

# JANUARY 2020

## Oncology Patient and Family Support Services Calendar of Events



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

## **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. Ada Puches, Community Educator, Champlain Valley Dispensary & Southern Vermont Wellness will be the guest speaker at the January 14 meeting. Contact Andy Hatch, 777-275-0282 or [ahatch63@gmail.com](mailto:ahatch63@gmail.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:** 5:30 – 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)

**Family Bereavement Group:** 10 a.m. – 12:00 p.m. on Saturday, January 25. 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**

**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](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, December 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>