



May - June 2014  
Vol. 12, Issue 3

# 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 Director

A big thank you goes out to all those involved with a successful Share the Love luncheon this past February. Taylor Miller, aka Nina Cortlandt on "All My Children" did a fantastic job speaking to the 300 guests in attendance. As always, the food at the Center for Visual & Performing Arts was delicious.

Birds are singing, beautiful colors are blooming and after a long winter we are turning our attention to outdoor events. Our National Cancer Survivors Day celebration will be held June 1. Please "Save the Date" October 5, 2014, for the 11th Annual Walk & Fun Run. This year, we are changing the name of the Romp & Roll to "Unite & Fight Cancer" as we take this opportunity to not only raise funds to support the Cancer Resource Centre but to also celebrate survivors and support those who have been touched by cancer.

Remember to pre-register for all support group, Mind/Body/Spirit programs and lectures (219-836-3349). We'd like to

thank everyone for all the positive comments collected on our annual survey and appreciate your suggestions for future programs.

If you are still interested in receiving future *Inspire* newsletters electronically, please e-mail [aandello@comhs.org](mailto:aandello@comhs.org) or [mshields@comhs.org](mailto:mshields@comhs.org). If you no longer wish to be on our mailing list, please contact the Community Cancer Research Foundation at 219-836-6875 or the Cancer Resource Centre at 219-836-3349.

Anthony Andello  
Director, Cancer Resource Centre

**SAVE THE DATE**

**Unite & Fight Cancer**  
*Walk and Fun Run*

**Sun., Oct. 5, 2014**

**Munster High School**  
**Football Field**

Start putting your teams together now!!!  
Help raise funds for 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](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.

# Strummin' Away Stress



Ukulele Class Instructor Rima Krutulis, (left to right), strums out a tune with participants Marianna Kaegebein, Shirley Krenkel, Loretta Sullivan & Elaine Slawinski at the Cancer Resource Centre in Munster.

If you listen closely, you may hear the sounds of pickin' strummin' and hummin' coming from the Cancer Resource Centre. The Centre is offering beginner and intermediate Ukulele Classes to cancer patients and their caregivers.

Instructor Rima Krutulis says, "I truly feel the ukulele is a happy instrument. Once you get the hang of it, it will make you smile."

"It's fun, exhilarating," she says. "You are trying something new, learning. Between songs we chat, tell funny stories and laugh. As they say, laughter is good medicine! I think everyone leaves class in a better mood."

Music is increasingly being associated with healing qualities. The soothing power of music has been well-established. Studies show that sheer musical power can offer physical and spiritual healing through relaxation, stress and anxiety reduction, lowering blood pressure and helping to manage chronic pain.

"Ukulele classes offer patients a distraction from everyday worries," say Krutulis. "When you're in class you focus on your strum, chord changes, singing. That's a lot to focus on; you forget about everything else."

"We have at the Centre six basic ukuleles available for beginners to try," explains Krutulis. "I've had a few students purchase their own ukuleles so they can practice at home."

***The class meets every Thursday at 3:15 pm until about 4:30 pm at the Centre, 926 Ridge Road in Munster. For more information, please call 219-836-3349.***

## Clinical Trials

### NEW STUDIES

#### Neoadjuvant Treatment for Breast Cancer

**NSAP B-52:** A Randomized Phase III Trial Evaluating Pathologic Complete Response Rates in Patients with Hormone Receptor-Positive, HER2-Positive, Large Operable and Locally Advanced Breast Cancer Treated with Neoadjuvant Therapy of Docetaxel, Carboplatin, Trastuzumab, and Pertuzumab (TCHP) With or Without Estrogen Deprivation.

***Please contact the Cancer Research Department for more 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.***

## Batter Up!



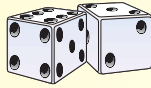
### 2nd Annual Charity Softball Tournament Sunday, May 18 ; 1:30 p.m.

Members of the Munster, Highland and Dyer Police departments and the Munster Fire department will participate in the 2nd Annual Charity Softball Tournament. **All proceeds benefit the Cancer Resource Centre.**

Last year's event raised more than \$1,600 and we hope to raise additional funding this year with your help and participation. Residents of all ages are encouraged to come out to Munster's Community Park to cheer on our local police and firefighters during this fun and exciting event. A very special thank you to this year's sponsors for making the Softball Tournament possible: O'Hara's Sports, Miss Print, Baxter Printing, Inc. and Choice Community Council.



# BUNCO BENEFIT



Anthony Andello, director of the Cancer Resource Centre, holds a \$1,000 check presented by Janet Kozak, St. John Women's Club member and Community Hospital employee. The donation was raised at the St. John Women's Club's annual Bunco night with proceeds benefiting the Cancer Resource Centre. Since 2003-2013 GFWC St. John has contributed some \$16,000 in funding to support the Centre.

# Paint the Town Pink

Sponsored by:

**City of Whiting and St. Catherine Hospital**

Proceeds benefit the Cancer Resource Centre

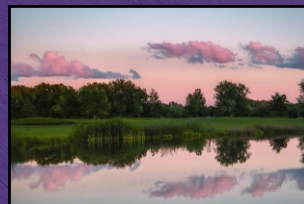
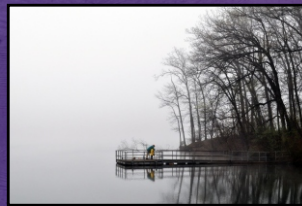
During May, Paint the Town Pink is the annual, month-long initiative that has the entire city of Whiting involved in raising funds for the Cancer Resource Centre. Events include a breast cancer walk, a "Crush Cancer" fundraiser during Cruise Night and more.

The Stomp Out Cancer 5K Run/Walk through Whiting is scheduled for Saturday, May 10. There is a \$20 registration fee which includes a T-shirt with advance registration only. Registration is being accepted now at The Junkyard, 1504 119th St. or participants can register for the walk the day of the event. Check-in time begins at 9 am and Walk begins at 10 am. As a major sponsor, St. Catherine Hospital staff provide free health screenings at the Walk. Since 2011, Paint the Town Pink has raised more than \$20,000 to support the Centre and the fight against cancer.

# Reflections Photo Contest Winners

Congratulations to the winning photographers in the Reflections photo contest: Mylinda Cane (Water Lily); Pete Doherty (Vogue Wave); Terrie Funston (Summer Sunrise over the Lake); Victoria Jostes (Sunset Reflection); Donna Lind (Fishing Lessons); Rhonda Mullen (The Bridge at Aberdeen); Jim Rettker (Fall in Michigan) and Dr. Andrej Zajac (Winter Sunset).

The note cards will be distributed as a thank you gift for individuals attending the annual Perennial Ball fundraiser. Beginning in May, a limited number of note cards will be available for sale at the Cancer Resource Centre. Proceeds from the sale of these note cards benefit the programs and services at the 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.

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

### "The Art of Conversation through Serious Illness- Lessons for Caregivers"

*By Richard P. McQuellon & Michael A. Cowan*

### "And In Health, a Guide for Couples Facing Cancer Together"

*By Dan Shapiro, PhD*

### "The Cancer Fighting Kitchen-Nourishing, Big Flavor Recipes for Cancer Treatment and Recovery"

*By Rebecca Katz & Mat Edelson*

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

## 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, May 7; 1:30-3 pm**  
Surviving the Loss  
of a Loved One

**Wed, May 28; 1:30-3 pm**  
Helping Yourself Heal

**Wed, May 21; 1:30-3 pm**  
Understanding the  
Grief Process

**Wed, June 18; 1:30-3 pm**  
How to Deal with Other  
People When I am Grieving

## Many Thanks!

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

Leukemia & Lymphoma  
Society

Share the Love Committee  
**Share the Love Luncheon**

**Blood Cancers  
Support Group**

Devang Doshi, MD,  
*Community Hospital*

GFWC of St. John  
**Fundraiser-Bunco Night**

Jan Duncan  
Nasser Hanna, MD  
*Indiana University School of  
Medicine*

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

Fadi Layous, MD  
*Community Hospital*

Elida Abeyta  
Helen Thomas  
Ivy Tech Culinary School  
**Healthy Cooking**

Kathy D. Miller, MD  
*Indiana University Simon  
Cancer Center*

Community Hospital  
Auxiliary  
**Share the Love Raffle  
Monetary Donation**

Aquilina Ritacca  
Colette Lewandowski  
J.W. Anderson Foundation  
*Grant*

Pam Kozy  
Heart in Hand, LLC  
**Reiki/Reiki Reflexology**

Laini Fluellen Charities  
*Grant*  
**Spring Symposium**

**\*\*Note:** *Apologies to Highland Football Moms President Tracy Oprea for the incorrect spelling of her name in the story that appeared in the last issue regarding the club's fundraising activities.*



# Happenings

# May 2014

## Crystal Chakra Bowl

### Sound Healing

**Mon, May 12; 11 am-12:30 pm**

Feel relaxed and restored from Chakra Bowls that are tools to balance and restore our system through vibration. Wear comfortable clothing and bring a small blanket & pillow. Instructed by Pamela Kozy, Director of Heart in Hand, LLC.

## Guided Imagery for

### Pain Management

**Wed, May 14; 3-4:30 pm**

Guided Imagery is designed to help reduce pain by elevating serotonin levels; teaching relaxation skills; refocusing the mind; encouraging feelings of love; gratitude; safety and peace. Imagery involves using all senses not just visualizing. Instructed by Pamela Kozy, Director of Heart in Hand, LLC.

## Webcast from CancerCare®

**Mon, May 19; 12:30-1:30 pm**

Understanding Treatment Related Rash and Dry Skin

## Look Good ...Feel Better

**Tues, May 20, 2-4 pm**

For women undergoing radiation and/or chemotherapy. Helping women restore appearance and self-image during treatment. Sponsored by American Cancer Society.

## Ostomy Networking Group


**Wed, May 28; 10 am-12 pm**

Travel Concerns

## Stress Management

**Wed, May 28, 6-7 pm**

Breath Work

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>2</b> Tai Chi: 9:30-10:30 am	<b>3</b> Art Therapy: 9 am-12 pm
<b>4</b>	<b>5</b> Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	<b>6</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	<b>7</b> Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	<b>8</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>9</b> Tai Chi: 9:30-10:30 am	<b>10</b>
<b>11</b>	<b>12</b> Yoga: 9:30-10:30 am NEW-Sound Healing: 11 am-12:30 pm Reflexology: 1-3 pm	<b>13</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	<b>14</b> Reiki: 9:30-11:30 am Guided Imagery: 3-4:30 pm Yoga: 6-7 pm Family Matters: 6:30-8 pm	<b>15</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>16</b> Tai Chi: 9:30-10:30 am	<b>17</b> Please remember to donate your yarn to our Knitters!
<b>18</b>	<b>19</b> Yoga: 9:30-10:30 am CancerCare Webcast: 12:30-1:30 pm Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	<b>20</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Look Good... Feel Better: 2-4 pm Blood Cancers Support Group: 6-7 pm	<b>21</b> Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	<b>22</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>23</b> Tai Chi: 9:30-10:30 am	<b>24</b>
<b>25</b>	<b>26</b> MEMORIAL DAY CENTRE CLOSED	<b>27</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	<b>28</b> Ostomy: 10 am-12 pm Healing Hearts: 1:30-3 pm Reflexology: 3-5 pm Stress Management Breath Work: 6-7 pm	<b>29</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>30</b> Tai Chi: 9:30-10:30 am	<b>31</b>

# Happenings

# June 2014

## National Cancer Survivors Day

**Sun, June 1; 1-3 pm**

### **Community Veterans**

### **Memorial Park, Munster**

Survivors and their families are invited for a fun afternoon which includes an old-fashioned Ice Cream Social. Our very own ukulele group will provide entertainment. There will also be Chair Massages, Healing Touch, Yoga and Reiki demonstrations. Please RSVP by May 25 to 219-836-3349 or 392-7135.

## Art Therapy

**Sat, June 7, 9 am-12 pm**

## **CancerCare® Webcast:**

**Tue, June 17; 12:30-1:30 pm**

Advances in the Treatment of Lung Cancer

## **CancerCare® Webcast:**

**Tue, June 24; 12:30-1:30 pm**

Advances in the Treatment of Metastatic Prostate Cancer

## Stress Management

**Wed June 26; 6-7 pm**

Body Work

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NATIONAL CANCER SURVIVORS DAY 1-3 PM	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	4 Chair Massage: 10-11:30 am Mind Over Matter Support: 10-11:30 am 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 Reflexology: 1-3 pm	10 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	11 Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters Support Group: 6:30-8 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 Cancer Care Webcast 12:30-1:30 pm Blood Cancers Support Group: 6-7 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
22	23 Yoga: 9:30-10:30 am	24 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Cancer Care Webcast: 12:30-1:30 pm	25 Reiki Reflexology: 3-5 pm Stress Management: Body Work-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					

**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.

**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.