



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 Director

Summertime has provided many opportunities for us to meet outdoors. I'd like to thank all those involved in our July program: Inspirations from the Garden. We appreciate the local businesses that helped to create such wonderful floral arrangements. Also, we thank all those who came to our 4th Annual Romp & Roll Car Wash held in August at the Centre. We are grateful to the volunteers who helped collect tickets, held signs on Ridge Road & Calumet Avenue, washed and dried.

It's time to get your teams ready for the Centre's 10th Annual Romp & Roll Walk &

Fun Run on October 6. Last year the Romp & Roll raised more than \$144,000!!! Committee members have been very busy making this year's event bigger and better than ever to celebrate a decade of "fun" raising. Contributions from these events help to fund the Centre's support groups and mind/body/spirit programs. Because of these generous efforts by many, all programs at the Centre remain **free** to those facing a cancer diagnosis and caregivers. Please get your running/walking shoes ready to celebrate in this fun, family-style event and be a part of something special for years to come. Thank you.

Anthony Andello
Director, Cancer Resource Centre

10th Annual "ROMP and ROLL"
Sunday, Oct. 6, 2013
 Munster High School Football Field

SAVE THE DATE!

Registration - 12 pm
 Jesse 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



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.

ON THE SHELF...

"Mind Over Medicine"

By Lissa Rankin, MD (guest speaker at last month's Cancer Symposium)

"What Helped Get Me Through-Cancer Survivors Share Wisdom and Hope"

Edited By Julie K. Silver, MD

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



Red squared off against blue as the Munster Police and Fire departments took to the ball field and played in a charitable softball game. The friendly competition took place Sunday, May 19 at Community Park and benefited the Cancer Resource Centre.

A check in the amount of \$1,600 is presented to Anthony Andello, director, Cancer Resource Centre (center, right holding check) on behalf of both departments by Officer James Ghrist (center, left holding check). Police department officers who participated in the softball game are (from left to right) Brian Hernandez (with Django), David Foulkes, Tim Nosich, Brett Scheffel, Marc Cochran, Sgt. Daymon Johnson, Sgt. John Peirick, Thomas Uzsakow, Sgt. Tom Kuhlenschmidt, Erik Holloway and Lt. Ed Strbjak.

Members of the Munster Fire department are (from left, center to right) Brian Scheffel, David Strbjak, Matt Kooy, Mike Harrigan, Chief Jim Knesek, Mark Kunas, Bryan Carr, Zack Kosenka, Mark Everette, Bryan Chovanec, Jose Serrano and Frank Sikora.

September is Prostate Cancer Awareness Month

Regular physician check-ups are important. The Centers for Disease Control (CDC) and other federal agencies follow the prostate screening recommendations set forth by the U.S. Preventative Services Task Force which recommends against PSA-based screening for men who do not have symptoms. (The main goal of a cancer screening test is to reduce the number of deaths from the disease. The Task Force found that because prostate cancer grows at such a slow rate that in the majority of adult men, it isn't likely to cause health problems during a lifetime. Therefore, only a very small number, if any, benefit from PSA screening.)

Informed Decision Making

With the understanding that men and their doctors may continue to screen for prostate cancer, the CDC continues to support informed decision-making. Men and their families will turn to trusted healthcare professionals to help them make informed decisions. CDC encourages doctors to have open conversations with their patients who have questions about prostate cancer and PSA screening.

Informed decision-making occurs when a man:

- Understands the nature and risk of prostate cancer.
- Understands the risks of, benefits of and alternatives to screening.
- Participates in the decision to be screened or not at a level he desires.
- Makes a decision consistent with his preferences and values.

October is Breast Cancer Awareness Month

AMERICAN CANCER SOCIETY GUIDELINES FOR BREAST CANCER SCREENING

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast change promptly to their healthcare provider. Breast self-exam (BSE) is an option for women starting in their 20s.

Some women - because of their family history, a genetic tendency or certain other factors - should be screened with MRI in addition to mammograms. (The number of women who fall into this category is less than 2 percent of all the women in the U.S.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Rhythm of the Drum invokes Healing



Imagine you are sitting in a circle with a group of people, eyes closed, and you are concentrating on striking down on the canvas top of a drum in your lap. One hand strikes down on the taut canvas, then the other. Slap...tap...tap. Slap...tap...tap.

Suppressed feelings from deep, down within gather with the rhythm then explode on the canvas top. You feel the power of healing in the palms of your hands - all possible through Empowerment Drumming offered by the Cancer Resource Centre in Munster.

Hand drumming dates back thousands of years as a form of rhythmic expression and as a primitive form of communication. More recently, researchers have been studying drumming as a therapeutic tool with healing value when combined with science and medicine.

Empowerment drumming classes offered by the Cancer Resource Centre are made possible by through a generous donation by M. Nabil Shabeeb., chairman of the Cancer Resource Centre advisory board. He also believes in the healing power of music and rhythmic self-expression.

Licensed clinical social worker Nancy Feldman, who has been trained in drumming rhythms as an empowerment tool, leads the classes.

It's an excellent way to promote inner balance of the mind, body and spirit, Feldman says.

For more information on current Centre programming and classes, call 219-836-3349.

Current Available Cancer Trials



TRINOVA-3 (Amgen 20101129)/ENGOT-ov2/GOG 3001:

A Phase 3 Randomized, Double-Blind, Placebo-Controlled, Multi-Center Study of AMG 386 With Paclitaxel and Carboplatin as First-line Treatment of Subjects With FIGO Stage III-IV Epithelial Ovarian, Primary Peritoneal, or Fallopian Tube Cancer

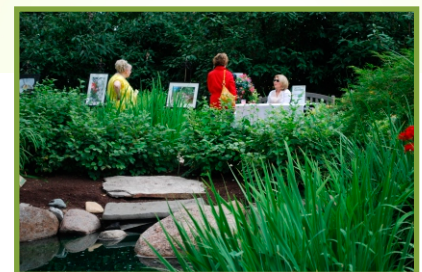
Please contact the Cancer Research Department for further information about this or other clinical trials. You may visit our website www.MyCCRF.com for a current listing of open trials.

Colors of the Rainbow Grow from Gold

Girl Scout and Highland resident Sarah Hoffman has pursued the highest achievement in scouting-The Gold Award- while educating and inspiring others along the way. A new cancer ribbon tree stands on the grounds of the Lincoln Center with branches adorned with colorful bows representing the different shades of cancer awareness. Proceeds from the project benefit the Cancer Resource Centre. Here, Hoffman presents the \$650 check to Monica Hoffman of the Cancer Resource Centre.



Inspirations from the Garden



Inspirations from the Garden was held July 27 in the Cancer Resource Centre's Healing Garden. The event featured floral arranging, a cooking demonstration, tours of the Healing Garden, nature-inspired paintings and art exhibits, landscape design and a mind-body program.

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.

“Like”



The Cancer Resource Centre

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, Sept 4; 1:30-3 pm

Surviving the Loss
of a Loved One

Wed, Sept 18; 1:30-3 pm

Understanding the Grief Process

Wed, Oct 2; 1:30-3 pm

Helping Yourself Heal

Wed, Oct 16; 1:30-3 pm

How to Deal with other People
when I am Grieving

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	Crown Point Garden Club	American Cancer Society
Blood Cancers Support Group	Dixon Florists	Doris Bauer,
	Friends of the Cancer Resource Centre & Volunteers	Discreetly Hair
	Garden on the Prairie	Holli Zabek, Spa Pointe
Thomas Hoess, MD	Jansma Farmstand	Look Good...Feel Better
Jacquelyn Osenkarski	Shari Smith LeMonnier	Kathy Porras, RN
Lissa Rankin, MD	Leo's Feed & Garden Center	Ostomy Networking
Suzanne Ruiz	Joanne Markiewicz	Mark Ruiz,
Community Cancer Research Foundation Public Symposium	Remus Farms	Wealth Advisor
	David Renfro	Oak Partners
Pam Kozy,	Smits Farms	Understanding Your Finances
Heart in Hand LLC	South County Landscaping	
Healing Garden Guided Imagery, Healing Garden Reiki, Reiki Reflexology	Tim's Landscaping	
	Andy Wichlinski	
	Dana Wichlinski	
Hospice of the Calumet Area	Joe Williamson	
Munster Donuts	Inspirations from the Garden	
Healing Hearts		
	Rima Krutulis	
Allen Landscape Center	Introduction to Ukulele	
Artful Garden		
Big John's Farm Market & Greenhouses	Tanaz Bamboat, CLYT	
	Laughter with Yoga	

Happenings

Healthy Cooking

Tue, Sept 10, 11:30 am-1pm

Chef from Ivy Tech Culinary School will demonstrate and prepare a light meal that is both nutritious and easy to do at home. *Limited Seating.*

Caring for the Caregiver

New six-week course focusing on the "caregiver."


Fri, Sept 20; 11 am-12:30 pm

Week One-Stress & the Caregiver
An introduction to the program, compassion fatigue and depression coping skill. Facilitated by James Bovan, PsyD.

Fri, Sept 27; 11 am-12:30 pm

Week Two-Self Care

It's what you're doing when you're not caretaking that counts; N.E.A.T. activities; resistance bands; mind/body exercises. Facilitated by James Bovan, PsyD and Debi Pillarella.

Great Starts-Grains

Tue, Sept 24; 2-3:30 pm

Nutrition Program Assistant Cheryl Hobby with Purdue Extension Service will provide an overview of how to choose and identify health benefits of eating breakfast, the most important meal of the day. Refreshments served.

Ostomy Networking Group

Wed, Sept 25; 10 am-12 pm
Dealing with Social and Intimate Issues.

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Labor Day Centre Closed</i>	3 Wellness Support: 10-11:30 am No Evening Wellness Support Group	4 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 4-5 pm	5 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	6 Tai Chi: 9:30-10:30 am	7 No Art Therapy
8	9 Yoga: 9:30-10:30 am Reflexology:1-3 pm	10 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Healthy Cooking: 11:30 am-1 pm	11 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Matters: 7-8:30 pm	12 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	13 Tai Chi: 9:30-10:30 am	14
15	16 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30- 8pm	17 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Blood Cancer Support Group: 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	19 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	20 Tai Chi: 9:30-10:30 am Caring for the Caregiver:Stress & the Caregiver: 11am - 12:30 pm	21
22	23 Yoga: 9:30-10:30 am	24 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Healthy Family Nutrition-Great Starts: Grains 2-3:30 pm	25 Ostomy: 10 am-12 pm Reflexology: 3-5 pm Yoga Stress Management: 6-7 pm	26 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	27 Tai Chi: 9:30-10:30 am Caring for the Caregiver-Self Care: 11am - 12:30 pm	28
29	30 Yoga: 9:30-10:30 am					

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

Happenings

Caring for the Caregiver

Fri, Oct 4; 11 am-12:30 pm

Week Three-Nutrition

Learn about healthy foods and snacks; cancer healthy diets; how to maintain weight during treatment. Facilitated by Terri Sakelaris, R. D.

Fri, Oct 11; 11 am-12:30 pm

Week Four-

Radiation/Chemotherapy

The effects of radiation and chemotherapy; how to be a "helper"; understanding the patient's needs. Facilitated by James Bovan, PsyD and an oncology nurse.

Fri, Oct 18; 11am-12:30 pm

Week Five-

Safety around the House

How to make a home safe; patient mobility; small changes/big advantages. Facilitated by Mary Pawlicki, PT. CLT.

Fri, Oct 25; 11am-12:30 pm

Week Six-Finances

How to handle a \$\$ crisis; Medicaid; Healthy Indiana Plan(HIP), Pre-existing Condition Plan etc. Facilitated by James Bovan, PsyD and a financial representative.

Romp & Roll

Sun, Oct 6;

Registration: 12 pm

Walk and Fun Run - a family event. Refreshments served.

Nutrition for Life

Thu, Oct 17;

12-2 pm

Foods that Fight Cancer

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</p>		<p>1 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm</p>	<p>2 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm</p>	<p>3 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm</p>	<p>4 Tai Chi: 9:30-10:30 am Caring for the Caregiver-Nutrition: 11am - 12:30 pm</p>	<p>5 Art Therapy: 9 am-12 pm</p>
<p>6 10th Annual Romp & Roll 12-4 pm</p>	<p>7 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm</p>	<p>8 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm</p>	<p>9 Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters Support Group: 7-8:30 pm</p>	<p>10 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm</p>	<p>11 Tai Chi: 9:30-10:30 am Caring for the Caregiver-Radiation/Chemotherapy: 11am - 12:30 pm</p>	<p>12</p>
<p>13</p>	<p>14 Yoga: 9:30-10:30 am Reflexology: 1-3 pm</p>	<p>15 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Blood Cancer Support Group: 6-7 pm</p>	<p>16 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm</p>	<p>17 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Nutrition for Life Foods that Fight Cancer : 12-2 pm</p>	<p>18 Tai Chi: 9:30-10:30 am Caring for the Caregiver-Safety Around the House: 11am - 12:30 pm</p>	<p>19</p>
<p>20</p>	<p>21 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm</p>	<p>22 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm</p>	<p>23 Yoga: 6-7 pm</p>	<p>24 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm</p>	<p>25 Tai Chi: 9:30-10:30 am Caring for the Caregiver-Finances: 11am - 12:30 pm</p>	<p>26</p>
<p>27</p>	<p>28 Yoga: 9:30-10:30 am</p>	<p>29 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm</p>	<p>30 Reflexology: 3-5 pm Yoga Stress Management: 6-7 pm</p>	<p>31 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm</p>		

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.

NETWORKING GROUP

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