

Cancer Services of New Mexico's Spring 2010 Family Cancer Retreat
Friday, May 21 – Sunday, May 23, 2010
Agenda

Supervised activities for children and teens will be provided during the following times:

- Saturday - 8:00am-12:15pm and 1:45pm-4:15pm
- Sunday - 8:00am-noon

Please stop by the Kids' Program Room (Patio/Chapel 10-14) for more information

Please visit our Exhibit Areas in Patio/Chapel 1-4 and 20-23 throughout the weekend!

Counselors and a Dietician will be available during the program. For more information, please ask our volunteers.

Friday, May 21

- 4:00-6:00pm Registration (Program Office, New Mexico Hall)
- 4:00-5:30 Welcome Receptions (Chaparral Lobby/Texas Main Lobby)
- 5:30-7:00 Dinner & Introductions (Glorieta Dining Hall – East Dining Room)
BUFFET LINE CLOSSES AT 6:30p.m.
Entertainment provided by the Rasinski Family
- 7:30-9:00 After-Dinner Activities (*participants will have the opportunity to participate in all activities*)
- General Exhibit Room (Patio/Chapel 1-4)
 - Community Resource Exhibit Room (Patio/Chapel 20-23)
 - "Community Rhythms!" Drumming Circle (Patio/Chapel 24-25)
Facilitated by Carla Haynes and Gina Rasinski, MA – Music Instructors
 - Creative Expression Workshop (Patio/Chapel 16-19)
Facilitated by Christi Pickren, LMHC, and Blair Shepard, LMHC – Art Therapists/Counselors
- 9:00-10:00 Social Time (Chuckwagon)

Saturday, May 22

- 7:00-8:00am Breakfast (Glorieta Dining Hall – East Dining Room)
- 8:15-8:25 Welcoming Remarks (Chapel)
Blair Larson – Cancer Services of New Mexico
- 8:25-9:00 Finding the Best Treatment/Clinical Trial (Chapel)
Natalie Marshall, MD – NM Oncology Hematology Consultants
- 9:00-9:15 Break
- 9:15-9:50 *Simultaneous breakout sessions (participants will have the opportunity to hear both topics)*
and
9:55-10:30 (Blue Group – Patio/Chapel 24-25; Yellow and Green Groups – Patio/Chapel 16-19)
- New Developments in Cancer Treatment
Ian Rabinowitz, MD – UNM Cancer Center
 - Cancer Information: From Questions to Answers
Patricia Bradley, MLS – UNM Health Sciences Library & Informatics Center
- 10:30-10:45 Break

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Saturday, May 22 (cont'd)

10:45am-12:15pm *"Ask the Oncologist" Panels – Three simultaneous Q&A sessions with New Mexico's leading cancer specialists*
Sponsored by Northern NM Health Grant Group

Breast & Gynecological Tumors (Blue Group – Patio/Chapel 24-25)

Moderator: Karen Finkelstein, MD – SW Gynecologic Oncology Associates
Panelists: Ramesh Gopal, MD, PhD – MD Anderson Cancer Center at Presbyterian
Tim Lopez, MD – Cancer Institute of New Mexico
Natalie Marshall, MD – NM Oncology Hematology Consultants
Diana Weber, MD – Presbyterian Medical Group

Prostate and Gastrointestinal Tumors (Yellow Group – Patio/Chapel 16-19)

Moderator: Thomas Schroeder, MD – UNM Department of Radiation Oncology
Panelists: Amyr Alidina, MD – NM Oncology Hematology Consultants
Michael Davis, MD – UNM Department of Surgery
Lorraine Sanchez, MD – Hematology-Oncology Associates

Hematologic and Other Tumors (Green Group – Patio/Chapel 9)

Moderator: Jan Merin, MD, MPH – Northern New Mexico Cancer Center
Panelists: Bernard Agbemadzo, MD – Presbyterian Cancer Center
Gregg Franklin, MD, PhD – NM Oncology Hematology Consultants
Ian Rabinowitz, MD – UNM Cancer Center

12:15-2:00 Lunch (Glorieta Dining Hall – East Dining Room)
BUFFET LINE CLOSSES AT 1:30p.m.
Note: Group Picture will be taken just prior to lunch

2:00-2:35 and 2:40-3:15 *Concurrent Breakout Sessions (participants will choose two)*

Sessions offered from 2:00-2:35pm

- *Pain Management, Palliative Care, and Hospice Services (Patio/Chapel 15)*
Devon Neale, MD – UNM School of Medicine
- *Screening & Detection Guidelines for Cancer Survivors (Patio/Chapel 16-19)*
Amyr Alidina, MD – NM Oncology Hematology Consultants

Sessions offered from 2:40-3:15pm

- *Talking with Kids About Cancer (Patio/Chapel 9)*
Louise Adelstone, LPCC – Counselor
- *Genetic Testing: What Does it Really Tell You? (Patio/Chapel 15)*
Lori Ballinger, MS, CGC, Sr. Genetic Counselor – UNM Cancer Center
- *Coping with Treatment-Related Side Effects (Patio/Chapel 16-19)*
Lorraine Sanchez, MD – Hematology-Oncology Associates

Session offered during the entire 2:00-3:15pm period

- *Integrating Complementary & Traditional Cancer Therapies (Patio/Chapel 24-25)*
Onur Aydinoglu, DOM, DAOM, Diplom, and Sally Fisher, MD, MS – UNM Section of Integrative Medicine/UNM Center For Life

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Saturday, May 22 (cont'd)

- 3:15-3:30pm Break
- 3:30-4:15 You've Completed Treatment...Now What? (Chapel)
Dorine Conley – NM Department of Health Cancer Prevention & Control Section
- 4:15-5:30 Rest and Relaxation Time – Activities include:
- Journaling/Writing Group (Patio/Chapel 6) - **limited to 20 participants**
Anjanette Cureton, PsyD – UNM Cancer Center
Eleanor Schick, Writer
 - Visual Arts Workshop (Patio/Chapel 10-14) - **limited to 20 participants**
Linney Wix, PhD – UNM Art Education Program
 - Legal, Insurance, & Paperwork Assistance (LIPA) Clinic (Patio/Chapel 15)
CSNM LIPA Program Volunteers
 - Yoga for Happiness and Healing (Patio/Chapel 24-25)
Gail Rubin – Yoga Instructor
- 5:30-8:00 Volunteer & Supporter Acknowledgment Dinner (Glorieta Dining Hall – East Dining Room)
Sponsored by the United Way of Central New Mexico
BUFFET LINE CLOSSES AT 6:30p.m.
Entertainment provided by Clan Tynker
- 8:00-10:00 Social Time & Games (Chuckwagon)
Music by Jennifer Robin – Vocalist/Guitarist

Sunday, May 23

- 7:00-8:00am Breakfast (Glorieta Dining Hall – East Dining Room)
- 8:15-9:30 *Simultaneous breakout sessions (participants will choose one)*
- Mindfulness Meditation for Health, Healing and Stress Reduction (Patio/Chapel 16-19)
Michelle DuVal, MA – Presbyterian Healthplex/UNM Center for Life
 - Worship Service (Chapel)
Rev. Ken Henderson – Pastor
Rev. Ken Robinson – Worship Leader
 - Peaceful Yoga (Patio/Chapel 24-25)
Gail Rubin – Yoga Instructor
- 9:30-9:40 Break
- 9:40-10:15 *Concurrent breakout sessions (participants will have the opportunity to hear both topics)*
and (Blue Group – Patio/Chapel 24-25; Yellow and Green Groups – Patio/Chapel 16-19)
- 10:20-10:55
 - Caring for the Caregiver
Carol Jordan, MSW, LISW – Social Worker
 - Patient and Family Communication in Serious Illness
Sam Shaffer, PhD – Santa Fe Counseling & Research Center
- 10:55-11:10 Break
- 11:10-11:45 Moving From Surviving to Thriving (Chapel)
Adele Frances, MA – Former Life Coach & 13 Year Cancer Survivor
- 11:45-12:00 Closing Remarks (Chapel)
Blair Larson – Cancer Services of New Mexico

The Spring 2010 Family Cancer Retreat is made possible by the following supporters:

Diamond Level

NM Department of Health
United Way of Central New Mexico

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