



***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 laughter, creativity, and great joy. Please join us as we share stories, receive helpful information, and meet new friends on the journey.

On behalf of the 2024 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](http://www.roswellpark.org)

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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*  
**• 2024 •**

**Sunday, October 27, 2024**

**8:00am – 8:30pm**

— at —

**Aloft Hotel Downtown**

**500 Pearl Street, Buffalo NY 14202**

*(with the option of overnight stay)*

Host: Rev. Dr. Melody Rutherford, Director of Spiritual Care  
Roswell Park Comprehensive Cancer Center  
Elm & Carlton Streets; Buffalo, NY 14263

*“It’s not about sitting around waiting to feel good inside.  
It’s about finding those things that make your feel good  
and then putting them into practice.”*

- Dr. Nicole M. Robinson



## Guest Speaker



**Desi Carozza, M.D., FAAHPM**, is the Medical Director for Geriatrics and Bioethics at Roswell Park Comprehensive Cancer Center and is an Associate Professor in the Department of Geriatrics and Palliative Medicine at SUNY at Buffalo Jacobs School of Medicine & Biomedical Sciences. Dr. Carozza earned her medical degree at Drexel University College of Medicine and completed a residency in Internal Medicine/Pediatrics at University of Tennessee Health Sciences. She went on to complete fellowships in Geriatrics and Palliative Care and Hospice from the University of Colorado in Aurora, Colorado. She is boarded by the American Board of Internal Medicine in Internal Medicine, Palliative Care and Hospice, and Geriatrics. She joined

the Roswell Park faculty in 2019 in the Department of Supportive Care. Dr. Carozza specializes in the field of palliative medicine with a focus on communication and complex decision making. She serves on the High-Risk Surgical Committee and Ethics Committee at Roswell Park and has a strong interest in graduate medical education for all learners. She has delivered a number of invited lectures and published academic articles. Her educational and scholarly activities have been recognized by Buffalo Spree's Top Doctors. Her clinical focus includes symptom management for patients with complex illness and advance care planning.

## Retreat Staff

Dr. Desi Carozza; Joe DiNardo; Kelly Englert; Dr. Sue Hess; Julia Kress; Carolyn Robinson; Minnie Wyse; Dr. Melody Rutherford

### About the Retreat Activities

#### Creative Writing with Minnie Wyse

Creative writing is an art form that allows one to express their thoughts, emotions, and ideas through the power of words. Creative writing sparks our creativity and empowers us to breathe life into our ideas on a page. It is an art form that awakens the imagination to create characters, distant places, express our dreams with endless possibilities through storytelling, poetry, songs and more. Come foster self-discovery and gain a deeper understanding of your thoughts, emotions, and personal experiences through creative writing.

#### Healing Touch with Dr. Sue Hess, PhD, CHTP

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

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.

#### Yoga Stretch with Julia Kress

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.

#### Sound Therapy with Rachel Stevens (Ambient Sounds)

A soundbath is a therapeutic experience that uses sound as a tool for relaxation. During this session, you will be bathed in a symphony of soothing sounds produced by a variety of instruments, such as crystal bowls, tibetan singing bowls, chimes, ocean drums, and other harmonic instruments. These instruments are carefully chosen for their ability to create a deep tones that resonate with the body and mind, promoting a sense of balance and tranquility. Unlike traditional meditation practices that require active mental focus, a soundbath offers a passive meditation experience. All you need to do is find a comfortable position, either seated or lying down, and let the sounds guide you into a state of deep rest. The vibrations and frequencies produced by the instruments work to quiet the mind, allowing you to effortlessly enter a meditative state. The crystal singing bowls will emit pure, ethereal tones, the gong will release deep, powerful vibrations that will wash away any stress, tension, or blockages that you may be holding. The chimes, ocean drum, rain sticks, and other instruments, will add their own unique melodies to the soundscape, creating a truly immersive and transformative experience.

## Schedule of Events

8:00am - 8:30am	Arrival; Sign In
8:30am - 9:30am	Welcome; Breakfast Hour
9:45am - 10:45am	Special Presentation: Dr. Desi Carozza
11:00am - 12:00pm	Your Choice Healing Modality #1: Healing Touch; Yoga; Meditation; Creative Writing
12:15pm - 1:15pm	Lunch Hour
1:30pm - 2:30pm	Your Choice Healing Modality #2: Healing Touch; Yoga; Meditation; Creative Writing
2:45pm - 4:45pm	Personal Time; Bowling; Swimming; or One-On-One Support with a Staff Member
5:00pm - 6:00pm	Supportive Group Hour: Patient Group & Caregiver Group
6:15pm - 7:15pm	Dinner Hour
7:30pm - 8:30pm	Evening Sound Bath (Ambient Sound)
8:30pm	Final Thoughts & Retreat Dismissal

Patients & Caregivers are welcome to stay overnight at an additional \$159 (per room) by calling the Aloft Hotel for reservation by Sept. 27, 2024.

## Registration Form

\$60 Registration Fee/person [\$120 Total for Pair]. Please make checks payable to Spiritual Care Department. It is mandatory for all Patients to be accompanied by a personal Caregiver.

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

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Dietary Restrictions : None  Vegetarian  Gluten Free

Pick Two Activities: Healing Touch  Meditation  Yoga Stretch  Creative Writing

### Caregiver Information

Guest: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Dietary Restrictions: None  Vegetarian  Gluten Free

Pick Two Activities: Healing Touch  Meditation  Yoga Stretch  Creative Writing

I understand that Roswell Park Comprehensive Care Center is not responsible for loss of property or personal injuries sustained while participating in the retreat at Aloft Hotel 500 Pearl (Retreat Site). I acknowledge that activities such as yoga, walking, bowling, swimming, etc. may involve certain risks of injury and I am voluntarily participating in such activities at the retreat and assume all risks associated with my participation.

Please return Registration Form and Registration Fee (checks or money orders only) in the amount of \$60 per person by October 4, 2024, to: Rev. Dr. Melody Rutherford, Director — Roswell Park Spiritual Care Department, Elm & Carlton Streets; Buffalo, NY 14263

Patient Signature: \_\_\_\_\_ Caregiver Signature: \_\_\_\_\_