CANCER SUPPORT COMMUNITY SOUTH CENTRAL INDIANA
Powered by Bloomington Health Foundation

For Patients, Family Members, Caregivers, & Survivors!

SURVIVOR'S SUMMIT

CELEBRATING SURVIVORSHIP IN INDIANA

July 25, 2026 • 9:00 a.m. – 2:00 p.m. • Regional Academic Health Center

Survivor's Summit is a FREE annual event held in honor of Indiana residents who have been affected by a cancer diagnosis. Attendees include patients, family members, caregivers, and survivors. This event focuses on educating survivors and their loved ones on survivorship issues and celebrating the lives of those who are thriving in spite of a cancer diagnosis.

MEET THE SPEAKERS

Ivy Lee, MD

Palliative Care Physician

Dr. Ivy Lee is a board-certified physician, specializing in palliative care. She also serves as Director of the Addiction Treatment and Recovery Center. Dr. Lee is a graduate of Northeastern Ohio Medical University and the Blodgett Memorial Medical Center Transitional Program. She completed her Palliative Care Fellowship at Indiana University School of Medicine. While working in inpatient palliative care, Dr. Lee witnessed the challenges of providing care to patients with substance use disorders. In response, she completed a fellowship in addiction medicine at Community Health Network. During this time, she focused on detoxification and symptom management for opioids, alcohol and stimulant withdrawal, maintenance of long-term sobriety and treatment of opioid/benzodiazepine dependency in patients with chronic pain and anxiety. Her training has helped her see that substance use disorders can be managed so that people can lead happy, healthy and productive lives. She believes that the biggest hurdles are access and stigmatization and strives to chip them away.

SESSION *Where to Find Meaningfulness in Survivorship*

Karuna S. Koner, MD

Hematology and Oncology Physician

Dr. Koneru received her medical degree from Osmania Medical College in India. She then completed a residency in Internal Medicine at the State University of New York Health Science Center in Brooklyn. Following this, Dr. Koneru went through fellowship training in hematology and oncology at the University of Maryland and also completed a rotation in bone marrow transplantation at Johns Hopkins Hospital. Dr. Koneru has practiced in Bloomington since 1997 and feels right at home in Indiana, coming from a family of farmers in India. She believes in "love all, serve all."

SESSION *Overview of Cancer Survivorship Care*

MEET THE SPEAKERS

Elise Frost, MFA, LMT, CLMLDT, CES

Cultivate Wellness Massage & Movement

Elise Frost is a movement educator and licensed massage therapist specializing in oncology, lymphatic, and post-surgical manual therapy. With more than two decades devoted to the study and teaching of movement, alongside over five years in therapeutic bodywork, she approaches the body as a profound site of healing, transformation, and embodied discovery. Grounded in the belief that touch is a powerful form of medicine and movement a powerful tool for embodied discovery, Elise is committed to humanizing healthcare and creating supportive spaces where individuals can reconnect with their bodies through movement and massage therapy. Elise is a trained Oncology Massage Therapist, Certified Manual Lymphatic Drainage Therapist, and preferred provider with the Society for Oncology Massage. She holds both a BFA and MFA in Dance Performance and Choreography, bringing an artist's sensitivity and a somatic understanding to her clinical work. Alongside her formal dance training, she is currently completing somatic movement education through Somakinese and has completed certification as a Cancer Exercise Specialist.

SESSION *Using Movement to Navigate Times of Change*

Nancy Lethem

BA Philosophy and Wisdom Traditions, MA Education, RYT 200
Instructor and Facilitator in Yoga, Meditation, and Mindful Communication — Insight Coaching LLC

Nancy has been studying and practicing yoga for several decades. When her family was grown and she began winding down her career in philanthropy, she followed her instinct to deepen her practice as a teacher. In 2011, she received teaching certification and has carried on with studies and teaching in yoga and meditation ever since. Her practice continues to evolve with a refined focus on yoga's therapeutic benefits for body and mind. Nancy currently offers classes and workshops that are specifically designed to help each student access and cultivate their own strength, resilience and ease.

SESSION *Yoga for Strength, Energy, and Ease*

Katie Tremel, MSW, LCSW

Program Manager – Cancer Support Community South Central Indiana

Katie Tremel has been an Oncology Social Worker over 10 years. Many of those years were spent in Radiation Oncology providing supportive services to patients, facilitating an all-cancer support group and involvement with several committees including the Cancer, Advance Directives and Ethics Committee. Most recently she serves as the Program Manager for Cancer Support Community – South Central Indiana developing and managing support programs in several counties. Her duties include counseling survivors and loved ones, marketing, building and facilitating cancer programs, along with supervising facilitators and clinical interns. Katie is a Field Faculty Liaison at Indiana University School of Social Work. She earned her MSW from Jane Addams College of Social Work at University of Illinois at Chicago in 2012. She has been a member of the Association of Oncology Social Workers (AOSW) since 2015. Katie serves on the AOSW Board of Directors as Director at Large for Special Interest Groups (2026-2028). She also leads the Ethics SIG. She is past Advocacy Director (2022-2024). Outside of Oncology Social Work Katie stays busy with her two sons, Louis and Rene, and eats the best dark chocolate she can find.

SESSION *Body Image After Cancer*