



September - October 2015

Vol. 13, 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.



Greetings from the Director

With the dog days of summer behind us, it's time to dust off your gym shoes and form your team for the Centre's 12th Annual Unite & Fight Cancer Walk & Fun Run. Our committee


members have been very busy making this year's event on Sunday, October 4, 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 36,000 visits since first opening in 2003, providing support, education and encouragement for those facing a cancer diagnosis.

Don't forget, twice per 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 2016, please have purchase form(s) in no later than February 1. Visit cancerresourcecentre.com/giving_garden to download a printable order form. Thank you.

Anthony Andello
Director, Cancer Resource Centre

LAKE CENTRAL VOLLEYBALL
Bump Out Cancer
Tue., Sept. 29
5-8:30 pm
Lake Central High School
Admission \$6



Lake Central Indians vs Portage Indians

All proceeds to benefit:
 Cancer Resource Centre of Munster
 N.I.C.K. Northwest Indiana Cancer Kids
 Leukemia & Lymphoma Society



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.

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 cancer screening recommendations set forth by the U.S. Preventive 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.



SAVE THE DATE

Lights of Life

Wednesday, December 2; 6 pm

Community Hospital Outpatient Entrance

Honor someone special this holiday season by purchasing a light on the Lights of Life trees. Be sure to attend the lighting ceremony at the hospital's outpatient entrance off Columbia Avenue and Fisher Street. Each light represents a \$5 donation toward cancer research sponsored in our community. For \$15, in addition to reserving a light, a special pink breast cancer and/or lavender cancer awareness pin or a lapel cancer awareness pin can be sent to your honoree with a gift card. **Call 219-836-6875 for more information or visit myccrf.com/lights_of_life.asp.**

Annual Basket Raffle

Nurses at Community Hospital in Munster created a variety of theme baskets that were raffled off during National Nurses Week. Although Nurses Week is intended to recognize caregivers from across the country for their service, nursing staff members at Community Hospital generously give back to the community through their basket fund raiser. This year's raffle raised some \$22,745 for the Cancer Resource Centre.



SUN, Oct. 4, 2015

Munster High School
Football Field

Registration - 12 pm

Decorate our "Wall of Heroes" by bringing photos or copies of photos of loved ones - patients, survivors, special caregivers, doctors, nurses or someone you love who has lost their battle. Photos will be displayed on the wall near the concession stand during the walk/run. New photos will be taken after the picnic.

Survivorship Celebration - 12:30 pm

We invite all survivors to unite on the track and form the "Cancer Survivor Ribbon" before the ceremonial walk.

Family Walk & Fun Run - 1 pm

Help raise funds for the Cancer Resource Centre. Start putting your teams together now!!! Sign up at http://www.uniteandfight.org/team_info.asp.

Inspirations from the Garden

The art of balance was the theme of this second annual event in the June Hawk Franklin Garden of Meditation and Healing at the Cancer Resource Centre. Participants experienced a garden full of ideas in this special program for the public with Michael Grab of Gravity Glue balancing stones; Shari Smith LeMonnier painting in the garden, Krys Stevens presentation on herbs and Lisa Sagami's demonstration of Ikebana (Japanese floral arrangement). Guests also enjoyed presentations on healing herbs, essential oils, chi gong and crystal bowl sound healing.



Eads/St. Thomas More Students Walk-A-Mile for Cancer

This past May, Eads and St. Thomas More Elementary School students participated in a 1-mile walk against cancer at Munster High School. Proceeds from the walk totaled more than \$5,100 and were donated to the Cancer Resource Centre. DARE mascot Daren the Lion helped lead the students with a warm-up song and dance.



Spa-tastic Day at the Centre presented by

SpaPointe & Hair Studio

Monday, November 2; 12 – 4 p.m.

- **Mini Manicures** *Free* to cancer patients and their caregivers. Pre-registration required. Space is limited.
- **Express Facials** *Please call 219-836-3477 or toll-free 866-836-3477 to register.*
- **Reiki and Massages** *Refreshments available.*
- **Make-up/Touch ups**

Yarn to Blankets

When looking for a service project for their B'nai Mitzvah, Kyle Kaufman and Emma Stricker turned to the Cancer Resource Centre. The Wilbur Wright 8th graders launched a collection at their local synagogue and delivered more than 120 skeins of yarn to the Knit One, Nurture, Too group to help make blankets for patients in the hospital.



October is Breast Cancer Awareness Month

American Cancer Society Guidelines:

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 small: less than 2 percent of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Clinical Trials

NEW STUDIES

NRG BR003: A Randomized Phase III Trial of Adjuvant Therapy Comparing Doxorubicin Plus Cyclophosphamide Followed by Weekly Paclitaxel with or without Carboplatin for Node-Positive or High-Risk Node-Negative Triple Negative Invasive Breast Cancer.

OUTBACK TRIAL-ANZGOG 0902, GOG 0274: A Phase III trial of adjuvant chemotherapy following chemo-radiation as primary treatment for locally advanced cervical cancer compared to chemo-radiation alone.

MK-34375-055: A Phase II Clinical Trial of Single Agent Pembrolizumab (MK-3475) in Subjects with Recurrent or Metastatic Head and Neck Squamous Cell Carcinoma (HNSCC) Who Have Failed Platinum and Cetuximab.

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.



[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.

- | | |
|--|---|
| The Leukemia & Lymphoma Society
Blood Cancers Support Group | Hospice of the Calumet Area
Munster Donut
Healing Hearts |
| Munster High School
DECA Dance Fundraiser | Rima Krutulis
Ukulele |
| Pam Kozy, Heart in Hand LLC
Healing Garden Guided Imagery
Healing Garden Reiki
Reiki; Reflexology | American Cancer Society
Doris Bauer, Discreetly Hair
Hollie Zabek, SpaPointe
Look Good...Feel Better |
| Fairfield Inn & Suites
Genetech
Vickie Jostes
Pamela Kozy
Kroosywk Trucking & Excavating
Shari LeMonnier
Lisa Sagami
Southlake Limo
The Times Media Company
Krys Stevens
Volunteers Friends of the
Cancer Resource Centre
Andy Wichlinski
Inspirations from the Garden | Patient Care Services
2015 Nurses Basket Raffle

Kathy Porras, RN
Ostomy Networking

Eads Elementary School
St. Thomas More School
Walk-A-Mile for Cancer Fundraiser |

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 9; 1:30 – 3 p.m.
Surviving the Loss of a Loved One


Wed, Sept 23; 1:30 – 3 p.m.
Understanding the Grief Process

Wed, Oct 14; 1:30 – 3 p.m.
Helping Yourself Heal

Wed, Oct 21; 1:30-3 p.m.
How to Deal with other People
when I am Grieving

**3rd Annual
Holiday 101**

Wed, Nov 18; 9 - 11:30 am
Briar Ridge Country Club
The program sponsored by Friends of the Cancer Resource Centre will focus on holiday fashions by ECO CHIC Boutique and Demo by Chef Dan.
Tickets can be purchased at the Cancer Resource Centre for \$25.00.



Happenings

Caregiving Support Group

Tue, Sept 1; 6-7:30 p.m.

A program for spouses/family caretakers to explore and develop strategies to help cope when a loved one is diagnosed with cancer.

Mind Over Mood Support Group

Wed, Sept 2; 10-11:30 a.m.

Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer.

Ostomy Networking Group

Wed, Sept 30; 10 a.m.-12 p.m.

Vendor Fair

Stress Management

Wed, Sept 30; 6-7 p.m.

Relaxation Tools & Techniques

September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Please donate your yarn to the Knit One Group!</i>		1 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	2 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Breast Cancer Support Group : 6-7:30 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 Tai Chi: 9:30-10:30 am	5 NO ART THERAPY
6	7 LABOR DAY CENTRE CLOSED	8 Wellness Support: 10-11:30 am or 6-7:30 pm	9 Reiki: 9:30-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	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 Sound Healing: 11-12:15 pm Reiki/Reflexology: 1-3 pm	15 Wellness Support: 10-11:30 am or 6-7:30 pm Blood Cancers Support Group: 6-7:30 pm	16 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Breast Cancer Support Group : 6-7:30 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	19
20	21 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm	22 Wellness Support: 10-11:30 am or 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	26
27	28 Yoga: 9:30-10:30 am	29 Wellness Support: 10-11:30 am or 6-7:30 pm	30 Ostomy: 10 am-12 pm Reiki/Reflexology: 3-5pm Stress Management: Relaxation Tools & Techniques 6-7 pm			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.

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.

October 2015

Happenings

Caregiving Support Group

Tue, Oct 6; 6-7:30 p.m.

Working & Caregiving
Explore and develop strategies to help cope when a loved one is diagnosed with cancer.

Mind Over Mood Support Group

Wed, Oct 7; 10-11:30 a.m.

Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer.

Lymphedema Prevention and Management

Tue, Oct 13; 1:30-3:30 p.m.

Mary Pawlicki, PT and Sue DeGroate, OTR from Community Hospital will discuss lymphedema including prevention, lifestyle choices and management techniques.

Living Wills, Advanced Directives

Thu, Oct 15; 11:30 a.m.-12:30 p.m.

Karl Hand, from the Hand Law Group in Schererville provides information on living wills, advanced directives and how to handle estate planning.

Register at 219-836-3349.

Healthy Cooking – Lunch

Mon, Oct 26; 12:30-2 p.m.

Chef Dana Wichlinski prepares a nutritionally balanced lunch consisting of Chai Latte, Brie and Apple Grilled Cheese and an Orzo Salad with spinach, tomatoes and feta. *Seating is limited.*

Stress Management

Wed, Oct 28; 6-7 p.m.

Meditation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please donate your yarn to the Knit One Group!				1 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	2 Tai Chi: 9:30-10:30 am	3
4 UNITE & FIGHT CANCER WALK & FUN RUN	5 Yoga: 9:30-10:30 am	6 Wellness Support: 10-11:30 am or 6-7:30 pm	7 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Breast Cancer Support Group: 6-7:30 pm Yoga: 6-7 pm	8 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	9 Tai Chi: 9:30-10:30 am	10 Art Therapy: 9 am-12 pm
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