

Sharing is Caring

The Cancer Center at Lowell General Hospital

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FREE One Week Overnight Camp for Boys and Girls Who Have Experienced the Death of a Parent, Sibling or Loved One

August 11-16, 2015

Experience Camps have been offering week-long overnight camp programs in Maine and California to grieving children, ages 9-16, since 2009. This year, we return to Camp Hess Kramer in Malibu, CA to continue our journey with children from California and across the country, who come together to share in a week of fun, healing and friendship.

We know the value of play and engaging in healthy activities such as swimming and soccer, ropes courses and climbing walls, arts and crafts, and nature walks. We also know the value of helping children talk about the losses in their lives. Experience Camps brings these two together with a program that helps build confidence, encourage laughter and navigate their grief through friendship, teamwork, athletics, and the common bond of loss. It is a safe environment where kids can explore their grief, break the isolation they may feel with their non-camp peers, and have a whole lot of fun. Under the guidance of professional bereavement staff, campers have the opportunity to share stories and remember the one who died, while exploring skills that will help them after camp.

To apply online, visit www.experience.camp and click Apply.

FREE One Week Overnight Camp for Boys and Girls, Who Have a Parent Diagnosed with Cancer

Camp Kesem is a nationwide community, driven by passionate college student leaders, supporting children, ages 6-16, through and beyond their parent's cancer.

Since 2000, Camp Kesem has given children affected by a parent's cancer the opportunity to just be kids. The ever-expanding Kesem community engages in camp activities like sports, arts and crafts and drama to give campers a fun-filled week. Campers also participate in Cabin Chats with fellow campers and counselors, giving children the chance to share their experiences with each other. There are plenty of laughs and lots of emotional support, but Camp Kesem does not provide therapy. The tremendous fun and support campers experience is what makes Camp Kesem a transformative, magical week for campers and counselors alike.

Contact Camp Kesem at (260) 225-3736 for more details.

Reel Recovery

Be Well! Fish On!

June 15-17, 2015

Inn at Millrace Pond located in Hope, NJ

REEL RECOVERY is a national non-profit organization that conducts fly-fishing retreats for men recovering from cancer. Our mission is to help men in the recovery process by sharing with them the healing powers of the sport of fly-fishing, while providing a safe, supportive environment to explore their personal experiences with cancer, with others who share their stories.

Retreats are offered at no cost to the participants and are led by professional facilitators and expert fly-fishing instructors. Reel Recovery provides all meals, lodging and fly-fishing equipment, and no previous fishing experience is required. A maximum of 14 men are invited to participate.

To register for this retreat, please contact Reel Recovery at info@reelrecovery.org or call (800) 699-4490. For more information, visit www.reelrecovery.org.

SAVE THE DATE

TeamWalk for CancerCare
Sunday, May 31, 2015
Tsongas Center, Lowell, MA

TeamWalk funds raised enable Lowell General Hospital to provide assistance, support, and services to help people feel better, build confidence and instill hope throughout their battle with cancer.

What You Need to Know About the Family Medical Leave Act (FMLA)

The Family and Medical Leave Act (FMLA) of 1993 was designed to help employees balance their work and family responsibilities by allowing them to take reasonable unpaid leave for certain family and medical reasons. The FMLA gives certain employees the right to take up to 12 weeks of unpaid, job-protected leave per year. It also requires that the employee's group health benefits be maintained during the leave.

FMLA applies to all public and private employers with 50 or more employees. These employers must provide an eligible employee with up to 12 weeks of unpaid leave each year for any of the following reasons: for the birth and care of the newborn child of an employee, for placement with the employee of a child for adoption or foster care, to care for an immediate family member (spouse, child, or parent, but not a parent-in-law) with a serious health condition, or when the employee is unable to work because of a serious health condition.

The FMLA only requires unpaid leave. But it lets an employee choose to use accrued paid leave, such as vacation or sick leave, for some or all of the FMLA leave period. The law also lets the employer require the employee use paid leave for FMLA. Employees are eligible for FMLA leave if ALL of the following apply:

- They've worked for their employer at least 12 months
- They've worked at least 1,250 hours over the past 12 months, or about 25 hours per week
- They work at a location where the company employs 50 or more employees within 75 miles

What counts as a serious health condition?

A serious health condition can mean any illness, injury, impairment, or physical or mental condition that involves any period of illness or treatment connected with inpatient care, or a condition that has ongoing treatment, which includes any length of incapacity due to any of the following:

- A health condition (including treatment and recovery from it) that lasts more than 3 days in a row, and any treatment after that. It includes any length of incapacity related to that same condition, and must also involve:
 - Being treated 2 or more times by or under the supervision of a health care provider, or
 - Being treated once by a health care provider with an ongoing regimen of treatment.
- A permanent or long-term condition for which treatment may not be effective (for instance, a severe stroke, terminal cancer). Only supervision by a health care provider is required, not active treatment.
- Any absences for surgery or multiple treatments for a condition which would likely result in a period of incapacity if not treated (for example, chemotherapy or radiation treatments for cancer).

To learn more about FMLA provisions and rules, read the FMLA Fact Sheet posted on the US Department of Labor website at www.dol.gov/whd/regs/compliance/whdfs28.pdf or call the Wage and Hour Division's referral and information line at the Department of Labor at 1-866-4-USWAGE (1-866-487-9243). They can give you other helpful information and tell you how to reach the Department of Labor division office nearest you.

Look Good, Feel Better Workshops Hosted by the Cancer Center at Lowell General Hospital

Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Each woman will receive a free bag of skin care products and make-up (approx. \$300 value).

- Free workshops led by trained, volunteer cosmetologists for women currently in treatment for cancer
- Get help with cosmetics, skin care, nail care and head covering options

Call 1.800.227.2345 for more information including the 2015 workshop schedule.

