



## MVHS Cancer Center Support Group Social

The goal of the Mohawk Valley Health System (MVHS) Cancer Center Support Group Social is to create a safe space where cancer patients, survivors and family members are surrounded by like-minded people, going through similar experiences. As a group, we will learn about integrative therapies and services in our community, and build social connections.

Please join us the **second Monday** of the month, from **6 p.m. to 7:30 p.m.** at our Faxton Campus, 807 Newell Street, Utica, in the Radiation Oncology waiting room.

### 2025 Monthly Topics:

<p><b>January 13<sup>th</sup>, 2025</b></p> <p>Happy New Year!</p>	<p><b>February 10<sup>th</sup>, 2025</b></p> <p>Our Faxton Oncology Pharmacist, Melissa Howe, PharmD, BCPS, BCOP will educate us on improving medication adherence, and familiarize us with prescribed medications during treatments.</p>	<p><b>March 10<sup>th</sup>, 2025</b></p> <p>Cancer treatments can cause mouth problems, so it's important to practice good oral hygiene during and after treatments. Dr. Kataria, MD will educate us on proper ways to take care of our teeth.</p>	<p><b>April 14<sup>th</sup>, 2025</b></p> <p>Reiki is an energy-based deep relaxation technique that promotes healing: body mind and spirit. Reiki Master, Cheri Elefante will discuss the history, and benefits of Reiki.</p>
<p><b>May 12<sup>th</sup>, 2025</b></p> <p>Kaitlynn Hunt, Yoga instructor at Mindful Movements will demonstrate basic chair yoga positions you can utilize at home.</p>	<p><b>June 9<sup>th</sup>, 2025</b></p> <p>Are you storing food safely? Storing food properly can help prevent foodborne illnesses. Dietitian, Erin McCarthy, RD, CDN will provide tips for safely storing food in your refrigerator, freezer, and cupboards.</p>	<p><b>July 14<sup>th</sup>, 2025</b></p> <p>TBD</p>	<p><b>August 11<sup>th</sup>, 2025</b></p> <p>Cancer treatments often cause pain and uncomfortable side effects that can last well beyond the final treatment. To manage that pain, many people turn to acupuncture. Join us with guest speaker, Jennifer M. DiMeo, DC, Lic.Ac., to discuss the benefits of acupuncture.</p>
<p><b>September 8<sup>th</sup>, 2025</b></p> <p>Lymphedema is a chronic condition that can develop during or after cancer treatments. Fittings for You, Inc. will discuss swelling symptoms, and utilizing compression garments.</p>	<p><b>October 13<sup>th</sup>, 2025</b></p> <p>Seasonal depression is the tendency to feel more down, depressed, less motivated and lethargic during the darker, winter months. Kate Warden, PhD, MSCP will discuss how to fight the effects of seasonal depression.</p>	<p><b>November 10<sup>th</sup>, 2025</b></p> <p>Looking for a fun craft to enjoy this holiday season? Come help us decorate ornaments to display on our Faxton Christmas tree!  (Art supplies will be provided)</p>	<p><b>December 8<sup>th</sup>, 2025</b></p> <p>TBD</p>

Please contact our Social Worker, Ashley Wengert, MSW, at 315-624-5705 for any questions.