

## Cancer Rehab - the New Frontier Faculty, October 5-6, 2007

### Plenary Sessions:

**Harriet Berman** PhD is the Executive VP for Clinical Programs at The Wellness Community-Greater Boston, which provides free support, stress management and educational services to people with cancer and their families. She received her doctorate in clinical psychology from the Ferkauf Graduate School of Yeshiva University in 1983 and has practiced in the Greater Boston area for more than 30 years. She is a 9 year survivor of breast cancer.

**Janet G. Colantuono** is the Executive Director of Hurricane Voices Breast Cancer Foundation where her responsibilities extend from defining the Foundation's strategic direction, to the design and implementation of the organization's varied initiatives, projects and programs. She received her BA degree from the University of Massachusetts in 1977. Janet received certified Yoga instructor certificate this past June from the Central Massachusetts Yoga Institute. She teaches Yoga with a focus is on cross-training and is a Reiki practitioner.

**Diane Cotting**, MEd, MBA is a rower and a breast cancer survivor. Her story is depicted in the award winning documentary film, "One in Nine." Founder of the non-profit, Cotting Connection, Diane's mission is to help cancer survivors safely return to their activities of daily living. Her motto is "Got Life? Get Living!" Diane holds a BS in Education from the University of New Hampshire (1973), a Masters in Education from the University of Southern Maine (1978) and an MBA in (1994) from Simmons College School of Management.

**Sherry Lebed Davis**, CLMTA/T is one of the foremost authorities on the use of movement for the healing and prevention of complications from breast cancer surgery and other related treatments. She is the co-founder of the Lebed Method® Focus on Healing®, a therapeutic exercise program designed to aid the physical and emotional recovery of breast cancer survivors. Sherry has authored the book Thriving after Breast Cancer, Essential Healing Exercises for Body and Mind.

**Beth-Ann Lesnikoski**, MD graduated from Temple University School of Medicine in 1987 and completed an internship at Deaconess Harvard Surgical Service, Surgery in 1988. Her residencies were completed at Swedish Hospital, Seattle, WA, Surgery (1989), Deaconess Harvard Surgical Service, Surgery (1991-1992) and her Fellowship at Faulkner Breast Center (1996). She was board certified in Surgery in 1994. She is currently the Medical Director of South Shore Hospital's Breast Care Center and is a surgeon at the Women's Cancer Program at Dana Farber Cancer Institute and at Brigham and Women's Hospital Breast Oncology Center. She is also an instructor at Harvard Medical School. Dr. Lesnikoski has a special interest in innovative oncoplastic surgical techniques.

**Jennifer Ligibel**, MD received her MD from Washington University in St. Louis (1996). Later she completed a residency in internal medicine at Massachusetts General Hospital, followed by a medical oncology fellowship at DFCl. In 2001, she joined the Women's Cancer Program at DFCl as a Medical Oncologist focusing on exercise as a way of lowering levels of one hormone, insulin, with the hope that these reductions will decrease breast cancer recurrences. She is currently an instructor of medicine at Harvard Medical School.

**Jennifer McKenna**, MSN RN CS graduated from Bates College 1992 with a BA in Psychology and Yale University School of Nursing with a BSN 1999 with a specialty in Oncology. That same year, she received a post masters certificate as an Acute Care Nurse Practitioner and is board certified. She has worked as an acute care nurse practitioner with a specialty in oncology working in the outpatient oncology clinic at Beth Israel Deaconess Medical Center since 1999. For the past six years she has worked with general oncologists but her personal focus has been with women with breast cancer. Her masters research focused on weight gain and quality of life of women with early stage breast cancer receiving adjuvant chemotherapy and she has published in this area.

**Nancy J. Roberge**, PT, DPT, MEd is the Director of Chestnut Hill Physical Therapy Associates in Wellesley, MA. Nancy earned her BS from Northeastern University in 1974 and her MEd in 1984. In 2004, she received a DPT from Simmons College. She is known for her work in patient advocacy and physical therapy advocacy for the patients who have undergone treatment for breast cancer and/or axillary node dissection. She has lectured extensively on the topics of PT intervention in breast cancer to physical therapy students, physical therapists, nurses, doctors, surgeons and the lay public.

**Hester Hill Schnipper**, LICSW, BCD is the Chief of Oncology Social Work at Beth Israel Deaconess Medical Center. She received her BA degree from the University of Maryland, Far East Division in Tokyo Japan (1971) and her MSW from Simmons College School of Social Work (1977). A nationally known speaker, Ms. Schnipper has written numerous articles for professional journals and has authored two books: Woman to Woman: A Handbook for Women Newly Diagnosed with Breast Cancer and After Breast Cancer: A Common-Sense Guide to Life after Treatment. In 1993 and again in 2005, Ms. Schnipper was diagnosed with breast cancer. These diagnoses transformed her life's work into her life.

**Julie K. Silver**, MD earned her degree from Georgetown University School of Medicine and did her residency at National Rehabilitation Hospital, Physical Medicine and Rehabilitation in 1995. She was board certified Physical Medicine & Rehabilitation in 1996 and became a renowned expert in Physical Medicine and Rehabilitation (Physiatry). Dr. Silver is an assistant professor at Harvard Medical School in the Department of Physical Medicine and Rehabilitation. She is an award winning physician and author who will share with attendees evidence based medicine on physical recovery and how to optimize healing. She is the author of After Cancer Treatment: Heal Faster, Better and Stronger and Super Healing. Dr. Silver also writes about cancer survivorship for Revolution Health. Check out her expert blog on [www.revolutionhealth.com](http://www.revolutionhealth.com).

**Elizabeth Tyson-Smith**, MA, LMHC, CCMHC received a BA degree in psychology from Colby College in 1964. She is a licensed and certified psychotherapist who has been in private practice since earning her MA in Psychology Lesley College in 1983. She is a Massachusetts Licensed Mental Health Counselor and nationally certified as a Clinical Mental Health Counselor in 1993. She is currently the Executive director of the Virginia Thurston Healing Garden. A survivor herself, Betsy specializes in counseling others with this illness to help them understand the emotional trauma they experienced and to help them heal.

**Kelley Tuthill** graduated from Notre Dame in 1992. She is a member of Team 5 Investigates, WCVB-TV's investigative unit. She has served as co-anchor of the weekend edition of NewsCenter 5's EyeOpener newscasts and is a substitute anchor. Ms. Tuthill, the mother of two children under three, was diagnosed at age 36 with Stage II breast cancer just before Christmas 2006. "Kelley's Story" is being documented on ABC's Boston affiliate, WCVB-TV and through weekly journals published on the web at: [www.thebostonchannel.com](http://www.thebostonchannel.com)

**Stephanie Vangness Meyers**, MS, RD/LDN received a BA in Food Nutrition and Dietetics & Communication from Concordia College (1997) and completed her master's degree in Nutrition and Health Promotion at Simmons College (2003) She is also a graduate of the dietetic internship program at Brigham and Women's Hospital, Boston, MA. As Senior Clinical Nutritionist/Registered Dietitian at Dana Farber Cancer Institute and the Leonard P. Zakim Center for Integrated Therapies, she specializes in the nutritional care of cancer patients. Her areas of expertise include counseling patients and families about complementary/integrative modalities.

### Breakout and Workshop Sessions:

**Naomi Aaronson**, MA, OTR/L CHT earned a BA from the State University of New York, Buffalo (1974), an MS from the University of North Carolina in Chapel Hill (1976) and an MA from New York University in Occupational Therapy (1990). She is an Occupational Therapist and fitness trainer known for her work in rehabilitation for breast cancer survivors. She is the author of Breast Cancer Recovery Fitness and co-author of Breast Cancer Recovery on Land and in the Water & the Breast Cancer Recovery Exercise Program.

**Candace Anderson** is an award winning artist and teacher whose water color paintings have been juried into prestigious national and international exhibitions. She was named Massachusetts' Distinguished Art Educator of the Year in 2000. She is the Artist and Director of ARTS (Art and Research for Transcendence and Survival) a program that uses art and education in support of cancer care at hospitals in New England. She is also an Artist-In Residence at The Virginia Thurston Healing Garden in Harvard, MA.

**Nancy Borstelmann**, MPH, MSW, LICSW is the Director of Patient and Family Support Services at the Dana-Farber Cancer Institute, Department of Care Coordination. She earned a BS in Biology from Tufts University (1979), and MPH Yale University with a concentration in chronic disease epidemiology, (1985) and an MSW from University of North Carolina at Chapel concentration in adult mental health, (1990). She is currently licensed in the Commonwealth of Massachusetts as a licensed independent clinical social worker (LICSW). She has over 20 years of experience in the field and has been at Dana-Farber since 1997. She has clinical oversight for a range of supportive programs and resources for adult cancer patients and their families including support groups and psychoeducational programs.

**Denise McIntosh** PT, CLT-LANA earned a degree in Physical Therapy from Northeastern University (1982) and began working at Lahey Clinic (1984) as a physical therapist. After treating patients with soft tissue restrictions following mastectomies, (1994) many of whom demonstrated signs of lymphedema, she underwent training and certification in Complete Decongestive Physiotherapy and established the Lahey Clinic Lymphedema Clinic (1997). As Senior Physical Therapist Coordinator of the Center, she partnered with the Department of Vascular Medicine to treat over 1000 lymphedema patients.

**Maura Ferguson** RN, BSN, OCN graduated from Caritas St. Elizabeth's Hospital School of Nursing in 1983 and received her OCN certificate in 2000. Since 2003, she earned her BSN from Emmanuel College. She has worked in the outpatient oncology department for nine years. She has been certified in oncology for eight years. She has participated in the Pan-Mass Challenge raising funds for cancer research multiple times.

**Paula Gottlieb**, MS, RCEP received her BA from Boston University (1984) and an MS in Clinical Exercise Physiology from Northeastern University (1991) Specializing in Cardiovascular Health and Exercise after completing a clinical at Beth Israel Hospital, Boston, Massachusetts. She is a Registered Clinical Exercise Physiologist who offers Lifestyle and Performance Enhancement Programs, as well as Nutrition and Stress Management Consulting. Her specialties are Primary Prevention and Cardiac-Diabetes-Oncology Rehabilitation.

**Karen Ingwersen** RN, MSM, OCN, CMT co-authored 10 books on the nursing care during her 14 years in oncology nursing and has spoken nationally. She earned a BS degree in Psychology from Tufts University (1980), holds a Master's degree in Oncology Nursing from MGH Institute of Health Professions (1986), a degree in Muscular Therapy from the Muscular Therapy Institute in Watertown Ma (2004) and is certified in Reiki and Therapeutic Touch. Ms. Ingwersen practices Integrative Medicine as a Nurse Massage Therapist in private practice and at Massachusetts General Hospital. She specializes in Oncology- Related and Deep Tissue Massage.

**Julie Kaufmann**, CLM is the owner Julie Kaufmann Dancin' and offers a wide range of dance classes for all levels of participants. She holds a BA degree from Friends World College (1972) and an MA degree from McGill University (1979.) She is a certified by the Lebed Method® Focus on Healing®, a therapeutic movement and exercise class designed for breast and other cancer survivors, those with lymphedema, and others with chronic illness and has completed the following courses: The Lebed Method, Focus On Healing Certification Training, 2004, CLM (certified Lebed Method Instructor) Lebed Method Certification Training for Children's Program, 2005 CLMC (certified Lebed Method Instructor, Children) Advanced Lebed Method Certification Training, 2007, CLMA (Certified Lebed Method Instructor, Advanced)

**Camille Kittrell**, MS, RYT is the owner of Exclusive Yoga Studio in Waltham, MA, where she offers Hatha yoga classes safely adapted for breast cancer survivors. She holds a BA degree Psychology from the Washington University (1978) and an MS in Mass Communication from Boston University (1980) She has more than 20 years of teaching experience and is certified by Integrative Yoga Therapy and the Yoga of the Heart® Cardiac & Cancer Program. Camille presents workshops on yoga for wellness at Boston hospitals and travels nationwide leading her landmark instructor training program: Yoga for Breast Cancer Recovery and Beyond ©.

**Holly Metcalf**, MS, Olympic Gold Medalist completed her BA degree from Mt. Holyoke College (1981) a master's degree in risk and prevention (1995) and a certificate of advanced study in human development and psychology from Harvard University (1996) where she studied with Carol Gilligan. She Founded Row As One Institute in 1994 to give masters women (age 27+) an opportunity to receive top coaching and training instruction and WeCanRow, a national wellness and rehabilitation program for breast cancer survivors (2002). The program is specifically designed to allow survivors to reorient themselves with their bodies, giving survivors a healthy expression of control and putting them in contact with other women of similar circumstances.