



# SEPTEMBER 2019

## Oncology Patient and Family Support Services Calendar of Events

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

## **Education & Support Groups**

**Women's Support Group:** 5-6:30pm - 1<sup>st</sup> 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](mailto:Kathleen.mcbeth@uvmhealth.org) or call 802-847-5715.

**Multiple Myeloma Support Group:** Survivors, families, and caregivers. Meets the 3<sup>rd</sup> 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. Dr. Sam Stoyak is the guest speaker at the September 10 meeting. Contact George Schiavone, 802-363-4926 or [gschiavone@mac.com](mailto:gschiavone@mac.com)

**Young Survivors Group:** 5:30 – 7pm 4<sup>th</sup> 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 3<sup>rd</sup> 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](mailto:Stephanie.fraser@uvmhealth.org)

**Blood Cancer Family Support Group:** 5 – 7p.m. 1<sup>st</sup> 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.

**Family Bereavement Group:** 10 a.m. – 12:00 p.m. on Saturday, September 28. For families who have experienced the death of a loved one. Three concurrent groups meet to support families, a children's group (6-12 years), a teen group (13-18 years), and an adult group (focused on "how do I support my grieving child while I myself am also grieving"). This group is free of charge and pre-registration and an intake meeting is required. Contact Ali for more information, 802-847-4069 or [Alexandra.waltien@uvmhealth.org](mailto:Alexandra.waltien@uvmhealth.org)

## **Special Events & Classes**

**Steps to Wellness Lectures:** Located at Cardiac Rehab/Steps to Wellness gym, 62 Tilley Drive, South Burlington. Drop In. Questions please feel free to call 802-847-9852

**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](mailto: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 is designed for those affected by cancer. Free of Charge. For further information, please contact Abi at 802-448-4262 or [yogaservice@sanghastudio.org](mailto: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, September 14 at 10:00 a.m. – 12:00 p.m. Questions please contact Patricia Fontaine at 802-985-5691 or [pfont1@me.com](mailto: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](mailto:resourcecenter@uvmhealth.org)

**Quit Smoking Program:** On-going support for Tobacco Cessation. Any questions please feel free to email us at [QuitTobaccoClass@uvmhealth.org](mailto: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>