

Midwest Lung Cancer Summit hosted by A Breath of Hope Lung Foundation

Keynote Sessions & Presenters, November 17, 2018



Shanda Blackmon, MD, MPH, Mayo Clinic, Rochester

Morning Keynote Session: *Thinking to the Future – Lung Cancer Treatments and Surgery*

Dr. Blackmon will present updates about new lung cancer research and treatments, as well as developments and new technologies in thoracic surgery, and minimally invasive surgery options for lung cancer patients. Dr. Blackmon is a cardiothoracic surgeon at the Mayo Clinic, Rochester, Minnesota campus. She has a passion for working with patients who have been diagnosed with cancer.



Jeffrey Kendall, PsyD, LP, Director Oncology Support Services, University of Minnesota, Twin Cities

Afternoon Keynote Session: *Resilience & Hope for Cancer Survivors and Caregivers*

Resilience is the human quality that allows us to face adversity and maintain our resolve. Dr. Kendall will provide a deeper discussion of what resilience looks like, as well as some of the factors that make a person resilient. After attending this session, summit participants will have a set of tools to assist in maintaining or increasing personal resilience to challenges and suffering.

End of Day Session: Ask the Experts Panel

Are you searching for an expert opinion on issues that impact your ability to live comfortably following a lung cancer diagnosis? Your medical healthcare team plays a huge role in coordinating care for individuals in treatment, but many medical professionals have limited time to answer all of their patients' questions. Leave questions throughout the day on Q & A boards in the registration area and hallways. Join the full group at 3:30 to hear your questions asked by one or more of the following experts, as well as Survivor Julie Swedberg. No question is a bad question and you may remain anonymous as you post your worries.

Our Expert Panel:

- *Mark Solfelt, MD, Thoracic Surgery, North Memorial Health*
- *Jeff Kendall, PsyD, LP, Director Oncology Support Services, University of Minnesota*
- *Shirley Kern, APRN, CNS, AOCN, Oncology Clinical Nurse Specialist, North Memorial Health*
- *Julie Swedberg, Lung Cancer Survivor and Advocate*
- *Manish Patel, OD, Masonic Cancer Center*

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Breakout Sessions Descriptions, November 17, 2018

Pre-Conference Session 7:00—8:00 am (join anytime)

Essential Motion: Awakening Your Vibrant Body

The class invites participants to move their bodies mindfully through movement, curiosity and connection with their breath. Start your day with this class and bring the techniques back to your everyday life. No previous experience or accessories needed. All abilities welcome. This is NOT yoga. Come and check-it out.

Presenter: Stacey Schultz, MS, MPH

Conference Sessions 8:00 am—3:30 pm

Clinical Trials: How to Gain the Knowledge You Need to Be Your Own Best Advocate

The decision to take part in a clinical trial is an important one and you are likely to have questions. The process of researching trials can be overwhelming. This session offers what Google cannot offer—medical experts and a lung cancer survivor with experience researching and entering a trial. Plan to discuss the nuts and bolts of clinical trials. What does it mean to participate in a trial? How do you find the right trial? What are the different phases of a clinical trial? When are trials introduced into treatments options for lung cancer patients? What does it mean to be eligible for a trial? Why are women and minorities under-represented in clinical trials? These questions and more will be answered.

Presenters:

- *Narjust Duma, MD, Chief Oncology Fellow, Mayo Clinic Cancer Center*
- *Heidi Finnes, PharmD, BCOP, Senior Manager, Pharmacy Cancer Research, Mayo Clinic Cancer Center & Assistant Professor of Pharmacy, Mayo Clinic College of Medicine*
- *JoAnna Hill, Senior Research Manager Oncology, Early Phase Therapeutics Program, Regions Cancer Center*
- *Shelly Engfer-Triebebach, Lung Cancer Survivor and Clinical Trial Participant*

Navigating the Legal System: An Attorney on Your Cancer Care Team

The financial toll cancer takes on families can be daunting. Many patients/survivors are unable to afford to pay for a lawyer's help for the legal issues that arise because of their diagnosis. Cancer Legal Care provides legal care information and representation services. They have served over 3,000 Minnesotans who had no other place to turn for the legal issues that directly affect their health and quality of life. This session will discuss the benefits of having an attorney on your health care team and the resources that are available to you to help answer questions regarding insurance claims and denials, financial issues, estate concerns, and more. Put your mind at ease with professional guidance and advice.

Presenter: Lindy Yokanovich, Esq, Founder/Executive Director, Cancer Legal Care

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Breakout Sessions Descriptions, November 17, 2018 (Alphabetical)

Conference Sessions 8:00 am—3:30 pm continued...

Become an Advocate: Use Your Story to Generate Change

Many lung cancer patients and survivors want to use their story to help others and raise awareness about the disease. During this session you will hear from Minnesota professional lobbyists who will discuss tips and techniques to get elected officials to understand why funding for lung cancer should be a national priority. You will also receive an update on recent legislation and what is looming on the horizon.

Presenters:

- *Ellie Beaver, MPH, American Cancer Society, Director of Minnesota Government Relations*
- *Emily Myatt, American Cancer Society, Minnesota Grassroots Manager*

Fitness and Laughter: Using Activity to Improve Health

Research has shown that some cancers are influenced by environmental and life-style factors. This session examines fitness and laughter as an easy way to strengthen all immune functions, bring more oxygen to the body and brain, foster positive feelings and improve interpersonal skills. The first half of the session explores how movement and fitness during and after cancer treatment can reduce pain, speed recovery and enhance quality of life. During the second half, let go of your inhibitions and discover what laughter can do for you and everyone else in your life. Laughter is a key to unlocking your joy. It triggers a chemical reaction in the brain, strengthens core muscles, and can even influence your core principles of living. No need to be flexible, wear special clothing, or know anything about yoga.

Presenters:

- *Liat Goldman, MD, Physical Medicine and Rehabilitation, Courage Kenny Rehabilitation Associates & Virginia Piper Cancer Institute, Allina Health*
- *Mary Margaret Anderson, Owner, YogaMN, Plymouth, MN*

Grief and Loss: Beyond the Five Stages

Grief is a natural response to change, trauma and loss. It impacts every domain of your life. This session will provide an understanding of the impact of grief across all parts of your life. After attending, participants will have a better understanding of how grief impacts them and will learn new methods to help manage and process this impact. This session will focus on the transitions that accompany a lung cancer diagnosis, bot for the patient and family members.

Presenter: Jeffrey Kendall, PsyD, LP, University of Minnesota, Twin Cities

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Conference Sessions 8:00 am—3:30 pm continued...

Healing Power of Food: Immune Boosting & Anti-inflammatory Choices

With a special focus on cancer survivorship, this session will focus on how to support a healthy immune system and reduce inflammation by eating nutritious foods. While medication and other treatments are of the utmost importance, many experts say that adopting an anti-inflammatory diet may help you to feel better, boost energy and heal faster. Learn what types of foods are healing, what to limit, and how to make simple changes right away.

Presenter: Bobbi Horner, LRD, CPT, The Marsh

Aromatherapy: Emotional Support through Essential Oils

Essential oils are an aromatic gift from nature to ease stress, help with relaxation and enhance your self-care rituals. In this session you will learn how to experience the benefits of essential oils yet do so safely for those with serious illnesses and/or respiratory conditions. Take-away products available.

Presenter: Jodi Baglien, CA, CST, Aromatherapy, Training and Consulting

Managing Pain and Side-Effects

Pain and fatigue are common when living with cancer. Often, they are dismissed as unavoidable side-effects. This session will discuss the nature of chronic pain, fatigue and self-management techniques for improved quality of life. Panel will be available to answer questions regarding many topics including non-medication and complimentary/alternative treatments, and new treatments and discoveries. This session is appropriate for people living with cancer and their loved ones and caregivers. There will be time for Q&A so bring your questions.

Presenters:

- *Sonia Karimi, MD, Virginia Piper Cancer Institute / United Hospital*
- *Laura Hermann, MA, APRN, CNS, Virginia Piper Cancer Institute / United Hospital*
- *Lung Cancer Survivor, TBD*

Living with Lung Cancer: Self-Care & Stress Management

Learn practical skills to navigate the ups and downs of living with cancer/caregiving with empowerment and hope. This session focuses on coping with powerful emotions, dealing with difficult decisions, reducing stress, improving self-confidence and communication, and creating a more balanced life.

Presenter:

- *Nina Roberts Salverson, D.M., M.A., Bold Soul Life (with survivor TBD)*

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Conference Sessions 8:00 am—3:30 pm continued...

Faith & Spirituality During the Journey: The Christian Response to Suffering

A cancer diagnosis and its accompanying treatment have physical and emotional consequences. While the need for emotional healing is very normal, the way this healing takes place is often unexpected. This session will discuss the emotional responses to a cancer diagnosis and treatment and discuss effective coping mechanisms, including faith-based stress management and prayer toward improved resilience and quality of life.

Presenters:

- *Mark Solfelt, MD, Thoracic Surgeon, North Memorial Health and Christian Ministry Leader*
- *Pastor Dale Hummel, Senior Pastor, Wooddale Church*
- *Gary Brausen, Lung Cancer Survivor/ABOH Board Member,*
- *Tom Steward, Lung Cancer Survivor*

Keynote Speakers and Presenter Biographies (alphabetical):

Mary Margaret Anderson, owner of YogaMN, Plymouth, MN. Mary was the first certified Laughter Yoga teacher in Minnesota. She has been in the sweaty wellness business for over 30 years and finds laughter yoga meditation to be the most accessible fast path to happiness that she has ever taught. She has trained many business groups including Lifetouch, Mayo Clinic, Eli Lilly, Integrative Mental Health Conference, Allianz and many others. Mary is well known for being fun, happy, dependable and is an expert in making the experience meaningful and special for everyone! Mary@YogaMN.com

Jodi Baglien, Founder Jodi Baglien Well Being + Wisdom Studio, Osseo, MN.

Jodi is “Bringing Aromatherapy into Healthcare.” As a Certified Clinical Aromatherapist, educator, and integrative health practitioner, she delivers evidence-based, compliant and sustainable aromatherapy programs to hospitals, healthcare organizations and senior care centers to help them implement aromatherapy in patient/resident care. JodiBaglien.com

Ellie Beaver, MPH, Minnesota Government Relations Director, American Cancer Society Cancer Network.

Ellie is an expert in teaching others to execute a comprehensive direct lobbying and government relations program, and is active in Minnesota where she focuses on achieving progress towards legislative successes that support cancer policies.

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Breakout Sessions Descriptions, November 17, 2018 (Alphabetical)

Keynote Speakers and Presenter Biographies (alphabetical) continued...

Shanda H. Blackmon, M.D., M.P.H., F.A.C.S., Mayo Clinic, Rochester.

Dr. Blackmon limits her practice to thoracic surgery, with a special interest in minimally invasive surgery and new technology. She completed Cardiothoracic Surgery Residency at Baylor College of Medicine, Houston, TX. She was awarded the Clinical Instructorship position in thoracic surgical oncology at The University of Texas MD Anderson Cancer Center and worked in Houston until she was recruited to build an innovative Division of Thoracic Surgery at Houston Methodist Hospital. Dr. Blackmon was Chief of the Division of Thoracic Surgery at Houston Methodist Hospital for eight years, serving as the Director of The Methodist Multidisciplinary Thoracic Tumor Board and Director of the Lung Cancer Screening Program. She led an Esophageal Support Group of patients for eight years. She has now joined Mayo Clinic where she practices in the Division of Thoracic Surgery, Department of Surgery. She is the principal or co-investigator at Mayo Clinic in several clinical trials addressing mediastinal tumors, lung cancer, mesothelioma, esophageal cancer & diseases of the esophagus. Dr. Blackmon holds a patent for innovating/design of an endoluminal buttressed anastomotic esophageal device which she is co-developing with Boston Scientific. She has developed a specialized team to reconstruct the esophagus with jejunum and leads an ablation team that has developed a novel approach to treating patients with lung tumors with three current funded clinical trials.

Dr. Blackmon has published more than 100 peer-reviewed manuscripts, given 100+ oral presentations, published more than 20 videos on CTSnet.org, edited many textbooks, and has made numerous scientific presentations on the topics of thoracic surgery, thoracic oncology, new technology and minimally invasive surgery. She is passionate about helping lung cancer survivors find the right treatment to improve their chances of a long, high-quality life.

Narjust Duma, M.D., Hematologist and Oncologist Chief Fellow at Mayo Clinic, Rochester, Minnesota.

In addition to her dedication to her patients as a provider, Dr. Duma is committed to her research and advocacy in diversity and inclusion. She was recognized as the 2018 resident of the year by the [National Hispanic Medical Association](#). Dr. Duma was selected by her peers to be a diversity and inclusion champion. She works with medical students and residents to help them feel more comfortable with Rochester, Minnesota and Mayo Clinic. Her research also focuses on underrepresented patient populations in clinical trials and how it affects the treatment of cancer patients.

Heidi D. Finnes, PharmD, BCOP, Senior Manager, Pharmacy Cancer Research at the Mayo Clinic Cancer Center, Rochester, Minnesota.

Dr. Finnes obtained her Doctor of Pharmacy degree from Drake University in 1998 and her Board Certification in Oncology Pharmacy in 2003. She is the director of the Mayo Clinic Cancer Center Pharmacy Shared Resource and provides input on oncology clinical trials during protocol development, authors drug templates and offers recommendations for therapy and supportive care. Dr. Finnes authors computerized physician order sets and completes electronic and face to face pharmacy consultations on hematology/oncology patients. She is the chair of the Alliance for Clinical Trials in Oncology Pharmacy Committee and is active on the Alliance Neuro-Oncology, Cancer Control and Chemoprevention and Experimental Therapeutics Committees.

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Keynote Speakers and Presenter Biographies (alphabetical) continued...

Liat Goldman, MD, Physical Medicine and Rehabilitation, Courage Kenny Rehabilitation Associates, Allina.

Dr. Goldman specializes in cancer rehabilitation, lymphedema, integrative medicine, and acupuncture. She works with the STAR (Survivorship Training and Rehabilitation) Program that is designed for rehabilitation for all phases of care and whole life: diagnosis to survivorship, to end of life.

Laura Hermann, MA, APRN, CNS, Lung Program RN Coordinator, Virginia Piper Cancer Institute / United Hospital.

Laura is a Clinical Nurse Specialist and works with lung cancer patients receiving treatment at Alina's United Hospital. Laura has a decade of diverse experiences including oncology, lung cancer, lung nodules, and lung cancer screening. She helped develop and now leads the lung cancer screening program at United Hospital.

JoAnna Hill, Senior Research Manager Oncology, Early Phase Therapeutics Program, Regions Cancer Center.

Joanna Hill, BA, CCRP is the Senior Research Manager for the Early Phase Therapeutics Program at Health Partners Regions Cancer Center, and previously served as the Administrative Director at the University of Illinois Cancer Center Clinical Trials Office. Ms. Hill brings 20 years of administrative experience in leading clinical research efforts for both academically- and community-focused cancer centers. She has experience in overseeing research operations for multi-hospital health systems, focusing on efficient trial implementation, fiscally sound conduct, regulatory compliance and quality assurance of clinical trials. Ms. Hill has also been responsible for the strategic development of early phase clinical trials programs and has implemented business plans to promote sustainability and growth within the clinical trials enterprise. She is an integral part of clinical trials training and education for the medical staff, including physician fellows, residents and staff nurses. Throughout her career, Ms. Hill has been awarded for her roles in leadership and has also been recognized by various leadership members for her team building skills.

Bobbi Horner, LRD, CPT, The Marsh.

Bobbi received her Bachelor of Science degrees in Nutrition and Dietetics/Community Nutrition, and Exercise Science from the University of North Dakota. Bobbi serves her clients' nutrition needs in both clinical hospital settings and in wellness and fitness environments. She embraces a whole person approach to nutrition and is inspired to leverage her experience in designing **innovative and practical nutritional programs for individuals.**

Pastor Dale Hummel, Senior Pastor, Wooddale Church.

Dale Hummel was called as senior pastor of Wooddale Church in 2013. Having served as a senior pastor for over 30 years, Dale has committed his life to seeing lives transformed. Dale received his Bachelor of Arts degree in Bible and Theology from St. Paul Bible College (now Crown College) in the Twin Cities, his Master of Divinity at Ashland Theological Seminary and his Doctor of Ministry degree from Trinity Theological Seminary in Newburgh, Indiana. Dale enjoys fishing, the outdoors, and spending time with family. Dale and his wife, Marcia, have been married for over 35 years, and have three grown children and four grandchildren.

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Breakout Sessions Descriptions, November 17, 2018 (Alphabetical)

Keynote Speakers and Presenter Biographies (alphabetical) continued...

Jeffrey Kendall, PsyD, LP, Director of Oncology Support Services, University of Minnesota Cancer Center.

Dr. Kendall received his degree from Indiana State University and completed his Post-Doctoral Fellowship in Psychosocial Oncology at Roswell Park Cancer Institute in Buffalo, NY. For the past 20 years, Dr. Kendall has directed oncology supportive care departments within various types of cancer centers. He joined the University of Minnesota Cancer Care program in 2016 where he is dedicated to addressing the impact of cancer on individuals and families. Currently, his professional time is divided among direct patient care, program administration & development, and research collaboration. To raise awareness of the needs of cancer patients, he speaks around the world and has published 38 journal articles and abstracts on topics related to psychosocial oncology and cancer survivorship.

Dr. Kendall serves on committees for the American Psychosocial Oncology Society, the Association of Community Cancer Centers, American Cancer Society, as well as on the Board of Directors of A Breath of Hope Lung Foundation.

Shirley Kern, APRN, CNS, AOCN, Oncology Clinical Nurse Specialist, North Memorial Medical Center.

Shirley has been practicing as an oncology nurse for more than twenty-three years. She graduated from Creighton University in Omaha with a BA in Psychology and a BS in Nursing. She completed her MS in Nursing at the University of Iowa in 1998.

Shirley works with a multi-disciplinary medical team at North Memorial to coordinate care and navigate patients through the hospital and clinic systems. She has served as the 2012 President of the Metro Minnesota Chapter of the Oncology Nursing Society, sits on various committees and served on the A Breath of Hope Board of Directors.

Emily Myatt, American Cancer Society.

Emily is the Minnesota Grassroots Manager of ACS and brings a strong background in patient advocacy. ACS CAN Minnesota works to encourage our local, state, and federal elected officials and candidates to make cancer a top priority. Their focus is to make sure the voices of Minnesota cancer patients and survivors are heard!

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Keynote Speakers and Presenter Biographies (alphabetical) continued...

Manish Patel, OD, Masonic Cancer Center, University of Minnesota.

Dr. Patel received a BS in Molecular Biology from Vanderbilt University in 1996. He then attended Kirksville College of Osteopathic Medicine, receiving a Doctor of Osteopathy degree in 2001. Dr. Patel then pursued residency in Internal Medicine at McGaw Medical Center of Northwestern University. He followed this with a clinical research fellowship at Winthrop University Hospital (Mineola, NY) from 2004-2006. In 2006 he joined the Hematology, Oncology and Transplantation Fellowship at the University of Minnesota and in July 2010 became a faculty member of the Division.

Dr. Patel was a recipient of one of the A Breath of Hope Fellowships in 2014 and serves on the A Breath of Hope Research Team.

Nina Roberts Salverson, DM, MA, Bold Soul Life.

Nina holds a master's degree in counseling and positive spiritual psychology, and a doctorate in metaphysical science and spiritual direction. She has over 3,000 hours and two decades of experience in the life coaching, counseling, and movement living arts. Her areas of specialization include emotional/spiritual/psychological growth, personal empowerment through growth/soul/purpose, chronic pain, anxiety & depression, dream mapping, and coaching for conscious living and the creation of a brilliant life.

Stacey Schultz, MS, MPH.

Stacey is an oncology massage therapist in Rochester, Minnesota, and an instructor of essential motion and yoga. Stacey received her Master's in Public Health from Johns Hopkins Bloomberg School of Public Health. Then she found her true calling... and has been a massage therapist since 2010 completing her massage training at the Holistic Massage Training Institute in Baltimore, MD. She has over 500 hours of additional training including Manual Lymph Drainage, Oncology massage, hospital/medical massage and care-giving at end of life.

Stacey has trained in hospitals with well-known massage therapy continuing education programs across the country. She is an Intern of Rosen Method Bodywork through Berkeley, CA and a trained yoga teacher through the Mayo Clinic. She is passionate about helping others find ease and joy in their daily lives.

stacey@staceyschultz.com

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Breakout Sessions Descriptions, November 17, 2018 (Alphabetical)

Keynote Speakers and Presenter Biographies (alphabetical) continued...



Mark Solfelt, MD, Thoracic Surgeon, North Memorial Health and Hennepin Health. (Summit Moderator)

Dr. Solfelt is a thoracic surgeon with more than 27 years' experience with a special practice emphasis on lung surgery. He is committed to providing the highest quality surgical care using innovation, skill and compassion. His practice focuses solely on non-cardiac surgery including all aspects of lung surgery as well as diseases of the pleural space and chest.

Dr. Solfelt is known for using minimally invasive surgery like robotic-assisted lung surgery whenever possible. He is committed to getting to know each patient personally and coordinating their care with other specialists. Dr. Solfelt stays with his patients throughout the treatment and follow-up process.

Dr. Solfelt is a six-year member of the A Breath of Hope Board of Directors and currently serves on the ABOH Research Committee.

Lindy Yokanovich, Esq., Founder/Executive Director of Cancer Legal Care.

A former litigator, Lindy was compelled to bring Cancer Legal Care to life after witnessing first hand the many legal questions and difficulties cancer survivors in her own family faced. Since 2007, Cancer Legal Care has provided over \$9.7 million in free legal care services to the Minnesota cancer community. Lindy counts her work with Cancer Legal Care as the most profound and gratifying of her legal career.

Lindy frequently authors articles on cancer related legal topics and has presented over 70 seminars on the intersection of cancer and law to health care providers, attorneys, and survivors, and is a recent past two-term member of the Minnesota Cancer Alliance Steering Committee.