health Cancer Center, Greensboro
- G. **Music Therapy**, *Sara Breyfogle, MT-BC*, Music Therapy of the Triad, Winston-Salem
- H. **Aromatherapy**, *Debbie Krueger, MSN, RN, NE-BC, CNRN, CHTP*, Director of Nursing, Wake Forest Medical Center, Winston-Salem

4:45 p.m. Break

6:00 to 8:00 p.m. Welcoming Reception

Friday, April 25, Summit Emcee is survivor Jean Sellers, MSN, OCN

7:00 to 7:30 a.m. Walk or Tai Chi – to be decided

7:00 to 7:50 a.m. Buffet Breakfast – Getting to know one another – Visit exhibits

8:00 to 11:30 a.m. Opening Remarks and Keynote, **Dealing with the Possibility of Recurrence**, *Mary Weinstein Dunn, RN, MSN, OCN, NP-C*
UNC, Chapel Hill

Long-time Effects of Cancer Treatment, Panel Discussion

Palliative Care throughout Survivorship, Panel Discussion

11:30 to 1:30 p.m. Group photo - Lunch – Door prize drawings – Break – Exhibits

1:30 to 3:45 p.m. Empowering Breakout Sessions

Empowering Breakout Sessions, Session 1

You will choose a 1st and a 2nd choice for Sessions 1 and 2

- A. **Shoulds and Should Nots of Vitamins and Supplements during Treatment**, *Lew Iacovelli, PharmD.*, Oncology Pharmacy Manager, Cone Health Cancer Center, Greensboro
- B. **Caregiving**, *Deborah Smith, LCSW, OSW-C*, Case Manager, Novant Health Buddy Kemp Cancer Support Center, Charlotte
- C. **Good Eating and Being on the Move for Survivorship**, *Julie Lanford, RD, LDN*, Oncology Dietitian, Cancer Services, Winston-Salem
- D. **Financial and Legal Needs**, *Christina Liu, JD*, Duke Cancer Institute, Durham, and *Gayle Petrick*, Senior Case Manager, Patient Advocate Foundation, Hampton, VA
- E. **Spirituality . . . body, mind, and spirit**,
- F. **Advance Directives: It's Never Too Early to Talk . . . End-of-Life Choices**, *Dee Lehman, LCSW*, Hospice and Palliative Care Center, Winston-Salem
- G. **Benefits of Volunteering**, *Cora Davis, MSW*, Oncology Support Coordinator, Carolinas Medical Center North East, Levine Cancer Institute, Concord
- H. **Sexuality and Intimacy for Women**, *Chasse Bailey-Dorton, M.D.*, Oncology/Survivorship Specialist, Levine Cancer Institute, Charlotte
- I. **Sexuality and Intimacy for Men**, *Mary Weinstein Dunn, RN, MSN, OCN, NP-C*, UNC Cancer Network, Chapel Hill

3:45 to 4:15 p.m. Wrap-up and good-byes

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2014 Survivorship Summit Registration Form

- You may copy this form to give to others.
- Fill out one form for each person.
- You can register by phone, fax, mail, or online.

Phone: 336-713-7726 Fax: 336-713-7701 Online: <http://nwahec.org/?42697>

Mail: Northwest AHEC
c/o Michelle Adams
Medical Center Blvd
Winston-Salem, NC 27157-1060

Name: _____

Last 4 of Social Security Number ____ _

Home Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Special Needs (wheelchair access, vegetarian, food allergies, etc.), please list:

Sessions –Please number your 1st and 2nd choices for each of the Healthy Living Activities and Empowering Breakout Sessions with number 1 and number 2.

Thursday, April 24 - Healthy Living Activities

2:30 to 3:30 p.m. Session 1: Give your 1st and 2nd choices.

- | | |
|--|---|
| <input type="checkbox"/> A. Journaling | <input type="checkbox"/> E. Basic Meditation Techniques |
| <input type="checkbox"/> B. Art Therapy | <input type="checkbox"/> F. Pet Therapy |
| <input type="checkbox"/> C. Tai Chi | <input type="checkbox"/> G. Music Therapy |
| <input type="checkbox"/> D. Reiki and the Cancer Journey | <input type="checkbox"/> H. Aromatherapy |

3:45 to 4:45 p.m. Session 2: Give your 1st and 2nd choices.

- | | |
|--|---|
| <input type="checkbox"/> A. Journaling | <input type="checkbox"/> E. Basic Meditation Techniques |
| <input type="checkbox"/> B. Art Therapy | <input type="checkbox"/> F. Pet Therapy |
| <input type="checkbox"/> C. Tai Chi | <input type="checkbox"/> G. Music Therapy |
| <input type="checkbox"/> D. Reiki and the Cancer Journey | <input type="checkbox"/> H. Aromatherapy |

6:00 to 8:00 p.m. Welcoming Reception with heavy hors d'oeuvres at the Marriott Hotel, (check one)

☐ Yes, I plan to attend the Reception ☐ No, I do not plan to attend the Reception

Continue to Page 6 for April 25th Session Selections →

Friday, April 25 - Empowering Breakout Sessions

An early morning walk or Tai Chi session (check one)

☐ Yes, I would like to walk or do Tai Chi ☐ No, I do not want to do either

1:30 p.m. *Session 1:* Give your 1st and 2nd choices.

- | | |
|---|--|
| <input type="checkbox"/> A. Vitamins & Supplements during Treatment | <input type="checkbox"/> F. Advance Directives |
| <input type="checkbox"/> B. Caregiving | <input type="checkbox"/> G. Benefits of Volunteering |
| <input type="checkbox"/> C. Good Eating and Being on the Move | <input type="checkbox"/> H. Sexuality (Women) |
| <input type="checkbox"/> D. Financial and Legal Needs | <input type="checkbox"/> I. Sexuality (Men) |
| <input type="checkbox"/> E. Spirituality . . . body, mind, and spirit | |

2:45 p.m. *Session 2:* Give your 1st and 2nd choices.

- | | |
|---|--|
| <input type="checkbox"/> A. Vitamins & Supplements during Treatment | <input type="checkbox"/> F. Advance Directives |
| <input type="checkbox"/> B. Caregiving | <input type="checkbox"/> G. Benefits of Volunteering |
| <input type="checkbox"/> C. Good Eating and Being on the Move | <input type="checkbox"/> H. Sexuality (Women) |
| <input type="checkbox"/> D. Financial and Legal Needs | <input type="checkbox"/> I. Sexuality (Men) |
| <input type="checkbox"/> E. Spirituality . . . body, mind, and spirit | |