



# Hematology-Oncology Associates of CNY

Personalized cancer care –  
when you need us, where you need us.

Auburn | East Syracuse | Camillus

315.472.7504 | hoacny.com

November 2025

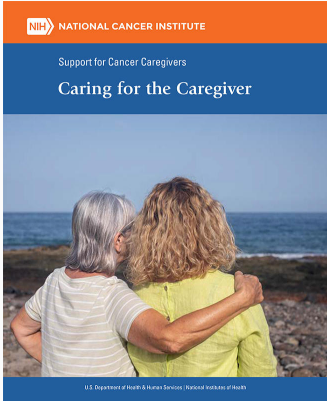
## National Family Caregivers Month

When someone you love is facing cancer, it's natural to pour all your energy into their care. But caregivers need care, too. Supporting a patient through treatment can be emotionally and physically exhausting, and it's important to take time to rest, recharge, and ask for help when needed.

Remember, self-care isn't selfish, it's essential. Take breaks, eat well, get enough sleep, and stay connected with your own support system. Even a short walk, a quiet moment of reflection, or coffee with a friend can help restore your strength. By caring for yourself, you'll be better able to care for the person you love.

If you or someone you know is a caregiver in need of support, please know that our [social workers](#) are here to help. Just ask your loved one's provider for a referral or call 315.472.7504 to speak directly with the social work team.

Another resource is the booklet [Caring for the Caregiver](#) which you can download from this [link](#). It provides communication and self-care tips to focus on your needs while still helping your loved one.



Medicare Open Enrollment Period:  
October 15 - December 7, 2025



## Have you checked your enrollment yet?

If not, please make sure you are enrolled with pharmacy coverage and that your plan participates with your physicians.

Remember, we are here to help you!

Call 315.472.7504 and ask for one of our Patient Advocates!

## CONNECT TO WELLNESS!

Relax with our friends from [Cancer Connects](#):

Saturday, Nov. 15  
9 a.m. - 12:30 p.m.  
Only \$1 admission

Enjoy light refreshments while you mingle with like-minded individuals and explore a variety of exciting raffle items and services listed on the right!

[Click here](#) to reserve your spot!



### Connecting to Wellness: Journey of Care with Cancer Connects

When: Saturday, November 15th  
9:00 AM - 12:30 PM  
Where: HOA Camillus Wellness Center, 5490 Cobbler Way, Camillus, NY 13031

- Admission is only \$1!!!
- Thrilling raffle baskets
- Complimentary classes on Nutrition, Mindfulness, Tai Chi, and more
- \$5 Mini Massages.
- \$5 Reiki Sessions.
- \$5 Reflexology Treatments.

CANCER CONNECTS

## Open House Nursing & Advanced Practice Providers

Friday, Nov. 14  
4:30 - 6 p.m.

5008 Brittonfield Parkway  
East Syracuse, NY 13057

Register at:

[tinyurl.com/HOANov14OpenHouse](https://tinyurl.com/HOANov14OpenHouse)



- On-the-Spot Interviews
- Tour Our Facility
- Meet Nursing & APP Leadership
- Learn About Our Culture, Benefits, and Career Growth
- Light Refreshments Provided



Do you know a compassionate, caring nurse or advanced care provider looking to make a change?

Please tell them about our Open House happening this Friday!

They can use [this link](#) to register!

Offices: East Syracuse - Auburn - Camillus | 315.472.7504 | hoacny.com



Hematology-Oncology Associates of CNY | 5008 Brittonfield Parkway | East Syracuse, NY 13057 US

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