

# Midwest Metastatic Breast Cancer Conference

Saturday, November 2<sup>nd</sup>, 2019 – Bloomington, Minnesota

## Emcee



For more than 20 years, **Jeffrey Cloninger** has energized and inspired audiences in both professional theatre and corporate settings. He has led employees and leadership teams through cultural transformations in his work with Fortune 10 companies like UnitedHealth Group. Today Jeffrey co-hosts the *Conversations with Kelly* podcast, and as moderator and emcee of live events, shares his passion for connecting audiences with what matters most. Jeffrey has performed regularly with Minneapolis-based comedy troupe, The Recovery Party. He has numerous musical and stage credits including productions with The Children's Theater Company and Minnesota Opera. Today Jeffrey lives in Chicago, Illinois where he leads employee communications for Oak Street Health, a community-centered Medicare provider group. Jeffrey is a graduate of the University of Notre Dame, where he earned degrees in Communications and Music.

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## Keynote Speaker

**Eric P. Winer, MD**, is Professor of Medicine at Harvard Medical School, Senior Vice President for Medical Affairs and Faculty Development, Chief, Division of Breast Oncology, and the Thompson Chair in Breast Cancer Research at Dana-Farber Cancer Institute. He is the Principal Investigator of the Dana-Farber/Harvard Cancer Center SPORE in Breast Cancer. Dr. Winer has received numerous awards for breast cancer research. He has also been recognized for his mentoring efforts. The Dana-Farber breast cancer program cares for thousands of individuals with breast cancer each year and has an extensive research portfolio with the goal of extending the lives of individuals with breast cancer and minimizing suffering from the disease.



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## Breakout Speakers



**Dr. Heather Beckwith** is an Assistant Professor in the Department of Medicine, Division of Hematology, Oncology, and Transplantation at the University of Minnesota. She specializes in the treatment and management of breast cancer. Dr. Beckwith's laboratory research focuses on the role of growth factors, such as insulin and growth hormone, in the development and progression of estrogen receptor positive breast cancer resistant to anti-estrogen therapy. She is also the principal investigator of multiple breast cancer clinical trials at the University of Minnesota. These clinical trials bring new therapies to patients with high risk disease such as patients with locally advanced estrogen receptor positive disease at high risk of recurrence and patients with metastatic triple negative and estrogen receptor positive breast cancer for whom no further standard treatment options are available.

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**Dustin Cesarek** has been a caregiver since 2012, when his wife Kim was diagnosed with MBC. Dustin is a self-identified expert at finding silver linings, sometimes being annoyingly good at seeing the positivity in our cancer journey. He has also come to terms with his own journey as a caregiver, recognizing that there are few "right" answers and the best way to be better at caregiving is to share ones story and learn from others.

Dustin is also a co-founder of Jack's Caregiver Coalition, a local non-profit that provides respite and peer support to men who are caregivers. He is also a student at the University of St. Thomas School of Law.



## Breakout Speakers (continued...)

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**Kim Cesarek** is a wife, mother, daughter, and friend living and thriving with MBC since July 2012. Kim was diagnosed de novo just 8 months after giving birth to her first daughter; she was healthy, working out, working full time as a pharmacist, and had NO family history of breast cancer. She credits her faith, the love and dedication of her family and friends, and her medical team and the University of Minnesota and Dr. Blaes for keeping her alive these 7 years and 3 months.

Kim is active in several local support groups and is an advocate for research for MBC. She wants to spend whatever time she has left loving on her family and helping others who live with MBC; to share the hope that was so graciously given to her.

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**Dan Cramer** is a husband (Cassie), dog-dad (Doc the Basset Hound), uncle, godfather, competitive backgammon player, avid reader and a passionate consumer of good food and wine. He lives in St. Paul though still identifies as a Chicagoan which is where he grew up. Right now, Dan is primarily spending time with Cassie who was diagnosed with metastatic breast cancer in July 2018. Together they are trying to find joy where they can, spend time with friends and family, travel, and pursue things that lighten their hearts. They are also blogging together about their experiences confronting MBC *as a couple* and you can find their joint musings at [www.meaningandstuff.com](http://www.meaningandstuff.com). Dan is also an active volunteer for the Jack's Caregiver Coalition ([www.jackscaregiverco.org](http://www.jackscaregiverco.org)) where he facilitates their monthly caregiver discussion group in St. Paul. Professionally, Dan is the co-founder of Grassroots Solutions, where he provides coaching to leaders and organization executives and works with clients to address complex strategic and engagement challenges. Dan has also worked extensively on evaluating the effectiveness and impact of social movements and he has long been obsessed with leveraging the power of personal conversations to drive societal and organizational change. Before starting Grassroots Solutions, Dan held a number of leadership roles for U.S Senator Paul Wellstone, served as an Executive Assistant to Minnesota House Speaker Phil Carruthers, worked as a government affairs attorney for Gray, Plant, Mooty, organized an anti-drug coalition in Chicago, and worked as a scooper for Baskin and Robbins.



As Vice President, Programs and Partnerships, **Catherine L. Ormerod** is responsible for overseeing the implementation of all direct service and partnership initiatives in support of Living Beyond Breast Cancer's mission. This includes leading efforts that increase public awareness of LBBC's mission, overseeing the development and implementation of educational programs and services for those affected by breast cancer, and helping to cultivate and develop LBBC's relationship with new and existing partner companies. She also serves on the Executive Committee of the Metastatic Breast Cancer Alliance, of which LBBC is a founding member.

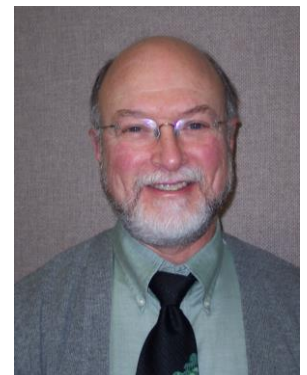
She has extensive experience in the nonprofit and academic sectors, especially in the areas of communications, strategic partnerships and program and organizational development. Prior to joining LBBC she served as the director of national programs for VISION 2020, a national program of the Institute for Women's Health and Leadership at Drexel University's College of Medicine, and was the founding director of the Nonprofit Executive Leadership Institute at Bryn Mawr College. Catherine serves as a member of the Advisory Board of Bryn Mawr College Graduate School of Social Work and Social Research. She holds a master's in Social Services and Law and Social Policy from Bryn Mawr College Graduate School of Social Work.

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**Victor M. Sandler, MD**, is the Medical Director of Homecare and Associate Medical Director of Hospice for Fairview Hospitals. He is the co-chair of the Bioethics Committee at the University of Minnesota Medical Center, the President of Minnesota Hospice and Palliative Care Physicians, co-chair of the Minnesota Medical Association POLST Task Force and he serves on the State of Minnesota Healthcare Advisory Council at the Department of Human Services

Dr. Sandler earned his medical degree from the University of Minnesota Medical School in 1976. He completed a residency at St. Vincent Hospital and he received a faculty appointment of Assistant Professor at the Department of Family Medicine and Community Health at the University of Minnesota Medical School in 2013.

He has been in practice for 35 years in Internal Medicine, Geriatric Medicine, Hospice and Palliative Medicine and was named a Top Doctor by Mpls/St Paul Magazine from 1994-2006, and in 2013 and 2014.



## Breakout Speakers (continued...)



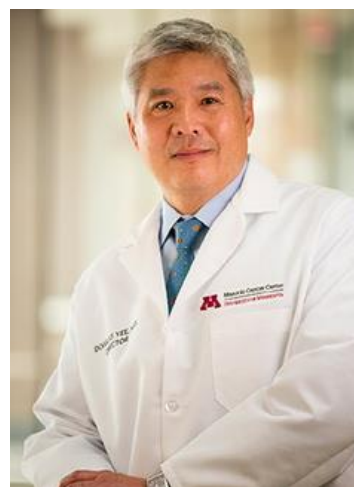
**Alice Shapiro** served as the Principal Investigator on several large NCI clinical trials focusing on symptom management, cancer prevention and nutrition. She is a member of the Masonic Cancer Center at UMN and an adjunct Associate Professor in Food Science and Nutrition at UMN. She is a senior research scientist consultant at Health Partners Institute and is active in the Metro-Minnesota Community Oncology Research Consortium (MMCORC) serving on Cancer Care Delivery Research (CCDR) Operations Team through her company, Quality Health Consultants, LLC.

The role of nutrition in reducing the adverse side effects of cancer therapies and improving survival and quality of life is an understudied area of research, and Dr. Shapiro has dedicated much of her career to studying supportive, complementary nutrition therapy. This work has included studying the effects of vitamin D on aromatase inhibitor-induced musculoskeletal symptom (AIMSS), and the role of fat intake on breast cancer recurrence and the effects of vitamin E and selenium on prostate cancer. Her focus is on general nutrition guidelines that decrease chemotherapy-induced side effects and improve overall quality of life and longevity in women after a diagnosis of breast cancer.

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**Douglas Yee, M.D.** is director of the Masonic Cancer Center, University of Minnesota. A professor in the Departments of Medicine and Pharmacology, Dr. Yee holds the John H. Kersey Chair in Cancer Research. He is known for his laboratory research on the growth regulation of tumors by the insulin-like growth factors and the clinical translation of these findings. Dr. Yee's curriculum vitae includes over 230 publications. He also maintains a clinical practice in breast medical oncology at the Breast Center, University of Minnesota Medical Center.

Dr. Yee has served on numerous national grant review and policy panels including the National Cancer Institute's Cancer Center Parent Committee, National Institutes of Health and Department of Defense Integration Panel, and the California Breast Cancer Research Program. Dr. Yee was a Pew Scholar. He is a Komen Scholar alumnus. He has an active leadership role in the ISPY-2 clinical trial where he serves on the Executive Committee, the Data Access and Publication Committee, and as co-chair of the Agent Selection Committee. Dr. Yee is also a member of the Scientific Advisory Committee for the Love/Avon Army of Women.



Dr. Yee graduated from the University of Michigan in Ann Arbor, earned his medical degree from the University of Chicago, and completed his residency in internal medicine at the University of North Carolina in Chapel Hill and his fellowship in medical oncology at the National Cancer Institute in Bethesda, MD. Before coming to the University of Minnesota, he held faculty positions in the Lombardi Cancer Center at Georgetown University in Washington, D.C., and at the University of Texas Health Science Center in San Antonio.

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**Lindy Yokanovich, Esq.** is the founder and executive director of Cancer Legal Care. Compelled to bring Cancer Legal Care to life after witnessing first hand the many legal questions and difficulties cancer survivors in her own family have faced, Lindy counts her work with Cancer Legal Care as the most profound and gratifying of her legal career. Lindy received her B.A. from the University of California, Irvine and her J.D. from the University of the Pacific/McGeorge School of Law. Prior to founding Cancer Legal Care, Lindy worked as a litigator in San Francisco and served as a member of the adjunct faculty at Mitchell Hamline College of Law from 1997-2012. Lindy frequently authors articles on cancer related legal topics and has presented over 100 seminars on the intersection of cancer and law to health care providers, attorneys, and cancer survivors. Lindy serves as a member of the National Cancer Legal Service Network, the Upper Midwest Health Care Legal Partnership Learning Collaborative, and is a recent past two-term member of the Minnesota Cancer Alliance's Steering Committee.



## Meditation & Yoga Exercise



**Liz Anema**, RYT500, Yoga, Meditation, Movement Specialist, Group Exercise Director, has been teaching fitness since long playing records – Jane Fonda days...she still loves teaching joyful dance and feeling the burn, but her favorite now is dipping into the gap of meditation and creating a pause using the tools of Kripalu Yoga, Qigong and Breath practices. Liz leads Mindfulness Based Living Sessions at the Marsh that include studies from MBSR (Mindfulness Based Stress Reduction), Jon Kabat-Zinn’s work, Deepak Chopra, Tara Brach, Brne Brown, Dr. Amid Sood from Mayo Clinic and more. Her favorite is leading retreats, that invite people to pause, connect and create an experience of rest and renew for this gift called life. She has lead retreats on the North Shore of MN, Madeline Island and Costa Rica. In her role as Studio Director, at the Marsh, Liz manages mindfulness-based programming and more than 20 group exercise instructors that deliver more than 50 classes each week. From Chicago, Liz holds a B.S. in Communications and Human Development from the University of Illinois. She began working as a group exercise instructor in 1983 and has earned certification as a Kripalu Yoga Instructor, an ACE Group Fitness Instructor and a NASM Personal Trainer, she is also a certified instructor for BodyPump, Grit, Tai Chi Fit, Will Power & Grace, Barre. A plethora of ways to connect mind and body. Liz has a passion for inviting people to connect with themselves through movement, breath and yoga. She truly meets people where they are in this life journey.

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## Closing Keynote Speaker

For twenty-five years, **Kelly Grosklags** has helped patients, families, caregivers, and clinicians understand and cope with grief, loss, and traumatic illness through her work in palliative care, hospice, emergency rooms and her private psychotherapy practice. Kelly is a sought-after National public speaker, presenter, and social media blogger. Kelly often teaches future medical providers the importance of a good dying experience, end of life communication, healing versus curing and professional grief. Recently, she published “A Comforted Heart: An oncology psychotherapist’s perspective on finding meaning and hope during grief and loss.” She feels honored to keynote at several oncology and bereavement conferences across the nation. Kelly is Board Certified in Clinical Social Work and completed a Fellowship in Grief Counseling from the American Academy of Healthcare Professionals. “One of my greatest honors is to learn from the beautiful audiences I get to speak with.”



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## THANK YOU!

**THANK YOU to our speakers and presenters for their support of the Metastatic Breast Cancer Community!  
Together we can make a difference and find a cure!**