



# The Art of Living with Cancer Conference

A Conference Designed  
to Empower Cancer Survivors,  
Their Caregivers, and  
Healthcare Professionals

Saturday • April 7, 2018  
8:00 a.m.– 1:00 p.m.

University of Nebraska at Omaha  
The Thompson Center  
6705 Dodge St.

## PLATINUM SPONSORS



AMY L. SCOTT FAMILY FOUNDATION

# Hope, Help and How-tos

It is our pleasure to invite you to attend the 4th annual The Art of Living with Cancer Conference. Through the conference we aim to provide attendees with hope and helpful information to guide them through their journey. Come join us!

—*The staff and board of directors of A Time to Heal*



Prepare for a day filled with hope, help, and how-tos as *A Time to Heal* brings together the best of the best information and resources for anyone whose life has been touched by cancer.

## What is A Time to Heal?

*A Time to Heal* is dedicated to helping cancer survivors and their families create their best lives possible after cancer.

*A Time to Heal* offers:

- Holistic Wellness Program—For patients with any type of cancer and their family caregivers. The research-based, free weekly classes focus on a variety of topics and relaxation techniques, while offering interaction with other cancer survivors and caregivers.
- Brain Fog Program—For survivors who feel they're not as mentally sharp since cancer diagnosis and treatment. Free weekly classes teach strategies to improve memory, organization, coordination and task management.
- Recurrent or Metastatic Cancer Support Groups—Two groups offer free professional facilitators and share information to help participants create their best lives possible while living with cancer. One group supports men and women survivors and their family caregivers; the other is for women survivors only.
- A Time to Heal 2—For graduates from a Time to Heal. The weekend retreat offers survivors time to refresh, reflect and recommit to living their best, healthiest lives.

## Join us!



“It's great as a patient to be able to get the high-level information that professionals receive at their conferences, but translated into layman's language.”

“What a wonderful conference! I have attended 3 years! I always enjoy the doctors/researchers and survivor stories. There is so much out there for survivors. You help spread the word. Thanks for a great Saturday!”

“Don't stop putting on this conference. It is such a powerful day of hope. It's also wonderful to have healthcare professionals and patients attend together.”

For more program information, please visit [ATTH.org](http://ATTH.org)

# About our Keynote Speaker

## Dr. Heather Palmer

*Goodbye Brain Fog: Strategies to  
Get Thinking Back on Track*



Dr. Heather Palmer is currently the Director of Memory Care for Amica Mature Lifestyles and the Founder and Director of Cognitive Rehabilitation for Maximum Capacity Inc. After completing her Ph.D. in Neuropsychology from the University of New South Wales Australia, she carried out a 3 year postdoctoral

fellowship at the Rotman Research Institute, Baycrest Centre and then went on to become the Research Director for the Alzheimer Society of Canada. With over 25 years of scientific and clinical experience in the area of brain-behavior relationships, Heather has been inducted into the Haverгал College Hall of Distinction for her contribution to seniors brain health. Heather

has many publications and speaks internationally on the topic of neurocognitive rehabilitation for seniors and cancer survivors. She designs and teaches techniques and strategies to help people 're-wire' their brain so they can think, feel and function their best. Heather lives in Canada with her three teenage children, not ready for them to grow up and move on.

Dr. Palmer will be speaking on "Goodbye Brain Fog: Strategies to Get Thinking Back on Track."

Changes in the ability to think are a common, yet frustrating and life altering side effect of cancer. It is called Brain Fog and it can impact all aspects of life such as relationships, psychological well-being as well as function. Fortunately there are many simple, sustainable and effective strategies that can be used to help overcome the fogginess. In this session cancer related brain fog will be defined, common cognitive challenges will be discussed and effective, simple and sustainable solutions will be provided.

## Vendor Resource Room

The Vendor Resource room at the conference is an opportunity to explore and gain knowledge about the services and organizations available to cancer survivors and caregivers, outside of their treatment clinic. Every survivor will experience unique challenges and questions about support during treatment and beyond. The Vendor Resource Room is an opportunity to learn what is available in the community. You are encouraged to ask questions and collect the information provided as you move through the room. The Vendor Resource room will be open from 7:00 to 7:45am and again during the break from 9:30-10:00am.

## ATTH Information and Product Sales:

Stop by the ATTH sales table near the front entrance. We have t-shirts, books, ATTH rocks, music CD's and more. There will also be books on cancer related subjects for sale. The table will be open from 9:30-10:00am and again after the conference.

### \*Please Note

Registration closes March 30th and is limited by space available in the conference facility. Please register early to reserve your spot. If for some reason you cannot attend the day of the conference, please understand that your registration fee is not refundable and will be considered a donation to *A Time to Heal*.

# What's on the Agenda?

## Your Day FILLED with Information and Networking!

### Choose One Breakout for Session A • 10:00-11:00 AM

#### **Guided Imagery: Mind and Body United in Healing**

—Lori Wingerter, MA, LIMHP

Accessing the power of your mind can be a powerful tool in your fight against cancer. Guided Imagery has been shown to be effective in reducing depression, anxiety, feelings of hopelessness, pain and the need for pain medication. It has even been shown to help with finding meaning in the experience of cancer. Join us for a demonstration.

#### **Is all Cancer Genetic in origin?**—Omar Abdul Rahman, MD.

Tools for differentiating between spontaneous and hereditary cancer will be discussed. The role of the genetic counselor and genetic testing will be reviewed in the evaluation of cancer patients.

#### **The Power of Mindfulness for Resilience and Healing**

—Kay Ryan, Ph.D, RN

This presentation will examine the evidence that links the practice of mindfulness to positive outcomes for cancer survivors and their caregivers and demonstrate a practical strategy for access to this modality.

#### **Can what We Eat Cause or Prevent Cancer?**

—Chandy Lockman Hoke, Oncology Dietician, MS, RD, CSO, LMNT

A review of ongoing global research on how diet, weight and physical activity affect cancer risk and survival. Learn what food, nutrition, physical activity and lifestyle choices can increase or decrease risk of cancer.

#### **When Someone You Love has Cancer: The Family Caregiver**

—Steph Koraleski, Ph.D

Becoming a caregiver comes as a surprise and most people are not prepared. In this session, Dr. Koraleski and local caregivers will talk about the job of caregiving, its' stresses and rewards, how caregiving may change over the course of a loved one's cancer, and strategies for keeping the caregiver healthy while he or she cares for a loved one.

### Choose One Breakout for Session B • 11:15-12:15 PM

#### **Guided Imagery: Mind and Body United in Healing**

—Lori Wingerter, MA, LIMHP

This is a repeat of Guided Imagery Session A due to popularity. Please see Session A for description.

#### **What Metastatic Cancer Survivors do to Enhance their Own Well Being**—Steph Koraleski, Ph.D

Metastatic Cancer treatment seems to be all in the hands of the medical world. Many metastatic cancer survivors discover that self-care strategies can help them feel better mentally and physically. In this session Dr. Koraleski and local survivors discuss the strategies patients find helpful and review Dr. Kelly Turner's and others' research on "radical remission."

#### **Move, Revive, Blossom, & Thrive: The Benefits of Movement and Exercise**

—Lauren Robins, OTD, OTR/L, CLT

Our bodies are designed to move. Research demonstrates movement and exercise can have profoundly positive effects on our physical, emotional, spiritual, and social well being. This talk will emphasize the importance of incorporating safe movement and exercise in your daily routines and everyday activities.

#### **Natural Medicines and Cancer**

—Teri Gabel, PharmD, BCPP

This presentation is to provide a guide for shifting through information on natural medicines to find factual and helpful information on these products and how and when to use them safely.

#### **Talking to Kids about Cancer**

—Cathy Fox, Director of Operations, Grief's Journey

Talking about cancer can be difficult; talking about it with kids can feel impossible. Join us to learn some strategies to support youth through a family member or friend's cancer and to make these conversations a bit easier.

#### **How to Embrace your Sexual Self after Cancer and what tools will you need.**—Brier Jirka LIMHP, CST

This presentation is to examine differences or changes to the sexual self after cancer diagnosis or treatment, and to discuss strategies and resources for sexual health.

# It's Easy to Register!



\*CE Admission is for any Medical Professionals obtaining CE's.



**ONLINE:** Go to [www.ATTH.org](http://www.ATTH.org) to register and pay via credit card.



**PHONE:** Call (402) 401-6083 and pay by credit card.

*If attending for continuing education, please see CE page of the brochure for instructions.*



**MAIL:** Simply fill out the registration form and mail with your check payable to A TIME TO HEAL: (must be received by March 30<sup>th</sup>)

A Time to Heal  
Community Engagement Center, Ste. 219C  
University of Nebraska at Omaha  
6001 Dodge St.  
Omaha, NE 68182-0874



## Please select one breakfast choice

### Ham and Egg Frittata or Vegan Breakfast

Virginia Black Forest Ham and Egg Frittata with Tomatoes and Cheddar Cheese, Shredded Potato Crust, and Fruit.

A Chef's choice Vegan breakfast will also be served.  
The plated breakfast will be served at 8:00am.

Full or partial scholarships are available if needed.  
Call 402-401-6083 to register for a scholarship.

**HURRY!** Registration closes March 30, 2018. Space is limited.

# Registration Form

Online registration is fast and easy!  
[www.ATTH.org](http://www.ATTH.org)



## If you want to register by mail, use this form:

Please make check payable to **A Time to Heal**. \$35 by March 15<sup>th</sup>, \$45 after March 15<sup>th</sup> or \$50 if obtaining a CE. (Prices include sales tax and lunch.) Please use a separate registration form for each person attending. Registration closes March 30<sup>th</sup>.



CUT HERE



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY STATE ZIP: \_\_\_\_\_

PHONE : \_\_\_\_\_

EMAIL: \_\_\_\_\_

- ☐ I agree to ATTH video/photo release statement.  
Contact ATTH for full release statement.

## Tell us about yourself:

- |  |  |
|--|--|
| <input type="checkbox"/> Cancer Survivor | <input type="checkbox"/> Healthcare Professional |
| <input type="checkbox"/> Caregiver       | <input type="checkbox"/> Other                   |

## Choose One Breakout for Session A

- |  |   |
|--|---|
| <input type="checkbox"/> Guided Imagery: Mind and Body United in Healing     | <input type="checkbox"/> Can what We Eat Cause or Prevent Cancer?               |
| <input type="checkbox"/> Is all Cancer Genetic in origin?                    | <input type="checkbox"/> When Someone You Love has Cancer: The Family Caregiver |
| <input type="checkbox"/> The Power of Mindfulness for Resilience and Healing |   |

## Choose One Breakout for Session B

- |   |  |
|---|--|
| <input type="checkbox"/> Guided Imagery: Mind and Body United in Healing                        | <input type="checkbox"/> Natural Medicines and Cancer  |
| <input type="checkbox"/> What Metastatic Cancer Survivors do to Enhance their Own Well Being    | <input type="checkbox"/> Talking to Kids about Cancer  |
| <input type="checkbox"/> Move, Revive, Blossom, & Thrive: The Benefits of Movement and Exercise | <input type="checkbox"/> How to Embrace your sexual self after cancer and what tools will you need |

## Please select one breakfast option:

- |   |  |
|---|--|
| <input type="checkbox"/> Ham and Egg Frittata | <input type="checkbox"/> Vegan Breakfast |
|---|--|





Jointly provided by *A Time to Heal* Foundation and  
Nebraska Methodist College Professional Development



If you would like to obtain continuing education (CE) while attending this conference, there is a \$35 conference charge and \$15 CE processing fee for a total of \$50. Please pre-register using the steps below:

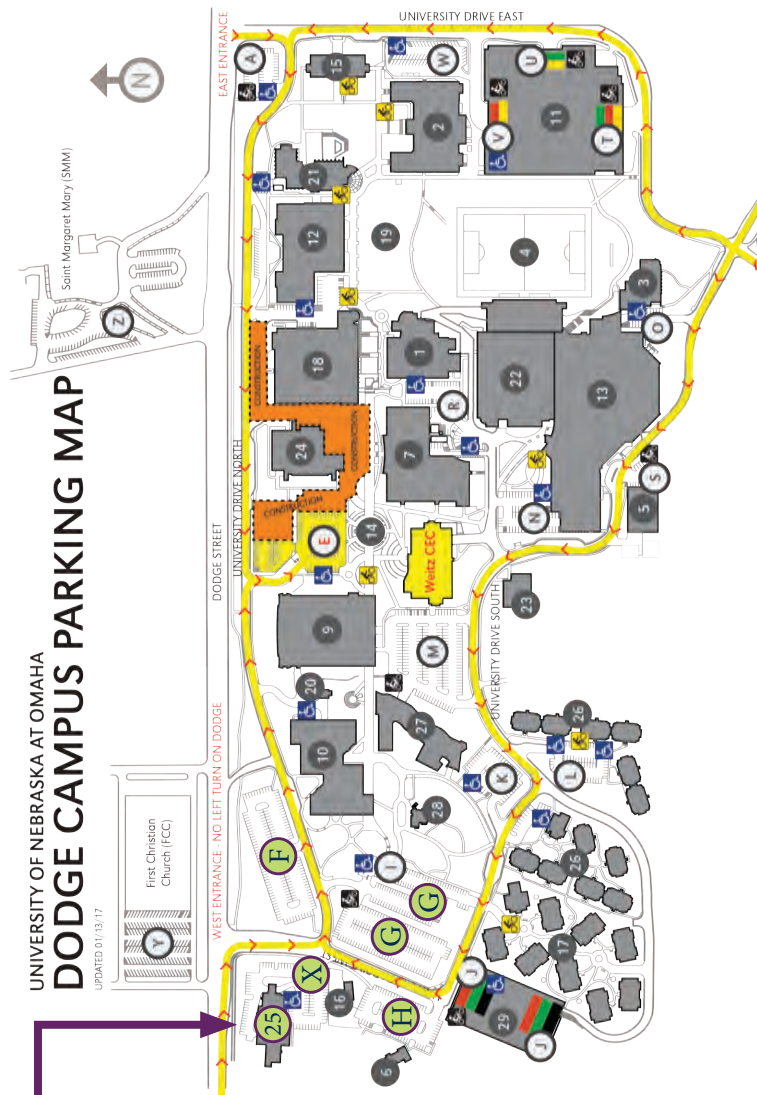
1. First, register and pay online for the conference through A Time to Heal at [www.atth.org](http://www.atth.org).
2. After you've registered and paid for the conference, you will receive an email with a link for you to register for CE with Nebraska Methodist College Professional Development Division (NMC PD). You must register for CE with NMC PD or you will not receive continuing education.
3. No CE registrations will be taken at or after the conference, so be sure to register by March 30, 2018.
4. No partial credit can be given. You must attend the entire conference and complete a CE evaluation to receive credits. You will receive the CE evaluation link via email after the conference. You will have seven business days to complete the evaluation. Your CE certificate will be issued once you complete the evaluation.

Contact hours are awarded for Nursing, Mental Health Practitioners, and Social Workers. More information is available when you access the link.

**Nurses:** 3.25 contact hours awarded. MW MSD Provider Approval #:NE1019-9.

Nebraska Methodist College Professional Development is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## UNO Campus Map



#25 The Thompson Center has parking (lot X) or UNO has open parking on Saturdays for all lots. Lots E, G and H are closest if Lot X is full.



Dr. Stephanie Koraleski and Dr. Kay Ryan started *A Time to Heal* in 2005 to help cancer survivors learn to create the healthiest, happiest lives possible. Today *A Time to Heal* has grown to

become a 501c(3) nonprofit that has served over 1500 people with its classes, support groups, conferences and facilitator training. We extend our heartfelt gratitude to all of our sponsors for helping us keep our programs low or no cost to cancer survivors.

## SPECIAL THANKS TO OUR 2018 SPONSORS:

### Platinum



AMY L. SCOTT FAMILY FOUNDATION

### Gold



### Silver



THE HAWKS FOUNDATION

### Bronze

