

# HIGHLIGHTS AND DETAILS — THYCA 2000

## Third Annual Thyroid Cancer Survivors' Conference

### September 8-10, 2000 — Chevy Chase, Maryland

*Sponsored by ThyCa: Thyroid Cancer Survivors' Association, Inc. SM, an all-volunteer non-profit 501 (c)(3) organization dedicated to support, communication, and education for thyroid cancer survivors, their families, and friends*

[www.thyca.org](http://www.thyca.org)

[thyca@thyca.org](mailto:thyca@thyca.org)

## OVERVIEW

We are delighted to report that 216 thyroid cancer survivors and family members came to the conference from 22 states, the District of Columbia, and the United Kingdom. That's quite a range!

ThyCa 2000 featured more than 60 sessions led by 46 presenters from 11 states, the District of Columbia, and Canada.

Our hope was that wherever people were from, they would find a sense of community during the weekend, among new friends. During the conference, we heard people say

“Wow! What an unbelievable experience this is!”

“Exceptional presenters.”

“This has been amazing.”

“I love the synergy of this conference.”

“Worth traveling a long way for.”

“I am not alone.”

Most evaluation forms gave the conference an overall rating of 10 on a 10-point scale. We were gratified to receive such positive comments and to receive so many helpful suggestions for next year's conference.

One thyroid cancer survivor wrote:

“Thank you for organizing this wonderful conference. Meeting other people going through the same things I am has been tremendously psychologically helpful. The doctors that spoke were first rate. All were helpful in answering questions and taking the time to explain concepts and issues clearly. It also gave me the ability to see an overview of how the disease operates, changes, and develops, which I know will better equip me to talk to my doctors about my treatment. Thanks again!”

Below you'll find more highlights, followed by comments and suggestions from the evaluation forms, plus details about the program, speakers, exhibitors, and donors.

Many thanks to everyone who helped make the conference such a huge success. We did a great job!

--ThyCa 2000 Planning Committee

## HIGHLIGHTS

- The 216 thyroid cancer survivors and family members came from Arizona, California, District of Columbia, Florida, Hawaii, Georgia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Texas, Virginia, West Virginia, and the United Kingdom.

- The 46 speakers and workshop leaders included

- 16 physicians prominent in thyroid cancer care and research;

- 2 pharmacists;

- 3 social workers;

- a hospital chaplain;

- 3 attorneys specializing in health insurance and employment issues;

--specialists in nutrition, fitness, Reiki, yoga, T'ai Chi, massage, art therapy, and other approaches to well-being;

--several thyroid cancer survivors; and

--family members and caregivers.

Our presenters all generously donated their time to ThyCa 2000. They came from the District of Columbia, Georgia, Kentucky, Maryland, Massachusetts, Missouri, New Hampshire, New Jersey, North Carolina, Pennsylvania, Texas, Virginia, and Ontario, Canada.

- Sixty-two people returned evaluation forms. Almost three-quarters gave the conference the highest possible overall rating—10. The overall conference ratings were all 8, 9, or 10. Every session received 30% or more ratings of 10. Many received half or more ratings of 10. People heard about ThyCa<sub>SM</sub> and the conference from the Internet, family members, friends, support groups, physicians, newspapers, and a mailing. We are using the suggestions for added topics and other improvements as we plan for next year's conference, September 21-23, 2001.

- Financial Sponsors included the American Cancer Society, Genzyme Therapeutics, and Knoll Pharmaceuticals. Our computer corner was sponsored by Learning Tree International. Our flyer was designed by Just J Studios. Further donations came from AARP, Angelshare, CLG Promo, Dave Harris Copy/Print, Elison Communications, Foreign Candy Company, Half.com, Humana Press, Inc., Laclede, Inc., Montgomery County Volunteer Bureau, National Institutes of Health, Schoppy, Inc., SmithKlineBeecham, Treasure Chest Jewelers, Wilkes Technologies, and Writer's Center.

- More than 35 individuals also supported the conference through financial contributions and donations of supplies.

- More than 50 volunteers planned and ran the conference. They handled the registrations, raffle, and ThyCa<sub>SM</sub> spirit items; collated the Daily Update Bulletins, hosted and introduced the presenters; and helped attendees with their questions and needs. All this followed many months of brainstorming, inviting speakers, producing materials, putting details on the website, selecting the Spirit items, organizing the raffle, photocopying handouts, stuffing goodie bags with donated items, and communicating through constant emails and sometimes some phone calls.

- Our heartfelt thanks to everyone who helped with ThyCa 2000. We couldn't have done it without you!

## **CONFERENCE DETAILS**

### **A. THE PROGRAM AND PRESENTERS**

### **B. EXHIBITORS**

### **C. DONORS**

### **D. MORE COMMENTS FROM THE EVALUATION FORMS**

### **A. THE PROGRAM AND PRESENTERS**

#### **Friday, September 8**

**8:00 a.m. Registration Desk Opens**

**8:45 a.m. Welcome and Conference Opening**

Megan Stendebach, Conference Coordinator

**9:00 — 10:45 a.m.**

**121 Survivors, Families, and Friends: Opening Session**

Gary Dionne, ThyCa<sub>SM</sub> Volunteer

**11:00 a.m.—12 noon**

- 131 **Survivors' Roundtable: Papillary and Follicular**  
 132 **Survivors' Roundtable: Medullary**  
 Jeffrey Moley, M.D., Surgeon,  
 Washington University School of Medicine
- 133 **Survivors' Roundtable: Anaplastic**  
**12:15—1:00 p.m.**  
**Lunch**
- 1:15—2:30 p.m.**
- 141 **Research Update: Experimental Approaches  
 to Aggressive and Dedifferentiated Thyroid Cancers**  
 Kenneth B. Ain, M.D., Endocrinologist,  
 University of Kentucky Medical Center
- 142 **Diagnosing Thyroid Cancer: Fine Needle Aspiration,  
 Evaluating Tissue After Surgery**  
 Yolanda Oertel, M.D., Pathologist, Washington Hospital Center;  
 Barry M. Shmookler, M.D., Pres. & CEO, Academic Oncology Resources
- 143 **Survivors' Families: Taking Care of Ourselves, Too**  
 Jon Mathis, ThyCa <sup>SM</sup> Volunteer
- 2:45—4:00 p.m.**
- 151 **Self-Care and Coping with Thyroid Cancer  
 Over the Long Term: Roundtable**  
 Joy Paul, ThyCa <sup>SM</sup> Volunteer
- 152 **Ask a Pharmacist**  
 Nayahamka McGriff, Phar.D.  
 National Institutes of Health
- 153 **Ask a Doctor**  
 Kenneth D. Burman, M.D., Endocrinologist,  
 Washington Hospital Center
- 4:15—5:30 p.m.**
- 161 **Thyrogen Roundtable**  
 Kenneth D. Burman, M.D., Endocrinologist,  
 Washington Hospital Center;  
 Todd Foster, Thyrogen Marketing Manager, Genzyme Corporation
- 162 **Medullary Issues**  
 Douglas Ball, M.D., Endocrinologist, The Johns Hopkins  
 Medical Institutions
- 163 **Massage Therapy: Caring Through Touch**  
 Carol and Greg Skolnik, Massage Therapists
- 164 **If You're New to Thyroid Cancer:  
 Things You Should Know About Your Health Care**  
 Nicholas J. Sarlis, M.B. Ph.D., M.D., Endocrinologist,  
 National Institutes of Health

**Saturday, September 9**

**8:00 a.m. Registration Desk Opens**

- 212           **Reiki— Individual Sessions**  
 Betty Solbjor, ThyCa <sub>SM</sub> Webmistress,  
 ThyCa <sub>SM</sub> Board Member
- 213           **Other Complementary Approaches to Well-Being**
- 215           **Tai Chi**  
 Sue Gurland, L.Ac., Acupuncturist, ThyCa <sub>SM</sub> Volunteer
- 8: 45 a.m.    Daily Overview**  
 Megan Stendebach, Conference Coordinator
- 9:00—10:15 a.m.**
- 221           **Future Trends in Thyroid Cancer Care:  
 Current Techniques, Messenger RNA  
 and Other New Developments in Monitoring**  
 Matthew D. Ringel, M.D., Endocrinologist,  
 Washington Hospital Center
- 222           **Complementary Approaches to Well-Being**  
 Sue Gurland , L.Ac., Acupuncturist, ThyCa<sub>SM</sub> Volunteer;  
 Nancy Harazduk, M.S., LICSW, Center for Mind-Body  
 Medicine;  
 Cheryl Hurwitz, LCSW-C, Body Psychotherapist,  
 Musician, Performance and Recording Artist
- 223           **Survivors’ Families: Taking Care of Ourselves, Too**  
 Diane Blake, ThyCa <sub>SM</sub> Volunteer
- 224           **Survivorship Issues: Communicating with  
 Our Doctors and Support Structure**  
 Judith Bernardi, M.S.W., Ph.D., American Cancer Society
- 225           **Reiki— Individual Sessions**  
 Betty Solbjor, ThyCa <sub>SM</sub> Webmistress, ThyCa <sub>SM</sub> Board Member
- 10:30—11:45 a.m.**
- 231           **If You’re New to Thyroid Cancer: Things You Should Know about Your  
 Health Care**  
 Paul W. Ladenson, M.D., Endocrinologist, The Johns Hopkins  
 Medical Institutions
- 232           **Ask a Pharmacist**  
 Frank Puchino, Phar.D., National Institutes of Health
- 233           **Insurance Roundtable: Health Care for All**  
 Richard D. Carter, Esq., Attorney, Carter & Coleman;  
 Michael Knipmeyer, Esq., Attorney, Jacob Burns  
 Community Legal Clinic, George Washington University
- 234           **Thyroid Cancer: A Long-Term Survivor’s Perspective**  
 M. Sara Rosenthal, thyroid cancer survivor and author of  
*The Thyroid Sourcebook* and *The Thyroid Sourcebook for Women*
- 235           **Reiki— Individual Sessions**  
 Betty Solbjor, ThyCa <sub>SM</sub> Webmistress, ThyCa <sub>SM</sub> Board Member
- 12:00 noon— 1:15 p.m.**  
 Lunch  
**Health Care Forum**

U.S. Representative Connie Morella of Maryland  
Gary Bloom, ThyCa <sup>SM</sup> Board Chair

**1:30—2:45 p.m.**

- 241 **Ask a Surgeon about Papillary and Follicular**  
David Myssiorek, M.D., Surgeon,  
Long Island Jewish Medical Center
- 242 **Ask about Medullary**  
Vera Ray, Facilitator of Internet Medullary  
Thyroid Cancer Support Group
- 243 **Thyrogein Roundtable**  
Monica Skarulis, M.D., Endocrinologist,  
National Institutes of Health;  
Todd Foster, Thyrogein Marketing Manager, Genzyme Corporation
- 244 **ThyCa <sup>SM</sup> Support Groups: Starting One,  
Facilitating One**  
Ric Blake, ThyCa <sup>SM</sup> Support Groups Coordinator,  
ThyCa <sup>SM</sup> Board Member

**3:00—4:15 p.m.**

- 251 **Papillary Roundtable**  
Monica Skarulis, M.D., Endocrinologist,  
National Institutes of Health
- 252 **Follicular Roundtable**  
Nicholas J. Sarlis, M.B., Ph.D., M.D., Endocrinologist,  
National Institutes of Health
- 253 **Medullary Roundtable**  
Vera Ray, Facilitator of Internet Medullary  
Thyroid Cancer Support Group
- 254 **Anaplastic Roundtable**  
Kenneth B. Ain, M.D., Endocrinologist,  
University of Kentucky Medical Center
- 255 **Art Therapy for Care Providers**  
Kistrinah Talus-Ayala, B.F.A., M.S.Ed., LCPC,  
Director, Center for Creativity

**4:30—5:45 p.m.**

- 262 **Living with Hypothyroidism**  
Mary Shomon, author of *Living Well with  
Hypothyroidism: What Your Doctor Doesn't Tell You...  
That You Need to Know*
- 263 **Physical Conditioning and Nutrition**  
Ali Gelani, Fit-One
- 264 **Art Therapy for Survivors**  
Kistrinah Talus-Ayala, B.F.A., M.S.Ed., LCPC,  
Director, Center for Creativity

**Sunday, September 10**

- 8:00 a.m. Registration Desk Opens**  
 311 **Yoga**  
 Teresa Campama,  
 ThyCa <sup>SM</sup> Delaware Valley Support Group Facilitator
- 312 **Reiki — Individual Sessions**  
 Betty Solbjor, ThyCa <sup>SM</sup> Webmistress
- 313 **Other Complementary Approaches to Well-Being**  
 314 **Specialty Group Discussions**  
 315 **Tai Chi**  
 Sue Gurland, L.Ac., Acupuncturist, ThyCa <sup>SM</sup> Volunteer
- 8:45 a.m. Daily Overview and ThyCa Songs**  
 Megan Stendebach, Conference Coordinator
- 9:00—10:15 a.m.**
- 321 **Ask a Nuclear Medicine Doctor about Radioiodine Treatment, the Post-RAI Period, Salivary Problems, PET Scans**  
 Douglas Van Nostrand, M.D., Nuclear Medicine Physician,  
 Washington Hospital Center
- 322 **External Beam Radiation: When, How, Other Things to Know**  
 Robert White, M.D., Washington Hospital Center
- 323 **Survivors' Families and Friends: Taking Care of Ourselves, Too**  
 Dominica Roth, MSW, LCSW-C, Social Worker,  
 National Institutes of Health
- 324 **Reiki — Individual Sessions**  
 Betty Solbjor, ThyCa <sup>SM</sup> Webmistress
- 325 **Thyroid Basics: What Does Your Thyroid Gland Do for You?**  
 Arturo R. Rolla, M.D., Endocrinologist,  
 Beth Israel Deaconess Medical Center
- 10:30—11:45 a.m.**
- 331 **Ask a Nuclear Medicine Doctor about Radioiodine Treatment, the Post-RAI Period, Salivary Problems, PET Scans**  
 Douglas Van Nostrand, M.D., Nuclear Medicine Physician,  
 Washington Hospital Center
- 332 **Medullary Roundtable**  
 Robert F. Gagel, M.D., Endocrinologist,  
 University of Texas M.D. Anderson Cancer Center
- 333 **Workplace Issues and Employment Rights**  
 Patricia Smith, Esq., Attorney
- 334 **ThyCa <sup>SM</sup>: Getting Involved, Reaching Out, Spreading the Word**  
 Gary Bloom, ThyCa <sup>SM</sup> Board Chair

335 **Reiki — Individual Sessions**  
Betty Solbjor, ThyCa<sub>SM</sub> Webmistress, ThyCa<sub>SM</sub> Board Member

**11:45 Lunch and Conference Feedback.**  
Megan Stendebach, Conference Coordinator

**12:45—1:45 p.m.**

341 **Research Update: The Low-Iodine Diet**  
Nancy Sebring, M.Ed., R.D., Clinical Research Dietitian,  
National Institutes of Health

342 **Humor and Healing**  
Andrea Cumberland, TC, Staff Chaplain,  
Holy Cross Hospital

343 **ThyCa Website Roundtable**  
Betty Solbjor, ThyCa<sub>SM</sub> Webmistress, ThyCa<sub>SM</sub> Board Member

344 **AOL Thyroid Cancer Mutual Support Group Roundtable**  
Karen Ferguson, ThyCa<sub>SM</sub> Board Member;  
Donald Margouleff, M.D., Nuclear Medicine Physician,  
North Shore University Hospital

**2:00-2:45 p.m.**

355 **Roundtable and Closing Workshop**  
Gary Dionne, ThyCa<sub>SM</sub> Volunteer

## **B. EXHIBITORS**

### **American Cancer Society**

11331 Amherst Avenue, Silver Spring, MD 20902  
301-933-9350 [www.cancer.org](http://www.cancer.org)

### **Genzyme Therapeutics**

One Kendall Square, Cambridge, MA 02139-1562  
617-252-7500 [www.genzyme.com](http://www.genzyme.com)

### **Human Biological Data Interchange (HBDI)**

1880 JFK Boulevard, 6th Floor, Philadelphia, PA 19103  
800-345-4234 [www.hbdi.org](http://www.hbdi.org)

### **Knoll Pharmaceutical Company**

3000 Continental Drive—North, Mount Olive, NJ 07828-1234  
800-240-3820 [www.knoll-pharma.com](http://www.knoll-pharma.com)

### **Metro Region PET Center at Woodburn Nuclear Medicine**

3289 Woodburn Road, Annandale, VA 22003  
703-207-7520

### **National Institutes of Health**

9000 Rockville Pike, Bethesda, MD 20892  
Cancer Information Service: 1-800-4-CANCER (1-800-422-6237) [www.nih.gov](http://www.nih.gov)

**ThyCa: Thyroid Cancer Survivors' Association, Inc.** SM

P.O. Box 1545, NY, NY 10159-15451

Toll Free: 877-588-7904

Fax: 503-905-9725

[www.thyca.org](http://www.thyca.org)

thyca@thyca.org

**C. DONORS**

IN APPRECIATION  
FOR YOUR GENEROUS SUPPORT  
OF THYCA 2000

**FINANCIAL SPONSORS**

American Cancer Society

Genzyme Therapeutics

Knoll Pharmaceutical Company

**CONFERENCE FLYER DESIGNER**

Just J Studios, Leesburg, Virginia

**COMPUTER CORNER SPONSOR**

Learning Tree International, Reston, Virginia

**CONTRIBUTING BUSINESSES AND ORGANIZATIONS**

AARP, Washington, DC

Angelshare, Tamara Grant, Bethesda, Maryland

CLG Promo, Carol Gordon, Potomac, Maryland

Dave Harris Copy/Print, Bethesda, Maryland

Elison Communications, Ellicott City, Maryland

Members of the Folk Club of Reston-Herndon, Virginia

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Montgomery County Volunteer Bureau, Rockville, Maryland

National Institutes of Health, Bethesda, Maryland

Schoppy, Inc., Linwood, New Jersey

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Wilkes Technologies, Bethesda, Maryland

Writer's Center, Bethesda, Maryland

**THANK YOU TO**

The Donors of Prizes for our Raffle Rainbow Fundraiser

**OUR SPECIAL THANKS ALSO TO**

Andi Janowski

and the entire staff of the National 4-H Conference Center

**D. MORE COMMENTS FROM THE EVALUATION FORMS**



**OVERALL COMMENTS**

- Outstanding!
- Great job. Thanks to everyone on the committee.
- Conference was great and I was relieved to meet people who could relate to what I had gone through.
- Excellent conference and look forward to next year.
- I don't know how to improve. "Perfection" in my eyes. Quite impressed!
- I was very impressed by all the planning. The committee did an excellent job.
- Overall conference excellent. Organization of ThyCa volunteers, excellent, a joy to meet.
- This conference was well run.
- Speakers were generally excellent, conference was worthwhile. Committee members do an excellent job. Thanks.
- I'LL BE BACK!
- Very informative. Excellent info from medical people and great interactions with patients.
- Excellent!
- Outstanding seminar. Great job.
- This is one of the most interesting programs that I have ever been to. I have learned many things that will be of use for me to help my son.
- THE BEST THING THAT HAS HAPPENED TO ME SINCE BEING DIAGNOSED WITH MTC IS THIS SEMINAR!!!
- This is outstanding!! (Parent of a thyroid cancer survivor)
- Very informative
- Excellent!! A job done well!!
- I'm so impressed by the quality of the conference, the smooth flow of it. It's obvious all the hard work that went into it and the number of really active volunteers. Thank you so much for all your work and dedication. I learned something vital from each session, and my overall understanding of my disease helps me align with my doctors. I'm also impressed by the willingness of the doctors to donate their time to ThyCa. You all deserve a hand and vacation! Thanks so much!
- Excellent -- amazed at the quality of speakers, their level of caring and overall quality of conference put together by volunteers at such an economical cost.
- Excellent conference. Impressed by fantastic speakers and the range of knowledge of all the survivors. A very uplifting experience. Thank you!
- Overall, I received some incredibly beneficial information here in the past 3 days and I am very grateful for this organization and the people in it. Thanks for everything!
- This has been a memorable experience that I'm glad we were able to attend--wish we could have attended more of the sessions, but had to make choices.
- Thanks to the committee for all their months of hard work -- It was well organized and we hope to attend future conferences.
- Fantastic job. Thanks Gary, Megan and all.
- First time here and we found it was great! We had a wonderful realization that others understood us and we plan to come back next year!
- Great!!! Everyone is to be commended.
- Wonderful job.
- Outstanding conference and speakers.
- Very great conference. We are so pleased we came. Really enjoyed meeting all the people. They were so friendly and so supportive. We owe so much to Megan, Ric and all the great volunteers. ThyCa forever!!
- Excellent conference. Very good speakers, very good content, very well organized.
- Thank you so much!
- Conference was excellent. Extremely informative. We have learned to much!
- My compliments to the committee. This has been a very productive 3 days. I almost don't want it to end. All of the sessions I attended were informative and worthwhile. It's nice to see doctors in an informal situation. Especially nice to know they have a sense of humor. I look forward to the next conference.
- Y2K committee has done an excellent job.
- I learned more in these few days than I learned in the past 3 1/2 years. It was also comforting to meet other people with the same medical/social issues. I also appreciated the candor of the physicians. Excellent. Keep up the good work!
- I appreciated the doctors being accessible. Thank you for providing this much-needed conference for good information. This is especially critical when you don't live in a Medical Center area.
- All of the doctors were wonderful and I appreciate their availability and ease in talking with everyone.

--Great!  
 --Magnificent conference! THANK YOU!!!

### **TOPIC AND PROGRAM COMMENTS/SUGGESTIONS**

( Editor's note: Some evaluation forms also had comments about individual speakers.)

- Repeat basics. There will always be new patients.
- The Ask a Doctor, Ask a \_\_\_\_\_, Sessions were EXCELLENT.
- Suggest more time with doctors and more question time.
- Hope we MTCs can be of more help to ThyCa in planning and promotion
- More informal ask a doctor.
- If seminar about new drug or treatment such as Thyrogen, essential to have someone representing the other side, not just the side of the drug company
- Some of the MD lectures were the perfect balance between good technical information and "plain English." Others were having to adjust their lecture for the needs of the audience. I think the MDs that used the overhead and/or had handouts that helped us to follow did the best.
- Find out if people are being told the same protocol, such as low-iodine diet, not taking Synthroid with calcium, etc.
- LID roundtable earlier in the program rather than at the end.
- More double-session workshops like Van Nostrand's.
- Appreciated Dr. Ain's meeting informally to answer questions.
- Keep general sessions a little more general.
- Session to explain the differences in the types of thyroid cancer to help us understand what others are going through.
- Please encourage speakers to have handouts when possible
- Shorter lectures, more Q & A, because attention spans shortened by hypo and treatments.
- Take specific personal questions that are off the topic somewhat at the end.
- Suggest session on immune system
- Suggest session on doctor's view of how to communicate.
- Suggest palliative care session.
- More sessions regarding psychological aspects of this cancer: normal emotions with cancer but guilt since this cancer normally doesn't need chemo or "real" radiation, therefore feel uncomfortable participating in other cancer groups
- Love the mental health aspect included in this year's program, especially family of survivors.
- More interacting with caregivers, meeting regularly and/or exchanging e-mail
- Insurance--separate roundtable for Medicare recipients
- Insurance session more than once.
- Look Good, Feel Good session
- Another session of a long term survivors' perspective
- Really appreciated the complementary sessions like Reiki, massage, art therapy, etc
- Suggest a lobbying day on Capitol Hill
- 2 1/2 days may be too much at one time
- Not so early in September
- Include library research resources (National Library of Medicine)
- Provide resources to help identify thyroid cancer expert doctors around the country.
- Good to have a large-group ingathering every morning.
- Liked wide selection of sessions.
- Time at end of each session to complete evaluation form.
- Evening: Have talks or unfacilitated sessions or specialty group discussions or something social or restaurant trip or sightseeing
- Registration not in same room as speakers
- Someone to greet and acclimate each speaker.
- Megan has a great voice and writes wonderful songs.

### **FACILITY, FOOD, AND OTHER COMMENTS/SUGGESTIONS**

- Facility is great
- Great facility. Convenient, comfortable, and affordable

- 10 votes for this site for next year's conference.
- Great meeting location
- 4-H facilities great Conveniently located for those of us not familiar with the DC area and coming from MD. The room was very nice and the meals good.
- Meeting rooms generally comfortable with adequate sound and light
- Have the conference at a hotel
- Have better facility
- Have better food
- Program should have a page to write everyone's name, e-mail address
- Distribute everyone's name, e-mail address via e-mail message
- Find out during the conference who is from my area to facilitate easier meeting later.
- Name badge e-mail bigger
- Have continental breakfast choice because lunch and dinner meals were ample food for a day
- Have coffee and doughnuts at registration.
- Coffee
- Healthy snacks
- Hospitality room and activities
- Coffee, tea, soda provided at sessions, even if we pay for it, in addition to water
- Make mealtime descriptions accurate
- Thanks for the goodie bag!
- Consider producing a CD of Megan's songs.

Updated 103100