



CANCER SUPPORT NOW

...so that no one faces cancer alone

Special Conference Information Edition February 2019

8th Annual Living With & Beyond Cancer Conference

Saturday, March 23, 2019

Central United Methodist Church 201 University Blvd.

Register at www.cancersupportnow.org or call 505-554-1930

- 8:30 - 9:15** Conference Registration and Continental Breakfast
- 9:15 - 9:30** Welcome by Cancer Support Now
- 9:30 - 10:45** *Integrative Medicine* – **Surya Pierce, MD**
- 10:45 - 11:00** Break - Visit the displays
- 11:00 - 12:15** **Your Choice of 1 Morning Breakout Session**
A Patient's Guide to Clinical Trials - Leslie Byatt, NM Cancer Care Alliance
CBD & Medical Cannabis – Gina Lucero, RN & Marissa Cecco LPN
Your Pain — How To Manage It! (Chronic Pain Self-Management Program) - Catherine A. Offutt & Patricia Torn, Chronic Disease Self-Management Education Programs
Introduction to Ai Chi - Renee Budagher Marshall
- 12:15 - 1:00** Lunch
- 1:00 - 2:00** *Palliative Care* - **Kathy Morse, MD**
- 2:00 - 2:10** Gentle movement/Ai chi activity Raffle
- 2:15 - 3:30** **Your Choice of 1 Afternoon Breakout Session**
CBD & Medical Cannabis – Gina Lucero, RN & Marissa Cecco LPN
Eating Healthy for Mind and Body - Dianne Christensen, NMSU Bernalillo County Cooperative Extension Service
Your Pain — How To Manage It! (Chronic Pain Self-Management Program) - Catherine A. Offutt & Patricia Torn, Chronic Disease Self-Management Education Programs
Intimacy and Relationships - Tera Mikula, PhD
- 3:30 - 4:00** Feedback Session & Door Prizes

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Online registration for the conference and breakout session choices should be up when you receive this. Or you can call Martha at 505-554-1930 and give her your information and choices.

The conference is free, as are breakfast and lunch.

Anyone coming from out of town? We have arranged a deal with LaQuinta Inn Midtown, Menaul near University St., set behind the Village Inn. Rooms are held for us until the day before March 22, and Queen or King room will be \$89.00, plus tax. King room has one bed, queen room has 2 beds.

<http://www.laquintaalbuquerquemidtown.com/en/home.html> has pictures

Just call the hotel direct at 505-761-5600, and ask for CSN rate of \$89.00 plus tax for March 22, 23, or 24. Any problems, ask for Julie Allred, Mgr.

Anyone who wants to help with logistics on the day of event, please call Patricia at 307-3414

Cancer Support Now, Inc

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Facebook: <https://www.facebook.com/cancersupportnow>

For support and information call our Helpline at

505-255-0405 or toll free 855-955-3500.

All CSN support services are free.

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Morning Keynote Speaker

INTEGRATIVE MEDICINE

Surya Pierce, MD



Surya Pierce, MD, is an integrative family physician with the University of New Mexico Center for Life. He is board certified in family medicine and integrative/holistic medicine (ABIHM), and a registered Yoga Alliance teacher.

Integrative Medicine is a healing-oriented practice that takes account of the whole person, from factors that influence health, wellness and disease, while considering all lifestyle aspects. It reaffirms the importance of the relationship between practitioner and patient. Integrative medicine takes conventional and therapeutic approaches and uses them to achieve optimal healing.

Noon Keynote Speaker

What do you know about Palliative Care?

It's not just about pain!



Lunch speaker, Kathy Morse, MD

**Indian Health Services, Gallup, New Mexico,
shares with us what palliative care is and
what you can expect.**

Inspiration:

I always had a strong interest in science. I became interested in becoming a doctor after experiences with my first children's health problems and interfacing with the Indian health care system. I became acutely aware of environmental, nutritional and social factors on an individual's health status and the great need for American Indian physicians who would serve their communities.

Biography:

With a special interest in the benefits of a traditional American Indian diet, family practitioner Kathryn A. Morse, M.D., incorporates traditional healing practices into her patient care. In order to raise her daughter and practice medicine within a Navajo community, she is a practitioner of family medicine in Gallup, New Mexico.

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Morning Breakout Session

AI CHI

AI – LOVE

CHI - Chinese medicine and exercise, the most important energy that a person has.

Renee Budagher Marshall



One of your four morning break-out session choices and to be experienced by all during the break for gentle movement

Ai Chi is a water-based stress reduction and relaxation exercise based on the ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a perfect relaxation technique for highly stressed, over-challenged Individuals, and it is ideal for creating improved range of motion, mobility, posture, balance and over all well being. Renee was the 2018 recipient of the Aquatics Therapy Rehabilitation Institute International Dolphin Award for her significant contributions to advance the Aquatic Therapy profession.

Morning and afternoon Breakout sessions CBD & Medical Cannabis

Gina Lucero, RN & Marissa Cecco LPN

Break-out session offered both morning
and afternoon



Gina Lucero's nursing career began in long-term care with Dementia/Alzheimer patients and Joint replacement/ chronic pain management. Gina began her journey in medical cannabis in 2014 when she learned about CBD and its wonderful healing properties and now specializes in cannabinoid therapy. Gina is on the Cannabis Training Team with Cannabis NM Staffing and teaches Research and Updates in Cannabis compliance for a Certificate of Completion in New Mexico. As a member of the American Cannabis Nurses Association, and founding member of Cannabis Nurses Network she donates her time educating her peers and consulting patients on the benefits of plant medicine.

One of the Afternoon breakouts to choose from
Eating Healthy for Mind and Body



Dianne Christensen, MS

Dianne is an Assistant Professor at NMSU and serves with Bernalillo County Cooperative Extension Service as the Family and Consumer Sciences Agent. She earned her M.S. degree at Colorado State University in Consumer Economics and Education. Dianne enjoys all things related to Consumer Sciences from nutrition/wellness to baking to sewing to financial education. She is passionate about assisting others to discover ways to craft healthy lifestyles that work in their unique lives.

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Morning Breakout Session

A PATIENT'S GUIDE TO

CLINICAL TRIALS

Leslie Byatt, CPhT, CCRC, CPM, New Mexico Cancer Care Alliance



Leslie Byatt CPhT, CCRC, CPM found her passion in the clinical research industry. A desire to be on the cutting edge of medicine and a compassion for people made clinical research a natural fit! She has worked in the industry for over 25 years. Since 2015 she has been the Clinical Research Manager for the New Mexico Cancer Care Alliance, a statewide not for profit clinical trial network that manages oncology clinical research for 9 affiliate institutions/sites and over 100 physicians throughout the state of New Mexico.

Afternoon session only

Intimacy and Relationships

Tera Mikula Jones, PhD

Morning and Afternoon Breakout Session
YOUR PAIN – HOW TO MANAGE IT!
(CHRONIC PAIN SELF-MANAGEMENT PROGRAM)

Patricia Torn & Catherine Offutt



The goal of the Chronic Disease Self-Management Education Programs (CDSMEP) is to improve the physical and emotional health of individuals with chronic diseases, and their caregivers and support system, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives.

Catherine Offutt has served as the Program Director for the City of Albuquerque Department of Senior Affairs Chronic Disease Self-Management Education Program since July 2010. Ms. Offutt was trained at Stanford University’s School of Medicine Patient Education Research Center as a Master Trainer for the Chronic Disease Self-Management Program. She went on to earn the highest level of Stanford-certified Trainer Certification.

Patricia Torn has worked with and is a Master Trainer for the Chronic Disease Self-Management Program since 2012. Patricia is also a Master Trainer for the Cancer: Thriving and Surviving (CTS) program, and the Diabetes Self-Management Program (DSMP). She has been involved with Cancer Support Now in a number of capacities from its inception in the Fall of 2009.