



January - February 2016

Vol. 14, 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.



Greetings from the Director

Our Advisory Board and staff wish everyone a wonderful new year filled with treasured moments. The Cancer Resource Centre ended the year with our 12th

Annual Unite & Fight Cancer Walk & Fun Run that raised more than \$113,000. Dr. Russell Pellar, chairperson of the event and the committee thank all for their participation. We look forward to next year.

A big thank you to the Friends of the Centre and committee for a wonderful Holiday 101 event in November. We also celebrated the holidays with our annual holiday party and listened to the voices of the Munster High School Chorale under the direction of William Woods. We also would like to thank the Friends group for working diligently to raise funds for our programs. The Friends volunteer their time and talent to promote the activities of the Centre. During the holidays the Friends of the Centre gather to decorate a Christmas tree for the Festival of the Trees and plan various other projects that directly benefit the Centre. We are very

lucky to have these wonderful individuals who support our mission.

We will be mailing out the Centre's annual survey and appreciate your response so we can continue to meet your needs. We wish everyone a new year filled with peace and joy. Now that the holidays have come and gone, spring must be right around the corner. If you are interested in purchasing a brick to be placed in our June Hawk-Franklin Garden of Meditation and Healing this spring, orders must be turned in no later than February 1, 2016.

Anthony Andello
Director, Cancer Resource Centre

“Like”



The Cancer Resource Centre



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
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.

Spa-tastic Day at the Centre



SpaPointe & Hair Studio 

SpaPointe staff held a very special Spa Day Nov. 2 for cancer patients and their caregivers. Free services included mini manicures, express facials, Reiki and massages and make-up touch ups. Participating in the event are (back row, left to right) Mara Trivunovic, Crystal Opperman, Chris Hoffman, Sue Johnson, Rita Compton, Caitlin Mills-Groninger, (front row, left to right) Sheryl Kozy, Abbey Witkowski, Kristen Robinson, Holli Zabek, Amneris Cruz and Toni Lozano.



Megan Glaros
CBS 2 meteorologist

Share the Love...

The Friends of the Cancer Resource Centre and Community Healthcare System Auxiliaries will host the **9th annual Share the Love Luncheon** on **Wednesday, February 10** at the Center for Visual and Performing Arts in Munster. **Guest speaker is CBS 2 meteorologist Megan Glaros.** Booths offering unique items for sale will open at 10:30 am and lunch will be served at 12 pm. Tickets are \$50 with net proceeds benefiting the Cancer Resource Centre. **For more information or to make a reservation contact Sherri Holt at (219) 836-0130 or sholt@comhs.org.**

3rd Annual Holiday 101

Holiday tips for food, fashion, fun and entertaining were presented at this get together hosted by the Friends of the Cancer Resource Centre. This years the event, held at Briar Ridge Country Club, raised \$3475. Chef Dan presented a cooking demonstration with a chicken/beef main course and an apple dessert. Eco Chic Boutique provided a fashion show with accessory tips. Hope to see everyone next year.



Lights of Life Beacons of Hope

Nearly 300 area residents gathered Dec. 2 as pink and lavender pine trees were lit by breast cancer survivor Tammy Krueger. The lights program was started 15 years ago to honor those touched by cancer. To date, the Lights of Life program has raised more than \$100,000 to bring cancer research programs to people in Northwest Indiana, southwest Michigan and the south suburbs of Chicago. **For more information on ways to give to the Cancer Research Foundation or Cancer Resource Centre, call 219-836-6875.**



FIREFIGHTERS SIZZLE IN PINK

Local firefighters donned pink during the month of October, raising \$868.50 to fund research initiatives of the Community Cancer Research Foundation. This is the first year that the department wore the new uniform shirts containing a pink ribbon. The goal of the new shirts, designed by several firefighters, was to raise awareness as well as funding for cancer research close to home.

"I'm proud the department decided to join the fight against breast cancer," said Captain Pam Eanes. "It affects so many women and hurts so many families. This year we were able to donate more than \$800 to the Cancer Research Foundation and next year we hope to triple that amount and bring even more awareness."

LAKE CENTRAL VOLLEYBALL TEAM

Bumps Out Cancer



Members of the Lake Central Volleyball team and the Kruzan family play hard on the court to make a difference concerning cancer research. To help raise money, the team hosted a "Bump Out Cancer" event that raised \$2,067.83. Proceeds will benefit the Cancer Resource Centre.

Running or Not Shoe Sale

During the month of October, Breast Cancer Awareness month, Running or Not Shoes, Inc., located on 45th Street in Munster, pledged to donate \$5 for every pair of shoes sold. The fundraising effort earned some \$780 for the Cancer Resource Centre.



Save the Date!

Community Cancer Research Foundation

Perennial Ball

Saturday, April 30, 2016

Hilton Chicago

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

Photo Contest

Butterflies are the theme of this year's Perennial Ball photo contest. The winning photos will be published on a set of four-color note cards that will be distributed at the Community Cancer Research Foundation's 2016 gala. Photos should feature butterflies and be appropriate subject matter for a general note card.

For more information on the photo contest, visit: www.MyCCRF.com/PhotoContest
Deadline for submission is February 1, 2016.

Community
Cancer Research
Foundation

Clinical Trials

NEW STUDIES

MK-3475-040-01: A Phase 3 Trial of Pembrolizumab (MK-3475) vs Standard Treatment in Recurrent/Metastatic Head and Neck Cancer.

Please contact the Cancer Research department for information about this or other clinical trials.

You may visit our website www.MyCCRF.com for a current listing of open trials.

Munster Medical Research Foundation, Inc.
for



COMMUNITY Hospital

901 MacArthur Blvd., Munster, Indiana 46321



Cancer Resource Centre
Community Cancer Research Foundation

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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.

Lake Central High School
Girls Volleyball Team
& The Kruzan Family

Bump Out Cancer Fundraiser

Pam Eanes & Sammy Vega

**Calumet City Fire Department -
October Fundraiser**

Hospice of the Calumet Area
Munster Donut

Healing Hearts

Friends of the Cancer Resource Centre
Chef Dan- Briar Ridge
Eco Chic Boutique
Linda Favors - Co-Chair
Katie Fesko - Co-Chair
Becky Kirsch - Co-Chair
Holiday 101 Volunteer's & Models

Knit One Nurture Too Knitters
Holiday 101

Aurello's - Munster
Giovanni's - Munster
Giuseppe's Pizza & Pasta-Schererville
Munster High School Chorale Group
Penn Station- Schererville
William Woods Choir Director

Holiday Celebration

Community Hospital Auxiliary
Linda Katsinis
Dan Largent and Team
Jim Sylvester Joyce Ivy and April Bragg
Mary Nigohosian
Elizabeth Sasse
Missy DiDonato
Munster Chorale Group
Under the Direction of William Woods
Lights of Life 2015

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

Marchell Barkey & Nolan Krisilla
Mary Kay Cancer Packages

Heather Loreda, President
Running or Not Shoes, Inc.
**Breast Cancer Awareness
Shoe Sale Fundraiser**

Steve & Diane Crnokrak
Zoup! Fundraiser

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 20; 1:30 - 3 pm
Surviving the Loss of a Loved One

Wed, Feb 3; 1:30 - 3 pm
Understanding the Grief Process

Wed, Feb 17; 1:30 - 3 pm
Helping Yourself Heal

Welcome New Staff

The Cancer Research Foundation and Cancer Resource Centre have new staff members. We welcome these new employees and will be introducing them with information about their backgrounds in the next several issues. In addition, **Jacob George** who currently works in the Cancer Research department is also working in the Cancer Resource Centre.

Happenings

January 2016

With the cold/flu season upon us,
please be considerate of others
if you are not feeling well.

Art Therapy
No Class

Breast Cancer Support Group
Wed, Jan 6, Jan 20; 6-7:30 pm
All breast cancer survivors are invited to attend. Please call to register.

Crystal Bowl Sound Healing
Mon, Jan 11; 11-12:15 pm
The pure sounds of the crystal bowls will wash away stress and still the mind. Wear loose clothing; bring a blanket and pillow for comfort. Held the 2nd Monday of every month. Facilitated by Pam Kozy of Heart in Hand.

Empowerment Drumming
Mon, Jan 18; 4:30-5:30 pm
Please Note Time Change *

Blood Cancers Support Group
Tue, Jan 19; 6-7 pm

Ostomy Support Group
Wed, Jan 27, 10-12 pm
Nutritional Considerations with an Ostomy

Stress Management
Wed, Jan 27; 6-7 pm
Balance – A Yogic View

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please donate your yarn to the Knit One Group!					1 HOLIDAY CENTRE CLOSED	2 NO ART THERAPY
3	4 Yoga: 9:30-10:30 am	5 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	6 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	7 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	8 Tai Chi: 9:30-10:30 am	9
10	11 Yoga: 9:30-10:30 am Sound Healing: 11 am - 12:15 pm Reiki/Reflexology: 1-3 pm	12 Wellness Support: 10-11:30 am or 6-7:30 pm	13 Reiki: 9:30-11:30 am Lung Cancer Support: 10 - 11:30 am Yoga: 6-7 pm	14 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	15 Tai Chi: 9:30-10:30 am	16
17	18 Yoga: 9:30-10:30 am Drumming: 4:30-5:30 pm (new time)	19 Wellness Support: 10-11:30 am or 6-7:30 pm Blood Cancers Support: 6-7 pm	20 Chair Massage: 10-11:30 am NO HEALING TOUCH Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	21 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	22 Tai Chi: 9:30-10:30 am	23
24	25 Yoga: 9:30-10:30 am	26 Wellness Support: 10-11:30 am or 6-7:30 pm	27 Ostomy: 10-12 pm Reiki/Reflexology: 3-5 pm Stress Management 6-7 pm	28 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	29 Tai Chi: 9:30-10:30 am	30 PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349
	31					

February 2016

With the cold/flu season upon us,
please be considerate of others
if you are not feeling well.

Happenings

Art Therapy

Sat, Feb 6, 9 am-12 pm

Crystal Bowl Sound Healing

Mon, Feb 8; 11 am-12:15 pm

The pure sounds of the crystal bowls will wash away stress and still the mind. Wear loose clothing; bring a blanket and pillow for comfort. Held the 2nd Monday of every month. Facilitated by Pam Kozy of Heart in Hand.

Advancements in Cancer Treatments

Fri, Feb.12; 1 -2 pm

Please join us to learn about the latest in Advancements in Cancer treatments. Presented by Dr. Danielle Sterrenberg of Premier Oncology Hematology Associates. Followed by questions and answers with the doctor.

Look Good...Feel Better

Tue, Feb 16, 2-4 pm

For women undergoing radiation and/or chemotherapy. Learn beauty techniques to help restore appearance and self-image during cancer treatment. Session will include skin/nail care, makeup advice and information on how to work with scarves, head wraps and wigs. Sponsored by the American Cancer Society. Seating is limited.

Stress Management

Wed, Feb 24, 6-7 pm

Yoga & Pain Management

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga: 9:30-10:30 am	2 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	3 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Breast Cancer Support : 6-7:30 pm	4 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	5 Tai Chi: 9:30-10:30 am	6 Art Therapy 9 am - 12 pm
7	8 Yoga: 9:30-10:30 am Sound Healing: 11 am-12:15 pm Reiki/Reflexology: 1-3 pm	9 Wellness Support: 10-11:30 am or 6-7:30 pm	10 Reiki: 9:30-11:30 am Lung Cancer Support:10-11:30 am Yoga: 6-7 pm	11 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	12 Tai Chi: 9:30-10:30 am Advancements in Cancer Treatment: 1-2 pm	13
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28	29 Yoga: 9:30-10:30 am					
						PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349

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.

Crystal Bowl Sound Healing - The pure sounds of the crystal bowls will wash away stress and still the mind. Wear loose clothing; bring a blanket and pillow for comfort. Held the 2nd Monday of every month.

Empowerment Drumming - Drumming is enjoyable, physically, mentally and emotionally rewarding. It reduces stress, increases energy & over-all well-being. It is accessible to everyone and 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 blankets. 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.

Ukulele
Be part of a fun group that likes to strum along, sing and laugh. Ukulele's are provided.

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.

Caregiving Support Group - This is a supportive program series for spouses/family caretakers to explore and develop strategies to help cope when you have a loved one diagnosed with cancer.

Lung Cancer Support Group - All with a lung cancer diagnosis are invited to come together to share experiences and concerns.

Mind Over Mood 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. 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.

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.