



March - April 2015
Vol. 13, 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

Hopefully, we are on the home stretch toward Spring and milder temperatures. In February, we were fortunate to have newscaster Rich King with us once again to share his life's journey and the next chapter along with his new book *Back in the Game*. Rich has inspired us with his positive attitude and outlook on life. On April 18 we will hold the Foundation's major annual fundraiser, the Perennial Ball. Thank you to all who have supported this event in the past and again this year. The funds that are raised for this event directly benefit research, Foundation activities as well as the

Resource Centre and all of its programs, classes and groups. Because of your support, we have been able to fulfill our organization's mission in bringing the latest in cancer treatments and education to our community.



Mary C. Shields

Mary C. Shields, RN, MSN, OCN, CCRP
Administrator
Community Cancer Research Foundation

**STRENGTH
IN
Sharing**
COMMUNITY CANCER RESEARCH FOUNDATION
Perennial Ball
SATURDAY, APRIL 18, 2015



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.

March is Colon Cancer Awareness Month

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

The American Cancer Society recommends the following options for screening:

- Flexible Sigmoidoscopy every 5 years
 - Colonoscopy every 10 years
 - Double Contrast Barium Enema every 5 years
 - CT Colonoscopy (virtual colonoscopy) every 5 years
- All of the above tests are likely to find both 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.

GIVING BACK TO THE COMMUNITY



Mike Anderson representatives presenting the check to Anthony Andello, director of the Cancer Resource Centre (left to right) are: Tom Dow general sales manager, Rachel VanSyckel, office manager and Sandi Holman, fixed operations manager.

Giving Back to the Community was created by Mike Anderson in 2008 as a way to pay it forward. "This program is designed to re-invest in our local community and the vital non-profit organizations that bless us throughout the year," explains Anderson. Non-profit organizations that are selected to benefit from the funding must be located in Lake or Porter counties. The Cancer Resource Centre was awarded a check for \$1,000 that will be used toward the 12th Annual Unite & Fight Cancer Walk and Fun Run on October 4, 2015.



Research Symposium

Each spring the Community Cancer Research Foundation holds a symposium to update healthcare professionals on the latest cancer treatments and procedures. **This year's symposium is scheduled for 8 am, Saturday, March 7 at The Center for Visual and Performing Arts, 1040 Ridge Road, Munster.** Hosted by Radiation Oncologist Andrej Zajac, MD, vice-president of the Community Cancer Research Foundation, the event features four speakers:

- Dr. Jonathan Strauss on the rationale for post-mastectomy radiation therapy in patients with positive lymph nodes
- Dr. David Song regarding financials, politics and the economy
- Dr. David Chang addressing lymphedema
- Dr. Anthony Magliocco on the pathology related to breast cancer, new trends and markers

Healthcare professionals who would like to attend the symposium should contact the **Community Hospital Medical Education department at 219-836-6394 no later than Monday, March 2. The event is free of charge, but advanced registration is necessary.**

Share the Love

WGN veteran sports anchor Rich King was the guest speaker at the 8th annual Share the Love event. He spoke about the changes that have taken place in his life since he discussed his first book, *My Maggie*, at the very first Share the Love event. His latest book, *Back in the Game*, is a memoir that combines the heartwarming love story that led to his second marriage, and contains some truly entertaining and memorable tales from his 40+ years of sports broadcasting in Chicago. Recipient of numerous awards (Sportswriter of the Year, AP, UPI and 2014 Silver Circle Inductee), King shared his unique perspective on Chicago sports teams, fans, relationships and living life to the fullest.



Rich King
WGN Sports

UPCOMING FUNDRAISERS

Hoop Dreams for Cancer

April 10, 6-8 pm

Munster High School Fieldhouse

Staff and physicians from the Community Healthcare System will play to raise money for the Cancer Resource Centre. Concessions and 50/50 raffle. **For more information, please call 219-836-3349.**

Vanis Salon & Day Spa is celebrating 30 years!



Sunday, May 17

10 am to 2:30 pm

Crown Point, Schererville and Valparaiso

Make an appointment at any Vanis Salon & Day Spa location to help raise funds for the Cancer Resource Centre. Vanis will provide select services for \$30 and donate 100% of the proceeds to the Cancer Resource Centre. Services include: haircut, manicure, pedicure, massage, facial and makeup. All services listed are 45 minute appointments. **Please call for an appointment at one of the following locations:**

Crown Point: 219-663-5200

Schererville: 219-322-5600

Valparaiso: 219-465-6414

Rev Up to Unite & Fight Cancer Car Show

Saturday, May 30

Hartsfield Village, Munster

Open to all makes, models and years. All proceeds will benefit the Cancer Resource Centre. **For more information, please call Sherri Holt at 219-836-0130 or visit the following website: www.cancerresourcecentre.com or www.uniteandfight.org.**

New! Caregiving Support Group

This is a support program series for spouses/family caretakers to explore and develop strategies to help cope when you have a loved one diagnosed with cancer. Facilitated by Nancy Feldman, MSW, LSW, CSW.

Tues, March 3, 2015 6-7:30 pm

Session 1: Self Care

Tues, March 17, 2015 6-7:30 pm

Session 2: Relationships

Tues, April 7, 2015 6-7:30 pm

Session 3: Relaxation/Visualization

Tues, April 21, 2015 6-7:30 pm

Session 4: Working & Caregiving

The Corner "Buzz"



What People Are Saying



About the Cancer Resource Centre:



"It's just good to know you are there should I need information, friendship or support."

About the Cancer Research Department:



"All of my nurses were very caring and I felt they have everyone's interest at heart. Wonderful, I feel they were sent from God, Thank you."



"Like"
The Cancer Resource Centre

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.

Schererville U12

Storm Softball Team

Cooking for Zita Fundraiser

Culvers (Crown Point, Highland and Merrillville locations)

Culver's Cares Fundraiser

Donald S. & Margo Powers

Generous Contribution & Continued Support

Mike Anderson Chevrolet

Giving Back to the Community

Hospice of the Calumet Area
Munster Donu

Healing Hearts

St. Catherine Hospital Auxillary (Gift Shop)

Holiday Basket Raffle

Monetary Donation

Vanis Salon & Day Spa

Holiday Charity Donation

Karl Hand, Hand Law Group

Living Wills & Advanced Directives

American Cancer Society

Doris Bauer, Bunny's Beauty

Salon/Discreetly Hair

Holli Zabek, SpaPointe

Look Good... Feel Better

Yvette Hernandez

regional financial counselor

Community Hospital

Medicaid & Affordable act

Pam Kozy

Heart in Hand, LLC

Highland, IN

Reiki

Reflexology,

Friends of the

Cancer Resource Centre

Sherri Holt

Frankie Fesko

Rich King

Auxiliary (CH, SCH, SMMC)

Share the Love

Ameristar Community

Partnership

Unite &Fight

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, Mar 4, 2015 1:30-3 pm

Life Changes

Wed, Mar 18, 2015 1:30-3 pm

Learning to Live Again

ON THE SHELF... *New Arrivals*

"Colon and Rectal Cancer - A Comprehensive Guide for Patients & Families"

By Lorraine Johnston

"Help Me Live - 20 things people with cancer want you to know"

By Lori Hope

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

March 2015

Happenings

Caregiving Support Group

Tue, Mar 3, 6-7:30 pm *New!*
Self Care

Tue, Mar 17, 6-7:30 pm
Relationships

This is a six session program for spouses/family caretakers to explore and develop strategies to help cope when you have a loved one diagnosed with cancer.

Mind Over Mood Support Group

Wed, Mar 4; 10-11:30 am

Blood Cancers Support Group

Tue, Mar 17; 6-7 pm

Brain Tumors

Tue, Mar 24; 1-2 pm

Join us for an open discussion on brain tumors with Neurosurgeon Wayerl Kaakaji, MD, of the Community Spine & Neurosurgery Institute. Please call to register.

Ostomy Support Group

Wed, Mar 25; 10 am-12pm

Dietary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	3 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Caregiving Support: 6-7:30 pm	4 Chair Massage: 10-11:30 am Mind Over Mood Support Group: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	5 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	6 Tai Chi: 9:30-10:30 am	7 Art Therapy: 9 am-12 pm
8	9 Yoga: 9:30-10:30 am Crystal Bowl Sound Healing: 11am-12:15 pm Reflexology: 1-3 pm	10 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	11 Reiki: 9:30-11:30 am Yoga: 6-7 pm	12 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	13 Tai Chi: 9:30-10:30 am	14
15	16 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	17 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Blood Cancers Support Group: 6-7 pm Caregiving Support: 6-7:30 pm	18 Chair Massage: 10-11:30 am Healing Touch: 1- 2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	19 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	20 Tai Chi: 9:30-10:30 am	21 <i>Please donate your yarn to the Knit One Group!</i>
22	23 Yoga: 9:30-10:30 am	24 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Brain Tumors: 1-2 pm	25 Ostomy: 10 am-12 pm Reflexology: 3-5pm Stress Management: 6-7 pm	26 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	27 Tai Chi: 9:30-10:30 am	28
29	30 Yoga: 9:30-10:30 am	31 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm				
						PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349

Happenings

Mind Over Mood Support Group

Wed, Apr 1; 10-11:30 am

Caregiving Support Group

Tue, Apr 7; 6-7:30 pm

Relaxation/Visualization

Tue, Apr 21; 6-7:30 pm

Working & Caregiving

New!

Cancer in the Classroom

Tue, Apr 14; 4-6 pm

Benefits teachers, social workers and other school professionals dealing with challenges faced by children and families coping with a cancer diagnosis. Inservice focuses on how children cope, how they emotionally react to crisis and how they respond depending upon their developmental levels. Presented by James Bovan, PsyD, HSPP. Seating is limited. Free. Please call to register: 219-836-3349.

Managing Stress & Fatigue

Wed, Apr 22; 12-1:30 pm

Program provides useful options and solutions in managing stress and minimizing fatigue while battling cancer. Presented by Peggy Wellman, oncology nurse for 20 years and a nurse educator for Takeda Oncology. Sponsored by Millennium: Takeda Oncology Company. A light lunch will be provided. Please call to register: 219-836-3349.

Stress Management

Wed, Apr 29; 6-7 pm

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</p>			<p>1</p> <p>Chair Massage: 10-11:30 am Mind Over Mood Support Group: 10-11:30 am Yoga: 6-7 pm</p>	<p>2</p> <p>Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>	<p>3</p> <p>Tai Chi: 9:30-10:30 am</p>	<p>4</p> <p>Art Therapy: 9 am-12 pm</p>
<p>5</p> <p><i>Easter</i></p>	<p>6</p> <p>Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm</p>	<p>7</p> <p>Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Caregiving Support: 6-7:30 pm</p>	<p>8</p> <p>Reiki: 9:30-11:30 am Yoga: 6-7 pm</p>	<p>9</p> <p>Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>	<p>10</p> <p>Tai Chi: 9:30-10:30 am</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>Yoga: 9:30-10:30 am Crystal Bowl Sound Healing: 11 am-12:15 pm Reflexology: 1-3 pm</p>	<p>14</p> <p>Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Cancer in the Classroom: 4-6pm Blood Cancers Support Group: 6-7pm</p>	<p>15</p> <p>Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm</p>	<p>16</p> <p>Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>	<p>17</p> <p>Tai Chi: 9:30-10:30 am</p>	<p>18</p> <p>Please donate your yarn to the Knit One Group!</p>
<p>19</p>	<p>20</p> <p>Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm</p>	<p>21</p> <p>Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Caregiving Support: 6-7:30 pm</p>	<p>22</p> <p>Managing Stress & Fatigue: 12-1:30 pm Yoga: 6-7 pm</p>	<p>23</p> <p>Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>	<p>24</p> <p>Tai Chi: 9:30-10:30 am</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>Yoga: 9:30-10:30 am</p>	<p>28</p> <p>Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm</p>	<p>29</p> <p>Reflexology: 3-5 pm Stress Management: 6-7 pm</p>	<p>30</p> <p>Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>		

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.

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.

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 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.