



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

It is hard to believe 2013 is coming to an end. The end of the year signifies a time to say goodbye while at the same time, look forward to an exciting future. I would like to express my appreciation to our

research nurses who have been with us since nearly the beginning of the research program. Amber Kindt, who I have worked with for the past 16 years, left our program in July. She has joined another research program in a different capacity to increase her knowledge and experience. Amber has grown in her role here and I wish her great success in her new position. Her compassion and knowledge have been a great source of comfort to many patients and their family members. Cheryl Bilinski retired in September. Cheryl has been with us since 2001, bringing a wealth of knowledge in Oncology

Nursing and education. She mentored many students and nurses during her time in the Research department and provided emotional and educational support to countless patients and families. Although I am sad to see a couple of excellent nurses leave, I am happy for them as they explore new horizons. It is with great pleasure that I welcome Barbara Jensen, RN, who joined us in August. Barbara has a great deal of Oncology experience, research knowledge and love of patient care. We are happy for this wonderful addition to our staff. Thank you for the continuing support to our organization, helping us to fulfill our mission daily. Wishing everyone a safe and happy holiday season.

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

Strumming a happy tune!

We would like to say "Thank You" to Heidi Nordbrock, MD of Northwest Indiana Pathology Consultants for being so generous in purchasing five ukulele's for the Cancer Resource Centre's upcoming ukulele classes. The program is instructed by one of the Region's best: Rima Krutulis.



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...

New Arrivals On Our Shelves

"And In Health-A Guide for Couples Facing Cancer Together"

By Dan Shapiro, PhD

"Mindfulness-Based Cognitive Therapy for Cancer"

By Trish Bartley

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

Romp & Roll Replay



Members and staff of the Cancer Resource Centre and the Advisory Board thank everyone who supported the 10th annual Romp and Roll Walk & Fun Run. Your generosity reaches out across Northwest Indiana and the south suburbs of Chicago every time the Centre provides guidance, education, encouragement and resources to those with cancer and their families. Thank you to our sponsors, teams, individual walkers, runners, volunteers, Munster High School, School Town of Munster, Dr. Russell Pellar and the Romp & Roll committee. **Great job! Hope to see everyone again on Sunday, Oct. 5, 2014!**

November is Lung Cancer Awareness Month

Working to shorten the wait time and bring peace of mind to patients agonizing over whether or not they have lung cancer, Community Healthcare System physicians are using the latest minimally-invasive technology to screen for lung cancer.

Lung cancer is one of the deadliest forms of cancer for both men and women, but has an 88 percent survival rate at 10 years when diagnosed at Stage 1. Community Hospital and St. Mary Medical Center offer lung cancer screening with low-dose CT scans-a method that has recently been supported by the U. S. Preventative Services Task Force. Findings from the National Lung Cancer Trial show that the use of low-dose CT scans as a quick, non-invasive method for the early detection of suspicious nodules in the lungs can potentially save lives.

Low-dose \$98 CT screenings for early detection of lung cancer are available at St. Mary Medical Center in Hobart and the Valparaiso Health Center, Community Hospital and the Community Hospital Outpatient centers in St. John and Schererville. If a suspicious lesion is detected, the hospitals offer the most technologically advanced, minimally invasive options available to get patients answers, quickly and with the least amount of stress possible. **Individuals who meet the high-risk criteria can take the first steps by scheduling a screening by calling toll-free 1-800-809-9828.**



St. Thomas More Students GO Pink!

St. Thomas More Catholic School students on Friday, Oct 11 got "in the pink" to support programs for breast cancer survivors. Elementary school children who donated \$1 were out of uniform and instead wore pink clothing and accessories.

All proceeds were donated to the Cancer Resource Centre in Munster. "As a breast cancer survivor, I feel blessed to be a part of a school that is taking action and trying to make a difference in the lives of survivors by supporting the Cancer Resource Centre," said Chiara Andrzejewski.

Anyone who would like to contribute to the student's collection efforts, please contact Chiara Andrzejewski at 708-990-8776.



Lights of Life



Donors and their honorees are invited to a special tree-lighting ceremony at 6 pm, Wednesday, Dec. 4 at the Community Hospital Outpatient entrance off Columbia Ave. and Fisher St. Anyone may participate and “purchase” a light for the Lights of Life trees to honor a special person in their life. 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.

Nearly 300 residents gather each year as the pine trees with pink and lavender lights are lit in honor of those touched by cancer. To date, the Lights of Life program has raised more than \$130,000 to bring cancer research programs to people in Northwest Indiana. **For more information about this program, call 219-836-6875. Donations also are accepted online at: www.myccrf.com/lights_of_life.asp.**

Munster High School Volleyball Team Kills Against Cancer Night



Members of the Munster High School Volleyball team are playing hard on the court to make a difference concerning cancer awareness. To help raise money toward cancer care, the Munster High School Girls' Volleyball Team hosted a “Kills Against Cancer” game, Oct 10, at Munster High School. Players secured pledges from family and friends for each “kill” that the Munster varsity team had during the match. A “kill” is a hit in volleyball that the opponent does not touch or only touches once and a point is scored. Proceeds go to the Cancer Resource Centre.

“We have had many families in the volleyball program directly affected by various cancers and we wanted to show that we care and wanted to make a difference,” said Coach Tracy Summers.

Tai Chi at the CRC

Father and son team John and Mike Nanay have led the Tai Chi program at the Centre for eight years. Practicing Tai Chi can enhance proper breathing, posture and the flow of energy. Each class consists of four segments:

- Stretching exercises and warm up techniques to get the body limber during the first 20 minutes
- Self-massage and applying pressure to key acupressure points
- Incorporation of as many principles of relaxation as possible
- Simplified Tai Chi or “form” for the final 1/3 of the class. Some exercises target specific areas of the body—lower back, circulation, hips, etc. Can stimulate the digestive system by increasing the flow of saliva. Can stimulate the inner organs.

John and Mike are Black Belts with more than 50 years martial arts experience. Both are dedicated to the Centre and have established a caring relationship with patients and their loved ones. John tells students, “Don’t defeat yourself...have a positive outlook. Go on and have a healthy life.”

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.

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, Nov 6; 1:30-3 pm
Life Changes

Wed, Nov 20; 1:30-3 pm
Learning to Live Again

Wed, Dec 4; 1:30-3 pm
Grief and the Holidays

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**

Fay Donovan
**Golf for a Cure
Fundraiser**

Joseph Kruzan
**Lake Central
Bump Out Cancer
Fundraiser**

Cheryl Hobby
Family Nutrition
Program Assistant
Purdue University Ext.
Great Starts

Hospice of the Calumet Area
Munster Donuts
Healing Hearts

Elida Abeyta & Students
Ivy Tech Culinary School
Healthy Cooking

Lansing Ladies Long League
**Monetary Donation/
Knitted Items**


Pam Kozy
Heart in Hand LLC
Reiki Reflexology


Kathy Porras, RN
Ostomy Networking

The Corner "Buzz"


What People Are Saying


About the Cancer Resource Centre:

 " Looking forward to participating as much as possible as soon as possible"

 " I only wish I would have tapped into the Centre much earlier on"

About the Cancer Research Department:

 " Very friendly, courteous, and comforting. Thank You!"

 " I am very satisfied with the care and concern I get from the nurses"

"Like"

The Cancer Resource Centre



Happenings

November 2013

Mind Over Matter Support Group

Wed, Nov 6, 10-11:30 am

Explore facts that impact mood and develop skills to counter depression and anxiety when facing cancer. James M. Bovan, PsyD, HSPP and Nancy Feldman, MSW, LSW, CSW are support group facilitators.

Helping Your Body's Immune System - A Healthy Mouth = A Healthy Body

Tue, Nov 12, 2:30-3:30 pm

Bacteria in your mouth may weaken your immune system's ability to fight disease during radiation and chemotherapy. Jamila Miller DDS, MSD, will give you easy tools to help you feel better between doctor visits. Please register as seating is limited.

Family Matters Support Group

**Wed, Nov 13
6:30-8 pm**

Please note
time change

A comprehensive educational and supportive program for patients, couples, spouses and caregivers coping with cancer in their family. Facilitated by James M. Bovan, PsyD.

Look Good...Feel Better

Tue, Nov 19; 2-4 pm


Designed for women undergoing chemotherapy and/or radiation. Holli Zabek, esthetician from SpaPointe in Munster facilitates this class. Sponsored by the American Cancer Society.

Ostomy Support Group

**Wed, Nov 20
10 am-12 pm**

Please note
date change

Holiday Celebration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3	4 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30- 8pm	5 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	6 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	7 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	8 Tai Chi: 9:30-10:30 am	9 Art Therapy 9 am-Noon
10	11 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	12 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Healthy Mouth = Healthy Body: 2-3:30 pm	13 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Matters: 6:30-8 pm	14 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	15 Tai Chi: 9:30-10:30 am	16
17	18 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30- 8pm	19 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Look Good ...Feel Better: 2-4 pm Blood Cancer Support Group: 6-8pm	20 Chair Massage: 10-11:30 am Ostomy: 10 am-12 pm Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	21 Chi Gong: 1-2 pm Chair Yoga: 2-3 pm	22 Tai Chi: 9:30-10:30 am	23
24	25 Yoga: 9:30-10:30 am	26 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	27 CENTRE OPEN NO CLASSES	28 HOLIDAY CENTRE CLOSED	29 CENTRE CLOSED	30

Happenings

December 2013

Mind Over Matter Support Group

Wed, Dec 4, 10-11:30 am

Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer. James M. Bovan, PsyD, HSPP and Nancy Feldman, MSW, LSW, CSW facilitate.

Family Matters Support Group

**Wed, Dec 4
6:30-8 pm**

Please note date
and time change

A comprehensive educational and supportive program for patients, couples, spouses and caregivers coping with cancer in their family. Facilitated by James Bovan, PsyD.

Holiday Decorations

Tue, Dec 10, 2-4 pm

Presented by Dixon's Florist

Learn how to create a fun and easy holiday arrangement.

Holiday Celebration

Wed, Dec 11, 3-5 pm

Join us as we celebrate the holidays! Gather for an evening of appetizers and friendship. Holiday music will once again be provided by Munster High School Choral Group. Please call to register.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	3 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	4 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Family Matters Support: 6:30-8 pm	5 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	6 Tai Chi: 9:30-10:30 am	7 Art Therapy: 9 am-12 pm
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 Holiday Decorations by Dixon's Florist: 2-4 pm	11 Reiki: 9:30-10:30 am HOLIDAY CELEBRATION 3-5 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 NO Blood Cancer Support Group	18 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 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	21
22	23 CENTRE OPEN NO PROGRAMS	24 CENTRE OPEN NO PROGRAMS	25 HOLIDAY CENTRE CLOSED	26 CENTRE OPEN NO PROGRAMS	27 CENTRE OPEN NO PROGRAMS	28
29	30 CENTRE OPEN NO PROGRAMS	31 HOLIDAY CENTRE CLOSED				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.

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.