



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

As we end this calendar year, we reflect on our many blessings and the many people we are thankful for. In October, our Operations Secretary

express our thanks to all those who support us and our mission and wish everyone a healthy and happy holiday season.

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

Elizabeth Sasse retired after having worked with us since the inception of our organization. We are grateful for all that Liz has contributed, not only to the Foundation, but for her service with Community Healthcare System. We also marked the 12th annual Unite & Fight event that raised over \$100,000 to benefit the Cancer Resource Centre. Thank you to everyone who contributed and came out to Unite & Fight.

November observes Lung Cancer Awareness. We are adding a Lung Cancer Support group for individuals facing the diagnosis, treatment and all involved with this disease. We also are holding our annual public symposium November 5 to discuss early screening for lung cancer as well as the latest treatments. I would like to

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 a cooking demonstration by Chef Dana Wichlinski.

Tickets can be purchased at the Cancer Resource Centre for \$25.



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

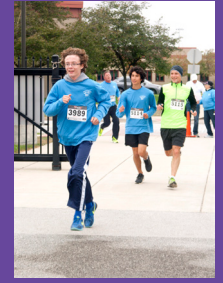
www.MyCCRF.com

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.



United Effort

Members and staff of the Cancer Resource Centre and the Advisory Board thank everyone who supported the 12th annual Unite & Fight 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 Unite & Fight committee. **Hope to see everyone again on Sunday, Oct. 2, 2016!**



Reiki Level I Class

November 10 & 11; 11:30 am-3:30 pm

The Reiki Level I Class is for anyone wanting to learn the Reiki System in its original form, Pam Kozy, EEMCP, RMT, IARP, will teach techniques for stress reduction and relaxation that promotes healing. In this Reiki Level I Class (aka Reiki First Degree) many will experience beneficial effects that include strengthening well-being, sense of peace and spiritual connectedness.

Day 1 – Learning Theory

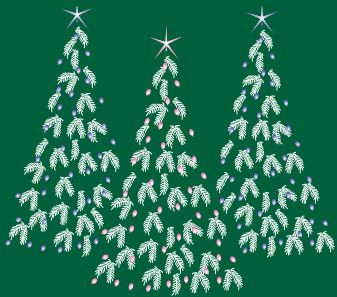
Participants will learn about Reiki – how it works; learn the history of the Usui Reiki System (named after the founder, Mikao Usui) in its original form and the principles and precepts of Reiki. You also will learn how to bring healing comfort and calm to any condition, physical, emotional, mental and spiritual by applying Reiki in three easy to learn Reiki patterns. Chakra balancing will also be taught.

Day 2 – Practical

Learn hands-on self-treatment techniques and demonstrate Reiki healing. Ample time is provided for supervised hands-on Reiki practices where the Reiki students learn the Reiki hand positions and how to give Reiki treatments to each other.

- Participation is required for both days. Upon completion, you will receive your certification as a Reiki I Practitioner.
- No prior experience is necessary in order to learn Reiki.
- Materials and refreshments will be provided.

Spaces are limited and please call the Centre to register.



Lights of Life

Wednesday, December 2 at 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.

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.**



“Like” The Cancer Resource Centre

Drumming with Kristen Bouwman, MT-BC

Kristen received her Bachelor of Science degree in Music Therapy from Indiana University-Purdue University Ft. Wayne. After completing a six month internship in 2005 at the Iliana VA Healthcare System in Danville, IL, she became a board certified music therapist. She began practicing under the Indiana State Medicaid waiver under Meaningful Day Services, Inc., then took an opportunity to return to the Iliana VA Healthcare System as a full-time employee in 2007. Kristen transferred to the Jesse Brown VA Medical Center in Chicago, IL in November 2008 where she currently provides music therapy focused in the areas of mental health, substance abuse and promotes general wellness among the veteran population.

In her free time, Kristen enjoys playing the alto saxophone in the Highland Community Band; exercising and hiking; talking about movies and books (especially comedies); spending time with family and friends and singing Disney songs at the top of her lungs while doing the dishes. She also loves spending downtime at home with her cats Moline and McLovin'.

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 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.

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. Space is limited. Pre-registration required. **To register, call 219-836-3477 or toll-free 866-836-3477.**
- **Express Facials**
- **Reiki and Massages**
- **Make-up/Touch ups**

Sound Healing

Maryann Siniawski lays on her back, eyes closed, amid the blankets and cushions strewn across the floor at the Cancer Resource Centre listening to the vibrating pitch of the crystal “singing” bowls at the front of the room. Siniawski, a breast cancer survivor, said, “It’s about relaxation, emotions and everyone experiencing something different.”

“Scientific studies show that sound can produce changes in the immune, endocrine and other systems of the body,” says class facilitator Pam Kozy, EEMCP, RMT, IARP. “We look at sound as a powerful tool in the healing process. Each of the crystal bowls is associated with a note on the musical scale; they resonate with these sounds, and in turn, help a person to let go of emotional issues and bring in inner peace.”

“The sound and vibrations emanating from the crystal singing bowls can re-tune the listener’s body, initially by opening and re-balancing to clear out negative energy,” Kozy says.

For more information about the classes and programs offered at the Cancer Resource Centre, call 219-836-3349.

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

E4112: Prospective Study of Magnetic Resonance Imaging (MRI) and Multiparameter Gene Expression Assay in Ductal Carcinoma in Situ (DCIS)

Please contact the Cancer Research department for information about lung cancer clinical trials. Visit www.MyCCRF.com for a complete listing of open trials.

Munster Medical Research Foundation, Inc.
for



COMMUNITY Hospital

901 MacArthur Blvd., Munster, Indiana 46321



Cancer Resource Centre
Community Cancer Research Foundation

NON-PROFIT ORG.
U.S. POSTAGE
PAID
HAMMOND, IN
PERMIT NO. 0028

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
Calumet Harley Breast Cancer Awareness Fundraiser

Justin Spackey, MD
Sania Raza, MD

Fall Public Symposium

Hospice of the Calumet Area
Munster Donut

Healing Hearts

Mary Pawlicki, PT
Sue DeGroate, OTR

Lymphedema Prevention and Management

Stanford Goldberg
Monetary Donation

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

Kathy Porras, RN
Ostomy Networking

Jason Petrunaro, MD
Skin Cancer Screenings

Amici's Pizza – Highland
Amneris Cruz
Caitlin Mills-Groninger
Delilah Gyure
Christine Hoffman
Sue Johnson
Sheryl Kozy

Toni Lozano
Rita Muth
Crystal Opperman

Kristen Robinson
Joanna Slade
Nicole Tanasijevic
Mara Trivunovic
Abbey Witkowski
Holli Zabek

Spa~Tastic Day at the Centre

Steve and Diane Crnokrak
Zoup! Fundraiser - Highland

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 4; 1:30-3 pm
Life Changes

Wed, Nov 18; 1:30-3 pm
Learning to Live Again

Wed, Dec 2; 1:30-3 pm
Grief and the Holidays

ON THE SHELF... *New Arrivals*

"100 Questions & Answers About Uterine Cancer"

by Don S. Dizon, MD, FACP and Linda R. Duska, MD

"Wheat Belly"

by William Davis, MD

"Surviving Cancer after Surviving Cancer"

by Kevin L. Murphy

These books are available in our lending library. We also offer videos, Healing with Harmony CD's and free brochures. Please visit our library and see what else we have available.

Happenings

November 2015

Spa-tastic Day at the Centre

Mon, Nov 2; 12-4 pm

Free to cancer patients/ caregivers.

Presented by SpaPointe, services include: Mini Manicures, Express Facial, Reiki and Massages and Make-up – Touch ups. *Pre-registration required. Space is limited.*

Register: 219-836-3477 or 866-836-3477.

Mind Over Mood Support Group

Wed, Nov 4; 10-11:30 am

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

Reiki Level I Class *New*

Tue & Wed, Nov 10-11

11:30 am - 3:30 pm

Taught by Pam Kozy from Heart in Hand, LLC. Learn the history of Reiki and how to perform hands-on self-treatment and treatment on others.

Lung Cancer Support Group *New*

Wed, Nov 11; 10-11:30 am

All with a lung cancer diagnosis are invited to come together to share experiences and concerns. The group is facilitated by Tina Sanchez-Wright, LCSW.

Look Good...Feel Better

Tue, Nov 17; 2-4 pm

For women undergoing radiation and/or chemotherapy. Learn beauty techniques to help restore appearance and self-image during treatment. Seating is limited. Sponsored by the American Cancer Society.

Ostomy Support Group

Wed, Nov 18; 10 am-12 pm

Holiday Celebration – *Please note date change.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Please donate your yarn to the Knit One Group!</i>	2 Yoga: 9:30-10:30 am Spa-tastic Day 12-4 pm	3 Wellness Support: 10-11:30 am or 6-7:30 pm Caregiver Support: 6-7:30 pm	4 Chair Massage: 10-11:30 am Mind Over Mood: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	5 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	6 Tai Chi: 9:30-10:30 am	7 Art Therapy 9 am - 12 pm
8	9 Yoga: 9:30-10:30 am Sound Healing: 11-12:15 pm Reiki/Reflexology: 1-3 pm	10 Wellness Support: 10-11:30 am or 6-7:30 pm Reiki Level I Class: 11:30 - 3:30 pm	11 Reiki: 9:30-11:30 am Lung Cancer Support: 10 - 11:30 am Reiki Level I Class: 11:30 - 3:30 pm Yoga: 6-7 pm	12 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	13 Tai Chi: 9:30-10:30 am	14
15	16 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm	17 Wellness Support: 10-11:30 am or 6-7:30 pm Look Good, Feel Better: 2-4 pm Blood Cancers Support: 6-7 pm	18 Chair Massage: 10-11:30 am Ostomy: 10-12 pm Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Breast Cancer Support: 6-7:30 pm	19 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm Ukulele: 3:15-4:30 pm	20 Tai Chi: 9:30-10:30 am	21
22	23 Yoga: 6-7 pm	24 Wellness Support: 10-11:30 am or 6-7:30 pm	25 CENTRE OPEN NO PROGRAMS	26 HOLIDAY CENTRE CLOSED	27 CENTRE CLOSED	28
29	30 Yoga: 9:30-10:30 am					

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.

Lung Cancer Support Group - All with a lung cancer diagnosis are invited to come together to share experiences and concerns.

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.

Happenings

December 2015

Caregiving Support Group

Tue, Dec 1; 6-7:30 pm

Mental Health

Mind Over Mood Support Group

Wed, Dec 2; 10-11:30 am

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

Lung Cancer Support Group *New*

Wed, Dec 9; 10-11:30 am

All with a lung cancer diagnosis are invited to come together to share experiences and concerns. The group is facilitated by Tina Sanchez-Wright, LCSW.

Healthy Cooking – Holiday Snacks

Mon, Dec 7; 12:30-2pm

Chef Dana Wichlinski will prepare nutritious holiday snacks: spiced hot cider, pumpkin-ginger muffins, baked apples with cinnamon and vegetarian roll-ups. *Seating is limited.*

Holiday Celebration

Wed, Dec 9; 3-5 pm

Join us at the Centre for an evening of friendship, hors d'oeuvres and music to celebrate the holidays! Music will be provided by Munster High School Choral. **Please call the Centre to register.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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 Healing Hearts: 1:30-3 pm Yoga: 6-7 pm Breast Cancer Support : 6-7:30 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 Art Therapy 9 am - 12 pm
6	7 Yoga: 9:30-10:30 am Healthy Cooking Holiday Snacks: 12:30-2 pm	8 Wellness Support: 10-11:30 am or 6-7:30 pm	9 Reiki: 9:30-11:30 am Lung Cancer Support:10-11:30 am HOLIDAY CELEBRATION 3-5 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 am-12:15 pm Reiki/Reflexology: 1-3 pm	15 Wellness Support: 10-11:30 am or 6-7:30 pm	16 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm Breast Cancer Support : 6-7:30 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 CENTRE OPEN NO PROGRAMS	22 CENTRE OPEN NO PROGRAMS	23 CENTRE OPEN NO PROGRAMS	24 CENTRE OPEN NO PROGRAMS	25 HOLIDAY CENTRE CLOSED	26
27	28 CENTRE OPEN NO PROGRAMS	29 CENTRE OPEN NO PROGRAMS	30 CENTRE OPEN NO PROGRAMS	31		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.

Lung Cancer Support Group - All with a lung cancer diagnosis are invited to come together to share experiences and concerns.

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.

12th Annual Unite & Fight Cancer Walk & Fun Run October 4, 2015

MANY THANKS TO OUR CORPORATE SPONSORS

PLATINUM SNEAKER SPONSORS - \$2,500

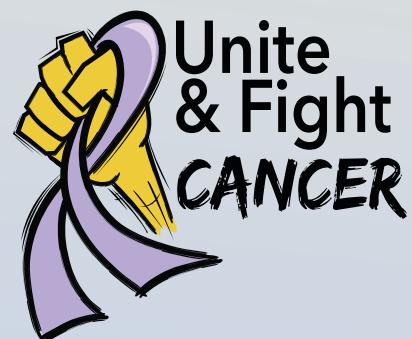
Community Hospital Auxiliary
Crown Corr, Inc.
Friends of the Cancer Resource Centre
The June Hawk-Franklin Memorial
Largus Printing
Lincoln Financial Group
Northwest Oncology, PC
South Shore Surgical, LCC

GOLD SNEAKER SPONSORS - \$1,000

Ameristar Casino, East Chicago
Mike Anderson Chevrolet
Blue & Company, LLC
Bosak Auto Group
Cancer Health Treatment Centers
CarePointe Ear, Nose, Throat & Sinus Centers
Community Spine & Neurosurgery Institute
EMCOR Hyre Electric Co. of Indiana, Inc.
The Fesko Family
Hasse Construction Company, Inc.
Horizon Financial Management
Johnson & Bell, Trial Lawyers
In Loving Memory of Matt Kaufmann & Dimitri Tsoukalas
Elden & Mary Anne La Hayne
Lamar Outdoor Advertising
Land O'Frost
Lithographic Communications
McDonald's, Highland & Munster
McMahon & Associates CPA's PC
Medical Business Office/Trustmark Recovery Svcs.
Meyers Glaros Group
Munster Radiology Group, PC
The Music Boyz
Northwest Indiana Pathology Consultants, Inc.
In Loving Memory of Joe Pellar
Peoples Bank
Premier Surgical Specialists, PC
Radiation Medicine Associates
David A. Robinson, MD
Webb Hyundai

SILVER SNEAKER SPONSORS - \$500

American Community Bank
Barnes & Thornburg, LLP
Bone & Joint Specialists, PC
In Loving Memory of Angeline Bravos
Cardiology Associates of NW Indiana
CardioSpecialists Group, Ltd.
St. Catherine Hospital Auxiliary
Community Foundation Homecare Division
Drs. Gus & Rebecca Galante
Horseshoe Casino
Komyatte & Casbon, PC
Luke Oil Company, Inc.
Howard J. Marcus, MD
McShane's, Inc.
Nephrology Specialists, PC
Don Powers Agency, Inc.
Margo Powers
Rotary Club of Munster



12th Annual Unite & Fight Cancer Walk & Fun Run **October 4, 2015**

MANY THANKS TO OUR DONORS

Aaron's Furniture	Fairmeadow's Home Health	Munster Police Explorers
AHEPA Charities	Center, Inc.	Munster Radiology Group
Albert's Diamond Jewelers	Family Express	NewHealthyMe
Photography by the	Fitness Pointe	Pepsico of America
Almasy Family	Frank Hammond	Prompt Ambulance
American Medical Oxygen Sales	Elementary School	Rev Up to Unite & Fight Cancer
Besse Shirt Lettering	Gordon Food Service	Car Show Committee
Jo Ann Birdzell	Giuseppe's Restaurant	Mary Rowan
In Loving Memory of	Greentree Enterprises	Running or Not Shoes
Angeline Bravos	Hammond Fraternal Order of	Marco Salazar
Briar Ridge Living Magazine	Police Lodge 51	Koppolu Sarma, MD
The Center for Visual &	Megan Hannagan	School Town of Munster
Performing Arts	Hartsfield Village	Silver Buckle Saloon
Century Roofing Company	St. Helen's Philoptochos Society	Simply Wigs, LLC
Community Hospital Food &	The Original John's Pizzeria,	Smith Bizzell & Warner
Nutrition Department	Munster	Funeral Home
Community Hospital	Kauffman Chiropractic, PC	SpaPointe & Hair Studio
Outpatient Centre – St. John	Hearts In Hand, Pam Kozy	Strack & Van Til, Munster
Community Hospital	Marg Lang	Theatre at the Center
Maintenance Crew	Dave Milen	Tim's Landscaping Services
Cooper's Hawk	Chad Mullins	Town of Munster
Culver's of Highland,	Munster Art Club Kids	Norman Turner Photography
Crown Point & Merrillville	Munster Car Wash	Walt's Food Centers
St. Demetrios Ladies	Munster Gyros	Gary Weiner
Philoptochos Society	Munster HS Maintenance Crew	Zao Island
Dunhill Formal Wear, Inc.	Munster Parks & Recreation	
Eco Services Operations, LLC	Munster Police	

MANY THANKS TO ALL OUR VOLUNTEERS

Austin & Addy Andello	Bob Kaplan	Suzanne Ruiz
Cancer Research Staff	Steve Kellogg	Sandra Sherman
Eamon Duffy	Mary Anne & Elden La Hayne	Cheryl Tarpo
Linda & Bill Favors	Lee Maravilla	Cathy Trebs
Friends of the Centre	T.O. Morrow	Bob Vinke
Girl Scout Troop #10015, Dyer	Munster Jr. Historical Society	Patricia Vlahos
Dan Govert	Patty Nourie	Michele & Len Walavich
Jane Groeling	Melinda McBride-Plawecki	Emily & Leah Wintczak
Bill Hasse	Ann Pellar	Julie Wodarski
GFWC Highland Women's Club	Jan & Dave Price	Elizabeth Yee

2015 UNITE & FIGHT PLANNING COMMITTEE

Russ Pellar, MD, Chairperson	Paula Nellans
Anthony Andello	M.C. Shields
Tina Campbell	Christina Wagner
Sherri Holt	Deborah White
Maria Marrero	Karin Woodside
Lori McBride	Elizabeth Yee

***If we failed to list someone due to human error or printing deadline,
please forgive us and consider yourself especially thanked.***