



# 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

Flowers are blooming, birds are singing and we are turning our attention to outdoor events. Our National Cancer Survivors Day celebration will be held June 5 at Community Hospital, 901 MacArthur Blvd, Main Entrance Patio, Munster. Please "Save the Date" October 2, 2016, for the 13th Annual Unite & Fight Cancer Walk & 5K Run.

Remember to pre-register for all lectures, support groups and Mind/Body/Spirit programs by calling 219-836-3349. We'd like to thank everyone for your positive comments from our annual survey and appreciate your suggestions for future programs.

Thank you to those who participated in our 2nd annual "Hoop Dreams for a Cure" basketball fundraiser. The teams were fun to watch and our halftime event showed the great team spirit within the Community Healthcare System.

A big round of applause also goes to our Knit One Nurture Too group who volunteer their time to make handcrafted blankets.

In 2015, they distributed more than 115 items to the Oncology and Neonatal units at Community Hospital.

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 & 5K RUN

SUN, Oct. 2, 2016

Registration 12 pm

Family Walk & 5K 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](http://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](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.

## National Melanoma Skin Cancer Detection and 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.

And since May is Skin Cancer Prevention Month, it is a good time to check your skin for moles that might be cancerous. When treated before it spreads, most skin cancers can be cured. St. Mary Medical Center is offering **FREE** skin cancer screenings at these locations:

**Monday, May 2;** 4-6 pm  
St. Mary Medical Center Sleep Lab

**Monday, May 9;** 4-6 pm  
Willowcreek Health Center  
office of Dr. Christina Huynh

**Saturday, May 14;** 9 am to Noon  
Valparaiso Health Center

**Monday, May 23;** 4-6 pm  
Outpatient Surgery at Lake Park

Please call 219-836-3477 to register or to inquire about additional screenings that may be available.

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

"Had I Known: A Memoir of Survival"  
by Joan Lunden

"A 6th Bowl of Chicken Soup for the Soul"  
by Jack Canfield & Mark Victor Hansen

"Healing with Whole Foods"  
by Paul Pitchford

"No One Said It Would Be Easy"  
by Ken Churilla

*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.*

**"Like"** The Cancer Resource Centre



## UPCOMING FUNDRAISERS

### Batter Up! - Charity Softball Tournament

**Sun, May 22; 1 pm**

Police and Fire department members from Lansing, IL and Dyer, Highland and Munster, IN will participate in the 4th Annual Charity Softball Tournament. Residents are welcome to come and watch the game at Munster Community Park. **Tickets are \$5 each** and will be available from participating players or at the entry gates to the event. Each ticket will include a door prize entry stub that will be collected as participants enter the event.

For more information about how you can get involved in this fun and exciting event please contact the Munster Police Department's Community-Oriented Policing Unit at 219-836-6639. All proceeds benefit the Cancer Resource Centre.

### Culver's Cares – DONATE WHILE YOU DINE

**Thu, June 9; 10 am-10 pm**

Take your family out to dine at Culver's of Highland, Merrillville or Crown Point for a fundraiser to benefit the Cancer Resource Centre. Culver's will donate 10 percent of the day's sales proceeds to the Cancer Resource Centre.

#### **3 participating locations:**

- 3950 Ridge Road, Highland, IN
- 1579 E. 79th Ave, Merrillville, IN
- 1800 E. Summit St, Crown Point, IN

### 2nd Annual Rev Up to Unite & Fight Cancer Car/Truck/Bike Show Fundraiser

**Saturday, June 18; Hartsfield Village in Munster**

**Car Registration: 8:30 am Awards: 2 pm**

Join us for an antique and classic car, truck, and bike show at Hartsfield Village, 10000 Columbia Ave. in Munster. Open to all antique and classic makes, years and models. **All proceeds benefit the Cancer Resource Centre. For more information, 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)**



## Welcome New Staff

It is with great pleasure we introduce **Melissa (Missy) DiDonato** to our organization as our Operations Secretary. Recently, Missy worked for a busy medical practice as an office manager. We are very fortunate to have Missy on our team as she

learns quickly, is energetic and helps everyone in whatever way she can. Having Missy greet you with a big smile and kind words helps start the day on a positive note. During off hours Missy spends time with her husband and children and participates in long distance running activities.

# Reiki Level I Class

Tue, June 21; 10 am-1 pm &  
Wed, June 22; 10 am-3 pm

Reiki Level I Class is for anyone wanting to learn the Reiki System in its original form. The class is taught by Pam Kozy, EEMCP, RMT, IARP. In this Reiki Level I Class (aka Reiki First Degree) you will learn techniques for stress reduction and relaxation to promote healing. Many will experience the beneficial effects that includes strengthening, well-being, sense of peace and spiritual connectedness.

## Day 1 – Learning Theory

Students will learn the history of the Usui Reiki System (named after the founder, Mikao Usui) in its original form, the principles and precepts of Reiki and how it works. You will learn how to bring healing comfort and calm to any condition, physical, emotional, mental and spiritual by applying Reiki in three easy to learn Reiki patterns. Chakra balancing will also be taught.

## Day 2 – Practical

Students will learn hands-on self-treatment techniques and demonstrate Reiki healing. Ample time is provided for supervised hands-on Reiki practices where the Reiki students learn the Reiki hand positions and how to give Reiki treatments to each other.

- **Participation is required for both days. Upon completion, you will receive your certification as a Reiki I Practitioner.**
- **No prior experience is necessary in order to learn Reiki.**
- **Materials and refreshments will be provided. Spaces are limited and please call the Centre to register.**



## Hoop Dreams 2016

Healthcare professionals from Community Healthcare System shed their scrubs, donned gym shoes and took to the Munster fieldhouse court Friday, April 8 to play basketball in front of 1,000 spectators. This year, seven teams vied in the semi-finals to get a chance to play in the championship event. In the end, Community Healthcare System athletic trainers and physical therapists and St. Mary Medical Center medical staff teams were victorious. The event raised more than \$11,200 for the Cancer Resource Centre.

The charity basketball game at Munster High School was organized by Community Healthcare System's Information Technology Business Analyst Dan Shih and a host of other volunteers and committee members. Halftime entertainment included a dance competition between five healthcare system teams. The Neuroettes from Neuro ICU and Neuro IMCU, the Super Rescue Squad from Respiratory and the Prancers from the Post and Surgical Anesthesia Care units put their best feet forward to place in the competition.

# Clinical Trials

## NEW IMMUNOTHERAPY STUDIES

**MERCK MK3475-081:** A Phase III study Pembrolizumab vs. Physicians' choice of Docetaxel, Paclitaxel or Irinotecan in 2L Subjects with Advanced/Metastatic Adenocarcinoma and Squamous Cell Carcinoma of the Esophagus (KEYNOTE 181).

**MERCK MK3475-189:** A Phase III Study of Platinum+ Pemetrexed Chemotherapy with or without Pembrolizumab (MK-3475) in First Line Metastatic Non-squamous Non-small Cell Lung Cancer Subjects (KEYNOTE 189).

**MERCK MK3475-185:** A Phase III Study of Lenalidomide and Low-Dose Dexamethasone with or without Pembrolizumab (MK-3475) in Newly Diagnosed and Treatment-Naïve Multiple Myeloma (KEYNOTE 185).

**KEYNOTE 185: A Phase III Study of Lenalidomide and Low-Dose Dexamethasone with or without Pembrolizumab (MK-3475) in Newly Diagnosed and Treatment-Naïve Multiple Myeloma**

**HCRN GU14-182:** Study Title: 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.***

Munster Medical Research Foundation, Inc.  
for



**COMMUNITY Hospital**

901 MacArthur Blvd., Munster, Indiana 46321



Cancer Resource Centre  
Community Cancer Research Foundation

NON-PROFIT ORG.  
U.S. POSTAGE  
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HAMMOND, IN  
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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.***

Alpha Baking Company	Addy Andello
Besse Shirt Lettering	Stacia Andello
Cakes by Karen- Highland	Don Campbell
Community Hospital	Anthony Cioe
Hospitality & Nutrition	Mary Cioe
Friends of the Centre	Bill Favors
Gordon Food Services	Linda Favors
John Pizzeria- Munster	Rod Holt
Highland High School	Sherri Holt
Munster Gyros	Patty Nourie
Munster High School	Kristle Ondo
Mark Knesek, referee	Luke Pillarella
NeoTract, Inc.	Len Walavich
OneSource	Michele Walavich
PepsiCo	Donna Williamson
Janice Ryba, honorary coach	Julie Wodarski
Signature Awards	<b>Volunteers –</b>
Nabil Shabeeb MD,	<b>Hoop Dreams for a Cure</b>
honorary coach	
Ed Strbjak, referee	Anthony Andello
Kevin Strbjak, referee	Tina Campbell
Peyton Tinder, vocalist	Jacob George
Steve Vlahos-True BBQ &	Meghan Hannagan
Whiskey Bar	Rachel Lewis
<b>Donors –</b>	Dan Shih
<b>Hoop Dreams for a Cure</b>	Deborah White
	<b>Committee –</b>
	<b>Hoop Dreams for a Cure</b>

Kristin Bouwman  
**Empowerment Drumming**

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

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

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

Jamila Miller, DDS, MSD  
**Oral Care**

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

Andrej Zajac  
Yiqing Chi, MD  
Aquilina Ritacca  
Marian Vargo  
Colette Lewandowski  
Martha Hanusin  
**Spring Professional Symposium**

## 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 4; 1:30-3 pm**

Surviving the Loss of a Loved One

**Wed, May 18; 1:30-3 pm**

Understanding the Grief Process

**Wed, June 1; 1:30-3 pm**

Helping Yourself Heal

**Wed, June 15; 1:30-3 pm**

How to Deal with Other People  
When I'm Grieving

**Wed, June 29; 1:30-3 pm**

Life Changes

## Knit One...Nurture Too

Many thanks to all involved with our Knit One... Nurture Too group who continue to knit beautiful handmade blankets that are given to the Oncology and Neonatal Intensive Care units at Community Hospital. In 2015, 104 blankets were donated to those facing a cancer diagnosis. We appreciate your time and dedication in helping those in their journey. Also, we appreciate those in our community who graciously donate yarn to the Centre.

# Happenings

## Look Good...Feel Better

**Tue, May 17; 2-4 pm**

For women undergoing radiation and/or chemotherapy. Learn beauty techniques to restore appearance and self-image during treatment. Session includes skin/hair care, makeup advice and information on how to work with scarves, head wraps and wigs. **Seating is limited. Sponsored by the American Cancer Society.**

## Answers to Insurance Questions

**Fri, May 20; 1-2 pm**

Community Hospital financial counselors will explain insurance options for those looking for coverage and/or assistance with Indiana Medicaid programs. The presentation covers Health Insurance Marketplace, HIP 2.0 and Indiana Medicaid programs including coverages for Qualified Medicare Beneficiaries.

## Ostomy Networking Group

**Wed, May 25; 10 am-12 pm**

Travel Issues with an Ostomy

## Stress Management

**Wed, May 25, 6-7 pm**

Yoga and Pain Management

# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Please donate your yarn to the Knit One Group!</i>	2 Yoga: 9:30-10:30 am	3 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	4 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	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 Sound Healing: 11 am -12 pm Reiki/Reflexology: 1-3 pm	10 Wellness Support: 10-11:30 am or 6-7:30 pm	11 Reiki: 9:30-11:30 am Lung Cancer Support: 10 - 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: 4:30-5:30 pm	17 Wellness Support: 10-11:30 am or 6-7:30 pm Look Good Feel Better: 2-4 pm Blood Cancers Support: 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 Breast Cancer Support: 6-7:30 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 Financial Lecture: Answers to Insurance Questions 1-2 pm	21
22 SOFTBALL FUNDRAISER 1 pm	23 Yoga: 9:30-10:30 am	24 Wellness Support: 10-11:30 am or 6-7:30 pm	25 Ostomy: 10-12 pm Stress Management: Pain 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 MEMORIAL DAY CLOSED	31 Wellness Support: 10-11:30 am or 6-7:30 pm				

**PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349**

# June 2016

## happenings

**National Cancer Survivors Day**  
**Sun, June 5; 12-2 pm**  
**Community Hospital**  
 Survivors and their families are invited for a fun-filled event hosted by the Cancer Resource Centre and St. Catherine Hospital. Heart in Hand's Pamela Kozy will discuss Relieving Stress & Anxiety and Massage for Good's Kevin Boivin will explain Self Care for the Mind & Body. Music by David Roldan from Music for All Occasions. Picnic lunch will be provided. **Please RSVP no later than May 23 to 219-836-3477 or 219-836-3349.**

**Healthy Eating Lecture**  
**Plant-Based and Veggie-Centric Diet for Cancer**  
**Fri, June 24; 1-2 pm**  
 Please join Allison Shaw, RD in a discussion on the American Institute for Cancer Research (AICR) in adopting a plant-based diet using their "New American Plate."  
 Discussion on how specific phytochemicals are linked to prevention and growth of specific cancers. Bring your questions.

**Stress Management**  
**Wed, June 29; 6-7 pm**  
 Body Work

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Please donate your yarn to the Knit One Group!</i>			<b>1</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>2</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>3</b> Tai Chi: 9:30-10:30 am	<b>4</b>
<b>5</b> NATIONAL CANCER SURVIVORS DAY 12-2 pm	<b>6</b> Yoga: 9:30-10:30 am	<b>7</b> Wellness Support: 10-11:30 am or 6-7:30 pm	<b>8</b> Reiki: 9:30-11:30 am Lung Cancer Support: 10-11:30 am Yoga: 6-7 pm	<b>9</b> CULVERS FUNDRAISER 10 am- 10 pm 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>10</b> Tai Chi: 9:30-10:30 am	<b>11</b> Art Therapy 9 am - 12 pm
<b>12</b>	<b>13</b> Yoga: 9:30-10:30 am Sound Healing: 11 am-12:15 pm Reiki/Reflexology: 1-3 pm	<b>14</b> Wellness Support: 10-11:30 am or 6-7:30 pm Blood Cancers Support: 6-7 pm	<b>15</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>16</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>17</b> Tai Chi: 9:30-10:30 am	<b>18</b> 2nd ANNUAL REV UP CAR-TRUCK-BIKE SHOW 8:30 am-2 pm
<b>19</b>	<b>20</b> Yoga: 9:30-10:30 am Drumming: 4:30-5:30 pm	<b>21</b> Wellness Support: 10-11:30 am or 6-7:30 pm Reiki Level I: 10 am-1 pm	<b>22</b> Reiki Level I: 10 am-3 pm Reiki/Reflexology: 3-5 pm Yoga: 6-7 pm	<b>23</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>24</b> Tai Chi: 9:30-10:30 am Healthy Eating Lecture: 1-2 pm	<b>25</b>
<b>26</b>	<b>27</b> Yoga: 9:30-10:30 am	<b>28</b> Wellness Support: 10-11:30 am or 6-7:30 pm	<b>29</b> Healing Hearts: 1:30-3 pm Stress Management: Body Work 6-7 pm	<b>30</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm		<b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b>

## **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.