



# FEBRUARY 2020

## Oncology Patient and Family Support Services Calendar of Events

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday                                  | Friday  | Saturday                             |
|---|---|---|--|---|---|--------------------------------------|
|                        |   |   |  |   |   | 1                                    |
| 2<br><br>Groundhog Day | 3   | 4<br>5p – Women's Support Group   | 5<br>10a – Healing Art & Writing<br>12p – Yoga4Cancer<br>5p – Blood Cancer Family Support Group<br>5p – Friends for Life | 6   | 7<br>11:30a – Mindful Pause Meditation Practice   | 8                                    |
| 9   | 10  | 11<br>12:15p – Support Group for Survivors & Caregivers<br>6p – Prostate Cancer Support Group | 12<br>10a – Healing Art & Writing<br>12p – Yoga4Cancer<br>5:30p- Stress Management Lecture                               | 13<br>5p – Survivor & Caregiver Spa Night | 14<br>11:30a – Mindful Pause Meditation Practice<br> | 15                                   |
| 16  | 17<br>5:30p – Gynecologic Malignancies Support Group<br>5:30p – Children's Workshop | 18<br>5p – Multiple Myeloma   | 19<br>10a – Healing Art & Writing<br>12p – Yoga4Cancer   | 20  | 21<br>11:15a – Prostate Cancer Support Group<br>11:30a – Mindful Pause Meditation Practice  | 22<br>10a – Healing Art & Writing    |
| 23  | 24  | 25<br>12:15p - Support Group for Caregivers<br>5:30p – Young Survivors Group                  | 26<br>10a – Healing Art & Writing<br>12p – Yoga4Cancer<br>12p- Metastatic Group<br>5p – Humor & Health                   | 27  | 28<br>11:30a – Mindful Pause Meditation Practice  | 29<br>10a – Family Bereavement Group |

## 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:** 11:15 a.m. – 12:15 p.m. on Friday, February 21 **Location:** 5<sup>th</sup> Annual Men's Health and Cancer Conference, UVM Larner College of Medicine, Medical Education Pavilion. 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.

**Metastatic Group:** 12:00 – 1:00 pm every 4<sup>th</sup> Wednesday of the month. **Location:** Frymoyer Community Health Resource Center. The group is for patients with Metastatic Illness designed to meet the unique needs of those living with metastatic cancer. The group will consist of clinical as well as psychoeducational components and we plan to bill for this service. Referrals can be made directly to my email at [shira.louria@uvmhealth.org](mailto:shira.louria@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.

**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)

**Children's Workshop:** 5:30 – 7:30 p.m. on Monday, February 17 **Location:** UVM Medical Center. This support group is for children, 6-12 years old, who have a parent or an adult caregiver currently being treated for cancer. Children come together in a supportive atmosphere to make connections and do a variety of therapeutic activities intended 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](mailto:Alexandra.waltien@uvmhealth.org)). This event is free of charge and dinner is provided.

### 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

**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 February 22 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)

**Survivor & Caregiver Spa Night:** 5:00 – 7:00 p.m. on Thursday, February 13. **Location:** Northwest Technical Center, 71 South Main Street, St. Albans. Refreshments provided by Culinary Arts Students located in The Hideaway. Select two services from the following Spa Menu Options: Scalp massage, Paraffin treatment, Facial wax, manicure, pedicure, Shampoo and style. PLEASE NOTE: All services are offered by supervised students not licensed professionals. This event is FREE but a R.S.V.P. is required by Monday, February 11 to ensure we have enough space. Confirm/cancel your attendance by calling 802-872-6325 or email [Heather.Winther@cancer.org](mailto:Heather.Winther@cancer.org)

**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).

### 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>