

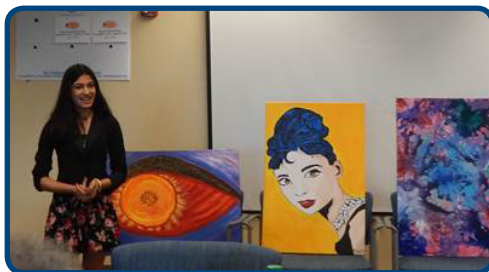
Sharing is Caring

The Cancer Center at Lowell General Hospital

Volume 26
Fall 2015

Healing Through Art Program Provides Artistic Release for Cancer Center Patients

Did you know that the Cancer Center at Lowell General Hospital offers a variety of programming to help treat our patients' minds and spirits, funded by staff and community donations from Lowell General's TeamWalk for CancerCare? Nobody plans for cancer, sickness, or injuries, and The Healing through Art program offers cancer patients and their caregivers a creative way to work through their cancer journey. Run by Sheri Kennedy, a professional artist, teacher, and cancer survivor, the art program helps patients express their pain, emotions, and spirit on canvas.



Patients and family members who attend the Cancer Center's Healing Through Art program on August 22 had a special visit from a young guest artist, Sana Nadkarni, who shared her brightly colored works and techniques with attendees. Her passion to help others heal is evident in her volunteer work, as she also spent the summer teaching children in the Northeast Rehabilitation Hospital and at Merrimack Valley YMCA as well.

Notecards from a variety of paintings from the Healing Through Art program are now featured in a limited edition note card bundle to support TeamWalk for CancerCare. The note cards can be purchased online for \$10 by visiting www.teamwalk.org (click on TeamWalk Store, scroll down to Inspirational Note Cards). For more information, call 978-788-7170.

Cancer Center Celebrates 8th Annual Survivorship Day

Cancer center staff, volunteers, patients and family members gathered together on Friday, September 11 to celebrate the 8th annual Survivorship Day. The Lowell Senior Center was filled to capacity with guests and family enjoying dinner, music, raffles, and enlightening patient stories.

Attendees enjoyed the funny wit of cancer survivor and novelist Scott Burton, nationally acclaimed speaker and author of *A Life in the Balance*. Special thanks to the Survivorship Committee, Cancer Center staff, and to Scott for a phenomenal performance. SURVIVORS ROCK!



Make A Memory Program

At Lowell General Hospital Cancer Center, we believe that facing financial burdens due to cancer should be no reason to prevent loved ones from getting together and sharing a cherished moment. Making a memory together can strengthen relationships while providing a needed respite from the challenges of cancer. The Cancer Center would like to create this special memory for any cancer patient in active treatment.

To apply, the patient should write a letter detailing their ideal dream day, the estimated expenses for the day, and why their family should be chosen to receive this special grant made possible by our generous walkers, sponsors, and volunteers at TeamWalk.

For full program details, including requirements and restrictions, please contact Meg Lemire at (978) 937-6142.

Applications for Make A Memory will be directed to: Meg Lemire-Berthel, MSW, The Cancer Center at Lowell General Hospital, 295 Varnum Avenue, Lowell, MA 01854.

SAVE THE DATE

Cancer Center Holiday Gathering

Tuesday, December 8 at 6:30 pm
Main Campus, Clark Auditorium

Join us as you visit with friends and enjoy music and refreshments.
RSVP to (978) 937-6142.



Be sure to come visit Portraits of a Cancer Journey at Paint the Mall Pink! Saturday, October 10, Simon Pheasant Lane Mall

This special exhibit features our very own Cancer Center patients and staff as a visually compelling way to raise awareness on the importance of early detection and prevention of breast cancer. Through this exhibit, our patients are inspired to help others, and we are able to celebrate their journey with them.

What is a Doctor of Osteopathic Medicine (DO)?

There are two types of complete physicians in the United States—DOs and MDs. Both are fully qualified physicians licensed to prescribe medication and perform surgery after completing four years in medical school and their training in residencies and fellowships. In addition, both must pass comparable examinations to obtain state licenses. While DOs and MDs have many things in common, osteopathic medicine is a parallel branch of American medicine with a distinct philosophy and approach to patient care.

- Osteopathic medical schools emphasize training students to become primary care physicians.
- DOs practice a “whole person” approach to medicine. Instead of just treating you for specific symptoms or illnesses, they regard your body as an integrated whole.
- Osteopathic physicians focus on preventive health care.
- DOs receive extra training in the musculoskeletal system—your body’s interconnected system of nerves, muscles and bones that makes up two-thirds of your body mass.



To learn more about osteopathic medicine, please visit www.osteopathic.org.

Source: *Osteopathic.org*

2015 Massachusetts Health Connector/MassHealth Insurance Open Enrollment November 1, 2015 to January 31, 2016

Medicare Open Enrollment

October 15, 2015 to December 7, 2015

Medicare D prescription plans • Medicare advantage plans

During these periods, you have the option of making changes to your insurance plan and/or prescription drug coverage plan (Medicare D). *Please note that most changes will not take effective until January 1, 2016.*

Please see a social worker if you have any questions or need assistance.

Grief Support Program for Children and Teens Ages 6-14

3rd Thursday of the month, 5:30 pm - 7:30 pm
360 Merrimack Street, Bldg 9, 4th Floor, Lawrence, MA

Merrimack Valley Hospice knows that kids grieve in their own unique way - so they designed a free Grief Support Program for children and their caregivers where they can share a light supper of pizza, connect with peers, express creativity and learn about bereavement.

Registration is required. Call (978) 552-4537.

Coping with the Holidays for Kids and Families

Saturday, December 5, 9:30 am - 2:30 pm
360 Merrimack Street, Bldg 9, 4th Floor, Lawrence, MA

This special one-day program is for children and their families who have experienced a loss.

Registration is required.
Call (978) 552-4537.

