



Complete connected careSM

SUPPORT SERVICES:

At the Cancer Center, we understand that cancer touches virtually every aspect of your life, as well as the lives of your family members. With that in mind, we have a variety of services and programs to assist you and your family.

Look Good Feel Better

A program sponsored by the American Cancer Society (ACS) which helps women who are currently being treated learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control of their lives. This program is scheduled to be discontinued in Dec 2018.

For questions or to register, please call the ACS office at 800-227-2345.

Women's Breast Cancer Support Group

This 3 session group offers support, education, and resources for women with breast cancer who have completed their initial treatment. Support person is also encouraged to attend. Beginning October 2018

For questions or to register, please call Monica Buckley, MSN, RN, OCN at 978-937-6446.

Us TOO Prostate Cancer Support Group

This monthly group offers support, education, and resources for men with prostate cancer. Newly diagnosed patients are encouraged to attend. Support person is also encouraged to attend.

For questions or to register, please call Meg Lemire-Berthel, MSW at 978-937-6142.

Coping for Caregivers Support Group

This monthly support group will provide ongoing support and education to caregivers caring for a loved one with cancer. It will examine how you care for a loved one and care for yourself at this same time. It will explore coping strategies to cope with the many stressors associated with caregiving. Beginning in the Fall of 2018.

For questions or to register, please call Meg Lemire-Berthel, MSW at 978-937-6142.

G.O.A.L (Go On And Live)

This is a social group for patients and family members who have been affected by cancer in some way. This group meets approx. every other month for various group outings and events.

For questions or to register call Karen at 978-453-4363.

Legal Documents Every Household Should Have

This workshop will review the 3 legal documents that every household should have. We will review Wills, Durable Power of Attorneys and Health Care Proxys. Legal referrals will be available if needed and which documents do not need legal representation to complete. Beginning October 2018.

For questions or to register, please call Meg Lemire-Berthel, MSW at 978-937-6142.

Cancer: Thriving and Surviving

The courses meet for 2 1/2 hours per week for six weeks. It will meet on Wednesdays – September 19, 26 & October 3, 10, 17, 24 1:00 – 3:30 PM Subjects covered include: techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty. Each participant will also receive a companion book, “Living a Healthy Life With Chronic Conditions,” and an audio relaxation CD. This program is made possible through a grant provided by the Administration of Community Living in collaboration with the Healthy Living Center of Excellence, and the Healthy Living Department at BayPath Elder Services.

For questions or to register, please call Meg Lemire-Berthel, MSW at 978-937-6142 or Heidi Parker at 978-788-7141.

INTEGRATIVE THERAPY - Mind, Body, Soul

Having cancer and undergoing treatment not only causes physical discomfort, but brings emotional stress and anxiety as well. As you go through your journey toward healing, we offer support through several forms of therapy for your mind and body. Many patients understand how dramatically cancer can affect them, physically and emotionally. An integrated approach to cancer care treats the disease with surgery, chemotherapy, radiation therapy, and supportive services to supporting the patient's strengths, stamina, and quality of life with evidence-based care.

Healing Through Art – Art Therapy

This program offers cancer patients and caregivers a creative way to work through their cancer journey. Join others for painting class with Sheri and Gillian – professional artists, teachers, and cancer survivors. No experience necessary. This program is open to any cancer patient and their caregivers.

For questions or to register, please call Meg Lemire-Berthel, MSW at 978-937-6142

Therapeutic Massage

The principle focus is treating the whole person with an open-minded approach that focuses on each individual in a caring, comprehensive and coordinated manner. The program is intended as an extension – not a substitution for traditional medical care. They believe that addressing mind & body issues together has the potential to produce the most meaningful results. With the goal of maximizing chances for maintaining or re-establishing the gift of a healthy life, they set their sights on patient's special needs as an individual. The oncology team recognizes the delicate balance for patients that are still in need of pain management, anxiety reduction, and help with range of motion restrictions. We also recognize many of our patients experience increased financial burdens during treatment – Bridge to Wellness can help. **This program is open to Cancer Center patients in active treatment. For questions or to receive a voucher, please ask your chemotherapy or radiation nurse for an evaluation.**

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying of hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one's life force energy is low, then we are more likely to get sick or feel stressed, and if its high, we are more capable of being happy and healthy. Our partnership with Body Destinations allows us to offer Lowell General Hospital Cancer Center patients Reike at the Body Destination office in Tyngsboro.

For questions or to register, please call Meg Lemire-Berthel, MSW at 978-937-6142

Pet Therapy

Pet therapy builds on the pre-existing human-animal bond. Interacting with a friendly pet can help many physical and mental issues. It can help reduce blood pressure and improve overall cardiovascular health. It can also release endorphins that produce a calming effect. This can help alleviate pain, reduce stress, and improve your overall psychological state. Therapy animals can often be seen visiting with patients at the Cancer Center.

ONLINE RESOURCES:

Association of Cancer Online Resources
www.acor.org

American Cancer Society

www.cancer.org
800-227-2345
Cancer Survivors Network
MyLifeLine.org
Reach to Recovery
I Can Cope
Springboard Beyond Cancer
Belong - Beating Cancer Together

Cancer Support Community

www.cancersupportcommunity.org
These online support groups are facilitated by professionals specially trained to manage the diverse interactions of an online support group.
Living with Cancer
Teens Touched by Cancer
Parenting through Cancer
Caregivers

Cancer Care Online Community

www.cancercare.org

Group Loop for Teens

www.grouploop.org

www.medivizor.com

Information that is reliable and presented in an understandable format.

www.healthcarechaplaincy.org

Offering spiritual comfort and support regardless of religion or beliefs.

OUTSIDE RESOURCES:

Partnerships:

Livestrong Foundation and the YMCA offer adults affected by cancer a free exercise program to ease you back into fitness and maintain a healthy weight.

Program Details

12-week program with two 75-90-minute sessions per week

Includes cardiovascular conditioning, strength training, balance, and flexibility exercises

Evaluation includes fitness and quality of life assessments before and after participation

Facilitated by YMCA-certified instructors

Requires referral and medical clearance from a physician

Call the YMCA Nashua # 603-882-2011 or North Reading # 781-944-9622 for more details

Hannaford Market of Dracut and Lowell offer free nutrition demos & classes. Please call Diana Savani, RD LDN @ the Lowell store 978.446.7862 or the Dracut store @ 978-459-0059 for more information.

Camp Kesem – is a national organization with local chapters that provides free week-long summer camp programs to children ages 6-18 who have been impacted by a parent’s cancer diagnosis. Contact 260-225-3736 for more information.

On Belay – builds community among youth (ages 8-18) who have or have had a family member with cancer using adventure-based programming. Call 866-442-3529 for more information.

Iron Stone Farm – offers free equine-encounters experiences for people with a cancer diagnosis. To learn more about the retreats call 978.475.4056

For more information on any of these listing please visit the Cancer Center WEB site @ www.lowellgeneral.org/care-and-services/cancer

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