

July - August 2016

Vol. 14, 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



Both the Cancer Research Foundation and the Cancer Resource Centre have had some changes in personnel. After working at the Cancer Resource Centre for the past 13 years, Debbie White has

decided to retire. Debbie joined our team shortly after the Centre first opened its doors. She was instrumental in organizing the Unite & Fight Walk & 5K Run fundraiser that has brought in more than \$1 million for the Centre, enabling us to continue to offer activities free of charge to those who need them. We thank Debbie for all she has done for the Centre and wish her a happy and healthy retirement. Cancer Research department staff member Melissa (Missy) DiDonato will be taking over for Debbie. We invite you to read (in this issue) about another member of our staff Breast Health Navigator Dorothy (Dottie) DeWitt who is making a difference in the lives

of cancer patients. We are thankful for these staff members who work to help us fulfill our mission on a daily basis.

Mary C. Shields

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

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



**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...

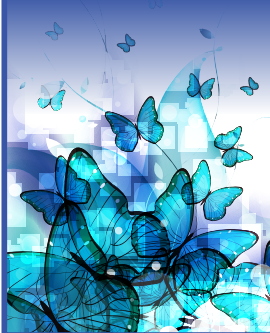
To promote the well-being of all people whose lives have been touched by cancer by offering support, education, and encouragement.

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.

Community Cancer Research Foundation

Perennial Ball Wrap Up



Five hundred supporters dined and danced the evening away Saturday, April 30 at the Perennial Ball. The annual benefit for the Community Cancer Research Foundation took place at the Chicago Hilton.

Perennial Ball Committee chairperson Frankie Fesko welcomed contributors to the event and thanked them for their fund raising effort that totals \$185,000.

This year's theme was The Butterfly Effect. 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.

Patients with cancer and their loved ones who have come to the Cancer Resource Centre, a support program of the Foundation, have found answers to questions and have drawn strength, hope and inspiration from cancer survivors.

Through the years, the Perennial Ball has raised more than \$2 million to support the

work of the Community Cancer Research Foundation and its Cancer Resource Centre.

Dr. Mohamed Kassar addressed guests on the important advances that have been made in cancer research within the Community Healthcare System since last year's ball. Chairman of the Cancer Resource Centre Advisory Board, M. Nabil Shabeeb, MD, shared with the guests the progress of the Centre, which provides free support, counseling and resources for patients with cancer and their families.

Cancer Research Foundation administrator Mary C. Shields presented the 2015 donor plaques to contributors of \$1,000 and more. Recipients include BMO Harris Bank; Community Hospital Auxiliary; Dermatology Associates of NW Indiana; Don Powers Agency; EMCOR Hyre Electric; Ernst & Young LLC; Fifth Third Bank; Hasse Construction Company, Inc; Komyatte and Casbon, PC; Laini Fluellen Charities; Munster Radiology Group PC; Northwest Indiana Pathology Consultants and Ziegler.

Musical entertainment for the Community Cancer Research Foundation Perennial Ball was by Indigo.

ON THE SHELF...

New Arrivals

"A Short Guide to a Happy Life"

By Anna Quindlen

"Kitchen Table Wisdom"

By Rachel Naomi Remen, MD

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.



Welcome New Staff

Dorothy (Dottie) DeWitt
Breast Health Navigator

Dottie joined the Cancer Research Foundation late in 2015. Her role as a Breast Health

Navigator was specifically created to help those with breast cancer transition from active treatment to survivorship. Dottie works in collaboration with the patient's primary care physician to summarize the diagnosis and treatment and help coordinate related breast cancer activities and follow-up appointments. At a survivorship visit, Dottie helps the patient identify anything that may be keeping them from optimum health and refers them to other providers as necessary. In the future, other nurses like Dottie will be added to our team to help those with other types of cancers with transition.

Clinical Trials

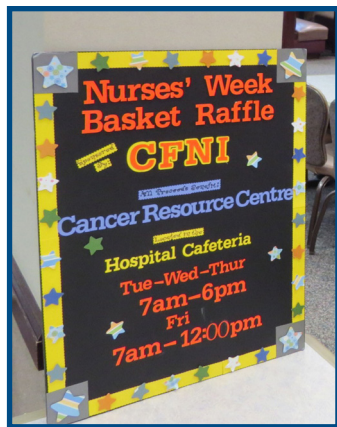
NEW STUDIES

Ovarian Cancer Study

A Phase 3, Randomized, Double-Blind Placebo-Controlled, Multicenter Study of Niraparib Maintenance Treatment in Patients with HRD-Positive Advanced Ovarian Cancer Following Response on Front-Line Platinum-Based 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.



Nurse's Week Basket Raffle

With the same creativity, care and thoughtfulness they bring to their jobs on a daily basis, nurses at Community Hospital have wrapped up another successful theme basket raffle with proceeds benefiting the Cancer Resource Centre in Munster. The raffle, which was held at the conclusion of National Nurses Week, generated a \$24,870 donation.

Cancer Survivors Day

The Cancer Resource Centre and St. Catherine Hospital hosted their annual National Cancer Survivors Day on Sunday, June 5 at Community Hospital in Munster. Food, fun, presentations and music entertainment brought everyone together to honor the strength and courage of those who have lived and continue to live with cancer. We look forward to seeing everyone next year.



St. Paul Lutheran National Junior Honor Society



St. Paul Lutheran National Junior Honor Society reached out to the Cancer Resource Centre to collect items such as word search books, chap-stick, Kleenex and more for the Centre's Cancer Care Bags that are distributed to those facing cancer.



Softball Fundraiser - Red vs. Blue

Dyer, Highland, Lansing and Munster Police and Fire department teams scored a victory against cancer during their fourth annual charitable softball game. The friendly competition took place May 22 at Community Park, raising \$4,000 to benefit the Cancer Resource Centre. Dyer Police and Fire won, defeating Munster Police and Fire in the championship game.

Cancer Resource Centre support in Hobart and Valparaiso

Beginning in July, the Cancer Resource Centre will extend services to St. Mary Medical Center and the Valparaiso Health Center of St. Mary Medical Center. Bringing programs and support to Hobart and Valparaiso will allow us to help more patients and caregivers access offerings of the Cancer Resource Centre.

Chair Yoga

Quarterly Class Schedule

Sat, July 16

9 – 10 am

Valparaiso Health Center of St. Mary Medical Center
3800 St. Mary Drive, Valparaiso
Prescription required.

Chair Massage

Quarterly Class Schedule

Sat, July 16

9 – 11 am

Valparaiso Health Center of St. Mary Medical Center
3800 St. Mary Drive, Valparaiso
Prescription required.

Expressive Art Therapy

Quarterly Class Schedule

Sat, July 16

9 am – 12 pm

Valparaiso Health Center of St. Mary Medical Center
3800 St. Mary Drive, Valparaiso

Hope Network Cancer Support Group

4th Wednesday of the month

July 27, Aug 31, Sept 28, Oct 26

6 – 7:30 pm

St. Mary Medical Center
Education Center
1500 S. Lake Park Ave., Hobart

“Like”
The Cancer
Resource Centre



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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PERMIT NO. 0028

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

Briar Ridge Country Club
**Briar Ridge Casino Night
Fundraiser**

St. Paul Lutheran National
Junior Honor Society
Cancer Care Bag Items

Culver's - Crown Point,
Highland, Merrillville
**Donate While You Dine
Fundraiser**

Karp's Garden & Feed Center
Hanging Basket Fundraiser

Hospice of the Calumet Area
Munster Donut
Healing Hearts

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

Brandi Anderson
Roberta Bach
Kevin Boivin, Massage for Good
Natalia Chaplin
Hospitality & Nutrition
Pamela Kozy, Heart in Hand, LLC
Parria Miller
David Roldan,
Music for All Occasions
Len & Michelle Walavich
Kristen Wisniewski
National Cancer Survivors Day

Jayshree Bhatt
Mylinda Cane
Cheryl Feldner
Frankie Fesko, Chairperson
Carole Fraser
Nancy Gustaitis
Sherri Holt
Pam Kaczmarski
Ayesha Mohiuddin
Mary Lou Mybeck
Paula Nellans

Ann Pellar
Mary Purcell
Samar Shabeeb
Jackie Wickland
Donna Williamson
Elizabeth Yee
Perennial Ball Committee 2016

Mike Anderson Chevrolet
Bosak Auto Group
Burgerhaus
Community Hospital
Maintenance
Hagerty Insurance
Jon Costa -
Mayor of Valparaiso
Culver's - Crown Point,
Highland, Merrillville
Hartsfield Village
Papa John's- Munster
David Roldan,
Music for All Occasions
Signature Awards
Suzie's Café & Catering

Sysco
Van Senus Auto Value-
Highland, Hammond
Walt's
Webb Hyundai
**Rev Up to Unite & Fight
Cancer Car-Truck-Bike Show
Fundraiser**

Tina Campbell
Leslie Darrow
Sherri Holt
Nanette Mata
Julie Pedroza
Chef Gabriel Rosado
Steven Tewalt
Christina Wagner
Nicsa Zamora
**Committee: Rev up to Unite
Cancer Car - Truck- Bike Show**

Dyer, Highland,
Lansing & Munster
Police & Fire Departments
**4th Annual Police & Fire
Charity Softball Tournament**

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 20; 1:30-3 p.m.
Learning to Live Again

Wed, Aug 24; 1:30- 3 p.m.
Surviving the Loss of a Loved One

happenings

July 2016

Healthy Cooking

Mon, July 25; 12:30-2 pm

Recipes shared for those experiencing sore mouth, taste alterations and unintentional weight loss. Sample crunchy Asian salad, Turkey Meatballs, Peanut Noodles and Banana Peanut Butter Shakes. Food allergies and alternative products will be discussed.

Please note: we will serve items that contain peanuts. Seating is limited.

What is CyberKnife®?

Fri, July 29; 1-2 pm

Radiation Oncologist Brian Blonigen, MD discusses CyberKnife, a robotic radiosurgery system that is a non-invasive alternative to surgery for the treatment of both cancerous and some non-cancerous tumors.

VALPARAISO HEALTH CENTER OF ST. MARY MEDICAL CENTER

3800 St. Mary Drive, Valparaiso

Chair Yoga

Sat, July 16; 9-10 am

Chair Messages

Sat, July 16; 9-11 am

Art Therapy

Sat, July 16; 9 am-12 pm

ST. MARY MEDICAL CENTER

Education Center

1348 S. Lake Park Ave., Suite D, Hobart

Hope Network Cancer Support Group

July 27; 6 – 7:30 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tai Chi: 9:30-10:30 am	2 Art Therapy: 9 am-12 pm
3 <i>Please donate your yarn to the Knit One Group!</i>	4 4TH OF JULY CLOSED	5 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	6 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Yoga: 6-7 pm Breast Cancer Support : 6-7:30 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 am -12 pm No Reiki/Reflexology	12 Wellness Support: 10-11:30 am or 6-7:30 pm	13 Reiki: 9:30-11:30 am Lung Cancer Support: 10 - 11:30 am 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 Valparaiso Health Center of SMMC Chair Yoga: 9-10 am Chair Massage: 9-11 am Art Therapy: 9 am-12 pm
17	18 Yoga: 9:30-10:30 am Drumming: 4:30-5:30 pm	19 Wellness Support: 10-11:30 am or 6-7:30 pm No Blood Cancers Support	20 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	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 Healthy Cooking: 12:30-2 pm	26 Wellness Support: No am session 6-7:30 pm	27 Ostomy: Relaxation & Exercise with an Ostomy: 10-12 pm Stress Management: Relaxation Tools & Techniques: 6-7 pm Hope Network Support: 6-7:30 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 Lecture: What is CyberKnife? 1-2 pm	30 PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349

August 2016

happenings

Caregiver Support

Tue, Aug 2; 6-7:30 pm
Relationships

Cancer Screening Guidelines for 2016

Fri, Aug. 12; 11 am-12 pm
Oncologist Neel B. Shah discusses cancer screening guidelines for 2016.

Look Good...Feel Better

Tue, Aug 16; 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.**

ST. MARY MEDICAL CENTER

Education Center
1348 S. Lake Park Ave., Suite D, Hobart
Hope Network Cancer Support Group
Aug 31; 6 – 7:30 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga: 9:30-10:30 am	2 Wellness Support: No am session 6-7:30 pm Caregiver Support: 6-7:30 pm	3 Chair Massage: 10-11:30 am No Mind Over Mood Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	4 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	5 Tai Chi: 9:30-10:30 am	6 Art Therapy 9 am - 12 pm
7	8 Yoga: 9:30-10:30 am Sound Healing: 11 am-12 pm Reiki/Reflexology: 1-3 pm	9 Wellness Support: 10-11:30 am or 6-7:30 pm	10 Reiki: 9:30-11:30 am Lung Cancer Support: 10-11:30 am Yoga: 6-7 pm	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	12 Tai Chi: 9:30-10:30 am Lecture: Cancer Screening Guidelines for 2016 11am-12 pm	13
14	15 Yoga: 9:30-10:30 am Drumming: 4:30-5:30 pm	16 Wellness Support: 10-11:30 am or 6-7:30 pm Look Good, Feel Better: 2-4 pm No Blood Cancers Support	17 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	18 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 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 or 6-7:30 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 Ukulele: 3:15-4:30 pm	26 Tai Chi: 9:30-10:30 am	27
28	29 Yoga: 9:30-10:30 am	30 Wellness Support: 10-11:30 am or 6-7:30 pm	31 Reiki/Reflexology: 3-5 pm Stress Management: Breathe Work; 6-7 pm Hope Network Support: 6-7:30 pm at St. Mary Medical Center			

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

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.

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.

Hope Network Cancer Support Group - For cancer patients and caregivers come for educational sessions and support to share thoughts, feelings and ideas.

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.

EDUCATIONAL PROGRAMS

Please check the calendar monthly for other popular educational programs.

Healthy Cooking - Facilitated by visiting chefs, this 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.