WHEN BREAST CANCER INVITES ITSELF TO DINNER

A Pink Ribbon Cooking™ Retreat

Speaker Bios

www.pinkribboncooking.com
Chef Curtiss Hemm is the founder and director of Pink Ribbon Cooking, LLC.

Chef Curtiss is the former Dean of Culinary Arts and Director of Online Programs at the New England Culinary Institute.

Chef Curtiss is the author of *Garde Manger, The Cold Kitchen*, a contemporary culinary textbook focused on the preparation and artistic expression of charcuterie, salads, sandwiches, buffets and decorative food and ice sculptures.

Chef Curtiss currently sits on the Vermont Hope Lodge Advisory Committee Council and the VTAAC Quality of Life Work Group.

When not focused on Pink Ribbon Cooking Chef Curtiss enjoys being the steward of his family’s farm in Peru, NY. He enjoys fly fishing, sailing and mushroom foraging.
Dr. Dittus is an attending physician at Fletcher Allen Health Care and assistant professor of medicine at the University of Vermont. She holds a Ph.D. in nutrition, completed medical school and residency at East Tennessee State University, and a hematology/oncology fellowship at Fletcher Allen.

Dr. Dittus focuses her clinical practice on the care of breast cancer patients. Her research emphasis is on helping cancer survivors make lifestyle changes including diet and exercise.
Dr. Michelle Sowden, DO
Clinical Director, Surgical Oncology, Fletcher Allen
Surgical Oncologist, Fletcher Allen
Assistant Professor, University of Vermont College of Medicine

Dr. Sowden has been a Division of Surgical Oncology member since 2011 with a research interest in survivorship and neoadjuvant chemotherapy. With a clinical focus on breast cancer, her specialty is the surgical treatment of both benign and malignant breast conditions, including procedures such as oncoplastic breast conservation, and nipple-sparing mastectomy.

A recipient of the American Society of Clinical Oncology Breast Merit Award, Dr. Sowden feels that communication, from diagnosis through a survivorship care plan, is vital to a positive experience for the patient.
Kalpana Reddy is the owner and founder of Wholistic Care at Alice Hyde Medical Center in Malone, NY. She teaches the importance of healing and empowering the individual as a whole; body, mind and spirit. She is currently directing a program at AHMC that integrates wholistic healing into the care of cancer patients, palliative care patients, and preoperative/postoperative surgical patients.

Kalpana is a certified Yoga Therapist and Meditation Teacher specializing in cancer care, Reiki Master, Hatha Yoga instructor, certified Empowerment Life Coach, certified Group Facilitator and is certified in Death, Grief, Loss and Transition studies.

Kalpana has offered numerous workshops in Northern New York region, Vermont, Massachusetts, as well as Montreal, Canada on wholistic practices and wholistic approach to healing, stress and health and wellness.
Judy Simpson returned to reporting in May of 2010 after spending 10 years as producer and anchor of the Channel 3 News Daybreak, weekdays beginning at 5 a.m. In 1988 she was hired again by WVNY in Burlington as News Director, and also anchored the 6 p.m. news. In 1993, she "retired" for full-time motherhood.

Channel 3 News persuaded her to return to reporting in 1997 for WCAX-TV. In February of 2000, Simpson was promoted to producer and morning anchor of the Channel 3 News This Morning.

Judy and her husband Phil have two children.
Amy Deavitt
9 Year Breast Cancer Survivor
Distinguished Giving Executive | New England Division
American Cancer Society, Inc.

Amy Deavitt is the Distinguished Giving Executive for the American Cancer Society where she energetically raises operating funds for Burlington Hope Lodge along with Event Managing three Relay For Life events, and one Making Strides Against Breast Cancer event. Amy is a nine year survivor has never looked back on her career choice she made almost 7 years ago.

Prior to her involvement with the American Cancer Society Amy operated Deavitt Daycare for 19 years, providing children with loving and committed care, just as she does with each and every coworker, survivor and volunteer.
Jennifer is a Registered Dietitian working full-time with the Cancer Patient Support Program. She provides nutrition counseling to patients at the cancer clinic at Fletcher Allen Health Care and offers workshops and lectures to the community on various cancer and cancer prevention topics. Jennifer received her Bachelor's of Science in Dietetics/Nutrition & Food Sciences at the University of Vermont and completed her dietetic internship at Brigham and Women's Hospital in Boston.

Her experiences have allowed her to work with a diverse group of clients, in a variety of settings, and with a vast array of medical conditions/concerns. More specifically, her background includes, developing lesson plans and providing nutrition education to youth, working with cancer patients at Dana Farber Cancer Institute, and providing nutrition counseling to diabetics. Jennifer is happy to be back in Vermont, where her family and husband reside. If she’s not working you can find her cooking, working out, reading, painting, or enjoying good food! Cheesecake, dark chocolate, and fresh baked bread top her list of favorites.” All in moderation!
Kathleen is the full time coordinator with the Cancer Patient Support Program. She is a Licensed Psychologist, with a focus on health psychology and adjustment to illness. Kathleen obtained her master’s in Clinical Psychology from St. Michael’s College in Colchester Vermont. She was an intern at the Cancer Patient Support Program and is delighted to return as the coordinator.

Kathleen facilitated the Vermont Community Depression Project, has been a presenter at the Weekend of Hope, Stowe, VT, and the Lymphoma Symposium, Dartmouth Hospital, Lebanon, NH. Kathleen is a cancer survivor and after her own treatment she returned to school to “give back” by providing psychological services to survivors and their families. In her free time she enjoys hiking and backwoods cross country skiing with her dog, being with her family, knitting, reading, and having a good laugh.
Jennifer Magnant was diagnosed with breast cancer just after her 37th birthday. At the time her three children were 7, 11, and 13.

Just after her 1 year anniversary, Jennifer signed up for her first Susan G. Komen Breast Cancer 3Day. She walked 60 miles in 3 days just as her hair was coming back. In her words "It was the most emotional experience of my life". She came home realizing the reason why she had been diagnosed with cancer; to promote awareness and fundraise for the cure! She found Relay for Life and Making Strides Against Breast Cancer events that both benefit her local American Cancer Society. Jennifer has now been team captain for the last 6 years for all 3 of these events and has been an Event Chair for the Making Strides Against Breast Cancer walk for the last 2 years. These events have become deeply rooted in her life; her children's lives, and her boyfriend's life. They do them together as a family.

Jennifer loves the fact that she is able to give so much back to those that are now walking in her cancer footsteps. In a way... she feels that being diagnosed with breast cancer was one of the best things that ever happened to her!
Bridget Hemm
8 Year Breast Cancer Survivor
Founding Member
Pink Ribbon Cooking LLC
Front Office Coordinator | Lake Champlain Cardiology

Bridget is an 8 year breast cancer survivor and the inspiration for all that is Pink Ribbon Cooking™.

Since her cancer diagnosis Bridget has become a Reach to Recovery Volunteer with the American Cancer Society.

Bridget has discovered that she is BRCA 2 and will undergo a bilateral mastectomy and breast reconstruction in 2014, after her 10 year protocols have finished.

Bridget loves nature photography, hiking and mushroom hunting on her farm in Peru, NY.