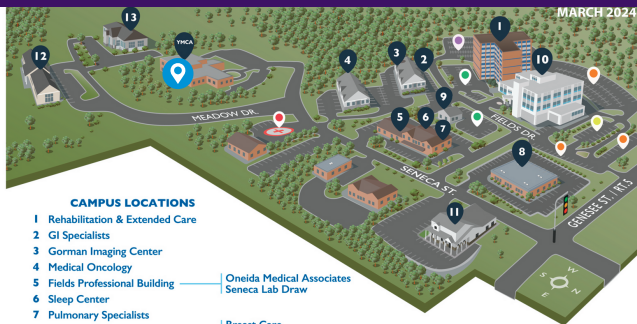


# EXERCISING HELPS DURING CANCER TREATMENT

- 1 Reduces Chemo Brain
- 2 Restores aerobic capacity
- 3 Improves mood & sense of control
- 4 Improves efficacy of treatment
- 5 Improves immune function
- 6 Improves pelvic floor function
- 7 Improves balance
- 8 Reduces recurrence
- 9 Improves quality of life
- 10 Reduces cancer related fatigue
- 11 Improves range of movement
- 12 Improves tolerance to treatment
- 13 Improves muscle condition
- 14 Increase bone density
- 15 Reverse deconditioning
- 16 Increases chance of survival



- CAMPUS LOCATIONS**
- 1 Rehabilitation & Extended Care
  - 2 GI Specialists
  - 3 Gorman Imaging Center
  - 4 Medical Oncology
  - 5 Fields Professional Building
  - 6 Sleep Center
  - 7 Pulmonary Specialists
  - 8 301 Genesee Street
  - 9 Podiatry Care / Vascular Care
  - 10 Hospital
  - 11 Radiation Oncology
  - 12 Seneca Fields Senior Apartments
  - 13 Women's Health

■ VISITOR PARKING    ■ STAFF PARKING  
■ EXTENDED CARE PARKING    ■ PHYSICIAN PARKING    ■ HELICOPTER LANDING



Oneida Family YMCA

## CONTACT INFO



Oneida Health Cancer Care Medical Oncology  
affiliate of Roswell Park Care Network

Nurse Navigator 315-361-2906  
604 Seneca St., Oneida, NY 13421

[www.oneidahealth.org/stay-strong](http://www.oneidahealth.org/stay-strong)



YMCA of the Greater Tri-Valley  
Oneida Family YMCA

Collin Meehan 315-363-7788 x232  
701 Seneca Street., Oneida, NY 13421

[www.ymcatrivalley.org](http://www.ymcatrivalley.org)



# STAYSTRONG SURVIVORSHIP



**Oneida Health**  
exceptional care... always



# STAY STRONG

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. Oneida Health Cancer Care, in partnership with the YMCA of the Greater Tri-Valley, has developed the **StayStrong** program to meet the unique needs of our cancer patients.

This comprehensive 12-week program is available to patients who are going through or have completed their active cancer treatment. The program will offer Pre-hab services to help prepare patients physically and emotionally before treatment or surgery and supportive care to manage side effects during cancer treatment.

When patients have completed their active cancer treatment and are ready to move to a higher level of wellness as cancer survivors, the program will offer a local, safe environment to participate in physical and social activities designed to strengthen and heal the whole person.

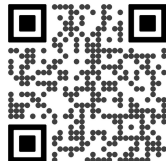
## Physical Therapy at Oneida Health

221 Broad St.  
Oneida, NY

At this appointment, a licensed physical therapist will evaluate and establish a baseline assessment to address any concerns regarding exercise and fitness. The therapist will develop a Fitness Care Plan in conjunction with the Medical Oncologist to help patients participate in appropriately prescribed physical activity.

The program will be designed to increase strength, endurance & flexibility before, during or after cancer treatment. This program will then directly be communicated to the YMCA for a smooth transition to the StayStrong Program.

**Learn More!**



## Fitness at the YMCA

701 Seneca St., Oneida, NY

### Cancer Exercise Specialists

The Oneida Family YMCA provides Certified Cancer Exercise Specialists to work directly with you on a Fitness Plan that meets your specific needs. One-on-one sessions are available by appointment.

### Monthly Support Groups Second Thursday Monthly at 12pm

You don't have to face cancer alone. Our monthly meetings offer support for those undergoing long-term treatment or fighting through chemotherapy and radiation. Connect with fellow survivors, share stories, and stay positive together. A certified therapist will guide discussions to help you optimize your health and live strong.

### Massage Therapy Tuesdays 11-4pm

Genevieve Sgarlata is a licensed massage therapist who specializes in providing therapy tailored to the unique needs of cancer patients, helping to reduce pain, stress, and anxiety, improve sleep quality, boost the immune system, and cope with the side effects of cancer treatment.

### Monthly Luminary Kit

We've teamed up with Luminaries to offer monthly care packages for cancer survivors. The Luminary Care Package comes in three variations, providing materials to help you feel better and stay healthy. Our Cancer Exercise Specialist distributes Luminary Kits on a monthly basis to survivors.

### Additional Services Include:

- **Discount at Greyson Ross Acupuncture**
- **FitBit Lending Program**
- **"Living with Cancer" Lending Library**