CELEBRATING THE SPIRIT OF CANCER SURVIVORS

On Friday, September 8, the Cancer Center held its annual Survivorship Event, celebrating 10 years of honoring patients and caregivers.

This year saw another great turnout for the event, with approximately 120 in attendance. The theme for this year’s celebration was Hawaiian Luau. A professional Hula dancer performed and also taught event attendees the traditional Hula dance.

All of the participants enjoyed the photo booth with fun props to add to their pictures. There were raffle baskets and many giveaways for participants. A great time was had by all!

WIG SALE – SPECIAL ONE-TIME EVENT!

February 12, 10:00am – 2:00pm
Wig & Hairpiece Boutique
Located on the ground floor of the Cancer Center

We are happy to announce a special opportunity for any cancer patient to receive a free wig! We have a limited quantity that have been donated and professionally styled. Please note, there is a $15.00 fee if you would like a hairstylist consult and/or trim. This is a great time to pick up an extra one!
INTEGRATIVE THERAPIES Provided by TeamWalk.

Body Destinations, in collaboration with Lowell General Hospital Cancer Center, will be onsite in the Cancer Center to provide complimentary hand or foot massages for patients during treatment. The benefits of healing touch have been found to support overall wellness and improve quality of life during or after treatment.

* Please note that massage times may vary depending on therapist scheduling.

www.bodydestinations.com

SURVIVORSHIP WELLNESS WORKSHOP

January 17, February 21 and March 14, 5:00-6:00pm
Workshops will be held in the Cancer Center radiation conference room

Join Registered Dietitian Kylie Johnson at one of our workshops as she shares strategies for healthy lifestyle changes, menu planning and food preparation with clean, whole foods to reduce the risk of cancer recurrence and to achieve and maintain a healthy weight. Each workshop consists of interactive educational sessions focusing on nutritional wellness and weight management after cancer treatment.

To register or for more information contact Kylie at 978-942-2033 or email kylie.johnson@lowellgeneral.org.

RX RELAX THERAPEUTIC YOGA FOR THE CANCER SURVIVOR

Mondays, April 16-May 21, 6:45-7:45pm, $10
Thursdays, April 19-May 24, 6:45-7:45pm, $10

1st Floor Conference Room, Saints Campus, 1 Hospital Drive, Lowell MA

RX Relax Therapeutic Yoga class is a simple yoga practice for cancer survivors. This class exercise is done in a chair and includes gentle movement, breathing exercises, meditation and relaxation. No prior experience, special clothing or gear is necessary. All fitness levels are welcome.

* Discounted class fee made possible by grant funding of TeamWalk for Cancer Care.

To register, visit www.lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355)
STEPHEN MINISTRY PROGRAM

Pastoral caregivers from the Stephen Ministry will be making visits to the Cancer Center to ensure that our patient’s spiritual needs (regardless of creed) are met while receiving care. The Ministry is coordinated through Lowell General Hospital’s Volunteer Department.

The Stephen Ministry is a confidential ministry: those receiving care can be certain that their identity and confidences will remain private. The Stephen’s Ministers are committed Christians who will visit the sick, elderly, and disabled to offer support. They have been trained to offer spiritual support to all people regardless of a person’s individual faith or beliefs. They have been working in partnership with Lowell General Hospital since 2000.

A Stephen Minister:

- received 50 hours of initial training
- participates in regular supervision
- is committed to maintain confidentiality
- has continuing education
- is commissioned by the Central Congregational Church
- has experience as a caregiver for over one year
- is under the supervision of the Pastoral Care Department at Lowell General Hospital and have been screened by the Pastoral Care Chaplain prior to the assignment

If requested, every attempt will be made to provide a private area for patient/minister discussion (if medically appropriate).

WE DID IT!

Community Rallies to Push TeamWalk for CancerCare Past $1 Million for First Time In Its History.

Thanks to our staff and community’s dedication and incredible support, Lowell General Hospital is excited to announce that TeamWalk raised $1 million for the first time in the event’s history.

In the last 18 years, TeamWalk has raised more than $12 million to support cancer patients throughout the Merrimack Valley, money that is used to provide grants for patients in need, fund support groups and transportation to treatment, cover costs of wigs and prosthesis, hold preventive screenings and more. More than 28,000 patients have been impacted by this support.

In recent years, fundraising for TeamWalk has expanded beyond the walk to a growing number of third-party events – from golf tournaments to motorcycle rides to parties. These events, many of them organized by members of the community, raise thousands in additional funds while promoting cancer awareness and providing a lot of fun along the way.

Save the date for the 19th TeamWalk for CancerCare on Sunday, June 10!