



March - April 2014
Vol. 12, Issue 2

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 Administrator

A new year brings new developments to our Cancer Research program. The National Cancer Institute is merging 10 federally-funded research entities, creating five new

groups. We are happy to announce we have been chosen to participate with the newly formed NRG - a combination of the National Surgical Adjuvant Breast and Bowel Program, Radiation Oncology Group and the Gynecology Oncology Group. Led by an impressive group of scientists, the NRG brings a wealth of resources together to hopefully, more quickly develop discoveries in the treatment of many different cancers.

I would like to thank Co-chairs Linda Favors, Paula Nellans and the Friends of the Cancer Resource Centre who have been working diligently to raise funds for our programs.

The friends group is busy not only raising money, but also volunteers their time and talent to promote the activities of the Centre. Every year they plan the "Share the

Love Event" in February, 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 the support of this energetic group. Anyone interested in becoming a "Friends" member can contact Linda Favors at 219-741-5449.

As always, thank you for your continued support.

Mary C. Shields

Mary C. Shields, RN, MSN
Cancer Research Foundation

Perennial Ball
May 17, 2014
Chicago Hilton

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



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.

Good Neighbors cook up Fundraiser



First Baptist Church of Hammond Women's Missionary Society raised \$840 by selling "Cooking for Zita" cookbooks as a fundraiser for Friends of the Centre. Accepting the check are (left to right) Linda Favors, Donette Hardy, Darlene Sula and Anthony Andello.

New Clinical Trials

Colorectal Cancer Study

Prospective international observational cohort non-comparative study describing the safety and effectiveness of ZALTRAP® administered in combination with FOLFIRI for the treatment of patients with metastatic colorectal cancer in current clinical practice:
A Post-Authorization Study (PASS).

Ovarian Cancer Study

SOLO1/GOG 3004: A Phase III, Double Blind, Placebo Controlled, Multicentre study of Olaparib Maintenance Monotherapy in Patients with BRCA Mutated Advanced (FIGO stage III-IV) Ovarian cancer following First Line Platinum Based Chemotherapy.

*Please contact the Cancer Research Department for more information about this or other clinical trials.
You may visit our website www.MyCCRF.com for a current listing of open trials.*

Understanding Metastatic Cancer



**Wed, April 23
3-4 pm**

Mohamad Kassir, MD.

Gain a greater understanding of metastatic cancer; what it is, possible treatment and how to manage a diagnosis from Oncologist Mohamad Kassir, MD. Dr. Kassir serves as assistant professor at RUSH University Medical Center Division of Hematology, Oncology and Stem Cell Transportation and practices with Northwest Oncology, PC in Munster. He will be available for questions/answers after the presentation. A light refreshment will be served.
Free. Please call the Centre to register.

Crystal Bowls = Good Vibrations



Last year, the Friends of the Cancer Resource Centre donated a \$1,100 set of Crystal Bowls that will be used in a new class called Introduction to Crystal Bowl Ringing. Facilitated by Michelle Matlock, the vibrations of the crystal bowls in the room can help you to feel relaxed and restore your inner peace. This will be a bi-monthly program on the last Tuesday of the month. Please check the Inspire calendar for exact dates and times.

March is Colon Cancer Awareness Month



March is colorectal awareness month. Colon cancer screening is important in helping prevent colon cancer. Finding a polyp early and removing it may prevent a cancer from occurring. Individuals over age of 50 should see their physicians about screening for colon cancer and some who are at higher risk may need to discuss this earlier than age 50. **The American Cancer Society recommends the**

- *Flexible Sigmoidoscopy every 5 years
- *Colonoscopy every 10 years
- *Double Contrast Barium Enema every 5 years
- *CT Colonography (virtual colonoscopy) every 5 years

All of the above tests are used to find polyps and colon cancer.

Additionally, the following tests can also find cancers of the colon:

- *Fecal occult blood testing annually
- *Fecal Immunochemical Test (FIT) every year
- *Stool DNA test (no frequency determined to date)

Ask your doctor when you should begin screening for colon cancer and how often. This may vary if you already have colon cancer or have a genetic tendency for colon cancer. **Further recommendations for screening may be found on the www.cancer.org web site.**

FAN-tastic Effort by the Football Moms



Highland Football Moms raised \$1,060 on behalf of the Friends of the Cancer Resource Centre with their fun-raising activities and events. Presenting the check at the Cancer Resource Centre are (left to right) Donette Hardy, club treasurer, and Tracy Oprea, president.

“Like” The Cancer Resource Centre



Holiday Entertaining 101



Friends of the Centre hosted a fundraiser at the Cancer Resource Centre featuring a cooking demonstration by Briar Ridge Country Club Chef; flower arranging tips by a designer from Mary and Martha and a tasting from the Tasty Olive Company, both located in Porte de Leau Plaza in Highland.

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.

ON THE SHELF...

New Arrivals On Our Shelves

"A Short Guide to a Happy Life "

By Anna Quindlen

"The Gift of Peace"

By Joseph Cardinal Bernardin

"Kitchen Table Wisdom"

By Rachel Naomi Remen, MD

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

The Corner "Buzz"



What People Are Saying



About the Cancer Resource Centre:



" I am truly grateful to the caring staff and for the various programs offered. This Centre has helped me tremendously through my recovery process."



" A wonderful service for cancer patients"

About the Cancer Research Department:



" The nursing staff is very caring and compassionate."



" I am completely satisfied with my study nurse. She is a very competent and respectful nurse. "



Many Thanks!

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

John W. Anderson
Foundation **Grant**

Leukemia & Lymphoma
Society

**Blood Cancers Support
Group**

Calumet Harley Davidson
Fundraiser

Hospice of the Calumet Area
Munster Donut
Healing Hearts

Laini Fluellen Charities
Fundraiser

Lake Central High School
Bump out Cancer Fundraiser

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

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

Bill Preston, Sr. Health
Counselor
**State Health Insurance
Program (SHIP)**

Rima Krutulius
Ukulele

**Date to be
announced
soon!**

The annual
**Friends of the
Cancer Resource Centre
Membership Luncheon**
will be held again this Spring!

happenings

March 2014

Mind Over Matter
Wed, Mar 5; 10-11:30 am

Family Matters Support Group
Wed, Mar 12; 6:30-8 pm

**Blood Cancer Support Group-
 All Cancers Welcome**
Tue, Mar 18; 6-7:30 pm

**Understanding Lab/Pathology
 Reports**

Millennium The Takeda Oncology Company Ambassador will explain your lab and pathology results so you have a better understanding of what they mean. This program is open to all cancer patients. A light meal will be provided.

**NEW! WEBCAST from
 CANCECARE**

Fri, Mar 21; 12:30-1:30 pm


Managing Cancer Pain-What you need to know. Overview of pain; how to talk to your healthcare team; barriers to pain management; medications to treat pain; coping with side effects; quality of life concerns.

INTRO to Crystal Bowl Ringing
Tue, Mar 25; 1:30-3 pm

Feel relaxed and restored from the vibrations of the crystal bowls in the room. Wear comfortable clothing and bring a small blanket & pillow. This is a bi-monthly program starting in May the last Tuesday of the month Facilitated by Michelle Matlock.

Ostomy Support Group
Wed, Mar 26; 10 am-12 pm

Dietary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
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	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: 2-3 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	12 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Matters: 6:30-8 pm	13 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	14 Tai Chi: 9:30-10:30 am	15 Please remember to donate your yarn to our Knitters!
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 Blood Cancer Support Group: 6-7:30 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: 2-3 pm	21 Tai Chi: 9:30-10:30 am NEW! WEBCAST Managing Cancer Pain-What you Need to Know: 12:30-1:30 pm	22
23	24 Yoga: 9:30-10:30 am	25 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Intro to Bowl Ringing: 1:30-3 pm	26 Ostomy:10 am-12 pm Reflexology: 3-5 pm Yoga Lecture Stress Management: 6-7 pm	27 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	28 Tai Chi: 9:30-10:30 am	29
30	31 Yoga: 9:30-10:30 am					

Happenings

Mind Over Matter

Wed, Apr 2; 10-11:30 am

Healthy Cooking

Tue, Apr 8, 11:30 am-1:30 pm

Chef Elida Abyeta from Ivy Tech will demonstrate and prepare a nutritious meal. Seating is limited.

Family Matters Support Group

Wed, Apr 9; 6:30-8 pm

Understanding Metastatic Cancer

Wed Apr 23; 3-4 pm

Dr. Mohamad Kassar will provide a greater understanding of metastatic cancer; what it is, the possible treatment, and how to manage it. Dr. Kassar is associated with Northwest Oncology, PC, Munster, IN. He will be available for questions/answers after his presentation. All cancer survivors are welcome. A light refreshment will be served.

Healthy Eating


Tue, Apr 29; 2-3:30 pm

Cheryl Hobby from Purdue University Extension Service will present on nutritious ways to choose and prepare healthy foods. Seating is limited.

Stress Management

Wed, Feb 26; 6-7 pm

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	2 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Yoga: 6-7 pm	3 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	4 Tai Chi: 9:30-10:30 am	5 Art Therapy: 9 am-12 pm
6	7 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	8 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Healthy Cooking: 11:30-1:30 pm	9 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Matters Support: 6:30-8 pm	10 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	11 Tai Chi: 9:30-10:30 am	12
13	14 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	15 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Blood Cancer Support Group: 6-7 pm	16 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm	17 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	18 Tai Chi: 9:30-10:30 am	19
20 EASTER	21 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30- 8pm	22 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	23 Understanding Metastatic Cancer: 3-4pm Yoga: 6-7 pm	24 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	25 Tai Chi: 9:30-10:30 am	26
27	28 Yoga: 9:30-10:30 am	29 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Healthy Eating: 2-3:30 pm	30 Reflexology: 3-5 pm Stress Management: 6-7 pm			

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 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.

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.