

DECEMBER 2018

Oncology Patient and Family Support Services Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>May the magic and the wonder of the holiday season stay with you throughout the coming year</p>					<p>1 10a – Family Bereavement Group</p>
2	<p>3 4:30p – Look Good, Feel Better Workshop</p>	<p>4 5p – Women's Support Group</p>	<p>5 5p – Blood Cancer Support Group 6p – Nutrition Lecture</p>	6	7	8
9	10	<p>11 12:15p – Support Group for Survivors Caregivers 6p – Prostate Cancer Support Group</p>	<p>12 </p>	<p>13 11a – Look Good, Feel Better Workshop</p>	14	<p>15 </p>
16	<p>17 5p – Multiple Myeloma 5:30p – Gynecologic Malignancies Support Group</p>	18	19	20	<p>21  Winter Begins</p>	22
	<p>24/31 5:30p - Young Survivors Group</p> <p>Christmas Eve/New Year's Eve</p>	<p>25 </p>	26	27	28	<p>29 </p>

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 (No meeting on December 25). 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. 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.

Prostate Cancer Support Group: 6:00 p.m. – 7:30 p.m. **Location:** Hope Lodge. Dr. Brian Irwin is a guest at the December 11 meeting. Meets second Tuesday of every month. Contact George Schiavone, 802-363-4926 or gschiavone@mac.com

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 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

Family Bereavement Group: 10:00 a.m. – 12:00 p.m. 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

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

Look Good Feel Better Workshops: **Location:** American Cancer Society Hope Lodge, 237 East Avenue, Burlington. 11:00 a.m. – 12:30 p.m. Thursday, December 13. Please contact Debra Weinstein at 802-658-0649 to register.

Location: NMC, 133 Fairfield Street, St. Albans, 4:30 p.m. – 6:00 p.m. Monday, December 3. Please contact Kristen Tuttle at 802-524-8479 to register.

Advance notice of two business days would be helpful to ensure availability of a make-up kit but patients can register with less notice even for same-day sessions. Women (age 18 or older) must be currently undergoing cancer treatment, about to undergo cancer treatment, or have recently completed cancer treatment (chemotherapy, radiation therapy, surgery, hormone therapy, or other forms of treatment). Only program participants may attend the workshop. Due to confidentiality and comfort level of the patients, as well as space restrictions, this protocol is necessary. This ensures that the participant receives full attention to gain the skills and confidence for increased independence. Exceptions to this policy can and will be considered if the patient has a physical or language barrier that the guest would assist with. A patient may attend more than one workshop. However, she should bring her LGFB cosmetic kit with her to the additional workshop, as a new kit will not be provided. Patients with a recurrence of cancer and who are receiving another round of treatment may attend another workshop and receive a new cosmetic kit.

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>