

Inova Life with Cancer®  
Presents the  
Elsie and Marvin Deikelbom Family  
Foundation

I'm Cured . . . Now What?  
A Conference for Teen and Young Adult  
Survivors of Childhood Cancer  
And their Parents



Saturday, July 25, 2015

8:45 a.m. - 4:30 p.m.

Life with Cancer Family Center

8411 Pennell Street, Fairfax, VA 22031

Register online at [www.lifewithcancer.org](http://www.lifewithcancer.org)



# ABOUT THIS EVENT

Welcome to the 10th Annual Inova Life with Cancer® “I’m Cured...Now What?” conference focusing on medical & psychosocial concerns facing teen and young adult survivors of childhood cancer.

The purpose of the event is to provide information on long term effects of treatment and an opportunity to network and share with others. This year’s theme is “*Taking charge of your physical and emotional health.*”

We wish to thank The Elsie and Marvin Dekelboum Family Foundation’s generous support for this event and all Inova Life with Cancer children’s programs.

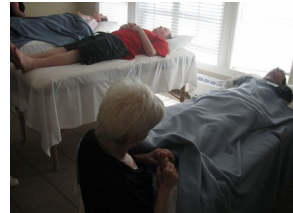
- **LEARN ABOUT**

- Late effects
- Managing stress
- Sleep interventions
- Nutrition & well-being
- College & successful transitions



- **TRY**

- Zumba
- Reiki & massage
- Cooking demo



- **SHARE**

- Common concerns

- **INTERACT WITH**

- Experts in long term follow up care

- **NETWORK WITH OTHERS**



## MORE ABOUT THIS EVENT

### WIN A COLLEGE SCHOLARSHIP

Eighteen \$1000 college scholarships will be awarded to Survivors at the conference. To be eligible, you must be a childhood cancer survivor diagnosed by age 18, a high school graduate currently enrolled or accepted at a two or four year college, vocational, or graduate school, and a *first time recipient*. Request an application on the registration form or contact [constance.connor@inova.org](mailto:constance.connor@inova.org). Scholarships are provided by *Growing Hope* (Northern VA treated only), *Special Love, Inc.*, the *Quadrino Foundation*, *DC Candlelighters*, & the *Dekelboum Family Foundation*. Must be present to win.

### APPROPRIATE AUDIENCE & ATTIRE

This conference is for **teen (17+)** and **young adult survivors of childhood cancer** (on or off treatment), and their **parents**.  
Casual attire.

### COST AND BENEFITS

The Conference is **free** of charge. **Breakfast and lunch will be provided.** Vegetarian options available. Entertainment by Rick Steele, blues guitarist.

Each survivor will receive *Childhood Cancer Survivors: A Practical Guide to Your Future* 3rd ed., by Nancy Keene, et. al., and *Happily Hungry: Smart Recipes for Kids with Cancer*, by Danielle Cook. Raffle and prizes.

### SPACE IS LIMITED & REGISTRATION IS REQUIRED.

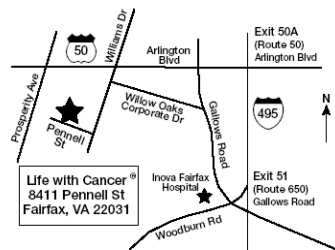
Register at [www.lifewithcancer.org](http://www.lifewithcancer.org) or contact **Connie Connor, LCSW** at 703-531-1515; [constance.connor@inova.org](mailto:constance.connor@inova.org)

### CONFERENCE LOCATION AND PARKING

**Metro Accessible: Dunn Loring Station**

Inova Life with Cancer  
Family Center  
8411 Pennell Street  
Fairfax, VA 22031  
703-698-2526

There is ample free parking.  
Closest metro is the Dunn  
Loring Station.



## CONFERENCE AGENDA - MORNING

**8:45 – 9:15      REGISTRATION AND BREAKFAST**

**RESOURCE FAIR**

**9:15 – 9:30      WELCOME AND OPENING REMARKS**

**Constance Connor, LCSW**, Pediatric Oncology Therapist  
Inova Life with Cancer

**9:30 - 10:40      KEYNOTE ADDRESS:**

**Surviving and Staying Healthy:  
Late Effects and Long Term Health**

**Aziza Shad, MD**, Director, Division of Pediatric  
Hematology/Oncology, Blood & Marrow Transplantation  
Lombardi Comprehensive Cancer Center  
Medstar Georgetown University Hospital

**10:40 – 10:50      BREAK**

**10:50 - 12:05      POWER TALKS**

- **Steven Hardy, PhD**, Psychologist  
Children's National Medical Center  
*Tools for Managing Stress & Anxiety, 101*
- **Darah Curran, LCSW**, Oncology Therapist  
Inova Life with Cancer  
*Got Sleep? Interventions for Healthful Sleep*
- **Alma Morgan, M.Ed**, Educational Consultant  
Virginia Commonwealth University  
*Life Lessons for College & Successful Transitions*

**12:05 - 12:35      LUNCH & ENTERTAINMENT**



## CONFERENCE AGENDA - AFTERNOON

### 12:35 - 2:00 BREAK-OUT & NETWORKING SESSIONS--- CHOOSE ONE

#### **A. For Parents (Mothers/Fathers Groups): Growth & Empowerment After Your Child's Cancer**

- **Kate Shafer, LICSW**, Children's National Medical Center
- **Hunter Gunn, LCSW**, Patient Services Manager  
The Leukemia and Lymphoma Society
- **David McGinness, LCSW, OSW-C**, Oncology  
Therapist, Inova Life with Cancer

#### **B. For Survivors: Finding Meaning & Growth After Treatment**

- **Amanda Thompson, PhD**, Psychologist  
Children's National Medical Center
- **Dave Smith, CEO**, Special Love, Inc.
- **Evelyn Joran-Thiel, MSN, CPNP, CPHON**  
University of Virginia Health System

### 2:00 - 2:15 BREAK

### 2:15 - 3:30 BREAK-OUT SESSIONS---CHOOSE ONE

#### **A. Mind Blowing Foods for Better Moods** **Danielle Cook, MS**, "Cooking for Cancer" Program Medstar Georgetown Medical Center



#### **B. Not Your Mother's Zumba** **Joanie Barr**, Instructor

#### **C. Relax with Reiki and Massage** Certified Reiki and Massage Practitioners

### 3:30 - 3:40 BREAK

### 3:40 - 4:15 SCHOLARSHIP AWARDS



### 4:15 - 4:30 EVALUATIONS, RAFFLE, CLOSING REMARKS

## ABOUT THE SPEAKERS

**Aziza Shad, MD**, Director, Georgetown University Division of Pediatric Hematology/Oncology Blood & Marrow Transplantation, Lombardi Cancer Center. Her work in pediatric cancer research and clinical treatment spans over 25 years and several continents. She founded Pediatric Cancer Survivorship, Palliative Care, and Nutrition Programs at Georgetown, and is past president of the International Network for Cancer Treatment and Research USA. She works to improve cancer survival rates of children in Africa, the Middle East, Asia and Latin America, educating clinicians, and establishing pediatric palliative care. Dr. Shad is consistently listed one of Washingtonian Magazine 'Top Docs', is a frequent speaker at scientific meetings, widely published, and has received dozens of awards and honors.

**Steven Hardy, PhD**, Psychologist, Divisions of Hematology, Oncology, and Blood and Marrow Transplantation, Children's National Medical Center & Ass't Professor of Psychiatry/Behavioral Sciences, GW University School of Medicine & Health Sciences. Dr. Hardy provides psychological assessments & treatment for children with cancer, sickle cell disease, and other blood disorders, as well as those undergoing bone marrow transplants in the acute setting and as part of multidisciplinary clinics for survivors.

**Darah Curran, MSW, LCSW**, Oncology Therapist, Life with Cancer, provides individual counseling and support to children and adults in both the inpatient and outpatient setting. She co-facilitates Parenting Alone, bereavement, and other groups and has 20 years of social work experience, previously working in home-based family counseling.

**Amanda Thompson, PhD**, Psychologist, Director Patient Support Services, Children's National Medical Center, provides services to children with cancer throughout treatment. She participates in two long term follow up clinics and is a frequent presenter at national meetings with several publications focusing on social/emotional quality of life after treatment, and has research/clinical interests in survivorship and sibling adjustment.

**David McGinness, MSW, LCSW**, Oncology Therapist, with over 20 years of experience in health and mental health. As Hispanic Program Coordinator at Life with Cancer, he facilitates cancer support groups and provides inpatient and outpatient oncology counseling in English and Spanish.

**Alma Morgan, M.Ed.**, Educational Consultant & Transitions Coordinator, Virginia Commonwealth University, Pediatric Oncology, and has worked as a liaison between the medical and school team for over 25 years. She helped develop the LLS publication "Learning & Living with Cancer: Advocating for Your Child's Educational Needs" and is the author of *Life Lessons from Children with Cancer and Chronic Illnesses*. She has a private office, Learning Specialists of Virginia.

**Danielle Cook, MS**, chef, author, and mother of a childhood cancer survivor, has a Master's in Holistic Nutrition. She provides cooking & nutrition instruction/consultation, runs the "Cooking for Cancer" nutrition program for young patients, survivors, and parents at Georgetown, has been featured on the *Today Show*, and is the author of *Happily Hungry: Smart Recipes for Kids with Cancer*.

**Dave Smith, MS**, CEO, Special Love, Inc., since 1987. He is past President of the Children's Oncology Camping Association International and holds degrees in Creative & Technical Writing, Political Science, and Strategic Leadership. An avid musician, he has composed recordings for camp, including "No Mo Chemo" and "I'm a Survivor," debuting on YouTube as an animated music video in 2012.

**Kate Shafer, MSW, LICSW**, Licensed clinical social worker in the long-term follow up clinic at Children's National Medical Center and George Washington Medical Center's Thriving After Cancer clinic for childhood cancer survivors over age 18. Kate has more than 20 years experience working with children with cancer, survivors, and families.

**Hunter Gunn, MSW LCSW**, Patient Services Manager, Leukemia and Lymphoma Society. Previous experience is in the child welfare field, with the Living Legacy Foundation, and the Inova Health System.

**Evelyn Joran-Thiel, MSN, CPNP, CPHON**, Coordinator, Pediatric Cancer Survivorship Program at the University of Virginia Children's Hospital. She has worked in Pediatric Oncology for 25 years in inpatient, outpatient, transplant, camp and hospice settings.

# REGISTRATION FORM

(Online registration is available at [www.lifewithcancer.org](http://www.lifewithcancer.org) after 6/15)

Name Survivor \_\_\_\_\_

Name (s) Parents (s) \_\_\_\_\_

Address(s) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone/Survivor \_\_\_\_\_ Phone/Parent \_\_\_\_\_

E-mail Survivor \_\_\_\_\_

E-mail Parent(s) \_\_\_\_\_

Hospital where treated \_\_\_\_\_ Dx \_\_\_\_\_

Age at diagnosis \_\_\_\_\_ Survivor's current age \_\_\_\_\_

**Are you interested in a scholarship application? Yes  No**

*(If yes, an application will be sent to you)*

**Deadline for submission of Scholarship application is 7-15-15.**

Check if you need a ride from Metro (volunteer drivers available)

**2:15 Breakout Session** (please number 1st, 2nd, 3rd choices)

Survivor	Parent(s)	
<input type="checkbox"/>	<input type="checkbox"/>	Cooking Demo & Nutrition
<input type="checkbox"/>	<input type="checkbox"/>	Reiki & Massage
<input type="checkbox"/>	<input type="checkbox"/>	Zumba

**Please mail this form to Life with Cancer  
8411 Pennell Street · Fairfax, VA 22031  
or fax to 703-531-1597**

**Online registration is available at [www.lifewithcancer.org](http://www.lifewithcancer.org)  
after June 15th**

**For more information call Connie Connor  
at 703-531-1515 or email [constance.connor@inova.org](mailto:constance.connor@inova.org)**

***Deadline for Registration is 7-22-15***

## ABOUT THE PARTNER ORGANIZATIONS

**Inova Life with Cancer** - The mission of Life with Cancer is to enhance the quality of life of those affected by cancer by providing education, information and support. All programs are provided free of charge. [www.lifewithcancer.org](http://www.lifewithcancer.org)

**The Leukemia and Lymphoma Society (LLS)** is the world's largest voluntary health organization dedicated to funding blood cancer research, education, and patient services. Information Resource Center, 1-800-955-4572 (latest disease, treatment and clinical trial information). [www.lls.org/nca](http://www.lls.org/nca)

**DC Candlelighters** provides emotional, educational, financial and practical support for families in the Washington, DC metro area fighting childhood cancer. An affiliate of Candlelighters Childhood Cancer Foundation, DC Candlelighters is a 501(c)3 nonprofit organization run by volunteers. [www.dccandlelighters.org](http://www.dccandlelighters.org)

**Special Love, Inc.** sponsors week-long and weekend camps and retreats for children, teens and young adults with cancer and their families in the Mid-Atlantic region. Camp Fantastic (for patients), BRASS Camp (for brothers and sisters), and YAC (for young adults) give children, young adults and parents a community of support made of people who can share their experience and compassion. [www.speciallove.org](http://www.speciallove.org).

**Growing Hope** provides non-medical support for children in treatment for cancer in N. Virginia and their families such as outings, holiday parties, educational materials, financial assistance, scholarships, and a family picnic. Growing Hope also supports Life with Cancer Kid & Sib Days & Pediatric Oncology Parent Nights. Growing is a 501(c)3 nonprofit with no paid staff.

**John Quadrino Foundation** provides financial assistance to families of children with cancer throughout the DC Region and has supported the Life with Cancer Survivorship events with college scholarships since 2006.

**Elsie and Marvin Dekelboun Family Foundation** provides support to numerous local and national organizations in health care, education, and the arts.

### Hospital Partners:

Inova Fairfax Hospital for Children

Children's National Medical Center

George Washington University Medical Center

Medstar Georgetown University Hospital/Lombardi Cancer Center

University of Virginia Health System

Virginia Commonwealth University