



May - June 2015
Vol. 13, 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.



Greetings from the Director

Our National Cancer Survivors Day celebration will be held Sunday, June 7 at St. Catherine Hospital. Also, please join us in Saturday, July 18

for our 2nd Inspirations from the Garden. "Save the Date" Sunday, October 4, 2015, for the 12th Annual Unite & Fight Cancer Walk & Fun Run.

Remember to pre-register for all support groups, mind/body/spirit programs and lectures by calling 219-836-3349. We'd like to thank everyone for all the positive comments collected from our annual survey and appreciate your suggestions for future programs. Thank you to all who participated in our "Hoop Dreams for a Cure" basketball fundraiser, which raised more than \$7,000. The teams were talented and fun to watch. Our halftime Family Feud event 'Changs vs Siureks' was fun and entertaining.

If you are still interested in receiving future Inspire newsletters electronically, please, e-mail aandello@comhs.org or 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
Anthony Andello
Director, Cancer Resource Centre

SAVE THE DATE



Unite & Fight CANCER
WALK & FUN RUN

SUN, Oct. 4, 2015
Registration 12 pm
Family Walk & Fun Run 1 pm

Munster High School Football Field

Start putting your teams together now!!!
Help raise funds for the Cancer Resource Centre
www.uniteandfight.org



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.

Culver's fundraiser is community effort

Culver's Cares is a community program that is all about neighbors helping neighbors. During Valentine's week, Culver's of Highland, Merrillville and Crown Point teamed up to raise \$1,611 in funding for the Cancer Resource Centre.

"Our fundraiser, with the help of our communities, is a good way to share great food with friends and family and benefit a great cause at the same time," said Fred Terpstra, chairman and CEO of Culver's - Merrillville, Highland and Crown Point.



Anthony Andello director Cancer Resource Centre and Mary Shields administrator of the Cancer Research Foundation accept a check from Fred Terpstra CEO of Culver's and Mike Wondaal-Owner/Operator.

PERENNIAL BALL WRAP UP

More than 600 supporters dined and danced the evening away Sat. April 18 at the Perennial Ball, an annual benefit for the Community Cancer Research Foundation. The event took place at the Chicago Hilton.

This year's theme was Strength in Sharing. With the help of generous contributions, the Cancer Research Foundation has been able to realize many milestones - advancing care and offering more treatment options to patients. The Foundation has been involved with research that has led to new treatments for breast and colon cancers, lymphoma and multiple myeloma, as well as prevention therapies for breast cancer.

Perennial Ball Committee chairperson Frankie Fesko thanked contributors for their fundraising efforts that total more than \$185,000 for 2014. Cancer Research Foundation administrator Mary C. Shields presented plaques recognizing contributors of \$1,000 and more.

Through the years, the Perennial Ball has raised more than \$2 million to advance the work of the Community Cancer Research Foundation and its support program, the Cancer Resource Centre.

May is Skin Cancer Prevention Month



Before you run outside to enjoy spring, do this: Put on a hat and apply sunblock with at least SPF 15. Sunburns are linked to skin cancer. By wearing a hat, long-sleeved clothes and sunblock, you will help protect your skin from harm.

Since May is Skin Cancer Prevention Month, it's a good time to check your skin for moles that might be cancerous. The first sign may be a slowly growing bump, a changing mole or a dry scaly rough patch. If you notice a spot or lump that is growing, bleeding or changing, you should make an appointment to see a dermatologist.

When treated before it spreads, most skin cancers can be cured. Even melanoma, a type of skin cancer that can spread quickly, is curable when treated early.

Inspirations from the Garden

The Art of Balance
Sat., July 18, 2015
10 am - 1 pm

Featuring:

*Stone Balancing Sculptures
Created by Michael Grab
of Gravity Glue

*Ikebana demonstration,
Japanese Art of Floral Arranging
Lisa Sagami, Chicago Chapter of Ikebana International

*Chi Gong Healing Exercise Demonstration
Andy Wichlinski, Cancer Resource Centre



\$10 benefits the Cancer Resource Centre
www.cancerresourcecentre.com

Cancer Resource Centre | 926 Ridge Road, Munster

On Par for the Community



The Frank Wright Memorial Fund Legacy Foundation, Lake County's community organization, donated \$1,000 to the Community Cancer Research Foundation in support of programs and services. The Frank Wright Huckleberry Memorial Fund was established in 2010 by

the Legacy Foundation to help support charities that help those in need. Funding for the grant was generated by the annual golf outing. Linda Wright, wife of the late Frank Wright presents a check to Mary Shields, administrator of the Cancer Research Foundation.

Knit One... Nurture Too



Thank you to all those involved with our Knit One...Nurture Too group who continue to knit and crochet beautiful handmade blankets that are given to the Oncology and Neonatal units at Community Hospital. In 2014, they contributed 100 blankets to those facing a cancer diagnosis. We appreciate your time and dedication helping those in their journey. Also, we appreciate those in our community who graciously donate yarn to the Centre.



Batter Up! Charity Softball Tournament



Sunday June 14, 2015 - 1:30 pm

Members of the Munster, Highland, Griffith and Dyer Police departments and Fire departments will participate in the 3rd Annual Charity Softball Tournament. **All proceeds benefit the Cancer Resource Centre.** Last year's event raised more than \$3,000 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. **Tickets are only \$5. Call Officer James Ghrist at the Munster Police Department, 219-836-6639.**

UPCOMING FUNDRAISERS

Vanis Salon & Day Spa 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

Event/Registration begins at 8:30 am

Award Presentation begins at 2 pm

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.

Clinical Trials NEW STUDIES

Boehringer Ingelheim 1199.128 (Columbus Study):

Multicentre, randomized, double-blind, Phase III trial to investigate the efficacy and safety of oral nintedanib plus Docetaxel therapy compared to placebo plus Docetaxel therapy in patients with stage IIIB/IV or recurrent adenocarcinoma subtype non-small cell lung cancer after failure of first line chemotherapy.

Please contact the Cancer Research department for information about this or other clinical trials.

You may visit our website www.MyCCRF.com for a current listing of open trials.

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.



“Like”

The Cancer Resource Centre

Many Thanks!

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

Frank Wright Memorial
Fund-Legacy Foundation
Annual Golf Outing

Leukemia & Lymphoma
Society

**Blood Cancers Support
Group**

Dr. James Bovan
School Town of Munster
Cancer in the Classroom

Pam Kozy, Heart in Hand LLC
**Reiki, Reiki Reflexology,
Guided Imagery**

Hospice of the Calumet Area
Munster Donut
Healing Hearts

Munster High School
Student Government
**Hoops for Hope Charity
Basketball Fundraiser**

Handmade Blankets
Knit One...Nurture Too

Peggy Wellman, RN
Millennium: Takeda
Oncology Company
Managing Stress & Fatigue

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

White Lodging Services Inc.
WLS Activities Committee
Monetary Donation

ON THE SHELF... *New Arrivals*

“The Art Of Caregiving”

By Rev. Dr. Michael S. Barry

**“100 Questions & Answers
about Uterine Cancer”**

*By Don S. Dizon, MD, FACP &
Linda R. Duska, MD*

*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 6, 1:30-3 pm

Surviving the Loss of a Loved one

Wed, May 20, 1:30-3 pm

Understanding the Grief Process

Wed, May 27, 1:30-3 pm

Helping Yourself Heal

Wed, June 17, 1:30-3 pm

How to Deal with Other People when I’m Grieving

Happenings

Look Good...Feel Better

Tue, May 19; 2-4 pm

For women undergoing radiation and/ or chemotherapy. Learn beauty techniques to help restore appearance and self-image during treatment. Seating is limited Sponsored by the American Cancer Society.

Healthy Cooking

Wed, May 13; 11:30am-1 pm

Learn how to toss a great summertime salad. Jack Mix from Comfort's Catering will prepare a Chicken Margarita Salad. Limited Seating.

New!

Walkers Club 101

Fri, May 22; 11am-12:30 pm

Learn about the benefits of walking for your health. Vendors along with physical therapy and fitness experts will provide education on proper walking techniques, footwear and injury prevention. A "hydration station" will be available for measuring hydration status & educate you on benefits of staying hydrated.

Oral Care

Tue, May 26; 1-2:30 pm

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

Ostomy Support Group

Wed, May 27; 10 am-12 pm

Travel Concerns

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Note: 219-836-3349 For the following programs please call the Cancer Resource Centre for further information: <u>Mind Over Mood and Wellness <i>am</i></u>					
3	4 Yoga: 9:30-10:30 am	5 Wellness Support: 6-7:30 pm	6 Chair Massage: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 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	9
10	11 Yoga: 9:30-10:30 am Crystal Bowl Sound Healing: 11am-12:15 pm Reflexology: 1-3 pm	12 Wellness Support: 6-7:30 pm	13 Reiki: 9:30-11:30 am Healthy Cooking: 11:30-1:00 pm 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 <i>Please donate your yarn to the Knit One Group!</i>
17	18 YANIS Salon & Day Spa Fundraiser 10 am-2:30pm	19 Look Good... Feel Better:2-4 pm Blood Cancers Support Group: 6-7 pm Wellness Support: 6-7:30 pm	20 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 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 Walker's Club 101: 11 am-12:30 pm	23 PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349
24	25 <i>Memorial Day Holiday Closed</i>	26 Oral Care: 1-2:30 pm Wellness Support: 6-7:30 pm	27 Ostomy:10 am-12 pm Healing Hearts: 1:30-3 pm Reflexology: 3-5pm Stress Management; Pain Management 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 <i>"Rev Up to Unite & Fight Cancer" Car Show 8:30 am</i>
	31					

Happenings

June 2015

Art Therapy

Sat, June 6; 9 am-12 pm

National Cancer Survivors Day

Sun, June 7; 1-3 pm

St. Catherine Hospital, 4321 Fir Street, East Chicago, IN. Survivors and their families are invited for a fun filled afternoon with live karaoke from the 50's-60's and demonstrations available. Please RSVP by May 22, 2015 to 219-836-3349 or 219-392-7135.

Healthy Eating

Tue, June 9; 1-2 pm

Please join Dietitian Terri Sakelaris, MS, RD, CDE, CD, in a discussion on how to stay healthy during and after cancer treatment. Bring your questions!

Guided Imagery

Tue, June 22; 1-2:30 pm

Guided Imagery is a kind of directed day dreaming, a way of using the imagination very specifically to help the mind and body heal, stay strong. Imagery is a simple and effective tool for stress reduction and management. Facilitated by Pam Kozy, Heart in Hand LLC.

Stress Management

Wed, June 24; 6-7 pm

Body Work

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</p>	<p>1 Yoga: 9:30-10:30 am</p>	<p>2 Wellness Support: 6-7:30 pm</p>	<p>3 Chair Massage: 10-11:30 am Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm</p>	<p>4 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>	<p>5 Tai Chi: 9:30-10:30 am</p>	<p>6 Art Therapy: 9 am-12 pm</p>
<p>7 National Cancer Survivor's Day 1-3 pm</p>	<p>8 Yoga: 9:30-10:30 am Crystal Bowl Sound Healing: 11 am-12:15 pm Reflexology: 1-3 pm</p>	<p>9 Healthy Eating: 1-2 pm Wellness Support: 6-7:30 pm</p>	<p>10 Reiki: 9:30-11:30 am Yoga: 6-7 pm</p>	<p>11 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>12 Tai Chi: 9:30-10:30 am</p>	<p>13</p>
<p>14 3rd ANNUAL Charity Softball Fundraiser 1-3 pm</p>	<p>15 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm</p>	<p>16 Wellness Support: 6-7:30 pm Blood Cancers Support Group: 6-7pm</p>	<p>17 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</p>	<p>18 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm</p>	<p>19 Tai Chi: 9:30-10:30 am</p>	<p>20 Please donate your yarn to the Knit One Group!</p>
<p>21</p>	<p>22 Yoga: 9:30-10:30 am Guided Imagery: 1-2:30 pm</p>	<p>23 Wellness Support: 6-7:30 pm</p>	<p>24 Reflexology: -3-5 pm Stress Management: Body Work 6-7 pm</p>	<p>25 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>26 Tai Chi: 9:30-10:30 am</p>	<p>27</p>
<p>28</p>	<p>29 Yoga: 9:30-10:30 am</p>	<p>30 Wellness Support: 6-7:30 pm</p>				<p>Note: 219-836-3349 For the following programs please call the Cancer Resource Centre for further information: <u>Mind Over Mood and Wellness</u> <u>arm</u></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.

HOOP DREAMS FOR A CURE BASKETBALL FUNDRAISER



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

Alpha Baking Company
Addy Andello
Anna Andello
Stacia Andello
Besse Shirt Lettering
Dr. Brian Billmeyer
Chang Family
Community Hospital Fitness Pointe
Physical Therapy
Community Hospital Hospitality
& Nutrition
Don Campbell
Mylinda Cane
Bill Favors
Linda Favors
Don Fesko, CEO, Community Hospital
Frankie Fesko
Tim Fesko
Marie Forszt
Friends of the Centre
Gino's Steakhouse
Gordon Food Services
Stacey Grider
Trent Grider
Meghan Hannagan
Sherri Holt
Sheri Kolanik
Kevin Mikesell

Munster High School
Mary Lou Mybeck
Karen Nantus
Paula Nellans
NeoTract, Inc.
Patty Nourie
Benjamin Ondo
Kristle Ondo
Pepsi Beverages Company
Luke Pillerella
Zack Pizer
Lordes Blazado Raguindin
Dr. Nabil Shabeeb
Team Shih
Siurek Family
Eric Stiener
Ed Strbjak
Kevin Strbjak
Cheryl Tarpo
Theatre at the Centre
True BBQ & Whiskey Bar
Team Unni
US Foods
Christina Wagner
Donna Williamson
Joe Williamson
Vanessa White
Julia Wodarski

HOOP DREAMS FOR A CURE PLANNING COMMITTEE

Anthony Andello
Tina Campbell
Dan Shih