



July - August 2013
Vol. 11, Issue 4

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

We hope you will plan to join us July 27 for a program called 'Inspirations from the Garden.' This nature-inspired event features creative artwork, designs and ideas. You can find out more about this educational activity in this issue. Our annual symposium June 19 presented by Author Lissa Rankin, MD and Radiologist Thomas Hoess, MD gave us valuable insight to Cancer and How We See It. It was great to see so many of you at the annual "Cinco de Mayo" celebration. It is nice to get together to talk, eat good food, listen to great music

and exchange stories in a festive environment. We also celebrated National Cancer Survivors Day together at St. Catherine Hospital this year. For those living with cancer, we know each day is a reason to celebrate life. I hope that you all have a wonderful summer with family and friends. Please join us at our 10th annual Romp & Roll Walk and Fun Run the first Sunday of October. We have many great activities planned for that day.

Mary C. Shields

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

10th Annual
"ROMP and ROLL"
Sunday, Oct. 6, 2013
Munster High School Football Field
Registration - 12 pm
Jessie White Tumblers 1 pm
Family Walk & Fun Run to Follow

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

SAVE THE DATE!



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.

Art Classes Provide Support, Help Patients Cope



Breast cancer survivor Deb Framarin says she's more analytical than artistic, but during the past three years, she has grown to love glitter through Expressive Art Therapy classes at the Cancer Resource Centre. "Art Therapy has made me see things differently and experience life in another way," she says. "It's made a difference; I get a lot out of it," Framarin says.

Expressive Art Therapy started in March, 2008 to provide patients with another component to their healing process, according to Amanda Wyatt, ATR-BC, LMHC, board-certified art therapist and class facilitator.

"Art Therapy helps cancer patients find their voice and provide a sense of control during their treatment," Wyatt says. "We provide a means-through drawing, painting, collage and other media-for them to show others the emotions they are going through on their journey. The group gathering can offer a sense of safety; provide another way to communicate and find renewed personal awareness," she says.

Mary Palmer, Highland resident and cancer survivor for three and one-half years, started coming to Art Therapy to find an outlet to express her inner feelings, which at the beginning of her treatment were very dark and showed in the colors of her artwork.

"At times, I was feeling awful, but I got so involved in what I was doing, I completely forgot that I didn't feel right; I felt like myself," Palmer says. "It helps you slip away," she says.

Through Art Therapy, Wyatt says she encourages members of the group to express and communicate what they are feeling at this critical time in their life. If they are open to it, Art Therapy can provide opportunities to uncover and tap into their own inner resources such as creativity, strength and spirit, she says.

**For more information on Art Therapy and other classes
and programs offered at the Cancer Resource Centre
call 219-836-3349.**

Fiesta Muy Bueno



Thanks to all those who attended our Cinco de Mayo festivities. We had 50 guests, wonderful food from local Mexican restaurants and entertainment by the ever popular Freddy and Ruben.

ON THE SHELF...

"A Patient's Guide to Cancer Symptom Management"

By Carlton G. Brown, PhD, RN, AOCN

Get Reliable answers to you questions about managing cancer symptoms. Written in clear, easy-to-understand language, it will help you and your caregivers prevent or reduce the most common and troublesome effects of cancer and its treatment.

"After You Ring the Bell... 10 Challenges for the Cancer Survivor"

By Anne Katz, RN, PhD

As a patient "rings the bell" to mark the end of treatment the question "now what?" often looms large. This book features real-world vignettes, guides readers through the cancer journey after treatment ends, giving clarity and understanding to what many survivors encounter along the way.

"Natural Healing: Remedies & Therapies"

By Mark Evans

A fully illustrated guide to natural health treatments and remedies; clearly explains alternative therapies like aromatherapy, massage, herbalism, naturopathy, reflexology.

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

Inspirations from the Garden

Sat., July 27

9 am – noon

Cancer Resource Centre
926 Ridge Road, Munster, IN

\$10 for tickets purchased in advance
\$12 for tickets purchased at the event

A special garden walk and program, *Inspirations from the Garden*, promises to offer an abundance of creative artwork, design and ideas. Nature-inspired paintings by David Renfro will be featured throughout the healing garden. Renfro, a Griffith resident, overcame great odds having been diagnosed with an inoperable brain tumor and relearning to draw and paint with his left hand. Artist Shari Smith LeMonnier, of Munster, will use the healing garden as her inspiration for a painting she'll create at the event. LeMonnier's spiritual and peace related paintings have been recognized by the Middle East Council of Churches, the Embassy of Afghanistan and the White House. The work of local landscape artists also will be featured in the garden as various planters with interesting flora combinations. A cancer photography exhibit by Joanne Markiewicz will also be featured.

Three workshops also will be offered: Gayle Dixon, owner of Dixon Florist in Munster, will present a program on floral arranging; IVY Tech Chef Dana Wichlinski will talk about how to get more nutrition out of your food and Senior Yoga Instructor Andy Wichlinski will present a mind/body workshop.

Tickets purchased in advance are \$10, \$12 at the event. Sponsored by the Friends of the Cancer Resource Centre, all proceeds benefit the Cancer Resource Centre.

For more information call 219-836-3349.

Cancer Survivors Day







St. Catherine Hospital staff and representatives from the Cancer Resource Centre hosted a local celebration of National Cancer Survivors Day, Sunday, June 2 in East Chicago. Food, fun and entertainment brought everyone together to honor the strength and courage of those who have lived and continue to live with cancer! *On hand for the celebration are (from left to right) Ruben Shehigian; Khisha Anderson, outreach coordinator; Julie Shehigian and Monica Hoffman, Cancer Resource specialist.*

The Corner "Buzz"


What People Are Saying


About the Cancer Resource Centre:

 "The Resource Centre was such a source of comfort for myself & family"

 "A lady cancer survivor gave me a hug at Art Therapy class. I will always remember that hug because it was so needed and she made me feel welcomed."  

About the Cancer Research Department:

 "My experience in the STAR Program has and is always a very pleasant and rewarding road. I always felt safe under the care of the entire program. Thank you for your professionalism!"

 "I am very satisfied with the care and concern I get from the nurses."

Munster Medical Research Foundation, Inc.
for



COMMUNITY Hospital

901 MacArthur Blvd., Munster, Indiana 46321



Cancer Resource Centre
Community Cancer Research Foundation

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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.

Healing Hearts

Join others who have lost a loved one to 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, July 10; 1:30-3 pm
Life Changes

Wed, July 24; 1:30-3 pm
Learning to Live Again

“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.

Patient Care Services
**Annual Basket Raffle-
Cancer Resource Centre**

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

Casa Del Mar, Munster
Chela's Cocina, Griffith
El Salto, Munster
Memo's Taco Mex,
Highland
Freddy and Ruben
**Cinco de Mayo
Celebration**

Munster Police
Department/
Munster Fire Department
Charity Softball Game
Fundraiser

Hospice of the
Calumet Area
Munster Donuts
Healing Hearts

Elida Abeyta & Students
Ivy Tech Culinary School
Healthy Cooking

Cheryl Hobby
Family Nutrition Program
Assistant
Purdue University
Extension

How to Read Food Labels

Hammond Alpha
Associate Chapter of Tri
Kappa
Monetary Donation
Library

American Cancer Society
Doris Bauer
Discreetly Hair
Holle Zabek
SpaPointe
Look Good...Feel Better

Linda Aimone
Pam Davey
Pam Kozy
Andy Wichlinski
Millennium
The Takeda Oncology
Company
**National Cancer
Survivors Day**

Tom Largus
**Perennial Ball
Invitations & Programs**

Pam Kozy
Heart in Hand LLC
Reflexology, Reiki

David Cowan, RN, HN-BC
Sound Healing

Rev. Steve Conger
Ridge United
Methodist Church
Spirituality & Cancer

Happenings

July 2013

Art Therapy

Sat, July 6; 9 am-12 pm

Healing Garden Reiki

Thu, July 18; 5-6 pm

OUTSIDE EVENT-Pam Kozy of Heart in Hand will facilitate. Enjoy the warm evening breezes in our own Healing Garden while experiencing the benefits of Reiki. Seating is limited to 12.

Laughter with Yoga

Tue, July 23; 3-4 pm

Laughter with Yoga is a new revolution in body/mind medicine. It combines simple laughter exercises, gentle yoga breathing, and reduces anxiety, depression, pain and improves the circulatory system.

Presented by Tanaz Bamboat (Certified Laughter Yoga Teacher and Ambassador). **Call to register.**

Inspirations from the Garden

Sat, July 27; 9am-12 pm

Find a garden full of ideas and inspiration at this special program for the public. Tour the beautiful healing water garden of the Cancer Resource Centre in Munster. **Tickets \$10 in advance, \$12 at the event.**

Ostomy Support Group

Wed, July 31; 10 am-12 pm

Dietary Concerns

New! Stress Management

Wed, July 31; 6-7 pm

Join us for one hour of seated relaxation using breath work and mind body exercises to reduce stress. Instructed by Andy Wichlinski.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	2 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	3 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Yoga: 6-7 pm	4 CLOSED Independence Day	5 Tai Chi: 9:30-10:30 am	6 Art Therapy: 9 am - 12 pm
7	8 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	9 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	10 Reiki: 9:30-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Family Matters: 7-8:30 pm	11 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	12 Tai Chi: 9:30-10:30 am	13
14	15 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30- 8pm	16 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm NO Blood Cancer Support Group	17 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm	18 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm OUTDOOR- Reiki: 5-6 pm	19 Tai Chi: 9:30-10:30 am	20
21	22 Yoga: 9:30-10:30 am	23 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Laughter with Yoga: 3-4 pm	24 Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	25 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	26 Tai Chi: 9:30-10:30 am	27 <i>Inspirations from the Garden</i> 9 am - 12 pm
28	29 Yoga: 9:30-10:30 am	30 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	31 Ostomy:10 am-12 pm Reiki/Reflexology: 3-5 pm Stress Management: 6-7 pm			PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349

Happenings

August 2013

Art Therapy

Sat, August 9; 9 am-12 pm

New! Introduction to the

UKULELE

Fri, Aug 9; 3-4 pm

Learn how to play the ukulele from one of the Region's best! Rima Krutulis will facilitate this program.

Look Good...Feel Better

Tue, Aug 20; 2-4 pm-For women undergoing chemotherapy and/or radiation. Learn beauty techniques to restore appearance and self-image during treatment. Sponsored by American Cancer Society. Seating is limited.

Please RSVP by August 6.

Healing Garden Guided Imagery

Thu, Aug 15; 5-6 pm

OUTSIDE EVENT-Enjoy warm breezes and healing benefits of Guided Imagery in our own Healing Garden. Facilitated by Pam Kozy. Seating is limited to 12.

Understanding Your Finances

Tue, Aug 27; 2-3:30 pm

F. Marc Ruiz, Wealth Advisor, Oak Partners and a NWI Times Financial Columnist presents on financial planning, beneficiary designations and how to distribute assets. A *light refreshment will be served.*

Please RSVP by August 9.

NEW! Stress Management

Wed, Aug 28; 6-7 pm

Learn relaxation and breathing exercises to reduce stress. Facilitated by Andy Wichlinski

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</p>				1 Chi Gong: 9:30-10:30 am Chair Yoga: 3-4 pm	2 Tai Chi: 9:30-10:30 am	3 Art Therapy: 9 am - 12 pm
4	5 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	6 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	7 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Yoga: 6-7 pm	8 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 3-4 pm	9 Tai Chi: 9:30-10:30 am Introduction to the Ukulele: 3-4 pm	10
11	12 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	13 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	14 Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters Support Group: 7-8:30 pm	15 Chi Gong: 9:30-10:30 am Chair Yoga: 3-4 pm OUTDOOR Guided Imagery: 5-6 pm	16 Tai Chi: 9:30-10:30 am	17
18	19 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	20 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Look Good Feel Better...2-4 pm <u>NO</u> Blood Cancer Support Group	21 Chair Massage: 10-11:30 am <u>NO</u> Healing Touch: Yoga: 6-7 pm	22 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 3-4 pm	23 Tai Chi: 9:30-10:30 am	24
25	26 Yoga: 9:30-10:30 am	27 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Understanding Your Finances: 2-3:30 pm	28 Reflexology: 3-5 pm Stress Management: 6-7 pm	29 Chi Gong: 9:30-10:30 am Chair Yoga: 3-4 pm	30 Tai Chi: 9:30-10:30 am	31

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 reduces stress, increases energy and your overall well-being. 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 afghans. 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.

Nutrition for Life - Quarterly program meets in February, May, August, and November. Program addresses nutritional issues for patients undergoing cancer treatment.

NETWORKING GROUP

Ostomy - This networking group is for all people who have a colostomy, urostomy or ileostomy.