# national family caregivers self-care series

endbraincancer

*Patient Disease Education Webinar*

## SPEAKERS

**Dellann Elliott Mydland**
"Welcome & Introduction"
*End Brain Cancer Initiative*
*President & CEO*

**Elise Fyhrie**
"EBCI Caregiver & Patient Resources"
*End Brain Cancer Initiative*
*Disease Education Communications & Mobile App Manager*

**Major Tim Gregory, MD**
"SCANXIETY: Anxiety While Waiting for Your Scan & Tools to Cope"
*Madigan Army Medical Center*
*Neuro-oncologist*

**Jess Van Garsse**
"Meditation without the Struggle for Caregivers"
*Jess Van Garsse Meditation*
*Transformational Life Coach & Certified Meditation Teacher*

**Jennifer St. Clair, LCSW, OSW-C**
"Escaping Caregiver Burnout"
*University of Florida College of Medicine Clinical Social Worker, Neuro-Oncology*

**November 1, 2024**
**11AM - 2PM PT**

Caretaking is hard work. Often the duties involved prevent us from fully being able to take care of ourselves in the process. Hear from others who truly understand the experiences and challenges of being a caregiver, and get answers to the questions you've been too afraid to ask.

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# AGENDA

**10:45 AM**
Zoom Meeting Opens
*The program will start right at 11 AM PT*

**11 AM**
Welcome & Introduction
*Dellann Elliott Mydland*
*End Brain Cancer Initiative President & CEO*

**11:15 AM**
"EBCI Caregiver & Patient Resources"
*Elise Fyhrie*
*End Brain Cancer Initiative Disease Education Communications & Mobile App Manager*

**11:25 AM**
"SCANXIETY: Anxiety While Waiting for Your Scan & Tools to Cope"
*Major Tim Gregory, MD*
*Madigan Army Medical Center Neuro-oncologist*

**12:20 PM**
"Meditation without the Struggle for Caregivers"
*Jess Van Garsse*
*Jess Van Garsse Meditation, Transformational Life Coach & Certified Meditation Teacher*

**1:00 PM**
"Escaping Caregiver Burnout"
*Jennifer St. Clair*
*University of Florida College of Medicine Clinical Social Worker, Neuro-Oncology*

**1:40 PM**
Attendee Q&A
*Event video recording/livestream will be off*

**1:50 PM**
Closing & Thank You
*Dellann Elliott Mydland*
*End Brain Cancer Initiative President & CEO*

## 2024 KEYNOTE SPEAKER

### Major Tim Gregory, MD

*Madigan Army Medical Center Neuro-oncologist*

**"SCANXIETY: Anxiety While Waiting for Your Scan & Tools to Cope"**

While building up a new brain tumor program at Madigan with a clinical research focus, Major Gregory's primary academic interest is medical student and resident education. He is the only military neuro-oncologist on the West Coast and is actively leveraging telemedicine services to provide care to military beneficiaries who lack access to neuro-oncology in underserved regions, including Alaska and Hawaii.

Major Gregory was commissioned to attend USUHS in 2013 and was inspired during his rotations in both neurology and oncology. Graduating in 2017, he proceeded to Madigan Army Medical Center. He went on to a two-year Neuro-Oncology Fellowship at MD Anderson Cancer in Houston, TX, after which he received orders to return as faculty at Madigan Army Medical Center.

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