






AUGUST 2019

Oncology Patient and Family Support Services Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 5p – Women's Support Group	7 12p – Yoga4Cancer 5p - Friends for Life Mindfulness Support Group	8	9 11:30a – Mindful Pause Meditation Practice	10
11	12	13 12:15p – Support Group for Survivors & Caregivers 6p – Prostate Cancer Support Group	14 12p – Yoga4Cancer 5:30p – Stress Management Lecture	15	16 11:30a – Mindful Pause Meditation Practice	17 
18	19 5p – Gynecologic Malignancies Support Group	20 5p – Multiple Myeloma	21 12p – Yoga4Cancer	22	23 11:30a – Mindful Pause Meditation Practice	24
25 	26	27 12:15p - Support Group for Caregivers 5:30p – Young Survivors Group	28 12p – Yoga4Cancer	29	30	31

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. Jane Kaufman, PT, BCB-PCM is the guest speaker at the August 13 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. **Location:** A Sailing trip with Healing Wind. 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

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.

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

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.

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>