



# AGENDA

## SUNDAY, JANUARY 9, 2011

<u>Time</u>	<u>Event</u>	<u>Speaker</u>	<u>Location</u>
12:00 – 5:00 pm	Escape Registration		In front of Navajo Room
<b>Miraval Activities</b> 2:00 pm - 5:00 pm	Open time to enjoy Miraval Wellness Activities ( <b>Some may require sign up.</b> )		<b>Check Sign-Up Board for locations</b>
5:00 pm – 5:45 pm	<i>Evening Reception hosted by Miraval</i>		Arizona Room
5:45 pm	<i>Group Dinner</i>		Coyote Moon
<b>Evening Program</b>			
7:00 pm – 7:15 pm	Welcome and Introductions Special Acknowledgements	Sherry Romanoski BAG IT Board ESCAPE Committee	Coyote Moon
7:15 pm	Leadership – Lighting the Candle	Sarah Weddington	Coyote Moon

# MONDAY, JANUARY 10, 2011

6:30 am – 9:00 am      *Breakfast (Buffet)*      **Cactus Flower/Terrace**

**Miraval Activities**  
7:00 am - 9:00 am      Open time to enjoy Miraval Wellness Activities (**Some may require sign up.**)      **Check Sign-Up Board for locations**

## Morning Program

9:30 am – 9:45 am	<b>Next Steps: Promoting Survivorship Care Plans for Self and Others</b>	Susan Leigh, RN Moderator	<b>Anasazi Room</b>
9:45 am – 10:25 am	Physical Wellness	Jody Pelusi, RN	
10:25 am – 10:40 am	Break		
10:40 am – 11:20 am	Emotional Wellness	Mark Gilbert, MD	
11:20 am – 12:00 pm	Spiritual Wellness	Pam Hale	
12:00 pm – 12:30 pm	Question and Answer Session	Panel	

## Lunch

12:30 pm – 2:00 pm      *Lunch (Buffet)*      **Cactus Flower/Terrace**

**Miraval Activities**  
1:30 pm - 6:00 pm      Open time to enjoy Miraval Wellness Activities (**Some may require sign up.**)      **Check Sign-Up Board for locations**

## Afternoon Workshop and Program Sharing

1:30 pm – 2:30 pm	Program Sharing – see schedule	Participants	<b>Hopi/ Zuni/ Apache</b>
2:30 pm – 3:30 pm	How Grief Impacts Our Work and Those We Serve	Tani Bahti, RN	<b>Anasazi</b>
3:30 pm - 5:00 pm	Program Sharing – see schedule	Participants	<b>Hopi/ Zuni/ Apache</b>

## Evening Program

5:00 pm – 6:00 pm	Fire side chat - <i>Putting Survivorship Care Plans into Practice</i>	Healthcare Providers and Panel	Fireside – Arizona Room
5:30 pm – 7:30 pm	<i>Dinner – Reservation required Sign up in Palm Court</i>		Cactus Flower
7:30 pm	<b>Networking Groups:</b> Patient Navigation, Research Review, Young Survivors, Legislation, Fitness Programs/Retreats, Support Groups		TBA

# TUESDAY, JANUARY 11, 2011

6:30 am – 9:00 am	<i>Breakfast (Buffet)</i>		Cactus Flower/Terrace
<b>Miraval Activities</b> 7:00 am - 9:00 am	Open time to enjoy Miraval Wellness Activities ( <b>Some may require sign up.</b> )		<b>Check Sign-Up Board for locations</b>

## Morning Program

9:30 am – 9:40 am	<b>Healthy and Thriving Programs</b>	Sherri Romanoski	Anasazi Room
9:40 am – 10:30 am	<b>Growing and Sustaining Your Program</b>	Kimberley Sherwood	Anasazi Room
10:30 am -11:10 am 11:10 am -11:50 am 11:50 am -12:30 am	Breakout sessions: Choose 3 All will be repeated at these times.		

### Breakout Sessions

Volunteers: The Heart & Soul of Your Organization	Julie Butterbrodt Susan Weiland	Navajo
Strategic Planning: Run It Efficiently	Sherri Romanoski	Apache
Managing Resources: Time, energy	Sarah Weddington	Anasazi
Fundraising	Kimberley Sherwood	Zuni
Preventing Burnout	Pam Hale	Hopi

## Lunch

12:30 pm – 2:00 pm	<i>Lunch (Buffet)</i>		Cactus Flower/Terrace
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<b>Miraval Activities</b> 1:30 pm - 6:00 pm	Open time to enjoy Miraval Wellness Activities ( <b>Some may require sign up.</b> )		<b>Check Sign-Up Board for locations</b>
<b>Afternoon Workshop and Program Sharing</b>			
1:30 pm - 2:30 pm	Program Sharing – see schedule	Participants	<b>Hopi/ Zuni/ Apache</b>
2:30 pm – 3:30 pm	Facing Your Fears - Straight Talk About the Dying Process	Tani Bahti, RN	<b>Anasazi</b>
3:30 pm - 5:00 pm	Program Sharing – see schedule	Participants	<b>Hopi/ Zuni/ Apache</b>
<b>Evening Program</b>			
5:00 pm – 6:00 pm	Fire side chat – <i>Doctors and Nurses Can Be Advocates, Too! – Communicating Your Advocacy Efforts</i> Fireside chat – <i>Fundraising</i>	Healthcare Providers Kimberley Sherwood	<b>Fireside – Arizona Room</b>
6:00 pm	<i>Group Dinner</i>		<b>Coyote Moon</b>
7:30 pm	Cancer: Finding the Humor	Dave Fitzsimmons	<b>Coyote Moon</b>

## WEDNESDAY, JANUARY 12, 2011

6:30 am – 9:00 am	<i>Breakfast (Buffet)</i>		<b>Cactus Flower/Terrace</b>
<b>Miraval Activities</b> 7:00 am - 9:00 am	Open time to enjoy Miraval Wellness Activities ( <b>Some may require sign up.</b> )		<b>Check Sign-Up Board for locations</b>
<b>Morning Program</b>			
9:30 am – 11:30 am	Video A Dialogue: Wrap-up, Sharing, and Staying in Touch Closing Ceremony (All evaluations due to <i>ESCAPE</i> registration desk.)	Rocky LaRose ESCAPE Committee	<b>Anasazi Room</b>
11:30 pm – 2:00 pm	<i>Lunch (Buffet)</i>		<b>Cactus Flower/Terrace</b>