You are invited to the
North Carolina Comprehensive Cancer Program

2018 Registration Packet

The daffodil - the flower of cancer survivorship
The North Carolina Cancer Prevention and Control Branch of the North Carolina Department of Health and Human Services, Division of Public Health, Chronic Disease and Injury Section is hosting its 11th Annual Cancer Survivorship Summit for cancer survivors, patients and their caregivers. The theme of the 2018 Cancer Survivorship Summit is “Celebrate Survivorship.” The goal of the Summit is to enhance and empower cancer survivorship of survivors in North Carolina throughout their lives. During the Summit, survivors will be empowered through sharing their experiences, participating in breakout sessions on the latest in cancer treatments and research, enhancing self-advocacy skills, learning innovative approaches to improve health and wellness and expanding knowledge on access to services and resources. **You must be 18 years of age or older to attend.**

### Summit Overview

**Friday, April 27, 2018: Day 1: Survivorship Empowerment - Health and Wellness**

**Summit Registration Sign-in will begin at 11:00am**

- The Summit program begins at 1:00pm and ends at 5:00pm.
- There will be a snack break in the afternoon.
- There will be an evening Welcome Reception, 6:00pm to 8:00pm. Heavy Hors D’oeuvres will be served.

**Saturday, April 28, 2018: Day 2: Survivorship Empowerment - Accessing Resources**

- Buffet Breakfast will be served from 7:30am to 8:50am.
- The Summit program continues on Day 2 at 9:00am and ends at 3:30pm.
- Cancer programs, community resources and services will be exhibited throughout this day.
- Breakfast, lunch and one snack break will be provided.

### Registration and Cost

- There is a $20.00 dollar per person registration fee to attend the Summit.

- Completed registration forms must be **received by Friday, April 13, 2018** to be able to attend. Registration is limited to the first 150 registrants.

- You must be 18 years of age or older to attend.
Summit Location

Crowne Plaza
Charlotte Executive Park
5700 Westpark Drive, Charlotte, NC 28217

- If you need a hotel room, call 866-380-0612 and use Group Rate Code: N.C. Cancer Summit.
- The hotel room rate is $109.00 plus tax per night. There is no fee for parking. You can receive this reduced rate until Thursday, April 5, 2018.
- The deadline to make your hotel room reservation is Thursday, April 5, 2018.

Steps to Take for Your Summit Registration

1. Please review the agenda below and decide your 1st and 2nd choice sessions for each day on the registration form.
   
   Day 1: Survivorship Empowerment - Health and Wellness
   Day 2: Survivorship Empowerment - Accessing Resources Breakout Sessions

2. Carefully complete the registration form either online at https://ncpha.memberclicks.net/cancer-survivorship-summit (pay registration via credit card online) or complete the attached registration form and mail to the address below (pay registration fee in check form).

3. Online Instructions
   1. Go to: https://ncpha.memberclicks.net/cancer-survivorship-summit
   2. Scroll down to the heading “NC Comprehensive Cancer Program Survivorship Summit.”
   3. Click tab “Register here for Summit” you see the "NC Comprehensive Cancer Program Survivorship Summit” click the link to register.

4. Mail
   
   Attention: Kim Dittmann
   NC Public Health Association
   222 N. Person Street, Ste 208
   Raleigh, NC 27601

5. On the registration page check if you will or will not attend each category listed for Friday and Saturday.

   After registering, it is very important that you let us know if you cannot attend. There are others who would like to attend and are on a waiting list should registration slots become available. No refunds will be issued.
For Additional Summit Information

Registration Questions: Kim Dittmann, 919-828-6205 or kdittmann@ncapha.org
Summit Questions: Nikita Spears, 919-707-5331 or nikita.spears@dhhs.nc.gov

Agenda

Friday, April 27, 2018: Day 1: Survivorship Empowerment - Health and Wellness

Session titles, descriptions and content are subject to change.

- Lunch is on your own. -

11:00am to 12:50pm  Registration Sign-In
1:00pm to 2:25pm  Welcome, Introductions and Opening Session
  Keynote Speaker: Dr. Michael Richardson
  “Advances in Survivorship”
2:30pm to 2:45pm  Break - with refreshments
2:45pm to 3:45pm  and 4:00pm to 5:00pm  Health and Wellness Sessions
  Session titles, descriptions and content are subject to change.
  (Select two of the six sessions listed below.)
  - Sessions will be repeated. -

1. **Mindfulness Meditation and Gentle Yoga:** This session will help you use mindfulness techniques and gentle yoga poses to help balance emotions while reducing stress and racing thoughts.

2. **Spirituality through Art:** Participants will use artistic expression as a tool for exploring spiritual connection. Each person will create one small piece of art using paint and the pieces will be joined together to form a mural. No artistic experience necessary to enjoy this interactive program.

3. **What’s in Your Medicine Cabinet Savings and Safety for Cancer Survivors:** This session will help you find ways avoid unnecessary medications and the expense associated with them, understand the role of vitamins and supplements for cancer survivors (including which to avoid during treatment) and resources available in your community. Includes Q&A with the Pharmacist.

- See next page 4 for additional session choices. -
Friday, April 27, 2018: Day 1: Survivorship Empowerment - Health and Wellness

Session titles, descriptions and content are subject to change.

4. **Healing Touch**: This session will introduce how Healing Touch is a nurturing energy therapy that promotes health and well-being. It boosts immune function and improves the effectiveness of chemo/radiation while reducing stress, anxiety, pain, depression, and grief.

5. **Healing Through Writing**
   This session will teach proven approaches to aid in the healing process of your body, mind, and spirit. Whether you are a patient, caregiver or loving friend, expressive writing can aid you in reducing stress, easing symptoms, strengthen the immune system, shorten recovery periods, and improve family relationships.

6. **Nutrition**: This session will provide tips to identify good cancer fighting super foods, tips for eating healthy on a budget, and how to prepare healthy snacks through a brief culinary demo.

5:00pm to 6:00pm  
**Break/Rest before attending**
**Welcome Reception**

6:00pm to 8:00pm  
**Welcome Reception**
Heavy Hors D’oeuvres served as dinner
Open Mic Session to share journeys
The Daffodil Story
Empty Table Tribute
Get to know other survivors
Saturday, April 28, 2018: Day 2: Survivorship Empowerment - Accessing Resources

Session titles, descriptions and content are subject to change.

7:00am to 8:00am  Low Impact Exercise and Home Plan

7:30am to 8:50am  Buffet Breakfast / Get to know each other / Visit exhibits

9:00am to 10:10am  Opening Remarks and Panel Session: “Late-Effects of Treatment: The Heart and Nodes”

10:10am to 10:25am  Break with Refreshments – Exhibits

10:25am to 11:25am  Accessing Resources

(Select one of the five sessions listed below.)

- Sessions will be repeated. -

1. **Sexual Health and Intimacy:** (Men Only in AM session) and (Women Only in PM session) This session will help you identify ways to cope with issues of intimacy and concerns about sex when you or your partner are going through cancer treatment including side effects of treatment throughout survivorship.

2. **Advanced Directives - Legal Needs:** This session will help to dismiss the misunderstandings of end-of-life care by describing how services work, who is eligible and how to initiate care. Learn practical tips on selecting a healthcare power of attorney and making your wishes known to your loved ones regarding your future medical care.

3. **Chemo & Beamo Brain:** Chemo and radiation can cause problems with memory, concentration and multi-tasking. Learn practical tips that can help improve “Chemo and Beamo Brain,” and resources that can provided additional assistance.

4. **Caregiver Empowerment and Support:** This session will help to identify ways to take care of yourself as a caregiver. Develop a plan to help people help you; self-care, reducing passion fatigue and feeling guilty, building skills to be your best ally, learning healthy assertiveness, how to be supportive of your survivor and connect to your community resources.

5. **Genetics and Cancer:** This session discusses the role your genes may play in your risk for cancer, when genetic testing may be needed, and how genetic testing results can help protect you and your family.
Saturday, April 28, 2018: Day 2: Survivorship Empowerment - Accessing Resources

Session titles, descriptions and content are subject to change.

11:25am to 11:50am  Break / Visit Exhibits / Move to Lunch

11:50am to 12:50pm  Lunch

12:50pm to 1:50pm   Panel: Supportive Care: Hospice | Palliative

2:00pm to 3:00pm    Accessing Resources Sessions

   (Select one of the five sessions below.)

1. **Sexual Health and Intimacy:**
   (Women Only in PM session)
   This session will help you identify ways to cope with issues of intimacy and concerns about sex when you or your partner is going through cancer treatment including side effects of treatment throughout survivorship.

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3:00pm to 3:20pm   Wrap Up Summit / Evaluations / Door Prizes / Snack to go

See you next year!
2018 Cancer Survivorship Summit
Registration Form

• You may copy this form to give to others.
• Fill out one form for each person.
• You can register by phone: 919-828-6205;
  Fax: 919-828-6203; Mail: (Address below)
  Online: https://ncpha.memberclicks.net/cancer-survivorship-summit

Mail to - Attention: Kim Dittman
N.C. Public Health Association
222 N. Peace Street, Suite 208
Raleigh, NC 27601

Payment Options:

____ Check enclosed.

(Make check payable to N.C. Public Health Association.)

____ Card# ____________________ Expiration Date________

Name as it appears on the card: ______________________________

1. I am a cancer survivor: ___ Yes ___ No
2. If yes, diagnosis date: ___________
3. If no, are you a caregiver: ___ Yes ___ No
4. Mr. /Ms. / Mrs. (Circle One)
5. First Name:_______________________________________
6. Last Name:  ______________________________________
7. Last 4 digits of your social security number: __ __ __ __
8. Home Address: ___________________________________
10. Phone Number: ___________________________________
11. Email Address: ________________________________

*(Please use a family member email address if you do not have an email address.)
2018 Cancer Survivorship Summit Registration Form

Friday, April 27, 2018: Day 1: Survivorship Empowerment - Health and Wellness

Session titles, descriptions and content are subject to change.

2:45pm to 3:45pm - Health and Wellness (Session 1)
Select your First and Second choices.

____ 1. Mindfulness Meditation and Gentle Yoga
____ 2. Spirituality through Art
____ 3. What’s in Your Medicine Cabinet Savings and Safety for Cancer Survivors
____ 4. Healing Touch
____ 5. Healing Through Writing
____ 6. Nutrition

4:00pm to 5:00pm - Health and Wellness (Session 2)
Select your First and Second choices.

____ 1. Mindfulness Meditation and Gentle Yoga
____ 2. Spirituality through Art
____ 3. What’s in Your Medicine Cabinet Savings and Safety for Cancer Survivors
____ 4. Healing Touch
____ 5. Healing Through Writing
____ 6. Nutrition

6:00pm to 8:00pm – Welcome Reception with Heavy Hors D’oeuvres served (check one)

____ Yes, I plan to attend the reception.
____ No, I do not plan to attend the reception.
2018 Cancer Survivorship Summit Registration Form

Saturday, April 28, 2018: Day 2: Survivorship Empowerment - Accessing Resources
Session titles, descriptions and content are subject to change.

7:00am to 8:00am - Early Morning Low Impact Exercise
(Check one)

____ Yes, I plan to walk.
____ No, I do not plan to walk.

7:30am to 8:50am - Buffet Breakfast (Check one)

____ Yes, I plan to attend the breakfast.
____ No, I do not plan to attend the breakfast.

10:25am to 11:25am - Survivorship Empowerment - Accessing Resources (Session 1)
Select your First and Second choices.

____ 1. Sexual Health and Intimacy (Men Only)
____ 2. Advanced Directives - Legal Needs
____ 3. Chemo & Beamo Brain
____ 4. Caregiver Empowerment and Support
____ 5. Genetics and Cancer
2018 Cancer Survivorship Summit Registration Form

Saturday, April 28, 2018: Day 2: Survivorship Empowerment - Accessing Resources
Session titles, descriptions and content are subject to change.

11:50am to 12:50pm - Lunch (Check one)

_____ Yes, I plan to attend lunch.

_____ No, I do not plan to attend lunch.

2:00pm to 3:00pm - Survivorship Empowerment - Accessing Resources (Session 2)
Select your First and Second choices.

_____ 1. Sexual Health and Intimacy (Women Only)

_____ 2. Advanced Directives - Legal Needs

_____ 3. Chemo & Beamo Brain

_____ 4. Caregiver Empowerment and Support

_____ 5. Genetics and Cancer

3:00pm to 3:20pm Wrap Up Session - Snack to Go (Check one)

_____ Yes, I plan to attend and take a snack to go.

_____ No, I do not plan to attend.
Event Registration Notice

By registering for the 2018 Cancer Survivorship Summit, you grant the North Carolina Cancer Prevention and Control Branch full rights to use any photos/videos/recordings containing your likeness taken during the routine business course of the 2018 Cancer Survivorship Summit by the North Carolina Cancer Prevention and Control Branch or its official representatives, to be used in any future promotional and communications endeavors of the North Carolina Cancer Prevention and Control Branch, without any further notification or expectations of compensation.

For Additional Summit Information

Registration Questions: Kim Dittmann, 919-828-6205 or kdittmann@ncapha.org
Summit Questions: Nikita Spears, 919-707-5331 or nikita.spears@dhhs.nc.gov
Special Thank You
to the
2018 Cancer Survivorship Summit Sponsors

Host Premier Benefactor Cancer Center

Carolinas HealthCare System
Levine Cancer Institute

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Bronze Supporter

North Carolina Oncology Association
Participants in the 2018 N.C. Cancer Survivorship Summit are invited to attend these Levine Cancer Institute activities:

**4th Annual Healing Arts Celebration**
**Thursday, April 26, 2018, 5:30pm - 7:30pm**
Celebrate the art, writing and music our patients, caregivers and staff have on display, made through their participation in our Healing Arts Program. We will have live music, refreshments and a silent auction.

**Event Location:** Levine Cancer Institute  
Morehead, 1021 Morehead Medical Drive  
Charlotte, NC

**To Register:** Email Anna.Scholl@carolinas.org  
or call 980-442-2005

**Survivorship for Seniors**  
**Friday April 27, 2018, 9:00am - 10:30am**
Seniors age 65 and up, and their caregivers are invited to learn special tips to stay healthy and feel your best, during and after cancer treatment. Wear comfortable clothing, as this event includes gentle Tai Chi.

**Event Location:** Center for Supportive Care and Survivorship  
711 E. Morehead Street, Charlotte

**To Register:** Email Anna.Scholl@carolinas.org  
or call 980-442-2005 to register.