



Jan - February 2014  
Vol. 12, Issue 1

# Inspire

All Cancer Resource Centre programs are free of charge to cancer patients and their loved ones.

## ORIENTATION SESSIONS

Our orientation sessions introduce the philosophy of the Cancer Resource Centre. Attendance is required prior to joining a support group.

Orientation is NOT required prior to attending any educational seminar or workshop, mind/body program or networking group.

Call 219-836-3349  
for dates and times.

## REGISTRATION

It is important that you register for all events as soon as possible. In the event of poor weather conditions call the Cancer Resource Centre regarding possible program cancellations.

To register for any of these programs, call 219-836-3349, Mon. through Fri., 8:30 am-5 pm. For more information, call the Centre or visit our website at [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com).



## Greetings from the Director

We ended the fall season on a positive note from a successful Romp & Roll Walk and Fun Run. Thank you to everyone who participated in such a wonderful event that continues to grow.

It was nice to see everyone during our Holiday Open House. We are gearing up for the new year with even more great programs and activities so please remember to send in our annual survey and share your ideas for future programs. For those who plan to participate, please

remember to bring in a prescription for all the Mind/Body/Spirit programs from your physician. If you do not have an appointment scheduled, you may have the physician's office fax us your prescription as well. Just a reminder that the deadline for the Spring 2014 brick placement in the Healing Garden is February 1. If you need an order form, visit the Centre or website at [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com) or call the Centre.

Anthony Andello  
Director, Cancer Resource Centre

## SHARE THE LOVE

Wednesday, February 12, 2014

**A fundraiser for the Cancer Resource Centre.** Speaker Taylor Miller is best known for her role as Nina Cortlandt Warner on ABC daytime's All My Children. When her son was diagnosed with Juvenile Rheumatoid Arthritis at age 12, she was inspired to investigate the role that nutrition and mind/body have on one's health. Today, she works as a certified Holistic Health Coach helping individuals achieve better health through nutritional and overall wellness.

For more info., please contact Sherri Holt at 219-836-0130 or [sholt@comhs.org](mailto:sholt@comhs.org).



Cancer Resource Centre  
Community Cancer Research Foundation

926 Ridge Road, Munster, IN 46321  
Cancer Resource Centre: 219-836-3349  
Community Cancer Research Foundation: 219-836-6875  
[www.cancerresourcecentre.com](http://www.cancerresourcecentre.com)  
[www.MyCCRF.com](http://www.MyCCRF.com)

### Cancer Resource Centre Mission...

To promote the well-being of all people whose lives have been touched by cancer by offering support, education, and encouragement.

### Community Cancer Research Foundation Mission...

To reduce the cancer morbidity and mortality in our community by supporting and advancing cancer detection, diagnosis, treatment, education and prevention efforts of the Community Healthcare System, and by promoting the acquisition of knowledge through clinical research.

# Lights of Life



## Beacons of Hope

Nearly 300 area residents gathered Dec. 4 as pink and lavender pine trees were lit by Dr. Janice Zunich. The lights program was started 14 years ago to honor those touched by cancer. This year's musical guest was Ron Hawking. To date, the Lights of Life program has raised more than \$130,000 to bring cancer research programs to people in northwest Indiana, southwest Michigan and the south suburbs of Chicago.

*For more information about this program, call 219-836-6875. Donations are accepted online at:*

*[www.myccrf.com/lights\\_of\\_life.asp](http://www.myccrf.com/lights_of_life.asp).*

## Save the Date Perennial Ball

**Saturday, May 17, 2014**  
**Chicago Hilton**

*For more information, contact Sherri Holt, development and special events coordinator at 219-836-0130.*

## New Clinical Trial

**SWOG S1207:** Phase III Randomized, Placebo-Controlled Clinical Trial Evaluating the use of Adjuvant Endocrine Therapy+/- One Year of Everolimus in Patients with High-Risk Hormone Receptor-Positive and HER2/NEU Negative Breast Cancer (e<sup>3</sup> Breast Cancer Study-evaluating everolimus with endocrine therapy).

# “Like”

The Cancer Resource Centre



## Pink Uniforms

During the recent “Dress Down Day” fundraiser, students at St. Thomas More Catholic School raised \$675 for the Cancer Resource Centre. Students who contributed to the fundraiser were allowed to wear pink shirts rather than the school uniform.

## Reflections Photo Contest

Advances made in cancer care today are available right here in our community thanks to generous support of the Community Cancer Research Foundation. In addition to the locally-sponsored clinical trials program available at Community Hospital, St. Catherine Hospital and St. Mary Medical Center, the Foundation also supports the Cancer Resource Centre. At the Centre, patients and their loved ones can find help in coping with a diagnosis of cancer through educational offerings, support groups and mind-body programs. Our annual fundraiser, Perennial Ball, provides us with an opportunity to reflect on how we can continue to make a difference by empowering cancer survivors.

During this annual fundraising dinner to support the Cancer Research Foundation, each guest will receive a set of note cards featuring winning entries from our Reflections photo contest. Photos selected for this contest will be those that are judged to best fit the theme of this year's ball, “Reflections.” **For more information on the photo contest, visit [www.MyCCRF.com/Reflections](http://www.MyCCRF.com/Reflections). Deadline for submission is April 1, 2014.**

# Healing Touch

As a nurse, Linda Aimone, RN, C. CHTP wanted to do more to help her patients through the healing process. She studied a method of restoring the flow of energy through the body called Healing Touch and became a Certified Healing Touch Practitioner. Healing Touch is a complementary, integrative therapy, used in conjunction with traditional therapies that helps to restore the body's balance by removing barriers to energy flow. That means practitioners, like Linda, use gentle, light or near-body touches to assist in "resetting" the body's vital organs and systems in order to make the mind, body and spirit more open to the healing process.

"Many wonderful patients I've had the opportunity to work with will usually relax and even fall asleep during a session," Linda says about the people she has met since first offering classes at the Cancer Resource Centre in 2005. "Being in a

relaxed state after they leave me can help bring about a peaceful response which helps to enhance healing," she explains.

Healing Touch is different from massage in that the patient remains fully clothed except for shoes. While patients usually lie on a table, they can also sit in a chair. The practitioner provides feedback as to what they felt as well as suggestions for keeping the body in balance.

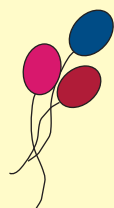
Research has shown that Healing Touch can help to reduce pain and anxiety; relieve stress; provide support during chemotherapy; strengthen the immune system; enhance recovery from surgery and more. Free sessions are held every third Wednesday of the month and registration is necessary.



## Romp & Roll Recap



Area families, business associates and Community Healthcare System employees turned out to Romp & Roll for a 10<sup>th</sup> year at Munster High School. Teams from Patient Financial Services, CSC Miracle Walkers and Lake Surgical Associates placed first, collecting some \$97,000 for the Cancer Resource Centre annual fundraiser.



## Pink Town Donates \$10,000



**Paint the Town Pink** is the annual, month-long initiative that has the entire city of Whiting covered in pink while raising funds for breast cancer causes. Activities include a Breast Cancer Walk, local schools and businesses fundraisers and a "Crush Cancer" fundraiser during Cruise Night. St. Catherine Hospital in East Chicago is a major sponsor and provides free health screenings during the walk. Program Co-founders Kathleen Ulm and Stephanie Madison and City of Whiting Staff Mark Adam, Norb Dudzik and Mark Harbin present a check for \$10,000 to (far right) Anthony Andello, director of the Cancer Resource Centre, and (far left) Angela Moore, director of marketing and community outreach, St. Catherine Hospital.

Munster Medical Research Foundation, Inc.  
for



**COMMUNITY** Hospital

901 MacArthur Blvd., Munster, Indiana 46321

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Cancer Resource Centre  
Community Cancer Research Foundation

Cancer Resource Centre Hours

Monday - Friday: 8:30 a.m. to 5 p.m.

Community Cancer

Research Foundation Hours

Monday - Friday: 7:30 a.m. to 4 p.m.

## Many Thanks!

*The Cancer Resource Centre and Community Cancer Research Foundation wish to thank the following businesses, individuals and organizations for their support.*

Leukemia &  
Lymphoma Society  
**Blood Cancers  
Support Group**

Hospice of the Calumet Area  
Munster Donut  
**Healing Hearts**

Aurelio's, Munster, IN  
Gelsosomo's Pizza  
Gino's Steakhouse  
Munster High School Chorale  
Penn Station East  
Coast Subs  
**Holiday Celebration**

Briar Ridge Country Club  
Chef Harry Karahalios  
Friends of the Cancer  
Resource Centre  
Linda Favors  
Katie Fesko,  
Tara Hurubean  
Danielle Kesic  
Becky Kirsch  
Mary & Martha  
Home Accents  
Laurie Riodan  
Tasty Olive  
Lynn Gandolfi  
**Holiday Entertaining 101**

April Braggs  
Community Hospital Dietary  
Community Hospital  
Maintenance  
Joyce Ivey  
Ron Hawkings (vocalist)  
Meghan Sasse  
William Woods and the  
Munster High School  
Chorale Group  
Janice Zunich, M.D.  
**Lights of Life Program**

American Cancer Society  
Doris Bauer, Bunny's Beauty  
Salon-Discreetly Hair  
Holli Zabek, SpaPointe  
**Look Good...Feel Better**

Bosak Motors  
**October Cancer Awareness**

Kathy Porras, RN  
**Ostomy Networking**

Len Walavich  
**Pink Ribbon Society Tea**

Pam Kozy  
Heart in Hand, LLC  
Highland, IN  
**Reiki/Reiki Reflexology**

## Healing Hearts

Join others who have lost a loved one. Share experiences, struggles, feelings and triumphs. Healing Hearts support group offers helpful information and support in a comfortable atmosphere. Dorothy Poma, bereavement facilitator for Hospice of the Calumet Area, facilitates this group.

**Wed, Jan 8; 1:30-3 pm**

Surviving the Loss of a Loved One

**Wed, Jan 22; 1:30-3 pm**

Understanding the Grief Process

**Wed, Feb 5; 1:30-3 pm**

Helping Yourself Heal

**Wed, Feb 19; 1:30-3 pm**

How to Deal with Other People When I am Grieving

## ON THE SHELF...

### New Arrivals On Our Shelves

"And In Health-A Guide for Couples  
Facing Cancer Together"

*By Dan Shapiro, PhD*

"The Ultimate Guide to Breast Cancer, Find Help,  
Hope and Healing"

*By Prevention and Mary L. Gemignani, MD, MPH*

*These books are available in our lending library.  
Please visit our library to see other available books.*

# Happenings

# January 2014

## Breast Cancer Support Group

**Thu 6, Jan 20; 6:30-8 pm**

All breast cancer survivors are invited to attend. Please call to register.

## Family Matters Support Group

**Wed, Jan 8; 6:30-8 pm**

Facilitated by James M. Bovan, PsyD. This is a comprehensive education and supportive program for patients, couples, spouses and caregivers who are coping with cancer in their family.

## Ukelele II

**Thu, Jan 16; 23, 30; 3:15-4:45 pm**

The second six-week course of the popular Ukelele class presented by Rima Krutulis. Please note: all participants must have completed Ukelele I.

## Blood Cancer Support Group


**Tue, Jan 21; 6-7 pm**

## Ostomy Support Group

**Wed, Jan 29; 10 am-12 pm**

## Stress Management

**Wed, Jan 29; 6-7 pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Holiday Centre Closed</i>	2 <i>Centre Open NO Programs</i>	3 <i>Centre Open NO Programs</i>	4 <b>NO Art Therapy</b>
5	6 Yoga: 9:30-10:30 am <b>Breast Cancer Support Group:</b> 6:30-8 pm	7 <b>Wellness Support:</b> 10-11:30 am <i>or</i> 6-7:30 pm	8 <b>Reiki:</b> 9:30-11:30 am <b>Healing Hearts:</b> 1:30-3 pm <b>Yoga:</b> 6-7 pm <b>Family Matters:</b> 6:30-8 pm	9 <b>Chi Gong:</b> 9:30-10:30 am <b>Chair Yoga:</b> 2-3 pm	10 <b>Tai Chi:</b> 9:30-10:30 am	11
12	13 Yoga: 9:30-10:30 am <b>Reflexology:</b> 1-3 pm	14 <b>Wellness Support:</b> 10-11:30 am <i>or</i> 6-7:30 pm	15 <b>Chair Massage:</b> 10-11:30 am <b>Healing Touch:</b> 1-2:30 pm <b>Yoga:</b> 6-7 pm	16 <b>Chi Gong:</b> 9:30-10:30 am <b>Chair Yoga:</b> 2-3 pm <b>Ukelele II:</b> 3:15-4:45 pm	17 <b>Tai Chi:</b> 9:30-10:30 am	18 Please remember to donate your yarn to our Knitters!
19	20 Yoga: 9:30-10:30 am <b>Drumming:</b> 5:30-6:30 pm <b>Breast Cancer Support Group:</b> 6:30-8pm	21 <b>Wellness Support:</b> 10-11:30 am <i>or</i> 6-7:30 pm <b>Blood Cancer Support Group:</b> 6-7 pm	22 <b>Healing Hearts:</b> 1:30-3 pm <b>Yoga:</b> 6-7 pm	23 <b>Chi Gong:</b> 9:30-10:30 am <b>Knit One:</b> 1-2:30 pm <b>Chair Yoga:</b> 2-3 pm <b>Ukelele II:</b> 3:15-4:45 pm	24 <b>Tai Chi:</b> 9:30-10:30 am	25
26	27 Yoga: 9:30-10:30 am	28 <b>Wellness Support:</b> 10-11:30 am <i>or</i> 6-7:30 pm	29 <b>Ostomy:</b> 10 am-12 pm <b>Reiki/Reflexology:</b> 3-5 pm <b>Stress Management:</b> 6-7 pm	30 <b>Chi Gong:</b> 9:30-10:30 am <b>Chair Yoga:</b> 2-3 pm <b>Ukelele II:</b> 3:15-4:45 pm	31 <b>Tai Chi:</b> 9:30-10:30 am	

# Happenings

# February 2014

## Healthy Cooking

**Tue, Feb 4, 11:30 am- 1:30 pm**  
Ivy Tech Culinary School & Chef Elida Abyeta with Chef Helen Thomas will prepare a nutritious and easy light meal. Seating is limited.

## Ukelele II

**Thu Feb 6, 12, 20; 3:15-4:45 pm**  
Rima Krutulis presents second six week course. Please note: Must have completed Ukelele I to participate.

## Medicare/Affordable Healthcare

### Act-Get the Facts-SHIP

**Tue, Feb 11; 1-3 pm**  
Bill Preston, Senior Health Counselor of State Health Insurance Program, covers changes & updates to the Medicare system and Affordable Act.

## Look Good...Feel Better

**Tue, Feb 18; 2-4 pm**  
For women undergoing radiation and/or chemotherapy. Helping women restore appearance and self-image during treatment. Sponsored by American Cancer Society.

## Blood Cancer Support Group


**Tue, Feb 18, 6-7 pm**

## Healthy Eating

**Tue, Feb 25; 2-3:30 pm**  
Nutrition Program Assistant Cheryl Hobby with Purdue Extension Service provides information on cleaning, preparing and storing food safely.

## Stress Management

**Wed, Feb 26; 6-7 pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Art Therapy: 9 am-12 pm
2	3 Yoga: 9:30-10:30 am  Breast Cancer Support Group: 6:30-8 pm	4 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm  Healthy Cooking: 11:30-1:30 pm	5 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	6 Chi Gong: 9:30-10:30 am Chair Yoga: 3-4 pm Ukelele II: 3:15-4:45 pm	7 Tai Chi: 9:30-10:30 am	8
9	10 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	11 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Medicare/Affordable Healthcare Act-Get the Facts: 1-3 pm	12 Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters Support: 6:30-8 pm	13 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 3-4 pm Ukelele II: 3:15-4:45 pm	14 Tai Chi: 9:30-10:30 am	15
16	17 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30- 8pm	18 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Look Good...Feel Better: 2-4 pm Blood Cancer Support Group: 6-7 pm	19 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	20 Chi Gong: 9:30-10:30 am Chair Yoga: 3-4 pm Ukelele II: 3:15-4:45 pm	21 Tai Chi: 9:30-10:30 am	22
23	24 Yoga: 9:30-10:30 am	25 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Healthy Eating: 2-3:30 pm	26 Reflexology: 3-5 pm Stress Management: 6-7 pm	27 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 3-4 pm	28 Tai Chi: 9:30-10:30 am	

## **MIND/BODY/SPIRIT**

**\* Please provide a prescription from your physician before attending ALL Mind Body Spirit programs.**

**Chi Gong** - Experience this therapeutic form of Eastern medicine and learn this ancient healing art of breath, movement, non-movement and meditation. You will be led through a one hour session of warm-ups, positions and focused movements.

**Chair Massage** - A 20-minute chair massage will physically relax the body, reduce mental stress, anxiety and may promote better sleep. Administered by Certified Massage Therapists.

**Chair Yoga** - Designed for those who have difficulty with the regular yoga environment. You may sit or use a chair for balance. Kriya is a holistic, therapeutic, whole body experience; it works to calm the nervous system; strengthens and quiets the mind and body.

**Empowerment Drumming** - Drumming reduces stress, increases energy and your overall well-being. No previous music experience needed.

**Expressive Art Therapy** - Art Therapy has been recognized as an effective mind/body intervention. The class provides an outlet for your inner thoughts and feelings while giving a sense of control over your surroundings that cannot be put into words.

**Healing Touch** - Uses hands-on and energy-based techniques to balance and align the human energy field. Body, mind, emotion and spirit are touched through this therapeutic process.

**Knit One...Nurture Too** - Knitting and crocheting squares, scarves, or afghans. Any skill level welcome. Supplies are provided or bring your own.

**Reiki**- Reiki is a technique that aids the body in releasing stress and tension by creating deep relaxation and inner balance. Reiki restores energy, balance and vitality.

**Reiki Reflexology** - Reiki compliments all other healing arts and is a source of energy. Reflexology is the practice of treating the whole body by touching the feet and sometimes the palms. Together they become a valuable therapy.

**Tai Chi** - The art of Tai Chi is considered "Meditation in Motion." Classes emphasize balance, posture, breathing techniques, concentration and complete relaxation.

**Yoga Classes** - Breathe and stretch your body and mind; classes are therapeutic as well as restorative. Each class will conclude with a relaxation segment to enhance overall well-being and peace.

**Stress Management**- One hour of seated relaxation using breath work and mind body exercises to reduce stress.

## **SUPPORT GROUPS**

**All Support Groups are professionally facilitated**

**Blood Cancers Support Group** - For adult family/friends and those with a diagnosis of leukemia, Hodgkin lymphoma, non-Hodgkin lymphoma or multiple myeloma. In conjunction w/Leukemia & Lymphoma Society.

**Breast Cancer Support Group**- For all women with a breast cancer diagnosis. Newly diagnosed to long-term survivors are welcome to share their concerns, stories and experiences.

**Family Matters Support Group** - This is a comprehensive educational and supportive program for patients, couples, spouses and caregivers coping with cancer in their family.

**Mind Over Matter Support Group** - Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer.

**Wellness Support Groups** - Provides an opportunity to share feelings, receive support, and learn ways to cope with the experience of having cancer.

**Healing Hearts Grief Support Group** - Join others who have lost a loved one to share experiences, struggles, feelings and triumphs. This group offers helpful information and support in a comfortable atmosphere. Sponsored by Hospice of the Calumet Area.

## **EDUCATIONAL PROGRAMS**

**Please check the calendar monthly for other popular educational programs.**

**Healthy Cooking** - The Healthy Cooking program will be facilitated by visiting chefs and students from the area cooking schools. The program will be held every quarter in our own state-of-the-art demonstration kitchen. Demonstrations will address healthy eating habits, nutritional value and the actual preparation of food. It is an informative as well as fun afternoon for all to experience

**Look Good...Feel Better** - For women undergoing chemotherapy and/or radiation. Program helps women restore appearance and self-image. Sponsored by the American Cancer Society.

## **NETWORKING GROUP**

**Ostomy** - This networking group is for all people who have a colostomy, urostomy or ileostomy.