

# THE ART OF LIVING

## Life Beyond Cancer

A Conference at the  
Marriott Quincy Hotel

Saturday, June 4, 2011

### PROGRAM

---

7:30AM Registration

---

8:00AM Breakfast

---

8:15AM Greetings

**Emcee:** Kelley Tuthill, Breast Cancer Survivor, Author, and Reporter WCVB-TV

Pauline Alighieri, Executive Director, Friends of Mel Foundation

---

8:30AM Opening Keynote

#### **Super Healing: Maximizing Your Physical and Emotional Recovery**

Dr. Silver explores the evidence-based principles of healing as well as possible during and after cancer treatment. Whether you are newly diagnosed, undergoing treatment, living with cancer or were treated many years ago, there are specific strategies that will help you gain strength, vitality and yes, hope.

**Dr. Julie Silver**



---

9:45 – 11:00AM Concurrent Sessions

#### **Couples and Cancer Survivorship: Moving together into another “New Normal”**

This interactive workshop will provide couples, who have been together through the cancer journey, an opportunity to discuss the issues they now face as they transition out of the world of cancer treatment. People often describe this period as finding the “New Normal.” During the treatment period, couples have often had to make many changes in their lifestyle, their roles, their identities and their relationships. Old patterns may have changed forever. Now, as they enter the next phase of living without the challenges that treatment imposed, they often find new challenges. In this session, couples will be able to share their experiences, hear from others and learn ways of coping as couples who have survived cancer.

**Cynthia Medeiros, MSW, LICSW and Tim Cummings, MSW, LICSW**

#### **Life After Cancer (Hooray I’m Here!): Mind/Body Skills to Maximize Your Health**

To survivors of cancer, health is not simply the absence of illness. Survivors face all sorts of physical, psychological, social, behavioral, and spiritual challenges. It can be difficult to maintain optimism and resiliency. In this workshop, you will practice numerous mind/body self-care techniques that will enable you to live more fully and take a more active role in maximizing your health. Included are relaxation techniques, mindfulness, cognitive restructuring, resiliency, “news and goods,” and gratitude. You will also understand the link between stress and health and recognize your stress warning signs. This workshop will leave you feeling more peaceful, optimistic, and energized. Come with an open mind and wear comfortable clothing.

**Ann Webster, Ph.D.**

#### **The Cost of Cancer: Exploring the Financial Concerns of Diagnosis for Survivors and Caregivers**

This seminar will discuss the financial ramifications of cancer and address common concerns of both survivors and caregivers. The topics covered will be employment discrimination, continuing care, disability, insurability, credit, and debt.

**Curt Balch**



## **Young Adults and How Cancer Affects our Dating and Sexual Relationships**

At the young age of 26, I was a single and fighting cancer. I wanted a girlfriend SO badly! I thought a girlfriend would be something "stable" when everything seemed so "unstable." I tell my story of rushing into a relationship when my self-confidence was the LOWEST it had ever been in my life. What happens during the refraction period? This is the most difficult time to grasp your own identity which has been shaken through your diagnosis and ultimately affects your self-confidence, self-worth and definitely dating? We will discuss the challenges faced by me as a survivor in addition to those of many others that I have met along the way and yours too.

**Jonny Imerman**

## **A Fitness Plan for Cancer Survivors**

Research reveals that regular exercise can reduce cancer recurrence and extend your life. Exercise can help you recover energy, strength and flexibility after cancer treatments and regain the quality of life. This program will help you learn about the components of fitness necessary to design a program that is safe, effective and fun.

**Josie Gardiner and Joy Prouty**

---

## **11:15 – 12:30PM Concurrent Sessions**

### **Integrative Weight Management for Cancer Survivors: How to Make Healthy Eating Part of your Everyday Life**

This program will focus on simple ways to make eating healthy a part of your everyday life to promote health and wellness. We will focus on how a healthy, plant-based diet can:

- Maintain a healthy weight
- Help with disease prevention and survivorship promotion especially for cancer, heart disease, and diabetes
- Promote longevity
- Improve energy level
- Improve job or task performance

We will also discuss which dietary supplements and vitamins are best for you and how to evaluate the maze of information on this subject.

**Stacy Kennedy, MPH, RD, CSO, LDN and Russ Kennedy, Psy.D., MA**

### **Taking Control Again: Managing the Emotional Impact of Cancer**

A diagnosis of cancer unleashes a cascade of emotions that ebb and flow long after treatment ends. The end of treatment can mark a new beginning in our attitude towards life, ourselves and those around us. At times our new sense of the world brings joy and inspires us, and at times it saddens us and fills us with fear. Managing the ups and downs of the emotional aftermath of cancer is an important skill in the quest for wellbeing.

In this workshop we will review the "normal" emotional consequences of a cancer experience. We will then explore the many tools available both within ourselves and in the community that can not only help in the management of this new collage of emotions, but can help harness them in the service of living a fuller, more authentic life.

**Harriet Berman, Ph.D.**

### **Life After Cancer (Hooray I'm Here!): Mind/Body Skills to Maximize Your Health**

Repeated from 9:45AM session. (See p. 1)

### **Making Love Again — Hope for Couples Facing Loss of Sexual Intimacy OR Regaining Sexual Intimacy after Cancer Treatment**

Keith and Virginia Laken, authors of *MAKING LOVE AGAIN, Hope For Couples Facing Loss of Sexual Intimacy*, will present their story on how they learned to regain, reframe, and redefine intimacy in their relationship after Keith's treatment for prostate cancer. Their presentation deals with the physical, emotional, and psychological issues that impact, in one way or another, couples who face the changes and challenges of cancer and its life affects.

**Virginia and Keith Laken**

### **Zumba Class**

Zumba Gold is a fitness program specifically designed to take the exciting Latin and International dance rhythms for everyone to enjoy. Bring a pair of sneakers and enjoy a party like atmosphere. It is exhilarating, easy and effective; and great for the mind, body and soul. Anyone can do it! Join Josie and Joy, Zumba Education Specialists and co-developers of Zumba Gold, and have some fun!

**Josie Gardiner and Joy Prouty**



---

## 12:30 – 2:00 Lunch

---

### Keynote

#### **A Balancing Act: Walking the Tightrope of Life**

Learn how to achieve your goals in this powerful, life-changing program that deals with potential, inspiration, change and perspective. It addresses life skills, quality of life issues and wholeness as it relates to achieving balance in our lives. Extensive research reveals that all areas of our being — body, mind and spirit — must be attended to if we are to achieve the highest possible level of health, energy and balance that life has to offer. Discover the key success skills to a lifetime of personal and professional fulfillment. Understand how to change the inner attitude of your mind so you can change the outer aspect of your life. If “laughter is inner jogging,” Mikki will help you win the marathon of life!

**Mikki Williams**



---

## 2:15 – 3:30PM Concurrent Sessions

#### **Integrative Weight Management for Cancer Survivors: How to Make Healthy Eating Part of your Everyday Life**

Repeated from 11:15AM session. (See p. 2)

**Stacy and Russ Kennedy**

#### **Taking Control Again: Managing the Emotional Impact of Cancer**

Repeated from 11:15AM session. (See p. 2)

#### **iCanSir! — Changing the vocabulary of survivorship and living without fear!**

You’ve survived...now what? Differentiating the things you have to do, the things you want to do, and the things you were born to do in a post-cancer mindset. Everything you accomplish from here on will depend upon two things: 1) How you see your situation now and 2) How you act in response to it. Attendees will learn the “secrets” to living life without fear after cancer.

**George P. Kansas**

#### **Caring for the Whole Person: On the Road to Wellness**

Over the past decade, complementary/integrative therapies such as acupuncture, massage, and music therapy have become part of cancer care in many academic and community health settings. Learn how these therapies can help you regain a sense of wellness and well-being as you move beyond active cancer treatment into survivorship.

**Katie D. Binda**

#### **A Fitness Plan for Cancer Survivors**

Repeated from 9:45AM session. (See p. 2)

**Josie Gardiner and Joy Prouty**

---

## 3:45 – 5:00PM

---

### Closing Session

#### **Facing the Challenges of Life After Treatment: A Panel Presentation**

A panel of cancer survivors will share the greatest challenges they have encountered in living beyond cancer and the resources they have used to meet them. Throughout the morning, conference attendees are encouraged to write comments on cards provided, regarding their own challenges. These cards will be collected before the afternoon breakouts. The panelists will address a random selection of comments submitted.

**Moderator: Candy O’Terry, MAGIC 106.7 Radio Host**

---

## 5:00 – 6:00PM Reception



# THE ART OF LIVING

## Life Beyond Cancer

Saturday

June 4, 2011

A Conference at the  
Marriott Quincy Hotel

1000 Marriott Drive  
Quincy, MA 02169



**Friends of Mel**  
FOUNDATION  
In memory of Mel Simmons

The Friends of Mel Foundation's mission is to provide quality cancer care for the whole patient by funding cancer research, education and support. To date they have donated over \$2.5 million to organizations that support their mission.

## REGISTRATION INFORMATION

Full Name

Organization, if applicable

Address

City / State / Zip

Phone / Email

**Yes**, I want to attend.

\$25.00

**Yes**, I would like to make a contribution to Friends of Mel.\*

\$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

**ENCLOSED IS MY CHECK**

(Checks should be made payable to Friends of Mel.)

Please charge my  MC  VISA  DISCOVER

Card #

Exp. Date / Security Code

Name on Card

Signature

A limited number of scholarships will be available. For more information call Green Associates at 617.482.3044 or email [life.beyond.cancer@green-associates.com](mailto:life.beyond.cancer@green-associates.com).

\*Gifts to the Friends of Mel, a 501 (c)(3) public charity, are tax deductible to the extent allowed by law. (Friends of Mel Tax ID: 45-0541216)

Please help us plan the room assignments for this conference by indicating the top six (6) sessions you would like to attend, with #1 being your first choice.

\_\_\_\_\_ **A Fitness Plan for Cancer Survivors:** *Josie Gardiner and Joy Prouty*

\_\_\_\_\_ **Couples and Cancer Survivorship: Moving Together into another "New Normal:"** *Cynthia Medeiros and Tim Cummings*

\_\_\_\_\_ **iCanSir! — Changing the Vocabulary of Survivorship and Living without Fear!** *George P. Kansas*

\_\_\_\_\_ **Caring for the Whole Person: On the Road to Wellness** *Katie Binda*

\_\_\_\_\_ **Integrative Weight Management for Cancer Survivors: How to Make Healthy Eating Part of your Everyday Life** *Stacy Kennedy and Russ Kennedy*

\_\_\_\_\_ **Life After Cancer (Hooray I'm Here!): Mind/Body Skills to Maximize Your Health:** *Ann Webster*

\_\_\_\_\_ **Making Love Again — Hope for Couples Facing Loss of Sexual Intimacy:** *Virginia and Keith Laken*

\_\_\_\_\_ **Taking Control Again: Managing the Emotional Impact of Cancer:** *Harriet Berman*

\_\_\_\_\_ **The Cost of Cancer: Exploring the Financial Concerns of Diagnosis for Survivors and Caregivers:** *Curt Balch*

\_\_\_\_\_ **Young Adults and How Cancer Affects our Dating and Sexual Relationships:** *Jonny Imerman*

\_\_\_\_\_ **Zumba Class:** *Josie Gardiner and Joy Prouty*

**Please also indicate if you will be attending:**

\_\_\_\_\_ Breakfast (8:00 – 9:00AM)

\_\_\_\_\_ Lunch (12:30 – 2:00PM)

\_\_\_\_\_ Reception (5:00–6:00PM)

**PLEASE REGISTER BY MAY 20, 2011**

**MAIL** your completed registration information to:

Life Beyond Cancer Conference, c/o Green Associates  
200 Lincoln St., #201, Boston, MA 02111

**FAX** 617.482.3049

**ONLINE AT** [www.friendsofmel.org](http://www.friendsofmel.org) after March 1

**For more information, call 617.482.3044 or email [life.beyond.cancer@green-associates.com](mailto:life.beyond.cancer@green-associates.com)**

Parking at the hotel is complimentary.

## Keynotes

### Dr. Julie Silver

#### Super Healing: Maximizing Your Physical and Emotional Recovery

Dr. Julie Silver, an assistant professor at Harvard Medical School, is a renowned expert in physical medicine and rehabilitation (physiatry) and is on the medical staff at Dana-Farber Cancer Institute, and Brigham and Women's, Massachusetts General, and Spaulding Rehabilitation hospitals in Boston. She is the author and editor of more than a dozen books, including *What Helped Get Me Through*; *Super Healing* and *After Cancer Treatment: Heal Faster, Better, Stronger*.

Dr. Silver is a cancer survivor who took her own journey through the "healing zone," perfecting her healing techniques as she worked to speed her own recovery. She lives outside of Boston and has three children, who are the authors of *Our Mom Is Getting Better* and *Our Dad Is Getting Better*, published by the American Cancer Society.

### Mikki Williams

#### A Balancing Act: Walking the Tightrope of Life

Mikki Williams, CSP, is an experience...a one of a kind talent, eclectic, refreshing and smart. A speaker, trainer, consultant, coach, author, radio and TV personality and entrepreneur extraordinaire, she is a speaker resource for Vistage International, the world's largest CEO membership organization and Group Chair of two of her own peer advisory boards in Chicago. A Certified Speaking Professional, Mikki has presented at The White House and President Mandela's South African home. She was featured on the front page of the Wall St. Journal, honored as the United Nations "Outstanding Woman of the Decade" and ABC did a television documentary about her life. Mikki is CEO of Coaching, etc™...an executive, life coaching and presentation skills firm, helping people and businesses reach their potential.

## Presenters

**Curt Balch**, an eight year survivor of Stage 3 testicular cancer, has put his experience in banking and financial services to work helping individuals and families dealing with the financial ramifications of a cancer diagnosis. He typically addresses concerns regarding employment discrimination, absence from work, disability claims, future insurability, medical billing, early retirement, general budget, debt reduction, and estate transfer.

**Harriet Berman, Ph.D.** is the Executive Director and a founder of Facing Cancer Together, which provides psycho-social services to people with cancer and their families. A clinical psychologist, she has practiced in the Boston area for over 30 years, and has been on the faculty of The Massachusetts School of Professional Psychology for over 20 years.

**Katie Binda** is the Director of the HOPES Program at the Massachusetts General Hospital Cancer Center, which provides wellness services plus education and support workshops for patients with cancer, their families and friends. An oncology social worker, she has led numerous support groups, including young adults with cancer and stress management workshops.

**Tim Cummings, MSW, LICSW** is the Program Director at the Wellness Community — MA South Shore since 2009, and has been facilitating cancer support groups for the last 24 years. He has worked as the Senior Clinical Social Worker/Research Social Worker for the General Clinical Research Center at Tufts Medical Center and was the Director of Psychosocial Services for the Center.

**Josie Gardiner** is a 13-year cancer survivor and has been presenting for the fitness industry for over 40 years. She co-developed the ZUMBA GOLD Training Program with her business partner Joy Prouty. She is a member of the American College of Sports Medicine Summit (ACSM) Committee and she served on the Massachusetts Governor's Committee on Physical Fitness and Sports for 10 years.

**Jonny Imerman** is a cancer survivor and founder of Imerman Angels, which has over 1,600 cancer survivors in its network. Imerman Angels allows every cancer fighter the chance to talk to a cancer survivor, who not only had beaten the same type of cancer, but who also was the same age and gender as the fighter. Jonny holds a BA in Psychology from the University of Michigan and an MBA from Wayne State University in Detroit.

**George P. Kansas'** work with his company, Leadership Motivation, LLC, focuses on helping busy people strike a healthy balance between professional and personal responsibilities in addition to physical and spiritual growth. In February of 2005, George was diagnosed with a rare leukemia. In battling the disease, he learned that many of the "business" lessons he'd been teaching for years played an important role in saving his own life.

**Russell Kennedy, Psy.D., M.A.** is a fellow at Boston Behavioral Medicine and a Behavioral Specialist at Tufts University. He works with clients on weight management and is also a weight loss counselor for an NIH-Funded study, called CALERIE that studies results of food restriction on longevity. Russ is a Wellness Consultant for WellnessGuides in Boston.



## Presenters, *continued*

**Stacy Kennedy, MPH, RD, CSO, LDN** is a senior clinical nutritionist at the Brigham and Women's Hospital/ Dana-Farber Cancer Institute in Boston. She is a Board Certified Specialist in Oncology Nutrition and an Integrative Nutritionist with the Zakim Center for Integrative Therapies. Stacy works in private practice to help her clients get results with simple, healthy eating strategy.

**Virginia and Keith Laken** are co-authors of *Making Love Again, Hope for Couples Facing Loss of Sexual Intimacy* and have been married for 43 years. Keith, who holds an MBA from Washington University in St. Louis, is on the board of the Program in Human Sexuality at the University of Minnesota. Virginia, who holds a Masters degree from Webster University in St. Louis, is on the board of the Winona Area Hospice. The couple has traveled throughout the US speaking to groups on the topic of regaining intimacy after cancer treatment.

**Cynthia Medeiros, LICSW** provides social work consultation at the Norwell Visiting Nurse Association and Hospice, has a small private practice, and is a therapist at Atlantic Counseling, where she specializes in working with cancer patients and families, and bereavement counseling. She is a graduate of the University of Maryland School of Social Work and Community Planning.

**Joy Prouty** is an internationally renowned fitness instructor and has been known for her innovative teaching style and program development for over 35 years. She is a certified Health Fitness Director and Health Fitness Instructor. Joy and her business partner, Josie Gardiner, developed ZUMBA GOLD Training Program. She is a former Radio City Music Hall Rockette and member of the Reebok University's Development Team.

**Ann Webster, Ph.D.**, is a scientist and a health psychologist at the Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital, and an Instructor in Medicine at Harvard Medical School. She is the director of the Mind/Body Cancer Program, Healthy Lifestyles, and Successful Aging. She earned her doctoral degree in health psychology at Albert Einstein Medical School/Yeshiva University.



---

## The Curriculum Committee

### **Cynthia Medeiros, MSW, LICSW**

Therapist, Atlantic Counseling, Weymouth  
Consultant, Norwell Visiting Nurse Association  
and Hospice  
Facilitator, The Schwartz Center, Massachusetts  
General Hospital

### **Harriet Berman, Ph.D.**

Executive Director  
Facing Cancer Together

### **Tim Cummings, MSW, LICSW**

The Wellness Community  
Massachusetts South Shore

### **Gail Bork, Philanthropy Officer**

Cancer Care Center  
South Shore Hospital Charitable Foundation

### **Julie Kembel, MS Ed, CHES, CHT**

Health Educator, Behavior Therapist

### **Josie Gardiner**

Zumba Education Specialist  
Co-author *Breast Cancer Survivors Fitness Plan*  
Harvard Medical School's Special Health Report  
*Workout Workbook, My Aching Joints* and *The Core*

---

### **Pauline Alighieri**

Executive Director  
Friends of Mel Foundation

---

## Sponsors to Date



**Morphotek, Inc.**

**Fairway Independent  
Mortgage Company**

**Rockland Trust**

**East Boston Savings Bank**

**HarborOne Credit Union**

