

## Thoughts From a Journey

Keynote Speaker Donna Walton, EdD, cancer survivor and educator, founded *Dream Reach Win* to help others who are striving to overcome life's physical and emotional challenges by nurturing their inner strength. She offers 11 Spiritual Principles ranging from "Affirm Yourself" to "Show Someone an Act of Kindness." The quotes that appear here are thoughts Dr. Walton has "gathered on her journey," and they can be found on her web site: [www.dreamreachwin.com](http://www.dreamreachwin.com).

Whatever you do may seem insignificant, but it is most important that you do it.

*Mahatma Gandhi*

What lies behind us and what lies before us are tiny matters compared to what lies within us.

*Oliver Wendell Holmes*

One does not discover new lands without willingly losing sight of the shore for a very long time.

*André Gide*

Change does not happen over night, but we must work as if it is possible in the morning.

*Dr. Martin Luther King, Jr.*

### Acknowledgments

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Washington  
Hospital Center  
*Washington  
Cancer Institute  
MedStar Health*



# National Cancer Survivors Day<sup>®</sup>

Sunday, June 4, 2006

Presented by



Washington  
Hospital Center  
*Washington  
Cancer Institute  
MedStar Health*

## National Cancer Survivors Day®

unites thousands of people worldwide in a spirited and joyous celebration of life. The message: There is life after a cancer diagnosis, and survivors offer a positive force of courage and love that can benefit many.

Washington Cancer Institute at Washington Hospital Center is proud to continue the tradition of Cancer Survivors Day begun 17 years ago by Richard and Annette Bloch, who sponsored the first cancer survivors rally in Kansas City. Their initiative helped to change the way we think about cancer – moving us away from negative attitudes toward a celebration of life.

In this atmosphere of celebration, we are pleased to present the third annual *Living Well with Cancer Awards* – recognizing those who have dedicated energy, compassion and creativity to improve the lives of people with cancer. The awards are part of the hospital's *Living Well with Cancer* campaign in partnership with NBC4 and CareFirst BlueCross BlueShield. The campaign offers patients the information they need to live as healthy a life as possible after a cancer diagnosis, and the awards recognize those who help our patients do just that.

One important tool of “living well” is personal reflection. In the spirit of today's reflective celebration, we offer the five principles of Reiki, a gentle, light-touch therapy now offered through Washington Cancer Institute. Reiki, which means universal life force in Japanese, is a therapy that helps the body heal itself.

Just for today, I will not be angry.

*Letting go of anger brings peace into the mind.*

Just for today, I will not worry.

*Letting go of worry, brings healing into the body.*

Just for today, I will be grateful.

*Being thankful brings joy into the spirit.*

Just for today, I will do my work honestly.

*Working honestly brings abundance into the soul.*

Just for today, I will be kind to every living thing.

*Being kind brings love into the will.*

Explanations  
by Dr. Mikao Usui

## 2006 National Cancer Survivors Day

Program: 2 – 3 p.m. • Reception: 3 – 4 p.m.

<b>Prelude and Processional</b>	Ottley Music School
<b>Welcome</b>	<b>Brian McCagh</b> <i>Vice President, Oncology Washington Hospital Center Master of Ceremonies</i>
<b>Musical Selection Sung By</b>	<b>Jean-Luc Princivil</b> <i>Panis Angelicus César Franck</i>
<b>The Occasion</b>	<b>Mary Jackson Scroggins*</b> <i>Member, National Cancer Institute Director's Consumer Liaison Group</i>
<b>Reading</b>	<b>Natasha Edwards*</b> <i>Volunteer, Washington Cancer Institute</i>
<b>Keynote Address</b>	<b>Donna Walton, EdD*</b> <i>Educator and Founder of Dream Reach Win “Tapping Your Inner Power”</i>
<b>Musical Selection Sung By</b>	<b>Jean-Luc Princivil</b> <i>Nobody Knows the Trouble I've Seen Spiritual</i>
<b>Special Presentations</b>	<b>Brian McCagh</b> <i>Survivors Day Recognitions Living Well with Cancer Awards</i>
<b>Musical Selection Sung By</b>	<b>Nichele Gelisia Anderson</b>
<b>Reception</b>	All are welcome to join us for light refreshments in the Samet Atrium following the program.

\*Cancer Survivor

## Living Well With Cancer Awards 2006

The Living Well with Cancer Awards are presented by the Washington Cancer Institute at Washington Hospital Center to individuals and organizations for creativity, dedication and selflessness in the quest to improve the lives of people with cancer.

**John J. Lynch Community Outreach Award**  
**Edward Orzechowski**  
*President, Catholic Charities of the Archdiocese of Washington  
Archdiocesan Health Care Network*

This health care network often makes it possible for the most vulnerable in our community to receive the cancer care they need as their staff tirelessly works to reach the under-served and uninsured with important health information and access to medical services.

This award was named for Dr. John J. Lynch, who shared his vision and leadership to help shape the Washington Cancer Institute. Although now retired, he still spends countless hours in the community, working to expand cancer education and services in Washington and beyond.

**Volunteer of the Year Award**  
**Christine Vinh**  
*Assistant Vice President, Medical Affairs and Quality Assurance,  
Washington Hospital Center  
Member, Alexandria Quilters*

Thanks to her thoughtfulness and talent, Ms. Vinh, together with her friends in Alexandria Quilters, helped to create a welcoming, hopeful atmosphere in the Washington Cancer Institute by creating unique quilts with personalized squares made by patients and family members.

**Employee Ambassador Award**  
**Susan Bowen-Ross, RN**  
*Gynecology Cancer Care Coordinator*

A patient advocate who brings a calm, spiritual approach to health care, Ms. Ross is considered a treasure by her patients. Never too busy for a kind word or a listening ear, she is often in her office late at night to catch up on work and then back on the job early in the morning to visit patients in the hospital.

**Philanthropic Partners Award**  
**Chris Hunsberger**  
*Regional Vice President  
The Four Seasons Hotel Washington, DC*

For the past five years, Mr. Hunsberger and the staff of the Four Seasons Hotel Washington, DC have raised \$250,000 to support the research programs of Washington Cancer Institute, in some cases helping to save lives by ensuring access to studies that would otherwise not have been funded.

**Merium Ann Simone Distinguished Service Award**  
**Paul H. Sugarbaker, MD**  
*Medical Director, Surgical Oncology*

Throughout his distinguished career, Dr. Sugarbaker has been dedicated to expanding the oncology knowledge base, advancing research, and ultimately, providing treatment options to cancer patients who often have no other place to turn. His leadership in the field has benefited thousands of people in the Washington region, the nation and the world.

This award is presented in the name of the late Merium Ann Simone, co-founder of the Spirit of Life Foundation, which is dedicated to igniting a global response to cancer. Her husband, Joseph Simone, continues to lead the Foundation on its mission.