

Celebrating

the Art of Healing

Survivorship and Beyond

A free educational symposium for cancer survivors and the families, friends and medical professionals who care for them

Keynote speaker: Neil Caporaso, MD,
National Cancer Institute

Saturday, April 9, 2016

St. John Medical Center
1923 S. Utica Ave.
Tulsa, OK 74104

Celebrating the Art of Healing is an annual day of hope and inspiration for cancer survivors and the families, friends and medical professionals who care for them. The 2016 program will feature a keynote address by Neil Caporaso, MD, chief of the National Cancer Institute's genetic epidemiology branch. His presentation at Celebrating the Art of Healing will focus on new insights into cancer care, including targeted therapies, genetics and the role of sleep in cancer care.

Celebrating the Art of Healing was designed to promote healthy behaviors and highlight activities that enrich the quality of life for those who face the challenges of cancer. With breakout sessions on a variety of topics, local professionals help participants access the unique potential of the human spirit. Newly diagnosed patients, those currently in treatment, long-time survivors, caregivers and health care professionals join together as a community on this day to celebrate the healing power of survivorship in our daily lives.

Registration

The event is free, but space is limited. To register or for more information, please call the St. John PulseLine at 918-744-0123. More information is also available at www.stjohncancercenter.com.

Sponsors

St. John Health System
Cancer Treatment Centers of America
Oklahoma Cancer Specialists and Research Institute
Saint Francis Hospice
Saint Francis Health System

Speakers

Faith Boudreau, MSW, MPS, is a cancer survivor and First Connection Program volunteer for The Leukemia & Lymphoma Society. She has presented at the national Life Beyond Cancer Survivor Retreat, the Oncology Perspectives Conference sponsored by the Oklahoma Society of Clinical Oncology, and the St. John Medical Center Clinical Skills Building series, as well as several educational and religious venues. Boudreau takes the mind/body/spirit approach to healing. As a clinical social worker, she has used psychodrama in her work with children, families and groups. She has mediation training and a master's in pastoral studies.

Neil Caporaso, MD, is chief of the genetic epidemiology branch at the National Cancer Institute (NCI), part of the National Institute of Health (NIH), in Bethesda, Md. He received his medical degree in internal medicine in 1983 from the University of Medicine and Dentistry of New Jersey and his medical oncology specialty in 1986 from NCI. He has conducted genome-wide association studies of lung cancer and the smoking phenotype using lung cancer cases and controls from the Environment and Genetics in Lung Cancer Etiology (EAGLE) and Prostate, Lung, Colon, Ovary Screening (PLCO) studies. Dr. Caporaso has also investigated families with chronic lymphocytic leukemia for more than 20 years and currently coordinates the NIH protocol under which his group investigates families with diverse lymphoproliferative cancers.

Lori Carpenter, MS, CGC, LGC, graduated from Southern Nazarene University in 2007 with a bachelor's in biology and chemistry and from the University of North Carolina at Greensboro in 2009 with a master's in genetic counseling. She has worked as both a laboratory genetic counselor and clinical genetic counselor. Lori currently works as the genetic counselor for Saint Francis Health System, serving patients in many areas, including newborn screening, pediatrics, prenatal, cancer and other adult-related indications.

Carol Dillard, PhD, LPC, LMFT, has a doctorate in marriage and family studies and has been in private practice in Oklahoma since 1984. As a cancer survivor, she devotes part

of her practice to individuals and families confronting the challenges of cancer. Dillard teaches at both the undergraduate and graduate levels and has presented locally and nationally at conferences and workshops on a variety of topics, including ways to deal with cancer and loss.

Kathy Gardner, PT, CLT, graduated from Boston University in 1972 with a degree in physical therapy and received lymphedema training for the upper and lower extremities (modified Dr. Vodder Method) in 1996. She completed the Academy of Lymphatic Studies certification and became a certified lymphedema therapist in 2011. Kathy works at Saint Francis Hospital treating people with lymphedema.

Jane McClain, ACSM, CPT, RRCA, has a bachelor's in adult training and development and is a certified Lydiard running coach, a certified ChiRunning/Walking instructor, a certified functional movement systems exercise professional and the owner of Fitness for Your Lifestyle LLC. McClain uses her training and experience to help people learn to move in an energy-efficient, focused and pain-free way. More information about her training and coaching is available at www.fitnessforyourlifestyle.com.

Stephanie Moore, ARNP-CNS, ACNS-BC, has a bachelor's in nursing from East Central University in Ada and a master's in nursing from the University of Oklahoma. Additionally, she was an instructor and director of the Acute Care Clinical Nurse Specialist Program at the OU College of Nursing, where she was a two-time winner of the school's Outstanding Faculty of the Year Award. Stephanie is now a clinical nurse specialist at Cancer Treatment Centers of America (CTCA) at Southwestern Regional Medical Center. She is certified by the American Nurses Credentialing Center.

Natalie Sanders, RD, LD, has been a registered dietitian since 2011 and is the outpatient dietitian for St. John Medical Center. She works with St. John oncology patients through their cancer journey to minimize treatment side effects through nutritional intervention. After treatment, she also works closely with survivors to reduce their risk of recurrence with dietary and lifestyle changes. Natalie is a member of the Academy of Nutrition and Dietetics Oncology Group.

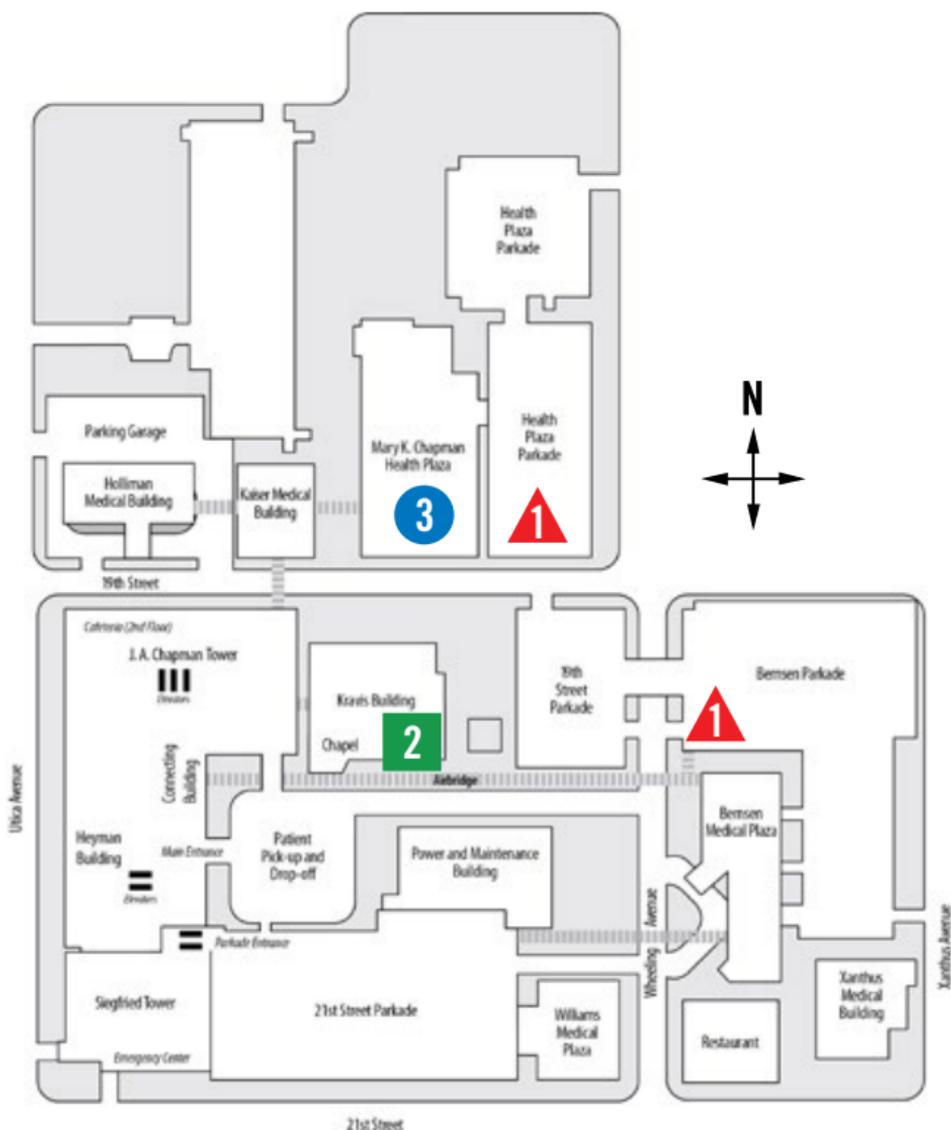
Program

- 8:00 a.m. Check-in / registration and coffee**
- 8:30 a.m. Musical welcome**
Rick Fortner, music director at All Souls Unitarian Church
David Ruffin, resident minister at All Souls Unitarian Church
- 8:40 a.m. Introduction**
Julie Whitford, RN, BSN, OCN
- 8:50 a.m. Keynote address**
An Update on Cancer and Sleep, Targeted Therapies & the Role of Genetics
Neil Caporaso, MD
- 10:15 a.m. Break**
- 10:30 a.m. Breakout sessions**
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| Making It Happen or My Bucket List
<i>Faith Boudreau, MSW, LCSW, MPS</i>
<i>Carol Dillard, PhD, LPC, LMFT</i> | Lymphedema Awareness
<i>Kathy Gardner, PT, CLT</i> |
| Cancer Survivorship and the Art of Nutrition
<i>Natalie Sanders, RD, LD</i> | Cancer Genetic Counseling Myths and Misconceptions: What You Need to Know
<i>Lori Carpenter, MS, CGC, LGC</i> |
| Exercise as Medicine
<i>Jane McClain, ACSM, CPT, RRCA</i> | Living Your Best Life After Cancer
<i>Stephanie Moore, ARNP-CNS, ACNS-BC</i> |
- 11:30 p.m. Lunch (provided)**
- 12:30 p.m. Repeat breakout sessions**
- 1:30 p.m. Break**
- 1:45 p.m. Art of Healing Friend Award and closing remarks**
Recipient: Julie Kinzie, LCSW
Presented by Faith Boudreau, MSW, LCSW, MPS

Location

Celebrating the Art of Healing will begin in McDougal Auditorium, located in the patient pickup/drop-off area at St. John Medical Center. The most convenient parking is in the Bernsen Parkade or Health Plaza Parkade (see map below).

After the keynote address, participants will be asked to move to the Mary K. Chapman Health Plaza for the rest of the program. A complimentary shuttle from McDougal Auditorium to the Health Plaza will be available.



-  **Parking**
-  **McDougal Auditorium**
-  **Mary K. Chapman Health Plaza**

Attire

Casual, comfortable clothing is suggested to allow for easy movement during the breakout sessions. Also, consider bringing a light jacket or sweater, as room temperatures may vary. The workshops welcome all levels of ability.