



September - October 2014

Vol. 12, Issue 5

# 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 Director

With the dog days of summer behind us, it's now time to dust off your gym shoes and form your team for the Centre's 11th

Annual Unite & Fight Cancer Walk & Fun Run. Our committee members have been very busy making this year's event on Sunday, October 5, bigger and better than ever! You are invited to join us for this fun family-style walk and run and be a part of something special. Please call the Centre at 219-836-3349 to obtain your collection envelope or ask for it to be mailed to your residence or business. Your participation will help us continue vital programs and services.

To date, the Centre has had more than 32,300 visits since first opening in 2003, providing support, education and encouragement for those facing a cancer diagnosis.

Don't forget, twice a year in October and May, you can purchase bricks in honor of

a loved one or in memory of a loved one, to be placed in the June Hawk-Franklin Garden of Meditation and Healing. The deadline for October was July 1. For placement this coming May 2015, please have your purchase form(s) in no later than Feb 1. Visit [cancerresourcecentre.com/givinggarden](http://cancerresourcecentre.com/givinggarden).

Anthony Andello  
Director, Cancer Resource Centre

### SAVE THE DATE



**Unite  
& Fight  
CANCER**  
WALK & FUN RUN

**SUN, Oct. 5**

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.

## 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 Task Force found that because prostate cancer grows at such a slow rate than 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. 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.

## Gift-wrapped Donation



M. Nabil Shabeeb, MD, president of the board of directors (*center, right*) accepts a \$18,652 check along with Anthony Andello, director of the Cancer Resource Centre (*left*) from Community Hospital nursing staff (*left to right*) Leanna Cartwright, RN, Mayola Villarruel, RN and Ronda McKay, RN. Nurses at the hospital created a variety of theme baskets which were raffled off during the recently observed National Nurses Week. Although the annual Nurses Week is intended to recognize caregivers across the country for their service, nursing staff members at Community Hospital have adopted a different approach to this special observance by "giving back" through the basket fund raiser for the Cancer Resource Centre.

## OCTOBER DESIGNATED AS UNITE & FIGHT MONTH



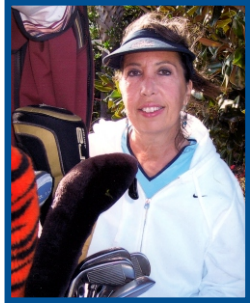
Munster's Town Council proclaimed the month of October 2014 as Unite & Fight Cancer month in the town of Munster. The council urges all citizens to continue to show support for the Centre's programs and services, and form a team to participate at the 11th Annual Unite & Fight Cancer Walk & Fun Run. Town Council members (*pictured left to right*): Dave F. Shafer, John W. Edington, Anthony C. Andello, director, Cancer Resource Centre ; John P. Reed, council president, Joseph A. Simonetto, Dave B. Nellans and Dr. Andy Koultourides.



# Briar Ridge Golf for a Cure

Members of Briar Ridge Country Club know how to chip in for a good cause: cancer research. The Club held its sixth annual Golf for a Cure on July 13 with \$3,780 of the proceeds earmarked for the Community Cancer Research Foundation in Munster.

The golf fund raiser was organized to honor all cancer survivors, and as a memorial to remember a dear friend Elena McCreight, and all the loved ones we have lost to cancer, said Fay Donovan, Golf for a Cure committee member.



## June Hawk-Franklin Garden of Meditation and Healing



June Hawk-Franklin was a beautiful person and she will be remembered in a beautiful place. The healing garden of

the Cancer Resource Centre has been renamed the "June Hawk-Franklin Garden of Meditation and Healing." June's husband of 29 years, Jerry Franklin, made a \$250,000 donation to the Cancer Resource Centre to have the garden named in her honor.

June was diagnosed with stage 4 uterine cancer and was expected to have 7-11 months to live. Instead, June and Jerry had more than two years together and were able to fill it with a lot of "living." Jerry credits those good days to the support they received from the Cancer Resource Centre.

In carrying out June's "to-do-list," Jerry made the decision to donate to the garden, a place she enjoyed and where they had made previous donations.

### SAVE THE DATE

## Caregiver Workshop

### Help a Loved One

Facilitated by James Bovan, PsyD, HSPP

Saturday, September 27, 2014

10 am-2 pm

Cancer Resource Centre

### SAVE THE DATE

2nd Annual

## Holiday Entertaining 101

Thursday, November 6, 2014

9 - 11:30 am

Center for Visual & Performing Arts

Ticket Price \$20

New ideas for the holidays!



### SAVE THE DATE

## Lights of Life

Honor Someone Special

Community Hospital Outpatient Entrance

Wednesday, December 3, 2014; 6 pm



## First Lady supports Centre Programming



The Cancer Resource Centre in Munster is one of 28 organizations and charities across the state to be named among the Indiana First Lady's Charitable Foundation grant recipients. First Lady Karen Pence presents Anthony Andello, director of the Cancer Resource Centre with a \$500 check that will be used to help support Art Therapy classes.

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*

"The Art of Caregiving - How to Lend Support  
and Encouragement to Those with Cancer"

*By Michael S. Barry*

"Everyday Strength - A Cancer Patient's  
Guide to Spiritual Survival"

*By Randy Becton*

"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 other available books.*



# "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.*

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

Rima Krutulius  
**Ukulele**

Corrine Beavers

Judy DeGuilio

Fay Donovan

Jan Heaney

Jean Kenar

Georgia Plantinga

**Golf for a Cure Committee**

Tanaz Bamboat, CLYT  
**Laughter with Yoga**

American Cancer Society  
Doris Bauer,

Discreetly Hair

Hollie Zabek, SpaPointe  
**Look Good...Feel Better**

Pam Kozy, Heart in Hand LLC

**Healing Garden Guided Imagery**

**Healing Garden Reiki**

**Reiki**

**Reflexology**

Kathy Porras, RN  
**Ostomy Networking**

Hospice of the Calumet Area  
**Healing Hearts**

## 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, Sept 3, 2014 1:30-3 pm**  
Surviving the Loss of a Loved One

**Wed, Sept 17, 2014 1:30-3 pm**  
Understanding the Grief Process

**Wed, Oct 1, 2014 1:30-3 pm**  
Helping Yourself Heal

**Wed, Oct 22, 2014 1:30-3 pm**  
How to Deal with other People  
when I am Grieving

# September 2014

## Happenings

### Nutrition and Exercise for

#### Oncology Patients

**Thu, Sept 18; 12-1:30 pm**

Presented by Joan Clark, RN, MSN, ANP-BC. A member of the Oncology Nursing Society, she has more than 30 years oncology experience. She will discuss nutritional and exercise strategy while battling cancer. A light lunch will be provided. Sponsored by Millennium: The Takeda Oncology Company.

### Living Wills & Advanced

#### Directives

**Tue, Sept 2; 2-3:30 pm**

Attorney Tom Scully will discuss the disability process as it relates to cancer patients and survivors, living wills and why they are so important and the advance directives process.

### Ostomy Networking Group

**Wed, Sept 24; 10 am-12 pm**

Vendor Fair

### NEW! Caregiver Workshop

**Sat, Sept 27; 10 am-12 pm**

Dr. James Bovan will be the facilitator for learning how to handle compassion fatigue and offer coping skills that impact mood and counter depression; self care will explore ways to take care of yourself through N.E.A.T. activities, resistance bands, mind/body exercises. Chair massage, reiki, and nutritious refreshments will be offered.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>LABOR DAY</b> CENTRE CLOSED	2 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	3 Chair Massage: 10-11:30 am Mind Over Mood Support Group: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 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 <b>NO</b> Art Therapy Class
7	8 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	9 Wellness Support: 10-11:30 am OR 6-7:30 pm	10 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Support Group: 6:30-8 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	13
14	15 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	16 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm <b>Blood Cancer Support Group:</b> 6-7 pm	17 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	18 Chi Gong: 9:30-10:30 am Nutrition & Exercise for Cancer Patients: 12-1:30 pm 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 <i>or</i> 6-7:30 pm Living Wills & Advance Directives: 2-3:30 pm	24 Ostomy Vendor Fair: 10 am-12 pm Reflexology: 3-5 pm Stress Management: 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 <b>CAREGIVER WORKSHOP</b> 10 am - 2 pm
28	29 Yoga: 9:30-10:30 am	30 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm				<b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b>

# October 2014

## Happenings

**NEW TIME! Family Support Group**  
**Wed, Oct 8; 10-11:30 am**

**Healthy Cooking**

**Tue, Oct 14; 11:30 am-1pm**

Facilitated by Ivy Tech; enjoy a light lunch prepared in our own kitchen.

**Spirituality and Cancer**

**Fri, Oct 17; 2-3:30 pm**

A diagnosis of cancer may turn you toward your spiritual side or question your faith. Fr. Niblick and Fr. Hoffman will present on spirituality, what it is and how you can reorient yourself and your spiritual side.

**Importance of Breast Cancer Screening**

**Tue, Oct 21; 2-4 pm**

Community Healthcare System's Regional Director of Breast Imaging Services Mary Nicholson, MD will provide an interactive discussion about the importance of breast screening, new guidelines & how imaging tools are used to detect breast cancer.

**Healthy Eating**

**Great Starts-Grains**  
**Tue, Oct 28; 2-3:30 pm**

Cheryl Hobby, Purdue Extension Services, will provide an overview of the health benefits of eating breakfast. Refreshments served.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b></p>			<p><b>1</b>            Chair Massage: 10-11:30 am            Mind Over Mood Support Group: 10-11:30 am            Healing Hearts: 1-30-3 pm            Yoga: 6-7 pm</p>	<p><b>2</b>            Chi Gong: 9:30-10:30 am            Chair Yoga: 2-3 pm            Ukulele: 3:15-4:30 pm</p>	<p><b>3</b>            Tai Chi: 9:30-10:30 am</p>	<p><b>4</b>            Art Therapy: 9 am-12 pm</p>
<p><b>5</b>  <u>UNITE &amp; FIGHT CANCER WALK &amp; FUN RUN</u>  <b>12-4 PM</b></p>	<p><b>6</b>            Yoga: 9:30-10:30 am            Breast Cancer Support Group: 6:30-8 pm</p>	<p><b>7</b>            Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm</p>	<p><b>8</b>            Reiki: 9:30-11:30 am            Family Support Group: 10-11:30 am <u>New Time</u>            Yoga: 6-7 pm</p>	<p><b>9</b>            Chi Gong: 9:30-10:30 am            Knit One: 1-2:30 pm            Chair Yoga: 2-3 pm            Ukulele: 3:15-4:30 pm</p>	<p><b>10</b>            Tai Chi: 9:30-10:30 am</p>	<p><b>11</b></p>
	<p><b>13</b>            Yoga: 9:30-10:30 am            Reflexology: 1-3 pm</p>	<p><b>14</b>            Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm            Healthy Cooking: 11:30 am-1 pm</p>	<p><b>15</b>            Chair Massage: 10-11:30 am            Healing Touch: 1-2:30 pm            Yoga: 6-7 pm</p>	<p><b>16</b>            Chi Gong: 9:30-10:30 am            Chair Yoga: 2-3 pm            Ukulele: 3:15-4:30 pm</p>	<p><b>17</b>            Tai Chi: 9:30-10:30 am            Spirituality &amp; Cancer: 2-3:30 pm</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b>            Yoga: 9:30-10:30 am            Drumming: 5:30-6:30 pm            Breast Cancer Support Group: 6:30-8 pm</p>	<p><b>21</b>            Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm            Importance of Breast Cancer Screening: 2-4 pm            Blood Cancer Support Group: 6-7 pm</p>	<p><b>22</b>            Healing Hearts: 1-30-3 pm            Yoga: 6-7 pm</p>	<p><b>23</b>            Chi Gong: 9:30-10:30 am            Knit One: 1-2:30 pm            Chair Yoga: 2-3 pm            Ukulele: 3:15-4:30 pm</p>	<p><b>24</b>            Tai Chi: 9:30-10:30 am</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b>            Yoga: 9:30-10:30 am</p>	<p><b>28</b>            Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm            Healthy Eating: 2-3:30 pm</p>	<p><b>29</b>            Reflexology: 3-5 pm            Stress Management: 6-7 pm</p>	<p><b>30</b>            Chi Gong: 9:30-10:30 am            Chair Yoga: 2-3 pm            Ukulele: 3:15-4:30 pm</p>	<p><b>31</b>            Tai Chi: 9:30-10:30 am</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 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 Support Group** - This is a supportive program for patients, couples, spouses and family caretakers and the dynamics of cancer in these relationships.

**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 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.