



July - August 2014
Vol. 12, 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



A number of new developments have occurred within the Foundation during the past three months. In research, we have joined the National Research Group (NRG), which is a combination of three major cooperatives. We are very fortunate to be part of this historical change in federally sponsored research. A new nurse has joined us, Julianne Powell, who comes to Northwest Indiana from St. Louis. She has 10 years of experience working with blood cancers and stem cell transplants, and has given a number of research medications at a large teaching hospital in St. Louis. We are very happy to have Julie's expertise in the Research department and her availability for visitors to the Cancer Resource Centre.

Finally, we are pleased to announce the new name of the Healing Garden and Patio area at the Cancer Resource Centre. June Hawk-Franklin was a regular Centre visitor who succumbed to her cancer less than a

year ago. June, with the constant loving support of her husband Gerald, demonstrated to many here how to live gracefully and purposefully with a cancer that is difficult to treat. Although we will miss June, the June Hawk-Franklin Garden of Meditation and Healing serves as a constant reminder of how important the Cancer Resource Centre was to her and in turn, how important her support and encouragement has been to so many.

Mary C. Shields

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

SAVE THE DATE

Unite & Fight Cancer

Family Walk and Fun Run

Sun., Oct. 5, 2014
Registration 12 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.

Clinical Trials

NEW STUDIES

Neoadjuvant Treatment for Breast Cancer

EVEREST: Everolimus for Renal Cancer Ensuing Surgical Therapy, a Phase III Study.

A031201: A Phase III Trial of Enzalutamide (NSC#766085) Versus Enzalutamide, Abiraterone and Prednisone for Castration Resistant Metastatic Prostate Cancer.

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.



Suzy's Bears

Over the years, Sue Keenan and Susan Ursa shared much more than the same first name—they share a lifetime of friendship. When Susan Ursa succumbed to her battle with cancer, her best friend Sue was determined to keep her memory alive.

“I wanted to do something in honor of my friend, Susan Ursa,” Keenan says. “I visited the Resource Centre with Susan and she told me how much she loved going there. After we lost her, I went back to the Cancer Resource Centre to make a donation in her memory.”

But, Sue says she wanted to do something else and used her creativity to design stuffed bears, a symbol of comfort named after her friend.

“Her last name, Ursa, literally means ‘bear,’” Keenan says. “A portion of the proceeds from the sale of each bear goes to the Cancer Resource Centre in Munster; a place Susan found comfort in her time of need.”

Anyone interested in purchasing Suzy's Bears can contact Keenan at 219-677-7451. Bears are \$8 each with \$3 going to the Cancer Resource Centre in support of programs and services.



Red vs Blue

Police and Fire department teams scored a victory against cancer during their second annual charitable softball game. The friendly competition took place May 18 at Community Park raising \$3,000 to benefit the Cancer Resource Centre. Police officer team members representing the Highland, Munster and Dyer departments went to bat against the firefighters' team in a Red vs Blue match up.



“Like”

The Cancer Resource Centre

Friends serve up Recipe for Success



Friends of the Cancer Resource Centre recently held their annual membership luncheon. Co-chairs Linda Favors and Paula Nellans help to organize the group that not only raises funding, but also volunteers their time and talent to promote the activities of the Centre. Every year, the group plans the “Share the Love” event in February; decorates a holiday tree for the Festival of Trees event and plans various other projects that directly benefit the Centre. The Friends of the Centre raised \$22,068.22 to assist with the Centre’s mission. **Anyone interested in becoming a member of this energetic group can contact Linda Favors at 219-741-5449.**

Cover with Comfort

Janiece Boring is a member of Knit One, Nurture Too. This mind/body/spirit program for cancer patients, loved ones and friends meets the second and fourth Thursdays of every month at the Cancer Resource Centre.

Members of Knit One, Nurture Too create afghans that are donated to Oncology and Newborn Nurseries at Community Hospital. Janiece handcrafted her unique afghan from only scraps of yarn that she had on hand. In 2013, our knitters donated 130 afghans that were given to patients diagnosed with cancer.

Knit One, Nurture Too began with a four-member group that has grown to more than 20 participants since its inception in 2006. **For more information, to join or to donate yarn, please contact the Centre at 219-836-3349.**



NATIONAL CANCER SURVIVORS DAY

The Cancer Resource Centre and St. Catherine Hospital hosted their annual National Cancer Survivors Day on Sunday, June 1, 2014 at the Community Veterans Memorial Park Pavilion. The theme for this year’s event was an Ice Cream Social and Bingo. Four thrilling games of bingo were played for various prizes. Vanilla and chocolate ice cream sundaes with a multitude of toppings were enjoyed by all. The afternoon concluded with the musical talents of the UkeLadies and Gent. This is a Ukulele group that meets at the Cancer Resource Centre in Munster Indiana. **Pictured from left to right are: Rima Krutulis, Instructor, Shirley Krenkel, Mariana Kaegebein, Elaine Slawinski, Lorraine Corns and Joseph Corns.**

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*

"After Cancer Treatment - Heal Faster, Better, Stronger"

By Julie K. Silver, MD

"One Bite at a Time - Nourishing Recipes for Cancer Survivors and Their Friends"

By Rebecca Katz

*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, July 2, 2014 1:30-3 pm
Life Changes

Wed, July 23, 2014 1:30-3 pm
Learning to Live Again

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
Blood Cancers Support Group

Munster Police Department
Munster Fire Department
Dyer Police Department
Highland Police Department
Charity Softball Fundraiser

Hospice of the Calumet Area
Healing Hearts

Elida Abeyta
Helen Thomas
Ivy Tech Culinary School
Healthy Cooking

Cheryl Hobby
Family Nutrition Program Assist.
Purdue University Ext.
Healthy Eating

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

Linda Aimone
Pam Davey
Pam Kozy
Millennium-
The Takeda Oncology Company
National Cancer Survivors Day

City of Whiting
Paint the Town Pink

Frankie Fesko, Chairman
Jayshree Bhatt, MD
Mylinda Cane
Cheryl Feldner
Carole Fraser
Nancy Gustaitis
Mary Jo Holly
Sherri Holt
Pam Kaczmarek
Mary Lou Mybeck
Paula Nellans
Ann Pellar
Mary Purcell
Samar Shabeeb
Jackie Wickland
Donna Williamson
Elizabeth Yee
Perennial Ball

Pam Kozy
Heart in Hand LLC
Reflexology, Reiki

Dr. Mohamad Kassab
Northwest Oncology
**Understanding Metastatic
Cancer**

Happenings

OUTDOOR GUIDED IMAGERY

Tue, July 15; 5-6 pm

Pam Kozy of Heart in Hand will facilitate. Enjoy the warm evening breezes in the June Hawk-Franklin Garden of Meditation & Healing while experiencing the benefits of Guided Imagery. Seating is limited to 12.

NEW! 1st ANNUAL CRC SUMMER PICNIC

Fri, July 18; 11:30 am-3 pm

Join us for a picnic lunch in the garden; What could be better than spending the afternoon with family and friends? Registration is required.

Art Therapy

Sat, July 19; 9 am-12 pm

Laughter with Yoga

Fri, July 25; 11-12 pm

Laughter with Yoga is a new revolution in body/mind medicine. It combines simple laughter exercises with gentle yoga breathing, and reduces anxiety, depression, pain, and improves the circulatory system. Presented by Tanaz Bamboat, certified Laughter Yoga teacher and ambassador. Registration is required.

Ostomy Support Group


Wed, July 30; 10 am - 12 pm

Stress Management

Wed, July 30; 6-7 pm

Breath Work

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	2 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	3 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	4 INDEPENDENCE DAY CENTRE CLOSED	5
6	7 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30- 8 pm	8 Wellness Support: 10-11:30 am <i>NO Evening Wellness Support</i>	9 Reiki: 9:30-11:30 am Yoga: 6-7 pm <i>NO Family Matters</i>	10 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	11 Tai Chi: 9:30-10:30 am	12
13	14 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	15 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm OUTDOOR Guided Imagery: 5-6 pm	16 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm	17 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	18 Tai Chi: 9:30-10:30 am CRC PICNIC 11:30 am - 3 pm	19 Art Therapy: 9 am-12 pm
20	21 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	22 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	23 Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	24 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	25 Tai Chi: 9:30-10:30 am Laughter with Yoga: 11 am-12 pm	26
27	28 Yoga: 9:30-10:30 am	29 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	30 Ostomy:10 am-12 pm Reiki Reflexology: 3-5 pm Stress Management Breath Work: 6-7 pm	31 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm		Please remember to donate your yarn to our Knitters!

Happenings

August 2014

Art Therapy

Sat, Aug 2; 9 am-12 pm

Healthy Cooking

Tue, Aug 12; 11:30 am-1:30 pm
Facilitated by Ivy Tech; enjoy a light lunch prepared in our own kitchen.

Look Good...Feel Better

Tue, Aug 19; 2-4 pm
For women undergoing radiation and/or chemotherapy. Holli Zabek, Esthetician from SpaPointe in Munster, teaches beauty techniques to help restore appearance and self image during cancer treatment. Session will include skin, nail care and makeup advice. Discreetly Hair presents on how to work with scarves, head wraps and wigs. Sponsored by the American Cancer Society. Seating is limited.

OUTDOOR Reiki

Tue, Aug 26; 5-6 pm
Outside Event-

Pam Kozy of Heart in Hand will facilitate. Enjoy the warm evening breezes in the June Hawk-Franklin Garden of Meditation & Healing while experiencing the healing benefits of Reiki. Seating is limited to 12.

Healthy Eating


Tue, Aug 26; 2-3:30 pm

Facilitated by Purdue University Extension Services; enjoy a healthy snack prepared in our own kitchen.

Stress Management:

Wed, Aug 27; 6-7 pm

Pain Management

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tai Chi: 9:30-10:30 am	2 Art Therapy: 9 am-12 pm
3	4 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	5 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	6 Chair Massage: 10-11:30 am Mind Over Matter Support: 10-11:30 am 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 Sound Healing: 11:15 am - 12:30 pm Reflexology: 1-3 pm	12 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Healthy Cooking: 11:30 am-1:30 pm	13 Reiki: 9:30-10:30 am Yoga: 6-7 pm <u>NO Family Matters</u>	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: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	19 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Look Good... Feel Better: 2-4 pm	20 Chair Massage: 10-11:30 am 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	23
24	25 Yoga: 9:30-10:30 am	26 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Healthy Eating: 2-3:30 pm OUTDOOR REIKI: 5-6 pm	27 Reflexology: 3-5 pm 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
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 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.