

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

- Oneida Medical Associates
- Seneca Lab Draw
- Breast Care
- Neurology Care
- Cardiology Specialists
- Wound Care and Hyperbaric



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



YMCA of the Greater Tri-Valley
Oneida Family YMCA

Hank Leo 315-363-7788 x225
701 Seneca Street., Oneida, NY 13421

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.

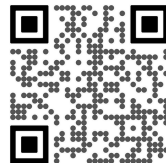
Physical Therapy at Oneida Health

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!](#)



Services 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.

Support Groups

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 licensed therapist will guide discussions to help you optimize your health and live strong.

Massage Therapy

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.

Music Therapy

In partnership with the KEYS Program, adults impacted by breast cancer, along with all adult cancer survivors, are welcome to join us for a music and wellness session to bring needed time for self care and restoration. Live and recorded music is used to support music-assisted relaxation, mindfulness, gratitude and compassion practices, and guided imagery. You are welcome to bring yoga mats, blankets, pillows, and anything else that will make you feel comfortable. Services provided by Hannah Schuldt, Licensed Music Therapist.

Nutrition Counseling

Ensuring proper nutrition is essential to recovery and wellness. Virtual nutrition sessions are available to survivorship program participants by appointment. Services are provided by Emily Gozy, Nourishedwithemily.com, Certified Nutritionist. This service is covered under many participants' in-network insurance. We accept United, BCBS, Aetna, and Cigna usually with little to no copay and unlimited visits.

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