10th Annual Down East Living with Cancer Conference

“Taking Control”

Thursday, November 3, 2016

Atlantic Oceanside Hotel & Event Center
119 Eden Street, Bar Harbor

8:00 - 9:00  Registration & Refreshments

9:00 - 9:15  Welcome & Opening Remarks
Michael Reisman, Beth C. Wright Cancer Resource Center
Matt Carston- American Cancer Society

9:15 - 10:15  Taking Control of Your Environment
Deborah de Moulpied – Creating a Cancer Free Home: Is There Such a Thing?

10:15 - 10:30  Break
Visit booths, vendors, and demos in ballroom and dining area

10:30 - 11:30  Taking Control of your Nutrition
Donna Walsh – Taking Control of Your Nutrition: Healthy Eating for Cancer Survivors

11:30 – 11:45  ME Cancer Initiative – Heather Drake

11:45 - 12:45  Lunch
Visit booths and vendors

12:45 - 1:45  Break Out Sessions:
45 minute sessions with 15 minute Q&A
#1 Self- Advocacy – Rebecca Daigle
#2 Being Comfortable Through Treatment – Vanessa Little
#3 The Medical Use of Marijuana – Kathleen Pelkey

1:45 - 2:00  Break

2:00 - 3:00  Patient Panel: How I Took Control
Facilitator: Danel Bahr, Patient Navigator

  Sue Turner
  Steven De Muro
  Fran Wade

3:00 - 3:15  Closing Remarks – Matt Caston, ACS

Complementary Therapies will be from 10:00-3:00

Complimentary lunch will be provided
Deborah de Moulpied, Environmental Toxin Expert and faculty member for the New Hampshire Anti-Cancer Lifestyle Program.

Donna Walsh, MS, RD, CSO, LD Donna Walsh is the Coordinator of Nutrition and Wellness for the Harold Alfond Center for Cancer Care at Maine General Medical Center.

Matt Carston, Maine Grassroots Manager, American Cancer Action Network, Inc.

Rebecca Daigle, LCSW, EMMC Cancer Care

Vanessa Little, DO, Medical Director for Hancock County Home Care and Hospice

Kathleen Pelkey DO, Alternatives to Pain, Doctor of Osteopathic Medicine, Board Certified in Family Practice

Danel Bahr, Patient Navigator at Harold Alfond Center for Cancer Care

Thank you to our sponsors:

Gold Sponsor: Atlantic Oceanside Hotel and Event Center and Eastern Maine Medical Center

Silver Sponsors: Beth C. Wright Cancer Resource Center, Blue Hill Memorial Hospital, Caring Connections, Kindred at Home, Maine Coast Memorial Hospital and Mount Desert Island Hospital

To register: Cut and send this form to Beth C. Wright Cancer Resource Center, PO Box 322, Ellsworth, ME 04605 or call the Center at 664-0339.

Name________________________________________ Address________________________________________

Telephone________________ E-mail________________________________________

Workshop Choice: Please check your choice

      _____Self-Advocacy: Rebecca Daigle LCSW
      _____Being Comfortable Throughout Treatment: Vanessa Little
      _____The Medical Use of Marijuana: Kathleen Pelkey, DO

Check One: I am a _______cancer survivor; _______caregiver; _______professional