



November - December 2014

Vol. 12, Issue 6

# 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 Administrator

This past year has been a busy and productive one for the Foundation and the Centre. As we prepare for the holiday season, we reflect on our blessings. We are grateful for the many generous individuals and organizations that have supported our mission. It is truly humbling to realize how many people have contributed their time, finances and talents to assist us every day. Milestones from this past year include:

- Dedication of the June Hawk-Franklin Garden of Meditation and Healing
- Addition of Nurses Julianne Bailey and Wayne Presutti to our research team
- Joining the NRG Oncology Research cooperative
- Expanding our research program with new investigators
- Introducing a Crystal Bowl Healing class

- Hosting an outdoor summer picnic and other activities

Thanks to your support, we have been able to continue research efforts as well as offer Resource Centre programs free-of-charge to individuals diagnosed with cancer and their loved ones. Wishing you and your loved ones a beautiful holiday season. Happy Holidays!

Mary C. Shields, RN, MSN, OCN, CCRP  
Administrator

Community Cancer Research Foundation



Members and staff of the Cancer Resource Centre and the Advisory Board thank everyone who supported the 11th annual Unite & Fight Walk & Fun Run. Your generosity reaches out across our communities 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 Unite & Fight committee. Hope to see everyone again on Sunday, Oct. 4, 2015!



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.

# Re-energize with Healing Touch

Healing Touch is a complementary, integrative therapy, used in conjunction with traditional therapies that helps to restore the body's balance by removing barriers to energy flow. That means practitioners, like Certified Healing Touch Practitioner Linda Aimone, RN, C. CHTP, use gentle, light or near-body touches to assist in "resetting" the body's vital organs and systems in order to make mind, body and spirit more open to the healing process.

"Many wonderful patients I've had the opportunity to work with will usually relax and even fall asleep during a session," says Linda about those she has met since first offering classes at the Cancer Resource Centre in 2005. "Being in a relaxed state after they leave me can help bring about a peaceful response which helps to enhance healing," she explains.

While patients usually lie on a table, they can also sit in a chair. The practitioner provides feedback as to what they felt as well as suggestions for keeping the body in balance.

Research has shown that Healing Touch can help to reduce pain and anxiety; relieve stress; provide support during chemotherapy; strengthen the immune system; enhance recovery from surgery and more. **Free sessions are held every third Wednesday of the month and registration is necessary. Call 219-836-3349 for more information.**



## Lights of Life

Donors and their honorees are invited to a special tree-lighting ceremony at 6pm, Wednesday, Dec. 3 at the Community Hospital Outpatient entrance



off Columbia and Fisher avenues. 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 \$150,000 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](http://www.myccrf.com/lights_of_life.asp).**

## Clinical Trials

### NEW STUDIES

#### Neoadjuvant Treatment for Breast Cancer

**NSABP B-55/BIG 6-13 [OlympiA]:** A Randomized, Double-Blind, Parallel Group, Placebo-Controlled Multi-Centre Phase III Study to Assess the Efficacy and Safety of Olaparib Versus Placebo as Adjuvant Treatment in Patients with Germline BRCA 1/2 Mutations and High Risk HER2 Negative Primary Breast Cancer Who Have Completed Definitive Local Treatment and Neoadjuvant or Adjuvant Chemotherapy

**BRE12-158:** A Phase II Randomized Controlled Trial of Genomically Directed Therapy After Preoperative Chemotherapy in Patients with Triple Negative Breast Cancer

***Please contact the Cancer Research department for information about this or other clinical trials.***

***You may visit our website***

***[www.MyCCRF.com](http://www.MyCCRF.com)***

***for a current listing of open trials.***

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. Findings from a National Lung Cancer Trial show 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.

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

## Whiting turns Pink into GREEN

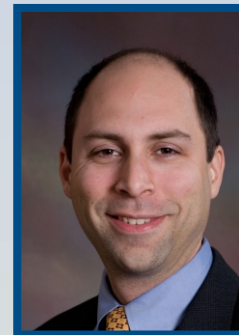


For the past four years (left to right) Whiting Mayor Joe Stahura, John Haynes (clerk-treasurer), Stephanie Madison (co-founder), Kathleen Ulm (co-founder) and Angela Moore, director of Marketing for St. Catherine Hospital have coordinated Paint the Town Pink, a month-long city-wide event held in May to raise awareness and funds for breast cancer research and treatment. To date, some \$40,000 has been raised from activities that include a breast cancer walk, school and business fundraisers and a "Crush Cancer" fundraiser during Car Cruise Night. Here the committee presents a \$17,000 check to Anthony Andello, director of the Cancer Resource Centre (far right) for their efforts last May.

## A Big Welcome to Our New Cancer Research Investigators

### Oncologist /Hematologist

#### Peter Tothy, MD



Peter Tothy, MD graduated from Mt. Sinai School of Medicine in New York City. He completed his residency training in internal medicine and received fellowship training in hematology/oncology at the University of Chicago Hospitals. He completed an additional fellowship in Clinical Medical Ethics at the MacLean Center at the University of Chicago. Dr. Tothy is board-certified in internal medicine, medical oncology and hematology. He is passionate about providing state-of-the-art cancer care utilizing diverse chemotherapies, immunotherapies, and hormone therapies. He is well-versed with the newest agents including targeted molecular therapies and monoclonal antibodies. He has a special interest in doctor-patient communication. He is on staff at Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart. Dr. Tothy's practice is located in Crown Point.

### Oncologist /Hematologist

#### Neeru Bose, MD



Neeru Bose, MD graduated from Ross University School of Medicine in Dominica, West Indies. She completed her training in Internal Medicine at the Albert Einstein College of Medicine at Beth Israel Medical Center in Manhattan. She completed her fellowship in Medical Oncology at Roswell Park Cancer Institute in Buffalo, NY where she served as Chief Oncology Fellow. Dr. Bose spent her final year of fellowship dedicated to the treatment and management of breast cancer. She is committed to guiding her patients from diagnosis and treatment onto survivorship. She is on staff at Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart and sees patients in Crown Point and Munster.

Munster Medical Research Foundation, Inc.  
for



**COMMUNITY** Hospital

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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.

## 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**

Anna Kreisl  
Calumet Harley Davidson  
**Breast Cancer Fundraiser**

Brenda Eriksen, MD  
Community Healthcare System  
Jane Houldsworth, PhD  
Cancer Genetics, Inc  
**Community Cancer  
Research Foundation  
Fall Public Symposium**

Linda Favors, Committee  
Katie Fesko, Committee  
Becky Kirsch, Committee  
Ambiance-Your Home-  
Your Store  
The Gourmet Goddess  
Tasty Olive  
**Holiday Entertainment 101**

Kimberly Mays  
Purdue University Calumet  
**Great Starts**

Hospice of the Calumet Area  
Munster Donuts  
**Healing Hearts**

Kathy Porras, RN  
**Ostomy Networking**

City of Whiting  
Community Outreach-  
St. Catherine Hospital  
Stephanie Madison  
(co-founder)  
Kathleen Ulm  
(co-founder)  
**Paint the Town Pink**

Pam Kozy  
Heart in Hand LLC  
**Reiki, Reflexology**

St. Thomas Moore School  
Staff and Students  
**Shoutin' Out Pink Fundraiser**

Laini Fluellen Charities  
**Triple Negative Breast  
Cancer Grant**

## 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 5, 2014 1:30-3 pm**  
Life Changes

**Wed, Nov 19, 2014 1:30-3 pm**  
Learning to Live Again

**Wed, Dec 3, 2014 1:30-3 pm**  
Grief and the Holidays

## ON THE SHELF...

### *New Arrivals*

**"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.*



# December 2014

## Happenings

### Mind over Mood Support Group

#### **Wed, Dec 3; 10-11:30 am**

Explore factors that impact mood and develop skills to counter depression and anxiety when facing cancer with Nancy Feldman, MSW, LSW, CSW.

### Holiday Celebration

#### **Wed, Dec 10; 3-5 pm**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Yoga: 9:30-10:30 am <b>Breast Cancer Support Group:</b> 6:30-8 pm	<b>2</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	<b>3</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	<b>4</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	<b>5</b> Tai Chi: 9:30-10:30 am	<b>6</b> Art Therapy: 9 am-12 pm
<b>7</b>	<b>8</b> Yoga: 9:30-10:30 am Reflexology: 1-3 pm	<b>9</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	<b>10</b> Reiki: 9:30-10:30 am  HOLIDAY OPEN HOUSE 3-5 PM	<b>11</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	<b>12</b> Tai Chi: 9:30-10:30 am	<b>13</b>
<b>14</b>	<b>15</b> Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	<b>16</b> Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	<b>17</b> Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm	<b>18</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm <b><i>NO Ukulele</i></b>	<b>19</b> Tai Chi: 9:30-10:30 am	<b>20</b> Please donate your yarn to the Knit One Group!
<b>21</b>	<b>22</b> CENTRE OPEN NO PROGRAMS	<b>23</b> CENTRE OPEN NO PROGRAMS	<b>24</b> CENTRE OPEN NO PROGRAMS	<b>25</b> HOLIDAY CENTRE CLOSED	<b>26</b> CENTRE CLOSED	<b>27</b>
<b>28</b>	<b>29</b> CENTRE OPEN NO PROGRAMS	<b>30</b> CENTRE OPEN NO PROGRAMS	<b>31</b> CENTRE OPEN NO PROGRAMS			<b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b>

## **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 those 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.