



From the Director's Desk

There is nothing like taking a break away from the noise of it all and retreating to a quiet place to refresh, reflect, and renew. This year, it is our desire to spend quality time with you in a relaxed format, filled with educational information, some hands-on-experience, creativity, while meeting new friends on the journey.

On behalf of the 2025 Patient & Caregivers Retreat Planning Team, we can't wait to meet you! Please call 716-845-8051 if you have any questions or concerns.

Sincerely,

Rev. Dr. Melody Rutherford, BCC
Director of Spiritual Care Department



Elm & Carlton Streets | Buffalo, New York 14263

www.roswellpark.org

1-800-ROSWELL (1-800-767-9355)

National Cancer Institute-Designated Comprehensive Cancer Center | National Comprehensive Cancer Network Member
Blue Distinction® Center for Cellular Immunotherapy - CAR-T | Blue Distinction® Center for Cancer Care
Blue Distinction® Center for Transplants

Roswell Park Comprehensive Cancer Center
Spiritual Care Department

PATIENT & CAREGIVERS Retreat • 2025 •

Thursday, March 27, 2025

8:00am – 12:45pm

— at —

Aloft Hotel Downtown

500 Pearl Street, Buffalo NY 14202

This event is for

Patients, Caregivers, Spiritual Caregivers/Chaplains, Faith Leaders
Social Workers, Mental Health Counselors, Clinicians,
Community Health Advocates



Please join us in a Live Panel Discussion and Demonstration on the following Complimentary Treatments.

Healing The Whole Person

In our journey toward health and healing, we must have a variety of therapies and empowerment that embrace the full expression of our humanity. In addition to the traditional medical treatments, there are a variety of complimentary treatments that involve nutritional, spiritual, physical, and mind-body techniques. Complimentary treatments support the dynamic needs of a whole-person to unlock the inner power of healing.

During this engaging panel discussion, practitioners will communicate how their specialized therapies may be an additional tool towards wholeness alongside the traditional pharmaceutical approaches.



**Dr. Desi Carozza, MD FAAHPM HEC-C Medical Director of Geriatrics and Bioethics
Department of Palliative Care Services Roswell Park Comprehensive Cancer Center**

Following the panel-discussion, Dr. Desi Carozza, will share her experience working with the medically vulnerable and seriously ill to help attendees focus on empowerment in medical crisis. We will cover topics such as the importance of symptom management, advance care planning, and exploring legacy to advocate for their voice to be heard and a preservation of their dignity.

• Acupuncture with Colleen LoFaro-O'Neill (Roswell Park)

Acupuncture involves is said to stimulate sensory nerves in the skin and muscles. This may help treat chronic pain and other physical conditions. Acupuncture has roots in traditional Chinese medicine (TCM) and is now a common complementary treatment worldwide.

• Healing Touch with Dr. Sue Hess (Roswell Park)

Healing Touch is a holistic biofield approach that focuses on bringing your physical, emotional, mental, and spiritual self into balance using touch or other energetic concepts. It can be used on oneself or others. Scientific papers have shown Healing Touch has been effective in reducing pain, stress, anxiety, depression, nausea, PTSD, as well as improving immune function and quality of life, including general well-being. Basic energetic concepts and simple techniques will be taught for self-care and helping others.

• Meditation with Joe DiNardo (Roswell Park)

Most forms of meditation are meant to decrease distractibility and promote focus on and enjoyment of the present moment. Like many forms of meditation, requires that one turn attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase, known as a mantra. Successful meditation considers both internal and physical states.

• Sound Therapy with Jil Lucidi (Safe In Sound)

Sound healing aims to channel the power of sound vibrations, for relaxation and healing. It has been said that certain frequencies and sequences may promote tranquility and peace which may lead to better health.

• Story Telling with Life Recorded Coordinator (Roswell Park)

Each one of us has a uniquely inspiring path in life that has brought us to where we are today. Studies show that capturing these narratives reveals insight, healing, happiness, hope, and may reduce depression. The Life Recorded program provides opportunity to reflect on life, looking back with a more thoughtful, and peaceful perspective.

• Yoga Stretch with Julia Kress (Roswell Park)

A gentle approach to increasing circulation, range of motion, and access to your nervous system for regulation and relaxation. There will be variations on all the exercises including the option of using a chair, the floor, or wall. Gentle exercises in the morning can help with digestion, emotional regulation, and enhanced body awareness.

• Spiritual Healing with Bryan McMullen (Sisters Hospital)

Individuals often share that during periods of suffering exploring or deepening their spirituality or faith has greatly assisted them towards internal wholeness. People from all backgrounds, traditions, and perspectives may find relief as they turn inwardly to dip into the 'spiritual well' that nourishes them.

Schedule of Events

8:00am	Arrival; Sign In
8:30am	Panel Discussion with Q/A
10:00am	Break
10:15am	Special Presentation with Dr. Desi Carozza
11:30am	Lunch & Community Building
12:45pm	Dismissal

Roswell Park Comprehensive Cancer Center Spiritual Care Department Patient & Caregiver Education Day 2025

Thursday, March 27, 2025 @ 8am-12:45pm

At The Aloft Hotel (Downtown Buffalo)

Registration Fee: \$35

Name: _____ Title: _____

Organization: _____

Address: _____

Phone: _____

Email Address: _____

Dietary Requests: ☐ Gluten Free ☐ Vegetarian ☐ Other

Please return Registration Form & \$35 Fee to:

**Rev. Dr. Melody Rutherford; Roswell Park Comprehensive Cancer Center; Spiritual Care Department;
Elm & Carlton Streets; Buffalo, NY 14263.**

Questions: 716-845-1300 ext. 1839.