# Oncology Patient and Family Support Services Calendar of Events

**SEPTEMBER 2017**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><img src="image" alt="Winnie-the-Pooh" /></td>
<td><img src="image" alt="Labor Day" /></td>
<td>10a - Healing Art &amp; Writing 12:15p – Support Group for Survivor &amp; Caregivers</td>
<td><img src="image" alt="Healing Art &amp; Writing" /> 3:45p - Healing Art &amp; Writing 5p - Blood Cancer</td>
<td><img src="image" alt="Mindfulness" /> 3:45p - Healing Art &amp; Writing 5p - Mindfulness for Men Drop in Session</td>
<td><img src="image" alt="Nutrition Lecture" /> 3p – Nutrition Lecture</td>
<td><img src="image" alt="Fall" /> Autumn Begins</td>
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<td>10a – Horses Healing Hearts, Healing Minds of Cancer</td>
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<td><img src="image" alt="Healing Art" /></td>
<td><img src="image" alt="Gynecologic Malignancies Support Group" /> 10a – Painting Art Class with Manhana Magic</td>
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<td><img src="image" alt="Blood Cancer" /> 3p – Look Good, Feel Better 3:45p - Healing Art &amp; Writing</td>
<td><img src="image" alt="Stress Management" /> 3p – Look Good, Feel Better 3:45p - Healing Art &amp; Writing</td>
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<td><img src="image" alt="Children’s Bereavement Support Group" /> 10a – Children’s Bereavement Support Group</td>
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<td><img src="image" alt="Healing Art" /></td>
<td><img src="image" alt="Healing Art" /> 5:30p – Gynecologic Malignancies Support Group</td>
<td><img src="image" alt="Healing Art" /> 10a - Healing Art &amp; Writing 12:15p – Support Group for Caregivers 5p – Women’s Support Group 5p – Multiple Myeloma 5:30p – Stress Management</td>
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<td>24</td>
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<td><img src="image" alt="Painting Class" /> 10a - Healing Art &amp; Writing 5:30p - Young Survivors Group 5p – 3 week Mindfulness Workshop (class 1 of 3)</td>
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**Education & Support Groups**

**Women's Support Group:** 5-6:30pm  “1st and 3rd Tuesday.” **Location:** Frymoyer Community Health Resources Center, The University of Vermont Medical Center, ACC, Level 3. Open to women of all ages with any cancer diagnosis. Focus is on support and discussion related to concerns, emotions, and practical issues related to cancer. For further information please contact Deborah Clark, RN, OCN Vermont Cancer Center at 802-847-8400

**Support Group for Survivors / Caregivers and Support Group for Caregivers:** 12:15pm-1:30pm First Tuesday of the month is the Support Group for Survivors & Caregivers. The third 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. **Location:** Hope Lodge. For Support Group Survivors & Caregivers contact Julia Wick, MS at 802-847-5609. For Support Group for Caregivers contact Kathleen McBeth, MA at 802-847-5715

**Multiple Myeloma Support Group:** Survivors, families, and caregivers. 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.

**Young Survivors Group:** 5:30 – 7pm For Cancer Patients ages 18 – 35. Supported by The Vermont Cancer Center and Newman’s Own Foundation **Location:** Frymoyer Community Health Resource Center, The University of Vermont Medical Center, ACC, Level 3 Kathleen McBeth, MA at 802-847-5715

**Gynecologic Malignancies Support Group:** 5:30 – 7:00 p.m. every 3rd Monday of the month. **Location:** Hope Lodge 237 East Avenue Burlington. 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. 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 Michele Kiefer, MSW at 802-847-9481.

**Special Events & Classes**

**Look Good, Feel Better:** 9/28 11:00 a.m. -12:30 p.m. **Location:** Hope Lodge, 237 East Ave, Burlington. 9/20 3:00 p.m. – 4:30 p.m. **Location:** American Cancer Society 55 Day Lane Williston. Trained volunteer cosmetologists provide female cancer patients with a free class to help them cope with the effects of chemotherapy and radiation by teaching them hands-on skincare, beauty techniques and options related to hair loss. Please call 800-227-2345 to register. For more information please visit www.lookgoodfeelbetter.org

**Healing Art & Writing:** Two hour drop in session; explore art and writing to reduce stress. **Location:** Hope Lodge 237 East Ave, Burlington on Tuesdays: September 5 – December 19 from 10:00 a.m. to 12:00 p.m. and Wednesdays: September 30 – December 20 from 3:45 p.m. to 5:45 p.m. Questions please contact Patricia Fontaine at 985-5691 or pfont1@me.com

**Steps to Wellness Lectures:** Located at Cardiac Rehab/Steps to Wellness gym, 62 Tilley Drive, South Burlington. Drop In. 3 week Mindfulness Class Tuesdays, 9/26, 10/3, & 10/10 at 5:00 p.m. – 6:00 p.m. Questions contact 656-2334 or pfont1@me.com

**Mindfulness for Men Drop-in Session:** 9/13 5:00 p.m. – 6:30 p.m. **Location:** Frymoyer Education Resource Conference Room. For more information please contact Roz Grossman 802-233-2461 or roz@mindfulstressrelief.net

**Horses Healing Hearts, Healing Minds of Cancer:** Sunday, September 10 from 10:00 a.m. – 4:00 p.m. **Location:** One Mitten Farm, Shelburne, VT For more information and to register please go to www.EQnimity.com

**Children’s Bereavement Support Group:** Saturday, September 30 at 10am-12pm A group for school-age children and teens who are experiencing grief after the loss of a family member. Our goal and intention with this group is to create a safe, therapeutic atmosphere where children can create a network of supportive peers through a sharing of mutual experiences. To register please contact Ali Waltien, MA, CCLS at 802-847-4069

**Painting Art Class with Mahana Magic:** Sunday, September 17 at 10:00 am-11:30a.m. The Mahana Magic Foundation is hosting a fun and creative morning for children impacted by the cancer of an adult caregiver. This event is to help encourage and inspire children to express themselves through art, foster painting skills and have fun creating works of art! Participants can be 6 years old. Interested families must call Ali Waltien, MA, CCLS 847-4069.

**On Going Services**

**Steps to Wellness:** This is a rehabilitation program that 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 847-8821 or email resourcecenter@vtmednet.org

**Quit Smoking Clinic:** On-going support for Tobacco Cessation. Call 847-6541

**Vermont Quit Network:** Every try counts! Offers a set of FREEA Quit, Your Way, tools to help smokers who are trying to quit on their own. Free Nicotine replacement, free distraction tool. www.quitnetwork.org or 1-800-QUIT-NOW (784-8669) Vermont Department of Health

**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