





NOVEMBER 2018

Oncology Patient and Family Support Services Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 10a – Healing Art & Writing
4 	5 5p – Humor and Health Class	6 10a – Healing Art & Writing 5p – Women’s Support Group	7 5p – Blood Cancer Support Group	8	9	10
11	12 3:30p – Fresh Start/Tobacco Cessation	13 10a – Healing Art & Writing 12:15p – Support Group for Survivors Caregivers 6p – Prostate Cancer Support Group	14	15	16	17 10a – Healing Art & Writing
18	19 3:30p – Fresh Start/Tobacco Cessation 5p – Multiple Myeloma 5:30p – Gynecologic Malignancies Support Group	20 10a – Healing Art & Writing	21	22 	23	24
25	26 3:30p – Fresh Start/Tobacco Cessation 5:30p - Young Survivors Group 5:30p – Children’s Workshop Support Group	27 10a – Healing Art & Writing 12:15p – Support Group for Caregivers	28 5:30p – Stress Management Lecture	29	30	

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. Lunch will be provided, please RSVP either by email Kathleen.mcbeth@uvmhealth.org or call 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 Victoria Buffum Foundation. **Location:** Frymoyer Community Health Resource Center, The University of Vermont Medical Center, ACC, Level 3 Stephanie LaMora.

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.

Prostate Cancer Support Group: 6:00 p.m. – 7:30 p.m. **Location:** Hope Lodge. Meets second Tuesday of every month. Contact George Schiavone, 802-363-4926 or gschiavone@mac.com

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

Special Events & Classes

Healing Art & Writing: Two hour drop in session; explore art and writing to reduce stress. **Location:** Hope Lodge 237 East Ave, Burlington on Tuesdays 10:00 a.m. – 12:00 p.m. **Location:** Central Vermont Medical Center, Building B on 11/3 and 11/17 from 10:00 a.m. – 12:00 p.m... Questions please contact Patricia Fontaine at 802-985-5691 or pfont1@me.com

Fresh Start/Tobacco Cessation: 3:30 p.m. – 4:30 p.m. on Mondays; 11/12-12/10/18 **Location:** Cardiac Rehab, 62 Tilley Drive, South Burlington. Please call Erin at 802-847-7255 to register or for more information.

Children's Workshop Support Group: 5:30 p.m. – 7:30 p.m. Monday, October 22. For school-age children who have an adult family member with cancer. Children connect with peers in similar family situations. A mix of therapeutic and diversion activities including art, play, and discussions aim to provide creative ways for children to develop coping skills and self-expression. Participants must call for intake and information on location prior to attending. To register please contact Ali Waltien, MA, CCLS, 847-4069 Alexandra.waltien@uvmhealth.org Dinner provided

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

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>