2010 Living With Cancer Conference
Healing with Compassion and Laughter

Wednesday, May 5, 2010
7:45 a.m. – 3:45 p.m.
Augusta Civic Center
Augusta, Maine

Workshop Descriptions

10:30 - 11:30 a.m. Workshop Session I

De-Mystifying Palliative Care
Roger Austin, MD
Androscoggin Home Care & Hospice

Dr. Austin will define and describe palliative care in different settings, using several case examples, and explain the differences between hospice and palliative care. Dr. Austin is a specialist in Internal Medicine, including hospice and palliative care with 30 years of experience as a Primary Care Internist and 5 years in hospice and palliative medicine.

Facing Cancer Together: The Journey for the Couple
Steven Klockow, LCSW

As a recent cancer survivor and a couples therapist, Steven will talk about some of the most common challenges that couples face after a cancer diagnosis and how to meet them. He will introduce a dialog process that can help couples turn the crisis of cancer into an opportunity for connection and healing. Steven is a certified Relationship Therapist with over 20 years of experience in mental health and 17 as a couples' counselor

The Longterm Effects of Radiation Therapy
Glen Healey, MD
Harold Alfond Center for Cancer Care

Dr. Healey's workshop will focus on helping attendees understand complications caused by radiation therapy, as well as ways to minimize irradiation therapy's impact on the patient's quality of life.

Who's Who in Your Cancer Journey, 101: Health Professionals Involved in Cancer Treatment and Their Roles
Cyndi O'Brien, RN, BSN, OCN
Maine Medical Center
Maureen Higgins, LCSW
The Patrick Dempsey Center for Cancer Hope & Healing

Cyndi O'Brien will describe what occurs during a typical oncology consultation, discuss the various services available to the patient, and summarize symptom clusters associated with cancer treatment. Maureen Higgins will provide a list of professionals that a patient typically sees in the cancer journey, provide insight into the roles of each professional, and offer recommendations on whom to see for various problems patients face.

Maureen has 20 years of experience as an oncology social worker, in both in-patient and outpatient settings. Currently she is the Cancer Health Outreach Educator for the Patrick Dempsey Center for Cancer Hope and Healing.

Cyndi is an Oncology Certified nurse currently serving as a Clinical Nurse IV in the Radiation/Oncology Department at Maine Medical Center. Since her graduation with a BSN in 1992, she has held several positions in Critical Care, Oncology, Nursing Education and Leadership.

Interactive Art - Create a Gift Box Album
Jackie Tanner

In this session, participants will create a memory album in the form of a gift box that opens to display photos, poems, quotes, or other inspiring messages. Participants will decorate the gift boxes with ribbons and other embellishments. The presenter, Jackie Tanner, is a two-time cancer survivor and a longtime American Cancer Society volunteer.

Journaling: A Tool for Surviving and Thriving
Reverend Gail H. Kendrick, B.S, M.Div.

Explore the questions of why to journal, how to journal, and how journaling can help people cope with the challenges of living with cancer. Much of the session will be experiential.

Gail is a survivor of Non-Hodgkin's Lymphoma and has taught journaling with church groups and for Girl Scout leaders. Now retired, she formerly taught at the middle school level, and served churches in Harvard, Marlboro, and Townsend, Massachusetts.

Healthy Eating By Design
Joan Lavery-McLaughlin, RD, LD

Learn about foods that can optimize your energy levels and overall health and wellness. You'll leave not only with a better knowledge of health promoting foods, but also with a list of foods designed to optimize health before, during, and after cancer treatment.

Joan Lavery-McLaughlin, RD, LD has been involved in food and nutrition for the last 20 years. Before earning her Bachelor's of Science Degree in nutrition and becoming a Registered Dietitian, she worked as a professional Chef at restaurants in Key West, FL, San Francisco, CA and Harrisburg, PA. Her extensive culinary background combines perfectly with her passion for nutrition and healthy living to provide patients with a well balanced approach to healthy eating.

Caregivers: Everybody Needs One!
Dave Hawkins, Moderator
Rhoda Astbury Clifford
John Blauvelt

Dave Hawkins
Dave's wife is a carcinoid cancer survivor. In addition to being a caregiver, Dave is a longtime volunteer for American Cancer Society and the Living With Cancer Conference; a founding director of the New England Carcinoid Connection, a 501 (c) 3 non-profit based in Boston; and works as an electrical designer for Bath Iron Works.

Rhoda Astbury Clifford
A resident of Harborside, ME, Rhoda will discuss her father's diagnosis of esophageal cancer and its effects on their family.

John Blauvelt
John's daughter, Abigail, was diagnosed with acute lymphoblastic leukemia when she was six years old. John will share his experiences of being a caregiver to a child with cancer.

1:30 – 2:30 p.m. Patient Panel Discussion

Tom Keating, MD - Moderator
Dr. Keating is the Medical Director of Palliative Care and Hospice, and Medical Oncologist, at Maine General Hospital in Augusta/Waterville. Prior to his current position, he practiced medical oncology/ hematology and internal medicine at Maine Center for Cancer Medicine at Mid Coast Hospital in Brunswick for 18 years. He resides with his wife and 3 children in Brunswick.

Donna Dancer, RN
A breast cancer survivor, Donna is the clinical coordinator of the OB unit at Penobscot Bay Medical Center in Rockport, ME. She has been a RN for 40 years and an OB/GYN nurse for 38 years. Donna and her husband live in Sommerville, ME and she has three grown children and five grandchildren.

Anita O'Brien, RN

Anita O'Brien is a retired nursing administrator and a 10 year survivor of a neuroendocrine cancer – carcinoid. She is one of the founding directors and President of the New England Carcinoid Connection Inc. (NECC), a support group for patients and caregivers.

Jack Ross
Jack is a self-employed businessman selling fresh seafood at local farmers markets around the state. Diagnosed with lymphoma in 2008, Jack will share his personal cancer journey.

2:45 - 3:45 p.m. Workshop Session II

Determining and Managing Hereditary Risk for Colon Cancer
Karen Rasmussen, PhD, FACMG
Maine Center for Cancer Medicine
Scott Thomas, Colon Cancer Survivor

People are often concerned that cancer seems to run in their family, and sometimes feel that there's nothing that can be done about it. Dr. Rasmussen will review the indicators of hereditary colon cancer, its associated risks for other cancer, and discuss ways to reduce your risk for colon cancer. Dr. Rasmussen is the Director of Genetics at the Maine Center for Cancer Medicine in Scarborough and has been specializing in hereditary cancer for 12 years.

Scott Thomas was 45 years old when he thought he had gallbladder issues. Following an ultrasound, he was diagnosed with stage IV colon cancer. Later, Scott discovered both parents died of colon cancer. He was given information about genetic testing, and learned that one of his three children inherited his altered gene. As a result, his daughter was given the "gift of life" by learning how to reduce her risk for the disease.

Pain Management: The Real Truth for Individuals and Their Caregivers
Kandyce Powell, MSN, RN
Maine Hospice Council and Center for End of Life Care
Steve D'Amato, BSP, BCOP
Maine Center for Cancer Medicine

This session will cover the latest information about new interventions as well as tips on how to communicate with providers in order to establish as effective pain management plan.

Kandyce has over 26 years of experience working with Hospice and end-of-life care. Since 1992, she has been the Executive Director of the Maine Hospice Council where she provides educational, technical and advocacy assistance to agencies, organizations, institutions and individuals interested in improving the quality of life for the dying and bereaved.

Steven is the Director of Pharmacy Services at the Maine Center for Cancer Medicine in Scarborough.

Art – Create your own Mandala: A Multicultural Tradition of Health and Healing
Caroline "Tookie" Bright, MSW

The Patrick Dempsey Center for Cancer Hope & Healing

Mandalas are circular designs seen and used throughout history in most cultures around the world. Beyond their beauty, the Mandela offers us a unique meditative experience through its creation, which may aid in physical, emotional and spiritual health. Whether you create your own or simply color between the lines, Mandala art therapy can offer a new avenue for emotional and spiritual transcendence.

Tookie is a recent graduate of the Social Work program at the University of new England. She has worked with adults, children and families in many different roles although art therapy is a particular interest she has developed for the past 9 years.

Informed Decisions on Prostate Cancer
Gregory S. Adey, MD, FACS
Fore River Urology
Jeffrey Young, MD
Spectrum Medical Group

This facilitated panel discussion will focus on prostate cancer treatments. Dr. Adey will discuss decision making issues confronting men regarding prostate cancer screening tests and treatment alternatives. Dr. Young will talk about radiation treatment options for localized prostate cancer.

Dr. Adey is a surgeon and urologist at Fore River Urology in Portland. Dr. Young is Radiation Oncologist at Spectrum Medical Group/Oncology Division in Portland.

Lung Cancer: Changing Perceptions and Evolving Surgical Treatments
Carmine Frumiento, MD
Debra A. Violette

The association between smoking and lung cancer has led many to cast a sweeping indictment on all lung cancer patients. This has resulted in stigma, not only of public perception towards patients but also among some patients against themselves. Part of this session will delve further into the issues surrounding the stigma and explore ways of confronting it. The other portion will adopt a Town Hall meeting format to discuss the surgical treatment for lung cancer and to discuss the new lung cancer screening study (I-ELCAP).

Dr. Frumiento works at the Central Maine Heart and Vascular Institute. His background includes a special emphasis on minimally invasive procedures. He is currently participating in the I-ELCAP *(International-Early Lung Cancer Action Program)* study.

Debra is a 12-year lung cancer survivor. Through her journey with this disease, she has focused her attention on eradicating the stigma associated with lung cancer. Shortly after her treatment, she joined the Lung Cancer Alliance and became the Maine State Chair for the organization.

Why not Laugh?
Dave Windsor
99.9 The Wolf

You've been diagnosed with cancer. It's a pretty heavy load. Lighten it with laughter. Cancer free for 6 years, married over 25 years, and owner of a cat that is almost 15 years old, Dave knows the power of humor for reducing stress, promoting health, and enhancing quality of life.

Dave is the Morning Drive Radio Announcer for 99.9 The Wolf radio station in Portland. With over 25 years of broadcast experience, Dave has been the co-recipient of the Portland Press Herald's "Maine Radio Personality of The Year" for five consecutive years! He also a member of the Board of Directors for the Maine Children's Cancer Program and is on the Radio Advisory Board for St. Jude Children's Hospital in Memphis, TN.

Treasures on Earth: Spiritual Resources for Coping with Cancer
Jani Darak-Druck, M.Div

Jani will share some of what she has learned from the many people who have inspired her with their strength, compassion for others, and ability to thrive even while living with cancer. What is it that makes this possible? That's what participants will explore together in this session.

Jani was a United Methodist minister for 23 years. She focused much of her ministry on helping people find a spiritual practice or path that works well with their unique circumstances. For the last 3 ½ years, she has counseled, mentored, befriended, and has been inspired by many cancer patients and family members in her work as the Manager of Volunteer Services for the Cancer Community Center in South Portland.

Reach to Recovery Training
Cathy McDonald, RN
Jackie Tanner

This session is a training class for breast cancer survivors interested in becoming Reach to Recovery visitors, and a recertification class for current volunteers. Participants must attend a conference workshop earlier in the day to fulfill additional requirements for this course. To learn more about Reach to Recovery, visit www.cancer.org.