



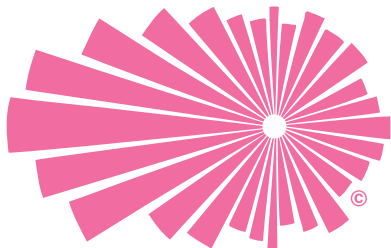
20th Annual

RAYS OF HOPE

*Celebrating  
Life*

**Breast Cancer  
Survivors' Day**

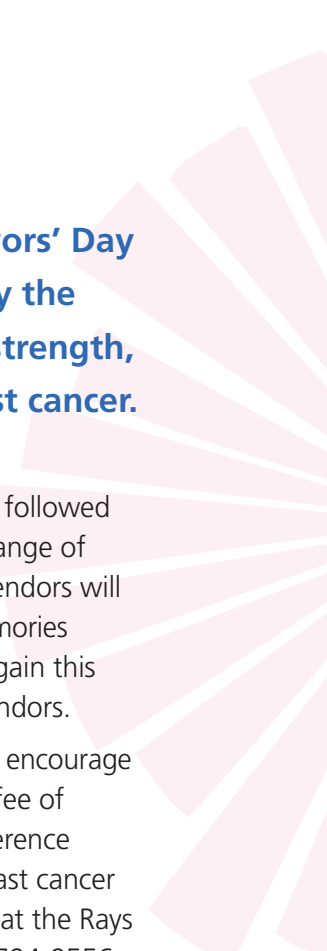
Saturday, May 13, 2017



**Rays of Hope**

Walk & Run Toward the Cure of Breast Cancer

Baystate  Health



*Please* join us for the **20th Annual Celebrating Life - Survivors' Day** at the MassMutual Center on **Saturday, May 13, 2017**, sponsored by the **Rays of Hope! We are dedicating this day to celebrating the lives, strength, and perseverance of everyone who has been diagnosed with breast cancer.**

The day will start with a Welcome by Midje Theulen, the Rays of Hope chair for 2016-2017, followed by our keynote speaker Rhonda Kallman. You will be able to select two workshops from a range of topics. Displays by exhibitors will be available in the morning and during the breaks. Most vendors will have products to purchase and there will be interactive activities with Paint Social Art and Memories in an Instant Photo Booth. Life's Memories & More will be setting up the Paper Craft Café again this year as well! As always, we welcome you to network with other survivors, exhibitors and vendors.

We welcome everyone interested to attend, especially Survivors in all stages of treatment, and encourage you to bring a family member, friend or guest to share the day with you. A non-refundable fee of \$35.00 per person is required with your mail-in registration. The remaining cost of the conference (including food, facility and speakers' fees) is underwritten by Rays of Hope. If you are a breast cancer survivor and are unable to afford the fee, scholarships are available through Sue-Ann Hilton at the Rays of Hope Outreach Office. Please call the Rays of Hope Community Outreach office at (413) 794-9556 or by emailing Sue-Ann.Hilton@baystatehealth.org, or RaysOfHope@Baystatehealth.org.

To register for this event simply fill out the form and mail it, along with a check made payable to *Rays of Hope*, to the **Rays of Hope Community Outreach Office, Attention: Sue-Ann Hilton 376 Birnie Ave, Springfield, MA 01199**

We ask that you please refrain from wearing perfume or scents for the comfort of all attending. If you plan to participate in any of the movement workshops you may wish to wear comfortable clothing and shoes.

**For more information, call 413-794-9556 • Registration required by May 1, 2017**

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### **PARKING & DROP OFF AREAS**

The MassMutual Center has a parking garage located directly across from the building with accessible parking on all levels. The MassMutual Center also offers convenient drop-off and pick-up areas for guests and handicapped participants near the corner of Main St and Falcons Way.

Parking will be validated for the Civic Center Parking Garage only, directly across from the MassMutual Center on Falcons Way. You may enter the MassMutual Center on the corner of Main St and Falcons Way, please look for signage.

Directions to the MassMutual Center are on the back of this brochure.

We are not able to validate parking at the Sheraton, Marriott Garage/Tower Square and the I-91 North/South garages.

# AGENDA

for May 13, 2017

8:00 - 9:00am

**Registration, Continental Breakfast,  
Networking and Exhibits**

9:00 - 10:15am

**Welcome**

*Midje Theulen, Rays of Hope Chair 2016-2017*

**Keynote Address**

*"Beer Battered: Overcoming Personal Adversity"  
Rhonda Kallman*

10:15 - 10:45am

**Break, Networking, and Exhibits**

10:45 - 11:30am

**1st Session Workshops**

- 1) **Fabulously Functional Fitness –  
Getting STRONG to LIVE Well**  
*Dawn Lapierre*
- 2) **Rolling the Dice; Chance, Fate and Risk –  
What would you do?**  
*Anna Symington, MS, D. Joseph Jerry, PhD,  
Sallie S. Schneider, PhD, Holly Mason MD*
- 3) **Project Life – Papercrafting with Pocket Pages**  
(Limited to 30 Participants)  
*Tanya Bullock, Life's Memories & More*
- 4) **Treat Yourself – Make and Take**  
(Limited to 30 Participants)  
*Miranda Ronghi*
- 5) **Thriving with Breast Reconstruction:  
Patient Perspectives and New Directions**  
*Ben Schalet, MD, Pranay Parikh, MD*
- 6) **The Healing Labyrinth**  
(Limited to 30 Participants)  
*Cathy Rigali, Lorraine Villemaire*

15 Minute Break

11:45am - 12:30pm

**2nd Session Workshops**

- 7) **Updates in Breast Cancer:  
A Surgeon's Perspective**  
*Holly Mason MD*
- 8) **What's New (or Not So New) in  
Breast Prosthesis and Pocketed Lingerie**  
*Donna McNeight*
- 9) **Healthy Eating for Stronger Bones**  
*Michele LaRock, MS, RDN, LDN*
- 10) **Project Life – Papercrafting with Pocket  
Pages** (Limited to 30 Participants)  
*Tanya Bullock, Life's Memories & More*
- 11) **Treat Yourself – Make and Take**  
(Limited to 30 Participants)  
*Miranda Ronghi*
- 12) **The Healing Labyrinth**  
(Limited to 30 Participants)  
*Cathy Rigali, Lorraine Villemaire*

12:30pm

**Buffet Lunch**

## Rays of Hope Store

The Rays of Hope Store will offer Rays of Hope logo merchandise for sale including apparel and, hand-painted glasses for 2017. Please stop by to shop at the ROH store in the glass room to the left of the ballroom on the second floor. Plan ahead and bring your list of family and friends' sizes and preferences! Cash, credit cards and checks are accepted. Carry out only.

## Photo Booth

Be sure to stop in and visit Memories in an Instant, located in the exhibit area, and take a special photo – our gift to you!

## Interactive Stations

Use the coupon in your event day packet to take part in ONE of these two offerings:



### Paper Craft Cafe

Join Tanya and the ladies of Life's Memories and More at this fun station. You'll be able to pick one of 3 kits to make on site. Additional kits may be available for purchase.  
[www.lifememoriesandmore.com](http://www.lifememoriesandmore.com)

### Paint Social Art!

Paint and have fun with friends at this interactive exhibit! You'll be guided step-by-step by our talented artist to complete your mini painting. No experience required & all painting supplies provided. You'll have a choice of 1 of several mini paintings to complete and display at home.  
[www.PaintSocialArt.com](http://www.PaintSocialArt.com)

# Keynote Address

In the highly competitive beer industry, pioneer **Rhonda Kallman** stands alone. At the young age of 24, Kallman cofounded the Boston Beer Company (BBC)—brewer of Samuel Adams—which quickly became the most successful craft brewery in the world. But Kallman did more than just establish and build this world renowned company.

A “serial entrepreneur,” Kallman left BBC in 2011 to pursue her next challenge, founding New Century Brewing Company, where once again her unique contributions were recognized by her peers, and in 2014 she founded the Boston Harbor Distillery.

An acclaimed professional speaker, and breast cancer survivor, Kallman delivers inspiration and motivation to a myriad of audiences focusing on entrepreneurial business, sales and marketing, team building, strategy and distribution, women’s empowerment and overcoming adversity.

Energetic, fun and intelligent, Kallman brings the same commitment and tenacity to her talks as she does to her work. Furthermore, as a married mother of three, Kallman is an inspiration to any woman who wants to not just balance family and career, but succeed with flying colors. A leader and visionary, Kallman’s talks motivate audiences to not only pursue their dreams, but change the world around them as they go.

In her talk, “Beer Battered: Overcoming Personal Adversity”, Rhonda will discuss what it takes to be a leader, to learn how to accept the pitfalls of business (and life) and have the courage to try again. Her very personal stories of overcoming her battle with breast cancer, juggling family, navigating a male dominated industry, and facing adversity head on will inspire other women to never let go of a dream and to find their own path to success.



# About the Workshops and Their Presenters

## “Rolling the Dice; Chance, Fate and Risk - What would you do?”

Are you able to make informed decisions about your breast health - now and in the future? Do you think you are receiving and have access to necessary information? Do you know what is meant by “window of susceptibility”? We will present scenarios for consideration and interactive discussion as to, “What would you do?” We will also present an update of the ongoing research involving xenoestrogens here in Western Mass and seek your voice as to how best to provide information that is pertinent, up-to-date, and useful to you and your communities.

**Anna Symington** is a breast cancer survivor and past chair of Rays of Hope (ROH) who has been active in health-related community outreach for more than 15 years, with more than 20 years experience in environmental science. She is also a member of the ROH Center for Breast Cancer Research Advocacy Council and ROH Community Advisory Board.

**Dr. Joe Jerry** is Co-Director of the ROH Center for Breast Cancer Research, Science Director of the Pioneer Valley Life Sciences Institute, and Professor of Veterinary & Animal Sciences at UMass, Amherst. He has played a leading role in creating the Breast Research Patient Registry.

**Dr. Sallie Schneider** is Director of Biospecimen Resource and Molecular Analysis at the Pioneer Valley Life Sciences Institute, and adjunct Assistant Professor of Veterinary & Animal Sciences, UMass, Amherst. She has developed an extensive collection of breast tissues for use in research studies.

**Dr. Holly Mason** is the Section Chief for the Division of Breast Surgery at Baystate Health. She is interested in ensuring quality of care across the Baystate Health system.

## Fabulously Functional Fitness - Getting STRONG to LIVE Well.

If you have made it through the rough road of cancer treatment, or are currently in treatment, you’re probably thinking about how to maximize your long term health. Research indicates that physical activity after a diagnosis of breast cancer may be beneficial in improving quality of life, reducing fatigue, assisting with weight management, and reducing recurrence risk. Come learn the benefits of maintaining a lifestyle of wellness with an emphasis on functional fitness - training your body to handle real life situations.

**Dawn Lapierre** is the Program Manager and a Trainer for LIVESTRONG at the YMCA of Greater Springfield, a fitness and wellness program for adults affected by cancer. Dawn is also an ovarian cancer survivor and graduate of the program.

### **Project Life - Papercrafting with Pocket Pages (Offered both sessions)**

Project Life, a type of pocket scrapbooking, is an easy and affordable system for taking photos and turning them into beautiful albums to share with family and friends. In this workshop, participants will receive an album and kit of supplies along with guidance on how to start and keep it going! Participants should bring 6 photos, 4x6 in size for this workshop. Workshop made possible by generous donations from Stampin' Up! and Life's Memories & More.

**Cheryl Hackenson and Tanya Bullock** met in 1997 while both teachers at Tantasqua Regional High School. They became fast friends partly because of their creativity and love of crafting. They started Life's Memories & More in 2006. Cheryl left the partnership in 2008 and continues to teach while Tanya left teaching in 2010 and continues inspiring other's creativity. Their friendship and craftiness often come together to share with others at events like this one.

### **Treat Yourself - Make and Take (Offered both sessions)**

In this workshop, you will learn how to make pampering products such as Bath Bombs, Sugar Scrubs, and Bath Salts. Even better, you get to take what you make home with you! Keep them for yourself or give away as a gift. You also get to take the recipe home with you to make more on your own time!

**Miranda Ronghi** is an independent distributor for Young Living Essential Oils. She is educated on safe uses for Essential Oils and solutions for your every day life. She loves encouraging people to kick the chemicals and toxins out of their home and make less expensive, healthier alternatives for your family.

### **Thriving with Breast Reconstruction: Patient Perspectives and New Directions**

In this workshop we will share stories from our patients about challenges they have faced with breast reconstruction and solutions that we have found together. We will also review advances in the field including fat grafting, newer implant types and single stage surgery. Your unique perspective and questions are welcome!

**Dr. Schalet and Dr. Parikh** have both been in practice in western Massachusetts since 2010. Dr. Schalet completed a fellowship in breast reconstruction at Massachusetts General Hospital and Dr. Parikh trained with Dr. Scott Spear who literally "wrote the book" on breast reconstruction.

### **The Healing Labyrinth (Offered both sessions)**

Give yourself the gift of walking a labyrinth while learning about this sacred, ancient and transforming practice. Through relaxation and music, participants will be guided to walk on the theme of hope. The session will end with sharing and a final blessing.

**Cathy Rigali** has worked as a nurse and teacher in a variety of settings. She facilitates creative writing workshops and lectures on substance abuse. Cathy leads labyrinth walks throughout Massachusetts and assists in promoting and developing new labyrinth programs. She is the director of Pathway to Change: The Jail Labyrinth Project and is passionate about bringing labyrinth experiences to wider circles of people.

**Lorraine Villemare** is a Sister of St. Joseph with a BA in English and an MA in Education with over forty years of teaching, administration and curriculum development experiences. She is the author of two previous labyrinth books: *The Labyrinth Experience: An Educator's Resource* and *The Labyrinth Program: An Educational Model for Transformation*.

### **Updates in Breast Cancer: A Surgeon's Perspective**

In this session, Dr. Mason will review the latest information in breast cancer treatment especially as it pertains to surgery including management of the lymph nodes and the use of radiation.

**Dr. Holly Mason** is the Section Chief for the Division of Breast Surgery at Baystate Health. She is interested in ensuring quality of care across the Baystate Health system.

### **What's New (or Not So New) in Breast Prosthesis and Pocketed Lingerie**

The technology in breast prosthesis, also known as breast forms, keeps advancing. The forms are getting lighter, more realistic feeling, more comfortable. There are several types of "leisure" or "active" forms for swimming and sports. We will look at what's new and what's tried and true. We will talk about the importance of a proper fit. Most women wear the wrong size bra to begin with, so it is even more important after surgery that the bra and breast form fit correctly. How to replace a breast is not an easy decision, so to be able to see and feel a breast form can be helpful when making the choice.

**Donna McNeight** is co-owner of Gazebo in Northampton, licensed mastectomy fitter and 9 year breast cancer survivor

### **Healthy Eating for Stronger Bones**

Join Michele LaRock MS, RDN, LDN, for an engaging discussion on how food, supplements and lifestyle practices integrate to build strong, resilient bones.

**Michele LaRock, MS, RDN, LDN** is a Registered Dietitian who specializes in Holistic Nutrition and wellness. A graduate of Bastyr University, she integrates science with time honored healing modalities to help people reverse chronic illness and manage nutrition-related problems. Michele has a private practice in Hadley, MA. She offers clinical nutrition counseling, cooking instruction, and wellness lectures and workshops.

Please fill out and return by May 1, 2017 to:

Rays of Hope Community Outreach Office  
Attention: Sue-Ann Hilton  
376 Birnie Ave  
Springfield, MA 01107



Non-Refundable Fee: \$35.00 per person. Remaining costs are underwritten by Rays of Hope. We are unable to accept phone registrations and credit cards. Please make checks payable to: **Rays of Hope.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Total number of registrants: \_\_\_\_\_ Check amount total @ \$35.00 per person: \_\_\_\_\_

Please indicate the TWO workshops you would like to attend -  
pick one from workshops 1-6 and one from 7-12

**\*\*Workshop space is limited, please register early.\*\***

**PICK ONE**

10:45 - 11:30am

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- 1) **Fabulously Functional Fitness – Getting STRONG to LIVE Well**
- 2) **Rolling the Dice; Chance, Fate and Risk – What would you do?**
- 3) **Project Life (Limited to 30 Participants)**
- 4) **Treat Yourself – Make and Take (Limited to 30 Participants)**
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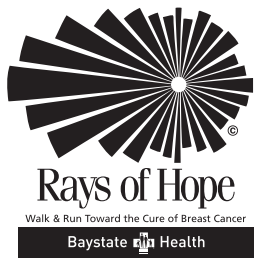
**PICK ONE**

11:45am - 12:30pm

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**2nd Session Workshops**

- 7) **Updates in Breast Cancer: A Surgeon's Perspective**
- 8) **What's New (or Not So New) in Breast Prosthesis and Pocketed Lingerie**
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Community Outreach Office  
376 Birnie Avenue  
Springfield, MA 01199

## 20th Annual Rays of Hope *Celebrating Life*

### Breast Cancer Survivors' Day • Saturday, May 13, 2017

**Keynote Speaker: Rhonda Kallman**

*Everyone is welcome to attend this event to listen to our keynote speaker and enjoy the workshops!*

#### Directions to the MassMutual Center

The MassMutual Center is located in Springfield's Downtown section, minutes from hotels, bus and train stations. Patrons should enter the MassMutual Center at the entrance on the corner of Main Street and Falcons Way.

##### Traveling North on I-91:

Take Exit 6 (Springfield Center), onto East Columbus Avenue. Continue up East Columbus Avenue (about ¼ mile) to Court Street. Take a right onto Court Street and proceed past Symphony Hall, City Hall and Sovereign Bank. The MassMutual Center is located at the corner of Main Street and Falcons Way across from Court Square.

##### Traveling South on I-91:

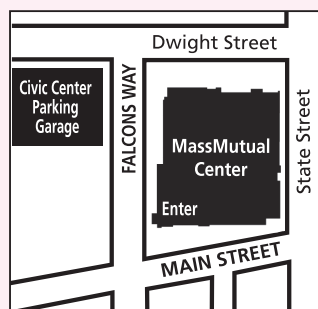
Take Exit 7 (Springfield Center Columbus Avenue). Turn left at the light at the end of the ramp. Circle under the highway and go straight through one light. Take a right at the second light onto Main Street. The MassMutual Center is located at 1277 Main Street across from Court Square.

##### Traveling West on Rt. 90:

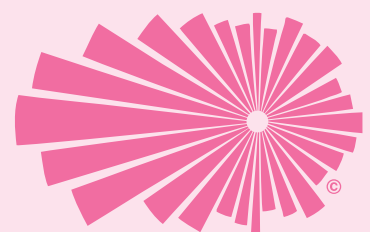
Take Exit 6 off the Mass. Turnpike to Rt. 291. From Rt. 291 take Dwight Street Exit. Turn left at the end of the ramp and follow Dwight Street to the MassMutual Center.

##### Traveling East on Rt. 90:

Take Exit 4 onto I-91 South.



MassMutual Center  
1277 Main Street  
Springfield, MA 01103



**Rays of Hope**

Walk & Run Toward the Cure of Breast Cancer

Baysstate Health

Community Outreach Office  
376 Birnie Avenue  
Springfield, MA 01199