



March - April 2016  
Vol. 14, 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](http://www.cancerresourcecentre.com).

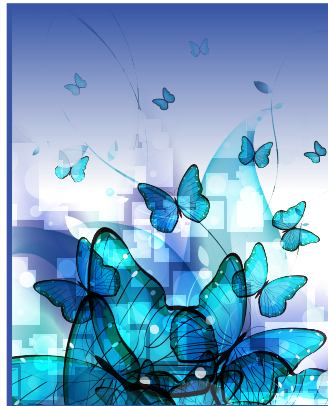


## Greetings from the Administrator

As we enter March and April, we are looking forward to the spring activities here. In March we will host an educational symposium for physicians and other healthcare professionals at the Center for Visual and Performing Arts. This program, on March 5, 2016, will highlight the latest advances including new treatments that trigger the immune system to fight cancer. March is Colon Cancer Awareness Month. Please review the screening guides in this issue. Colon cancer can be prevented in many cases when polyps are removed that can be precursors to cancer. April

is the month for awareness of esophageal and head and neck cancer. We recently opened clinical trials for these types of cancers using a drug that enhances the immune system to help the body fight cancer. Also in April we will host the Perennial Ball, the Cancer Research Foundation's biggest fundraiser. This year's theme is The Butterfly Effect: a small change can make a BIG difference. We hope to see many of you at this event and thank you for your continued support.

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



## 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.



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.

## 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 higher 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 Colonography (virtual colonoscopy) every 5 years

*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](http://www.cancer.org) web site.**

## UPCOMING FUNDRAISERS

### Hoop Dreams for a Cure

Friday, April 8; 6-9 pm

Munster High School Fieldhouse

Community Healthcare System staff and physicians will play on opposing teams to raise money for the Cancer Resource Centre.

Halftime dance-off competition, concessions & 50/50 raffle.

**Tickets: \$5. For more information, please call 219-836-3349.**



### Rev Up to Unite & Fight Cancer

Car/Truck/Bike Show Fundraiser

Saturday, June 18; Hartsfield Village in 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 websites:**

**[www.cancerresourcecentre.com](http://www.cancerresourcecentre.com) or [www.uniteandfight.org](http://www.uniteandfight.org).**

“Like” The Cancer Resource Centre



## ON THE SHELF... *New Arrivals*

### “Picking up the Pieces, Moving Forward after Surviving Cancer”

*by Sherri Magee and Kathy Scalzo*

### “After Cancer Treatment, Heal Faster, Better, Stronger”

*by Julie K. Silver, MD*

### “Survivor, Taking Control of Your Fight against Cancer”

*by Laura Landro*

### “Everyday Strength – A Cancer Patient’s Guide to Spiritual Survival”

*by Randy Becton*

### “The Cancer Survivor’s Companion – Practical Ways to Cope with Your Feelings after Cancer”

*by Frances Goodhart, MD & Lucy Atkins*

**These books are available in our lending library. We also offer videos, Healing with Harmony CD’s and free brochures. Please visit our library and see what else we have available.**

## GIVING BACK TO THE COMMUNITY



*Mike Anderson representatives presenting the check to Anthony Andello, director of the Cancer Resource Centre (left to right) are: Derrick L. Hence, sales inventory director, Sandi Holman, fixed operations manager and Lee Stahr, shop forman.*

Giving Back to the Community is the program 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 \$2,000 that will be used toward the 13th Annual Unite & Fight Cancer Walk & Fun Run on October 2, 2016.

# RESEARCH SYMPOSIUM

Saturday, March 5

7:15 am – 1:30 pm

The Center for Visual & Performing Arts

1040 Ridge Road, Munster

Each spring the Community Cancer Research Foundation holds a symposium to update healthcare professionals on the latest cancer treatments and procedures. Hosted by Radiation Oncologist Andrej Zajac, MD, vice-president of the Community Cancer Research Foundation, this year's event features three speakers:

- Dr. Nasser Hanna examines aspects of lung cancer
- Dr. D. Kyle Hogarth explains the advantages of navigational bronchoscopy
- Dr. Thomas Gajewski introduces immunotherapy for cancer patients
- Dr. S. Diane Yamada reviews ovarian cancer &
- Dr. Yiqing Chi, a CHS pathologist discusses tumor markers in lung cancer.

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

## Zoup! checks in with the Community Cancer Research Foundation



*Zoup! owners Steven and Diane Crnokrak present a check to Mary Shields, administrator of the Community Cancer Research Foundation.*

On the eve of the grand opening of Zoup!, owners Steven and Diane Crnokrak held a fundraiser to benefit the Community Cancer Research Foundation. The Zoup! Community Foundation sponsored event raised some \$1,365 in funding that is earmarked to benefit cancer research.

"We decided on the Community Cancer Research Foundation for our fundraiser because every

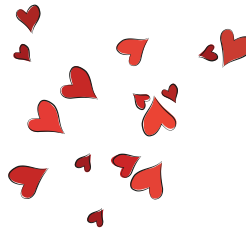
family has a story of a loved one who has been affected by cancer," said Crnokrak. "It's great to know that the money we collected will go to a good cause in our own Northwest Indiana neighborhood."

## A Very Special Delivery

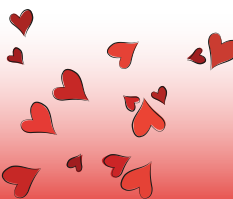
Student Patrick Cullars (pictured left) from St. Thomas More School delivered cookies during Catholic School Week to the Cancer Resource Centre. Accepting the cookies is Resource Director Anthony Andello.



## Share the Love...



**Megan Glaros**  
CBS 2 meteorologist



WBBM Channel 2 Chicago meteorologist Megan Glaros was the guest speaker at the 9th annual Share the Love event. Megan returned home to Northwest Indiana to share stories from the past about individuals who overcame great challenges to change the world. A busy wife and mother of three children, Megan worked her way to an on air meteorologist beginning her career in West Virginia. Megan currently is forecasting the weather for the CBS 2 Chicago Morning News at 4:30, 5 and 6 am.

## Clinical Trials

### NEW STUDIES

**MK3475-081 (KEYNOTE 181):** Phase III Randomized Open-label Study of Single Agent Pembrolizumab vs Physicians' Choice of Single Agent Docetaxel, Paclitaxel or Irinotecan in Subjects with Advanced/Metastatic Adenocarcinoma and Squamous Cell Carcinoma of the Esophagus that have Progressed after First-Line Standard Therapy.

**MK3475-189 (KEYNOTE 189):** Phase III study of Pemetrexed+Platinum with or without Pembrolizumab in first line (1L) metastatic non-squamous NSCLC.

**GU14-182:** A Randomized, Double-Blinded, Phase II Study of Maintenance Pembrolizumab versus Placebo after First-line Chemotherapy in Patients with Metastatic Urothelial Cancer.

*Please contact the Cancer Research department for information about this or other clinical trials. You may visit our website [www.MyCCRF.com](http://www.MyCCRF.com) for a current listing of open trials.*



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.***

Dr. Danielle Sterrenberg  
Premier Oncology  
Hematology Associates

**Advancements in Cancer Treatments**

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

Compton Dental Center  
**Cancer Care Bag Donations**

St. Thomas More School  
**Catholic School Week Cookies**

Cancer Health Associates  
Northwest Oncology Staff  
**For your continuous help with our research patients and tasks**

Derrick L. Hence  
Sandra Holman  
Lee Stahr  
Mike Anderson Chevrolet  
**Giving Back to the Community**

John W. Anderson Foundation  
**Grant**

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

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/Reflexology**

Friends of the Cancer Resource Centre  
Megan Glaros- CBS 2  
Sherri Holt  
Frankie Fesko  
Hospital Auxiliaries (CH, SCH, SMMC)  
**Share the Love**

Rima Krutulius  
**Ukulele Class**

Munster High School  
National Honor Society  
**Yarn Donations**

## 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 2; 1:30-3 pm**  
How to Deal with Other People  
When I'm Grieving

**Wed, Mar 16; 1:30-3 pm**  
Life Changes

**Wed, Mar 30; 1:30-3 pm**  
Learning to Live Again



## Welcome New Staff

Charlene Love joined the research staff on September 21, 2015. She has had experience working as a melanoma nurse coordinator in Indianapolis, managing clinical trials in melanoma patients. Recently, Charlene has worked in the Community Surgery Center in North Indianapolis. We are happy to welcome Charlene who is patient, compassionate, friendly and outgoing with her patients.

# Happenings

# March 2016

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

## Mind Over Mood Support Group

Wed, Mar 2; 10-11:30 am

## Lung Cancer Support Group

Wed, Mar 9; 10-11:30 am

## Blood Cancers Support Group

Tue, Mar 15; 6-7 pm

## Oral Care

Wed, Mar 23; 1-2 pm

Prosthodontist Jamila Miller, DDS; MSD, will discuss oral complications before, during and after cancer treatment.

## Ostomy Networking Group


Wed, Mar 30; 10 am -12 pm

Insurance Reimbursement for Ostomy Supplies

## Stress Management

Wed, Mar 30; 6-7 pm

Therapeutic Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	<b>2</b> 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	<b>3</b> No Chi Gong No Chair Yoga Ukulele: 3:15-4:30 pm	<b>4</b> Tai Chi: 9:30-10:30 am	<b>5</b> Art Therapy: 9 am-12 pm
<b>6</b>	<b>7</b> No Yoga	<b>8</b> Wellness Support: 10-11:30 am or 6-7:30 pm	<b>9</b> Reiki: 9:30-11:30 am Lung Cancer Support: 10 - 11:30 am No Yoga	<b>10</b> No Chi Gong Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>11</b> Tai Chi: 9:30-10:30 am	<b>12</b>
<b>13</b>	<b>14</b> Yoga: 9:30-10:30 am Sound Healing: 11 am -12:15 pm Reiki/Reflexology: 1-3 pm	<b>15</b> Wellness Support: 10-11:30 am or 6-7:30 pm Blood Cancers Support: 6-7 pm	<b>16</b> Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	<b>17</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>18</b> Tai Chi: 9:30-10:30 am	<b>19</b>
<b>20</b>	<b>21</b> Yoga: 9:30-10:30 am Drumming: 4:30-5:30 pm	<b>22</b> Wellness Support: 10-11:30 am or 6-7:30 pm	<b>23</b> Oral Care: 1-2 pm Yoga: 6-7 pm	<b>24</b> Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>25</b> Tai Chi: 9:30-10:30 am	<b>26</b>
<b>27</b>	<b>28</b> Yoga: 9:30-10:30 am	<b>29</b> Wellness Support: 6-7:30 pm (No AM Session)	<b>30</b> Ostomy: 10-12 pm Healing Hearts: 1:30-3 pm Reiki/Reflexology: 3-5 pm Stress Management: 6-7 pm	<b>31</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	Tai Chi: 9:30-10:30 am	

# happenings

# April 2016

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

## Caregiving Support Group

**Tue, Apr 5; 6-7:30 pm**

## Mind Over Mood Support Group

**Wed, Apr 6; 10-11:30 am**

## Hoop Dreams for a Cure

**Fri, Apr 8; 6-9 pm;**

## Munster High School

Basketball fundraiser featuring Hospital Staff vs Defending Champions Medical Staff. Special dance-off competition at halftime. **Cost: \$5. Call 219-836-3349 for tickets.**

## Managing Stress & Fatigue

**Tue, Apr 12; 12-1:30 pm**

Peggy Wellman, oncology nurse, explains useful ways to manage stress and minimize fatigue while battling cancer. Sponsored by Millennium: The Takeda Oncology Company. A light lunch will be provided. Seating is limited. **Call to register.**


## Lung Cancer Support Group

**Wed, April 13; 10-11:30 am**

## Healthy Cooking

**Mon, April; 25 12:30 – 2 pm**

Focuses on recipes for patients with sore mouth, taste alterations and unintentional weight loss. Crunchy Asian Salad, Turkey Meatballs, Peanut Noodles and Banana Peanut Butter Shakes will be shared. Food allergies and alternative products will be discussed. Seating is limited. **Please note: we will be serving items that contain peanuts.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please donate your yarn to the Knit One Group!					1 Tai Chi: 9:30-10:30 am	2 Art Therapy 9 am - 12 pm
3	4 Yoga: 9:30-10:30 am	5 Wellness Support: 6-7:30 pm (No AM Session)  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 Hoop Dreams for a Cure: 6-9 pm	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 Managing Stress & Fatigue: 12:30-1:30 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	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 Healing Touch: 1-2:30 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 Healthy Cooking: 12:30-2 pm	26 Wellness Support: 10-11:30 am or 6-7:30 pm	27 Reiki/Reflexology: 3-5 pm Stress Management: Internal Cleansing 6-7 pm	28 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	29 Tai Chi: 9:30-10:30 am	30 

## **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.