

# Cancer Patient Support Services at the Vermont Cancer Center at Fletcher Allen

## Resources

### Cancer Patient Support Program Emergency Fund

**Coordinator:** Stephanie Fraser, M.S.W., (802) 847-3234

### Nutritional Counseling

**Contact:** Jennifer May, R.D., C.D., (802) 847-4649

### Psychological Consultation Services for Cancer Patients & Families

**Contact:** Rose Colletti, Ph.D. or Kathleen McBeth, M.A.  
(802) 847-4848

### Healing Yoga

*For those touched by cancer, at any stage of illness or recovery, and for all ages*

**When:** Tuesdays, 2:00 PM-4:00 PM and 5:15 PM-7:00 PM  
Thursdays, 9:00 AM-11:00 AM

**Call:** Theora Ward, M.E.D., R.N., C.K.Y.T. at (802) 482-5455  
for details and to register

### Helping Hands Massage Therapy

*Chair massage therapy for cancer patients before and during treatments*

**When:** Tuesday-Thursday (outpatients); Friday (inpatients)

**Time:** 9:00 AM-12 Noon

**Where:** Hematology/Oncology Clinic at Fletcher Allen

**Call:** Cindy at 425-3460 or Sharon at 864-9392  
for an appointment

### Exercise for Patients with Hematologic Malignancy

**Coordinator:** Kim Dittus, M.D. (802) 847-8400

A small trial and pilot exercise intervention to determine if physical therapy, nursing, and medical services can coordinate care to provide a safe, effective exercise intervention.

### Person-to-Person

**Coordinator:** Kathleen McBeth, M.A. (802) 847-5715

This is a mentoring and support program for newly diagnosed patients and their caregivers.

### Post-Thrombotic Syndrome Education

**Coordinator:** Chris Holmes, M.D. (802) 847-8400

An educational and treatment program for hematology patients at risk for or suffering from post-thrombotic syndrome.

*The American Cancer Society offers many free support resources for cancer patients, including those listed below. Please call cancer information specialists at 1-800-227-2345 or visit [www.cancer.org](http://www.cancer.org) for a complete listing of resources.*

- Free Wigs, Turbans, and Other Products for Women with Cancer
- Transportation to Treatment: Road to Recovery
- Lodging during Treatment: Hope Lodge
- One-on-One Patient-Survivor Breast Cancer Support: Reach to Recovery
- Helping with Appearance-Related Side Effects of Treatment: Look Good...Feel Better
- Prostate Cancer Support: Man-to-Man

### Healthsource Community Education Series

This educational series offers free, low-cost classes on women's health, self-care, and many other health-related topics. To learn more, please call Community Health Improvement at Fletcher Allen at 802-847-2278 or visit [www.fletcherallen.org/classes](http://www.fletcherallen.org/classes).



*The Victoria Buffum Endowment proudly supports programs and services for cancer patients at Fletcher Allen.*

# Cancer Patient Support Services at the Vermont Cancer Center at Fletcher Allen

## Support Groups

*Please contact the support group facilitator if you are attending for the first time and need directions to the location.*

### Coping Together Support Group

**For women diagnosed with breast cancer**

**When:** 12-week group, days and times decided for each group

**Where:** Call for location

**Call:** Rose Colletti, Ph.D. at (802) 847-4848

### Getting Back to Healthy

**A nutritional support group for breast cancer patients**

**When:** Please call for details.

**Where:** Frymoyer Community Health Resource Center, Fletcher Allen ACC, Level 3

**Call:** Jennifer May, R.D., C.D. at (802) 847-4649

### Leukemia, Lymphoma, Myeloma

#### Family Support Group

**When:** 1st Wednesday of the month

**Time:** 6:00 PM-7:30 PM

**Where:** Call for location and directions

**Call:** Rose Colletti, Ph.D. at (802) 847-4848

### The Mets Hope Chest

**Support for women with Stage IV breast cancer**

**Call:** Rose Colletti, Ph.D. at (802) 847-4848

### Caregiver's Luncheon

**When:** 4th Tuesday of the month

**Time:** 12:00 - 1:30 PM

**Where:** Hope Lodge, 237 East Avenue

**Call:** Kathleen McBeth, M.A. at (802) 847-4848 to R.S.V.P.

*supported by the American Cancer Society and the Cancer Patient Support Program*

### Cancer Patient's Luncheon

**When:** 2nd Tuesday of the month beginning in September

**Time:** 12:00 - 1:30 PM

**Where:** Hope Lodge, 237 East Avenue

**Call:** Kathleen McBeth, M.A. at (802) 847-4848 to R.S.V.P.

*supported by the American Cancer Society and the Cancer Patient Support Program*

### Multiple Myeloma Support Group

**When:** 3rd Tuesday of the month

**Time:** 5:00 PM-6:30 PM

**Where:** Call for location and directions

**Call:** JoAnn Nielson, R.N at (802) 847-5649

### Women's Cancer Support Group

**For women with any type of cancer**

**When:** 1st and 3rd Tuesdays of the month

**Time:** 5:00 PM-6:30 PM

**Where:** Frymoyer Community Health Resource Center, Fletcher Allen ACC, Level 3

**Call:** Rose Colletti, Ph.D. at (802) 847-4848

### Young Survivor's Support Group

**Call:** Kathleen McBeth, M.A. at (802) 847-4848 for information

### Survivorship Support and Education

**An educational resource program for survivors.**

**Consultation for development of "Survivor Documents" and plans for follow-up care.**

**Coordinator:** Sue Allen, M.S., A.P.R.N. at (802) 847-8400

### **Frymoyer Community Health Resource Center at Fletcher Allen**

The Frymoyer Community Health Resource Center offers many resources for cancer patients and their loved ones. The Center can assist with accessing accurate and reliable information on diagnosis, treatment, and coping, as well as the latest research and clinical trials. Books and journals are available as well as internet access for conducting online research.

**Location:** Level 3, Main Pavilion, Ambulatory Care Center, Medical Center Campus, Fletcher Allen

**Hours:** Monday-Thursday, 9 AM-5:30 PM; Friday, 9 AM-5 PM

**Contact:** Call 802-847-8821 or e-mail [resourcecenter@vtmednet.org](mailto:resourcecenter@vtmednet.org)