



July - August 2015

Vol. 13, 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](http://www.cancerresourcecentre.com).



## Greetings from the Administrator

This year has been one of great change for us. We lost two individuals who have contributed so much to our organization over the years.

everyone "miracles" happened here. Although it will be impossible to replace Nancy, we are grateful to have three new leaders to help facilitate activities.

We are truly thankful to have had the contributions of these special people in our past and look forward to working with our new staff who will help us continue to fulfill our mission.

*Mary C. Shields*

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

We will miss Donald S. Powers, responsible for starting the Community Cancer Research Foundation (CCRF) and serving on the Foundation Board of Directors as President and a member since inception. A visionary of so many different projects, Mr. Powers provided the leadership and insight necessary to bring the latest in cancer treatments to our area. The CCRF began with his support of clinical research in our community and his acknowledgment of the need for psychosocial support and education via the Cancer Resource Centre.

Support group facilitator and drumming circle leader, Nancy Feldman, inspired hundreds of individuals who participated in her classes since the Cancer Resource Centre first opened. She actively promoted the Centre everywhere she went, telling

### 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](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.

# Inspirations from the Garden

## The Art of Balance

Saturday, July 18 • 10 am - 2 pm

Tickets \$10 in advance / \$12 at the event



Tour the June Hawk-Franklin Garden of Meditation and Healing and enjoy these presentations:

- **Artist Shari Smith LeMonnier** of Munster will use the garden as inspiration for a painting she will 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.
- **Michael Grab** of Gravity Glue will share his artistry and unique stone balancing creations that he has created around the world. Practicing the ancient skill of stone balancing, Grab will demonstrate his art in the garden.
- **Lisa Sagami** will demonstrate Ikebana, a traditional flower arranging art of Japan that has been practiced for more than 600 years, emphasizing form and balance.
- **Andy Wichlinski**, Senior Yoga Instructor, will demonstrate chi gong, the gentle form of exercise that improves health and well-being. Group Facilitator Pam Kozy, RMT, IARP will provide visitors with an opportunity to use sound bowls. These "singing bowls" use intricate sounds to promote healing.

**Sponsored by the Friends of the Cancer Resource Centre, all proceeds benefit the Cancer Resource Centre. For more information call 219-836-3349.**

## Hoop Dreams

Last April, 41 doctors and other healthcare professionals shed their scrubs, donned gym shoes and took to the basketball court to raise more than \$7,000 for the Cancer Resource Centre. The charity game at Munster High School was organized by IT Business Analyst Dan Shih, CFNI Marketing's Tina Campbell and a host of other Community Healthcare System volunteers. Half-time entertainment included a playoff between two health system families, the Changs and the Siureks - who both previously appeared on *Family Feud*, the syndicated television game show. Who won the basketball game? The Doctors!



## Friends of the Cancer Resource Centre Annual Membership Luncheon



Co-chairs Linda Favors and Katie Fesko present a check to Dr. M. Nabil Shabeeb, Cancer Resource Centre Advisory Board Chairman

Friends of the Cancer Resource Centre recently held their annual membership luncheon. Co-chairs Linda Favors and Katie Fesko help organize group projects that not only raise funding, but also best utilize members' time and talents. Every year, the group plans the "Share the Love" event in February, decorates a tree for the Festival of Trees luncheon and plans other projects that directly benefit the Centre. The Friends group has raised more than \$22,000 to assist with the Centre's mission. **Anyone interested in becoming a member may contact Linda Favors at 219-741-5449.**



## Car Show

Car enthusiasts Joe & Julie Pedroza of Valparaiso show off their Ford Mustang 302 Boss Coupe/ The Rev Up to Unite & Fight Cancer car show was held Saturday,

May 30 at Hartsfield Village in Munster. The family-friendly event included food, fun, music, raffle drawings and a variety of car makes, models and years. Proceeds will help fund the 12th annual Unite & Fight Walk & Fun Run event on Oct. 4.

# Cancer Survivors Day



The Cancer Resource Centre and St. Catherine Hospital hosted their annual National Cancer Survivors Day on Sunday June 7 at St. Catherine Hospital in East Chicago. The theme for this year's event was Celebrating Life with Music! The afternoon included motivational speakers, chair massages by Concepts in Massage, Reiki healing by Heart in Hand, music by DJ Slash, raffles, refreshments and tours of St. Catherine Hospital's expanded Oncology Center.

## Ladies Pampered at Midwest Party

Midwest Insurance Center held their first Ladies Night Out. Event organizers Melissa Vis and Katie Norman said that it was important that the \$1,000 raised that evening stayed in NW Indiana to benefit friends and neighbors. "We had decided that we wanted the proceeds to go to breast cancer research," explained Vis. They chose the Community Cancer Research Foundation in Munster.



"I'm glad that we found an organization like the Foundation that keeps the money close to home and benefits the people of our community," she said.



## Vanis celebrates 30 years with a Salon-a-thon

Owner Chris Valvanis and Vanis Salon & Day Spa staff celebrated their anniversary by providing select services for \$30 each and donating the proceeds to the Cancer Resource Centre in Munster. Salon staff at the Crown Point, Schererville and Valparaiso locations offered haircuts, manicures, pedicures, massages, facials and makeup during the four and one-half hour service blitz. Their efforts resulted in an \$8,525 check to the Cancer Resource Centre.

# Clinical Trials

## NEW STUDIES

ECOG-ACRIN E1A11: Randomized Phase III Trial of Bortezomib, LENalidomide and Dexamethasone (Vrd) Versus Carfilzomib Lenalidomide and Dexamethasone (Crd) Followed by Limited or Indefinite DURation Lenalidomide MaintenANCE in Patients with Newly Diagnosed Symptomatic Multiple Myeloma (ENDURANCE)

*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.*

## 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 8, 1:30-3 pm**  
Life Changes

**Wed, July 15, 1:30-3 pm**  
Learning to Live Again



## Charity Softball Fundraiser



Firefighters and police officers scored a victory against cancer during their third annual charitable softball game. The friendly competition took place June 14, 2015 at Community Park, raising \$3,000 to benefit the Cancer Resource Centre. Team members representing the Dyer, Griffith, Highland and Munster departments went to bat for the Centre with the Dyer team ending up on top.

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.

## 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**

Vanis Salon & Day Spa  
**Charity Fundraiser**

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

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

**Donald S. Powers**  
**Nancy E. Feldman**  
**Memorial Contributions**

219 Productions  
DJ Slash  
Pam Davey, Concepts in Massage  
Pam Kozy, Heart in Hand LLC  
Juanita Segura- Survivor Speaker  
The Takeda Oncology Company  
**National Cancer Survivors Day**

Jayshree Bhatt  
Myllinda Cane  
Cheryl Feldner  
Frankie Fesko  
Carole Frazier  
Nancy Gustaitis  
Mary Jo Holly  
Sherri Holt  
Pam Kaczmarek  
Ayesha Mohiuddin  
Mary Lou Mybeck  
Paula Nellans  
Ann Pellar  
Mary Purcell  
Samar Shabeeb  
Mary Shields  
Jackie Wickland  
Donna Williamson  
Elizabeth Yee

### **Perennial Ball Committee 2015**

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

Dyer Police & Fire Depts.  
Griffith Police & Fire Depts.  
Highland Police & Fire Depts.  
Munster Police & Fire Depts.  
**3rd Annual Police & Fire  
Charity Softball Tournament**

All in One Party Rental & Sales  
Auto Zone-Highland  
Bosak Auto Group  
Culver's in Highland  
David Roldan  
Friends of the Centre  
Grieger's Motors  
Hagerty Insurance  
Hartsfield Village Residents &  
Staff-Munster  
Lowe's Schererville  
Mike Anderson Chevrolet  
Service Sanitation  
Suzie's Café & Catering  
Webb Hyundai  
**Rev Up to Unite & Fight Cancer  
Car Show Fundraiser**

# July 2015

## happenings

### Caregiving Support Group

**Tue, July 7; 6-7:30 pm**

Self Care

### Expressive Art Therapy

**Sat, July 11; 9 am-12 pm**

### Inspirations from the Garden

**Sat, July 18; 10 am-2 pm**

Tour the Cancer Resource Centre's garden filled with ideas and inspiration, workshops and demonstrations. \$10 admission in advance, \$12 at the door benefits the Cancer Resource Centre.

### **For more information call**

**219-836-3349 or visit**

**[www.cancerresourcecentre.com](http://www.cancerresourcecentre.com)**

### Healthy Cooking Breakfast

**Mon, July 27; 12:30-2 pm**

Join us as Dana Wichlinski C.C. prepares a healthy breakfast that promotes good nutrition. Dana will prepare honey yogurt parfait, brown sugar oatmeal muffins and a fruit smoothie. Bring questions to address our chef. Limited Seating.

### Ostomy Support Group

**Wed, July 29; 10 am-12 pm**

Medications & Herbal Effects on the Ostomate

### Stress Management

**Wed, July 29; 6-7 pm**

Relaxation Tools & Techniques

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Yoga: 6-7 pm	2 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	3 <b>HOLIDAY CLOSED</b>	4 <b>INDEPENDENCE DAY</b>
5	6 Yoga: 9:30-10:30 am	7 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	8 <b><u>NO REIKI</u></b> Healing Hearts: 1:30-3 pm Breast Cancer Support Group: 6-7:30 pm Yoga: 6-7 pm	9 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	10 Tai Chi: 9:30-10:30 am	11 Art Therapy: 9 am-12 pm
12	13 Yoga: 9:30-10:30 am Sound Healing: 11-12:15 pm Reiki/Reflexology: 1-3 pm	14 Wellness Support: 10-11:30 am or 6-7:30 pm	15 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	16 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	17 Tai Chi: 9:30-10:30 am	18 Inspirations from the Garden: 10 am - 2 pm
19	20 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm	21 Wellness Support: 10-11:30 am or 6-7:30 pm <b><u>NO BLOOD CANCERS SUPPORT GROUP</u></b>	22 Yoga: 6-7 pm	23 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	24 Tai Chi: 9:30-10:30 am	25
26	27 Yoga: 9:30-10:30 am Healthy Cooking / Breakfast: 12:30-2 pm	28 Wellness Support: 10-11:30 am or 6-7:30 pm	29 Ostomy: 10 am-12 pm Reiki/Reflexology: 3-5pm Breast Cancer Group Support: 6-7:30 pm Stress Management: Relaxation Tools & Techniques 6-7 pm	30 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	31 Tai Chi: 9:30-10:30 am	<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.

**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.

**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.

# Happenings

## Caregiving Support

**Tue, August 4; 6-7:30 pm**  
Relationships

## Journaling Workshop

**Tue, August 11; 1-2:30 pm**  
Explore journal writing with Instructor Jennifer Dettlo. Journal writing is a means to recognize and track events that encompass our daily lives as well as to mitigate stress and to process emotions. Dettlo is a 20 year educator in high school English and Spanish with a master's degree in English and Spanish education from Vanderbilt University.

## Look Good...Feel Better

**Tue, August 18; 2-4 pm**  
For women undergoing radiation and/or chemotherapy. Learn beauty techniques to help restore appearance and self-image during cancer treatment. Session will include skin/nail care, makeup advice and information on how to work with scarves, head wraps and wigs. Seating is limited. Sponsored by the American Cancer Society.

## Stress Management

**Wed, August 26; 6-7 pm**  
Topic-Breathe Work

# August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b></p>						1 <i>NO ART THERAPY</i>
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9	10 Yoga: 9:30-10:30 am Crystal Bowl Sound Healing: 11 am-12:15 pm Reiki/Reflexology: 1-3 pm	11 Wellness Support: 10-11:30 am or 6-7:30 pm Journaling Workshop: 1-2:30 pm	12 Reiki: 9:30-11:30 am Yoga: 6-7 pm	13 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	14 Tai Chi: 9:30-10:30 am	15 <i>Please donate your yarn to the Knit One Group!</i>
16	17 Yoga: 9:30-10:30 am Drumming: 5:30- 6:30 pm	18 Wellness Support: 10-11:30 am or 6-7:30 pm Look Good...Feel Better: 2-4 pm Blood Cancers Support: 6-7pm	19 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Breast Cancer Support Group: 6:30 pm Yoga: 6-7 pm	20 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Knit One: 1-2:30 pm	21 Tai Chi: 9:30-10:30 am	22
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