



January - February 2017

Vol. 15, Issue 1

Inspire

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

SAVE THE DATE!

10th ANNUAL

Share The Love Luncheon

Wed, Feb 8; 12 pm

The Center for Visual and Performing Arts
1040 Ridge Rd, Munster

Hosted by the Friends of the Cancer Resource Centre and the auxiliaries of the hospitals of Community Healthcare System, proceeds benefit the Cancer Resource Centre. Traci Piccolo Dolby, daughter of the late Brian Piccolo, will share his inspirational journey from his NFL career to his battle with cancer.

Tickets are \$50 each. For more information, contact Sherri Holt at 219-836-0130.



Greetings from the Administrator

I would like to wish everyone a very happy New Year. With the New Year comes new plans and some changes beginning with this issue of our newsletter,

Inspire. We decided to call our newsletter "Inspire" because of the many individuals who lift our spirits on a regular basis. We plan to continue this theme and introduce new content and new features. Please bear with us as we modify information and adjust the layout of the publication accordingly. We will be featuring short stories about those individuals with cancer who inspire us. We also will be highlighting the incredible people who utilize the Resource Centre's services, enroll in research studies or benefit from the support of our Cancer Health Navigators.

We are planning to share tips or success stories from visitors and facilitators who conduct classes at our Resource Centre. An example of a tip would be a healthy eating tip, a simple

healthy recipe, relaxation techniques or stress reduction information. We may not be able to include all tips received, but will try to add them in later issues. If you would like to contribute to the issue, please contact Mary Shields at 219-836-6875.

For more detailed information about contributions, class descriptions and the latest events, we invite you to visit our web page at www.mycrcf.com.

We hope that you will enjoy the upcoming issues of "Inspire" and that it continues to serve as a source of inspiration.

Mary C. Shields, RN, MSN, OCN, CCRP
Administrator

Community Cancer Research Foundation



**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.



Cervical Cancer

Each year, approximately 12,000 women in the United States get cervical cancer. It occurs most often in women over age 30. The human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex.

With regular screening tests and follow-up, cervical cancer is one of the most preventable cancers. It also is highly curable when found and treated early.

Recommendations for early screening and detection*:

- All women should begin cervical cancer screening at age 21. Between the ages of 21 and 29, women should have a Pap test every three years. In case of an abnormal Pap test result, they should be tested for HPV.
- Women between the ages of 30 and 65 should have a Pap test and an HPV test every five years. While this is the preferred approach, it is acceptable to have just the Pap test every 3 years.
- Women over age 65 who have had regular screenings with normal results should not be screened for cervical cancer. Women who have been diagnosed with cervical pre-cancer should continue to be screened.

**from the Centers for Disease Control and Prevention*

Related Clinical Trial

A Phase III trial of adjuvant chemotherapy following chemoradiation as primary treatment for locally advanced cervical cancer compared to chemoradiation alone (ANZGOG 0902/GOG-0274/RTOG 1174).

Clinical Trials

Please contact the Cancer Research department for information about available clinical trials. You may visit our website www.MyCCRF.com for a current listing of open trials.

Spotlight on



Trudy Niemiec Volunteer

“Sometimes just a hug or kind thought makes all the difference.”

– Trudy Niemiec

Trudy is a familiar face around the Cancer Resource Centre, known for being quick to make you smile and for always offering an encouraging word or two. She was initially diagnosed with cancer in 1993, and since her diagnosis has had three more occurrences of cancer. Despite this, Trudy remains energetic and positive.

We were fortunate when Trudy decided to attend the first open house for the Cancer Resource Centre in 2003. Grateful for the services we offered and wished she had a similar place to go when she was first diagnosed; Trudy decided to volunteer here. Her advice to those facing cancer is to listen to the information offered, but try to find what is best for you and to trust your doctor. She says she is very in tune with her body and encourages others to be, letting her doctor know when something seems wrong. She says she has learned that treating someone with cancer means treating their family or caregiver as well.

HEALTHY TIPS

When cooking at home, remember to add seasonings a little at a time. Season lightly at first. Taste your dish after half the cooking time so that the seasonings have time to release their flavors, then add more if necessary. Once added, you can't take it out so be especially attentive to the amount used of salt, sugar and fat. Add flavor by using other herbs and spices instead.

Chef Dana Wichlinski, C.C



Friends of the Cancer Resource Centre

At the November 2016 meeting of the Friends of the Cancer Resource Centre, Anthony Andello and Mary Shields presented Friends of the Cancer Resource Centre's Linda Favors with an etched vase to thank her for her dedication and energy while serving as president. Under Linda's leadership, the Friends' membership grew and more than \$100,000 was raised to fund many of the activities at the Cancer Resource Centre. Although Linda has passed along the baton with her duties as president, we are grateful that she will remain active with the group in the future.



Sunrise Award

Holli Zabek, facilitator for the Cancer Resource Centre's Look Good Feel Better program, is the recipient of the American Cancer Society's Sunrise Award for outstanding service. "We appreciate Holli volunteering her

services to the "Look Good, Feel Better" program for the last 10 years. Her tips for cancer patients on makeup application and making themselves look better truly makes so many of them feel better about themselves and gives them more confidence at a time when they are so sensitive about how they look," said Anthony Andello, Cancer Resource Centre director.

"Her knowledge about skin care, makeup and the way she interacts with patients makes her an invaluable part of the program and a great asset to new volunteers," states Rachelle Anthony, Health Systems Manager, Hospitals, American Cancer Society.

From the Cancer Resource Director



The Cancer Resource Centre staff wish everyone a wonderful New Year. We will be introducing a number of new programs/presentations at the Cancer Resource Centre for 2017. Please join us at 12 p.m. on Mon, Jan 30 to learn about these upcoming programs and happenings. We are excited to host a new series beginning in March called

Cancer & Nutrition. The series is scheduled every other week led by Registered Dietitian Matthew Barenie, MS, RD, CD, ACSM-CPT who will address healthy eating during and after treatment.

Please complete your annual survey that was mailed to your residence so we can look at ideas

Anthony Andello for future events.

Anthony Andello
Director, Cancer Resource Centre

Frequently Asked Question

Q: Where is the Community Cancer Research Foundation located?

A: The Foundation is located at 926 Ridge Rd, Munster, the same building that houses the Cancer Resource Centre, Community Hospital Cancer Research department and the Cancer Health Nurse Navigators.

UPCOMING FUNDRAISERS

HOOP DREAMS FOR A CURE

Fri, April 7; 6 pm

Munster High School Gym, Entrance J&K
Community Healthcare System Staff, Administration and Physicians participate in this basketball fundraiser.

Tickets \$5.

BRICK DEDICATION CEREMONY

Sat, May 20; 10 am – 12 pm

Brick order deadline is February 1 for Spring placement, July 1 for Fall placement.

Visit our website at www.cancerresourcecentre.com for a more detailed description of these events or call the Cancer Resource Centre at 219-836-3349.

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.

Mr. & Mrs. Dipti Patel

Donation

Peggy Wellman – Takeda Oncology

Exercise & Nutrition Lecture

Andrew Robinson

Munster High School Chorale

Edwardo's Natural Pizza

Hospitality & Nutrition

Community Hospital

John's Pizzeria

Holiday Celebration 2016

Navii Salon and Spa

October Fundraiser

Rey and Fran Candelaria

Shanti Wellness – Lecture

Munster High School

Boys Tennis Team

Smash Out Cancer Fundraiser

April Bragg

Community Hospital Biomedical Team

(led by Scott Holly)

Community Hospital

Hospitality & Nutrition Services

Community Hospital

Maintenance Team

(led by Daniel Largent)

Joyce Ivey

Shelly Recktenwall

Richard A. Friedman

Mary Nigohosian

Wilbur Wright Middle School

Honors Choir under the direction of

Stacey C. Augle

Pam Kaczmariski and

Community Hospital Auxiliary

Lights of Life Ceremony and

Fundraiser

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.

“Like”



The Cancer Resource Centre

Happenings

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!	2 CENTER CLOSED	3 Wellness Support: No AM Session 6-7:30pm	4 Chair Massage: 10-11:30am Mind Over Mood: 10-11:30am Yoga: 5:30-6:30pm	5 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	6 Tai Chi: 9:30-10:30am	7 No Art Therapy
8	9 Yoga: 9:30-10:30am Sound Healing: 11am-12pm Reiki/Reflexology: 1-3pm	10 Wellness Support: 10-11:30am or 6-7:30pm Caregiver Support: 6-7:30pm	11 Reiki: 9:30-11:30am Lung Cancer Support: 10-11:30am Yoga: 5:30-6:30pm Breast Cancer Support: 6-7:30pm	12 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	13 Tai Chi: 9:30-10:30am	14
15	16 Yoga: 9:30-10:30am Drumming: 4:30-5:30pm	17 Wellness Support: 10-11:30am or 6-7:30pm Blood Cancer Support: 6-7pm	18 Chair Massage: 10-11:30am No Healing Touch Healing Hearts: 1:30-3pm Yoga: 5:30-6:30pm Breast Cancer Support: 6-7:30pm	19 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	20 Tai Chi: 9:30-10:30am	21 Valparaiso Health Center of SMMC Art Therapy/Chair Yoga: 9am-12pm Chair Massage: 12-1pm
22	23 Yoga: 9:30-10:30am	24 Wellness Support: 10-11:30am or 6-7:30pm	25 Ostomy: 10am-12pm Reiki/Reflexology: 3-5pm Yoga Lecture: Balance 5:30-6:30pm Hope Network Support: 5:30-7pm	26 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	27 Tai Chi: 9:30-10:30am	28
29	30 Yoga: 9:30-10:30am Presentation: What's New at the Centre? 12 pm Healthy Cooking: 12:30-2pm	31 Wellness Support: 10-11:30am or 6-7:30pm				PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349

Mind Over Mood

Wed, Jan 4; 10-11:30 am

For patients and caregivers.
Explore factors that impact mood when dealing with cancer.

Sound Healing

Mon, Jan 9; 11am – 12 pm

Crystal bowl sound therapy encourages healing from within. Bring a blanket and pillow for comfort.

Empowerment Drumming

Mon, Jan 16; 4:30-5:30 pm

An empowering therapeutic experience. Drums provided.

Hope Network

Wed, Jan 25; 5:30-7 pm

**St. Mary Medical Center
1500 S. Lake Park Ave, Hobart**

West Entrance

Cancer patients and caregivers share thoughts, feelings and ideas.

What's New? ...At The Centre

Mon, Jan 30; 12 pm

Join us for an informative presentation and discussion of new programs and events.

Happenings

Caregiver(s) Support Group

Tue, Feb 7; 6-7:30 pm

For spouses/family and caregiver(s) to help cope when your loved one is diagnosed with cancer.

Lecture: Exercise And Nutrition

Tue, Feb 14; 12-1 pm

Presentation by CNE Peggy Wellman from Takeda Oncology on the importance of exercise and nutrition when diagnosed with cancer. **Lunch is provided.**

Lecture: Shanti Wellness

Fri, Feb 24; 1-3 pm

Self-Care through Massage Therapy
Gain a better understanding of the physiological benefits of massage therapy.

February 2017

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5	6 Yoga: 9:30-10:30am	7 Wellness Support: 10-11:30am or 6-7:30pm Caregiver Support: 6-7:30pm	8 Reiki: 9:30-11:30am Lung Cancer Support: 10-11:30am Yoga: 5:30-6:30pm	9 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	10 Tai Chi: 9:30-10:30am	11
12	13 Yoga: 9:30-10:30am Sound Healing: 11am-12pm Reiki/Reflexology: 1-3pm	14 Wellness Support: 10-11:30am or 6-7:30pm Lecture: Exercise and Nutrition 12-1pm	15 Chair Massage: 10-11:30am No Healing Touch Yoga: 5:30-6:30pm Breast Cancer Support: 6-7:30pm	16 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	17 Tai Chi: 9:30-10:30am	18
19	20 Yoga: 9:30-10:30am Drumming: 4:30-5:30pm	21 Wellness Support: 10-11:30am or 6-7:30pm Look Good ...Feel Better: 2-4pm Blood Cancer Support: 6-7pm	22 Reiki/Reflexology: 3-5pm Yoga Lecture: Therapeutic Yoga 5:30-6:30pm Hope Network Support: 5:30-7pm	23 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	24 Tai Chi: 9:30-10:30am Lecture: Shanti Wellness 1-3pm	25
26	27 Yoga: 9:30-10:30am	28 Wellness Support: 10-11:30am or 6-7:30pm				PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349