

NOVEMBER 2019

Oncology Patient and Family Support Services Calendar of Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|--|
|  | | | | | 1 11:30a – Mindful Pause Meditation Practice | 2  |
| 3  | 4 | 5 5p – Women's Support Group | 6 10a – Healing Art & Writing 12p – Yoga4Cancer 5p - Friends for Life Mindfulness Support Group 5p – Blood Cancer Support Group | 7 | 8 11:30a – Mindful Pause Meditation Practice | 9 |
| 10 | 11 5:30p – Teen Talk Night | 12 12:15p – Support Group for Survivors & Caregivers 5p – Multiple Myeloma 6p – Prostate Cancer Support Group | 13 12p – Yoga4Cancer | 14 | 15 11:30a – Mindful Pause Meditation Practice | 16 |
| 17 | 18 5p – Gynecologic Malignancies Support Group | 19 | 20 12p – Yoga4Cancer | 21 | 22 11:30a – Mindful Pause Meditation Practice | 23 |
| 24  | 25 | 26 12:15p - Support Group for Caregivers 5:30p – Young Survivors Group | 27 10a – Healing Art & Writing 12p – Yoga4Cancer | 28  | 29 | 30 10a – Healing Art & Writing |

Education & Support Groups

Women's Support Group: 5-6:30pm - 1st Tuesday of the month **Location:** Frymoyer Community Health Resources Center, The University of Vermont Medical Center, Main Pavilion, Level 3. Open to women of all ages with any cancer diagnosis. They focus on support and discussion related to concerns, emotions, and practical issues related to cancer. For further information, please contact Colleen Cargill, RN, OCN Vermont Cancer Center at 802-847-8400

Support Group for Survivors / Caregivers and Support Group for Caregivers: 12:15pm-1:30pm. **Location:** Frymoyer Community Health Resources Center, The University of Vermont Medical Center, Main Pavilion, Level 3. Second Tuesday of the month is the Support Group for Survivors & Caregivers. Fourth Tuesday of the month is the Support Group for Caregivers. These are supportive discussions on how to care for yourself or your loved one during cancer treatment. There will be lunch provided, please RSVP either by email Kathleen.mcbeth@uvmhealth.org or call 802-847-5715.

Multiple Myeloma Support Group: Survivors, families, and caregivers. Meets the 3rd Tuesday of the month. Discussion to provide emotional support and speak with others who have dealt with similar problems. Contact: Kay 655-9136 or JoAnn Nielson, RN 847-5649 for details on location and time.

Prostate Cancer Support Group: 6:00 p.m. – 7:30 p.m. **Location:** Hope Lodge. Meets second Tuesday of every month. Frank Landry MD, FACP is the guest speaker at the November 12 meeting. Contact George Schiavone, 802-363-4926 or gschiavone@mac.com

Young Survivors Group: 5:30 – 7pm 4th Tuesday of the month For Cancer Patients ages 19-40. Supported by the Victoria Buffum Foundation. **Location:** Frymoyer Community Health Resource Center, The University of Vermont Medical Center, ACC, Level 3 Stephanie LaMora.

Gynecologic Malignancies Support Group: 5:00 – 7:00 p.m. every 3rd Monday of the month. The Eleanor B. Daniels Fund at the University of Vermont Cancer Center is sponsoring a support group for women with gynecological cancers. The group will help connect women facing similar health challenges, provide a network of support, and help identify and implement coping strategies. Please register in advance with Stephanie Fraser, MSW at 802-847-3234 or Stephanie.fraser@uvmhealth.org

Blood Cancer Family Support Group: 5 – 7p.m. 1st Wednesday of each Month. **Location:** Health Science Building, Room 200. This group is a place to talk with other people affected by blood cancers, including patients, family members and caregivers. Group members provide each other with mutual support and the opportunity to discuss concerns and strengths, to help enhance everyone's ability to cope with cancer. The group regularly hosts speakers who share education and information. For location or more information, please contact Leah Pence at 802-847-3553 or Michele Mosley @ 802-847-0467.

Teen Talk Night: 5:30 p.m. – 7:00 p.m. on Monday, November 11 at the UVM Medical Center. This support group is for teenagers who have a parent or an adult caregiver currently receiving treatment for cancer. Teens connect over food and activities to normalize the cancer experience while developing coping strategies and self – expression. Pre-registration required by calling or emailing Ali @ 802-847-4069 or Alexandra.waltien@uvmhealth.org. This event is free of charge and dinner provided.

Special Events & Classes

Friends for Life Mindfulness Support Group – 5:00 p.m. – 6:30 p.m. **Location:** Step to Wellness Conference room at 62 Tilley Drive. All cancer patients and/or caregivers are welcome to attend this group. This includes those receiving ongoing treatment and/or palliative care. For further information, please contact Julia Wick, MS, LCMHC at 802-847-5609, or email Julia.Wick@UVMHealth.org.

Yoga4Cancer: 12:00 p.m. – 1:00 p.m. every Wednesday. **Location:** Sangha Studio 237 North Winooski Avenue, Burlington. This class designed for those affected by cancer. Free of Charge. For further information, please contact Abi at 802-448-4262 or yogaservice@sanghastudio.org

Mindful Pause Meditation Practice: 11:30 a.m. – 12:00 p.m. **Location:** Frymoyer Community Health Resource Center, Main Pavilion, Level 3. Take a Mindful Pause during the day. This will recharge our battery and reset our focus for the day. Led by Employee and Family Assistance Program. All are welcome and no experience is necessary. No registration is required. Call 802-847-8821 with questions.

Healing Art & Writing: Two hour drop in session; explore art and writing to reduce stress. **Location:** Hope Lodge 237 East Ave, Burlington on Wednesdays from 10:00 a.m. to 12:00 p.m.

Location: CVMC Building B on Saturday, November 30 at 10:00 a.m. – 12:00 p.m.

Questions please contact Patricia Fontaine at 802-985-5691 or pfont1@me.com

On Going Services

Steps to Wellness: This rehabilitation program serves the unique needs of all Cancer Survivors finishing therapy. Call 802-847-0193

Frymoyer Community Health Resource Center: Offers many resources for cancer patients and their loved ones. Books and journals are available as well as internet access. **Location:** ACC Level 3, Main Pavilion. Contact 802-847-8821 or email resourcecenter@uvmhealth.org

Quit Smoking Program: On-going support for Tobacco Cessation. Any questions please feel free to email us at QuitTobaccoClass@uvmhealth.org or give us a call at 802-847-7333

Reach to Recovery: On-going support / mentoring for newly diagnosed women affected by breast cancer, provided by another breast cancer survivor. Contact Amy Bertrand American Cancer Society Patient Navigator at 847-0224

<https://www.uvmhealth.org/medcenter/Pages/Wellness-Resources.aspx>

<https://www.uvmhealth.org/medcenter/Pages/Departments-and-Programs/Cancer-Center/Cancer-Support-Services/Integrative-Therapies.aspx>