

Cancer Services of New Mexico's

**FALL 2023
FAMILY CANCER
RETREAT**



**A free educational program
for New Mexico's adult cancer patients,
their family members, and loved ones who care for them**

**September 8-10, 2023
Albuquerque, NM**

**RETREAT DETAILS
AND APPLICATION**

Cancer Services of New Mexico's Fall 2023 Family Cancer Retreat

Overview

The Fall 2023 Family Cancer Retreat provides New Mexico's **adult cancer patients, their family members, and loved ones who serve as their primary caregivers** with a weekend of education, reflection, and rejuvenation in a relaxing and nurturing environment.

The retreat **focuses on educating participants on the process of surviving cancer.** Topics covered range from the difficulties of handling the initial diagnosis, coping with therapy and recovery, and a variety of medical and social topics relating to at-home care and the emotional issues associated with surviving.



The Program

During the weekend, we will intersperse lectures and discussions on a variety of cancer-related topics with fun activities that provide a break from the day-to-day challenges of living with cancer.

Planned educational sessions may include:

- Patient and Family Communication
- Cancer 101
- New Developments in Cancer Treatment
- "Ask the Oncologist" Panels
- Coping with Treatment-Related Side Effects
- Genetic Testing: What Does it Really Tell You?
- Cancer Nutrition
- Talking with Kids About Cancer
- Caring for the Caregiver
- Healing Bridges: Integrative Medicine, Oncology, and Acupuncture
- Cancer Pain, Palliative Medicine and Hospice
- Clinical Trails
- Cancer-Related Legal and Insurance Issues
- Lymphedema Overview
- Medicinal Cannabis Q&A
- The Emotional Journey of Cancer
- Moving from Surviving to Thriving
- Meditation, Yoga, T'ai Chi Chih, and Creativity Workshops



The retreat also provides participants with the opportunity to meet and spend time talking with others who are coping with similar issues. During these informal moments, ideas and tips are shared, and new friendships are made.

Logistics and Fees

The program will be held from September 8-10, 2023 at the Marriott Pyramid North hotel in Albuquerque, New Mexico.

There is no charge to participate in the retreat — the entire program, including meals, lodging, and all educational activities is provided at **no cost** to participants. However, **space is limited so we encourage interested families to apply as early as possible.** For more information, please contact Janet Cook at (505) 288-0331 or janet@cancerservicesnm.org.

Cancer Services of New Mexico's Fall 2023 Family Cancer Retreat

Application Process

To start the application process, please complete the attached Application Form and return it to:

Fall 2023 Family Cancer Retreat
Cancer Services of New Mexico
P.O. Box 92498
Albuquerque, NM 87199-2498

Our facilities can accommodate **up to four people per family**, sharing a hotel room with a private bathroom. Participants must be New Mexico residents, 14 years of age and older, and may include:

- One adult cancer patient/survivor*
- One adult family member or loved one who has served as their primary caretaker; and
- Two additional family members or friends (Age 14 and older)

**Diagnosed within the past five years and/or currently in active treatment*

If these arrangements will not meet your family's requirements, please contact us **before** returning your application to discuss how we might accommodate you.

Once we receive your application form, we will review it closely and get back to you within a few weeks to let you know if we will be able to accommodate your family. If so, we will send you a registration packet containing a variety of materials, including a detailed agenda, participant information forms, physician consent form, and a medical/liability waiver form.

If you have any questions, please contact us at (505) 288-0331 or janet@cancerservicesnm.org.

We look forward to reviewing your application!

The Fall 2023 Retreat Planning Committee

Up to date vaccinations are highly recommended. Masks are optional.



Fall 2023 Family Cancer Retreat Application

Please provide *all* requested information for all participants. This information will be kept confidential to Cancer Services of New Mexico. Return completed form to Cancer Services of New Mexico, P.O. Box 92498, Albuquerque, NM 87199-2498. Questions? Call Janet at (505) 288-0331.

Adult Cancer Patient Information

Full Name _____

Mailing Address _____

City _____ State _____ Zip _____

Primary Phone # _____ Email address _____

Alternate Phone # (work/cell/other) _____
M ___ F ___ Date of Birth _____

Type of Cancer _____ Date of Diagnosis _____

Oncologist's Name* _____ Oncologist's Phone # _____

Briefly describe your current treatment regimen:

Has your family attended a previous Family Cancer Retreat?
 No Yes - Date(s): _____

Adult Caregiver/Supporter Information

Full Name _____

Primary Phone # _____ Email address _____

Alternate Phone # (work/cell/other) _____
M ___ F ___ Date of Birth _____

Relationship to Cancer Patient _____

Other Family Members/Friends Participating

1. _____
Full Name _____
M ___ F ___ Date of Birth _____
Relationship to Cancer Patient _____

2. _____
Full Name _____
M ___ F ___ Date of Birth _____
Relationship to Cancer Patient _____

* Prostate cancer patients/survivors may provide the name/phone # of their urologist.

How did you learn about this program?

Where did you get this application?

Please read and sign:
In making this application for Cancer Services of New Mexico's Fall 2023 Family Cancer Retreat, I state that the foregoing information is complete and accurate to the best of my knowledge. I authorize my oncologist and his/her representatives to release information regarding my ability to participate in the Fall 2023 Family Cancer Retreat to Cancer Services of New Mexico or its agents and employees. I release from all liability all individuals and organizations that provide information about me regarding this application.

Print Adult Cancer Patient Name _____

Signature _____

Date _____

Thanks to Our Supporters! (as of 6/26/23)

About Cancer Services of New Mexico

The Family Cancer Retreat is made possible with the help of these generous supporters:

Diamond Level:



Platinum Level:



Gold Level:



Silver Level:



In-Kind:



Cancer Services of New Mexico is an independent, non-profit, organization that provides services to reduce cancer suffering for New Mexico's families. We work closely with other cancer services providers to ensure coordination and avoid duplication of effort. We are the only statewide non-profit organization that looks broadly at addressing gaps in cancer-related services while maintaining a 100% focus on New Mexico.



For more information about our Family Cancer Retreats, or about our other programs, please contact us!

Cancer Services of New Mexico
P.O. Box 92498
Albuquerque, NM 87199-2498

Phone: (505) 288-0331
Email: janet@CancerServicesNM.org
Website: www.CancerServicesNM.org