



November-December 2016

Vol. 14, Issue 5

# Inspire

All Cancer Resource Centre programs are free of charge to cancer patients and their loved ones.

## ORIENTATION SESSIONS

Our orientation sessions introduce the philosophy of the Cancer Resource Centre. Attendance is required prior to joining a support group.

Orientation is NOT required prior to attending any educational seminar or workshop, mind/body program or networking group.

Call 219-836-3349  
for dates and times.

## REGISTRATION

It is important that you register for all events as soon as possible. In the event of poor weather conditions call the Cancer Resource Centre regarding possible program cancellations.

To register for any of these programs, call 219-836-3349, Mon. through Fri., 8:30 am-5 pm. For more information, call the Centre or visit our website at [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com).



## Greetings from the Administrator

Time has passed quickly and we are preparing for the coming year. There have been a number of changes with the Foundation and Cancer Resource Centre including the addition of new employees. Although it is always difficult to see part of our family leave; it has been wonderful to welcome new, energetic staff. We have been fortunate to gain Ljiljana Vezmar, our new operational assistant and transition Melissa DiDonato to her new role as outreach coordinator for the Cancer Resource Centre. Missy takes over for Deborah White who has retired after 13 years of service.

November recognizes Lung Cancer survivors. Our healthcare system strives to improve outcomes of this devastating disease through screenings in the hope of finding this cancer earlier. The Foundation seeks to find better treatments for lung cancer by offering new therapies through clinical trials. Thank you to everyone for their support of our Unite and Fight event and I hope that you join us for our Lights of Life tree lighting ceremony in December. Enjoy a happy and healthy holiday season!

*Mary C. Shields*

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

## SAVE THE DATE!

## What's New? ...at the Centre

January 30, 2017; 12pm

Please join us for an informative presentation and discussion of new programs and events. All people are encouraged and welcome to attend.



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.

# 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. The hospitals of Community Healthcare System 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 in East Chicago, Hobart, Munster, Portage Schererville, St. John and Valparaiso. 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 schedule a screening by calling toll-free 1-800-809-9828.*

## Navigator in Residence



Lung Health Navigator Melissa Arango, RN, MS, AOCN recently moved to our building on 926 Ridge Road. Melissa monitors individuals undergoing lung cancer screenings and also meets with lung cancer patients for survivorship visits after their treatment is complete.

Although Melissa works for the department of Patient Care Services of Community Hospital, it is very helpful having Melissa onsite. Her extensive knowledge of not only lung cancer screening, treatment and follow-up, but also cancer in general provides a valuable resource to staff, patients and visitors.

## Nurses' Basket Raffle

Nurses from Community Hospital in Munster created a variety of theme baskets 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 raffle basket fundraiser. This year's raffle raised more than \$23,000 for the Cancer Resource Centre.

## ON THE SHELF...

### *New Arrivals*

#### "Yoga and Breast Cancer:

#### A Journey to Health and Healing"

*by Ingrid Kollak, PhD, RN & Isabell Utz-Billing, MD*

#### "Had I Known: A Memoir of Survival"

*by Joan Lunden*

#### "Healing with Whole Foods: Asian Traditions and Modern Nutrition"

*by Paul Pitchford*

*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.*



*Presenting the check to Anthony Andello, director of the Cancer Resource Centre (left) and M. Nabil Shabeeb, MD, chairman, Cancer Resource Centre Advisory Board (center), are left to right: Leanna Cartwright, 4 North nurse manager; Mayola Villarruel, director, Nursing Administration and Ronda Mckay, vice president Patient Care Services and chief nursing officer.*



### United Effort

Members and staff of the Cancer Resource Centre and the Advisory Board thank everyone who supported the 13th annual Unite & Fight Cancer Walk & 5K 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. 1, 2017!**



# Lights of Life



**Wednesday, December 7; 6 pm**  
**Community Hospital Outpatient Entrance**

Donors and their honorees are invited to a special tree-lighting ceremony at 6 pm, Wednesday, December 7 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 or lavender cancer awareness pin or a lapel cancer awareness pin can be sent to your honoree with a gift card.

Last year, nearly 300 residents gathered as the pine trees with pink and lavender lights were 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).

*Note: Names received after Monday, November 28 cannot be guaranteed a listing in the Lights of Life program book.*

## Clinical Trials

*Please contact the Cancer Research department for information about available clinical trials. You may visit our website [www.MyCCRF.com](http://www.MyCCRF.com) for a current listing of open trials.*

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.

## 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**

Buffalo Wild Wings, Schererville  
**Eat Wings. Raise Funds. It Pays.**

Chipotle Mexican Grill, Munster  
**Eat for Change Fundraiser**

Marco Salazar  
Silver Buckle Saloon  
St. Catherine Hospital  
**Buckle Up & Fight Cancer with a Wine & Canvas Night**

Jeffrey Albaugh, PhD, APRN, CUCNS  
Neel B. Shah, MD  
**Fall Cancer Symposium**

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

Andrew Robinson  
Munster High School Chorale  
**Holiday Celebration**

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

Kathy Porras, RN  
**Ostomy Networking**

## 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 2; 1:30-3 pm**  
Learning to Live Again

**Wed, Nov 30; 1:30-3 pm**  
Grief and the Holidays



“Like” The Cancer  
Resource Centre



## Welcome New Staff

The Community Cancer Research Foundation, Cancer Research Department and Cancer Resource Centre staff would like to welcome **Ljiljana Vezmar (Lilly)** to our team. Lilly has previously worked with Community Healthcare System for several years as well as for a busy urology clinic. Her past experience has helped to make this transition smoother with the help of our previous Operational Assistant Melissa DiDonato. Being one of the busier times of the year, we are grateful to have Lilly with us and appreciate her support and energy in so many different tasks.

# Happenings

## Caregiver(s) Support Group

**Tue, Nov 1; 6-7:30 pm**

Support for spouses/family and caregiver(s) to explore and develop strategies to help cope when a loved one is diagnosed with cancer.

## Breast Cancer Support Group

**Wed, Nov 2 & 16; 6-7:30 pm**

For all women, newly diagnosed, in active treatment and survivors. Share concerns, stories and experiences.

## Look Good...Feel Better

**Tue, Nov 15; 2-4 pm**

For women undergoing radiation and/or chemotherapy. Learn beauty techniques to restore appearance and self-image during cancer treatment. Includes skin/nail care, makeup advice and information on working with scarves, head wraps and wigs. *Seating is limited.*  
Sponsored by the American Cancer Society.

## Ostomy Group

**Wed, Nov 30; 10-12 pm**

Holiday Celebration

This networking group is for all people who have a colostomy, urostomy or ileostomy.

## Yoga

**Wednesdays, 5:30-6:30 pm \*New Time**

A perfect yoga class that includes breathing, gentle flowing movements, passive and supported yoga poses.

# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!</b>		<b>1</b> Wellness Support: No AM Session 6-7:30pm  Caregiver Support: or 6-7:30pm	<b>2</b> Chair Massage: 10-11:30am No Mind Over Mood Healing Hearts:1:30-3pm Yoga: 5:30-6:30pm Breast Cancer Support: 6-7:30pm	<b>3</b> Chi Gong: 9:30-10:30am  Chair Yoga: 2-3pm  Ukulele: 3:15-4:30pm	<b>4</b> Tai Chi: 9:30-10:30am	<b>5</b> Art Therapy: 9am-12pm
<b>6</b>	<b>7</b> Yoga: 9:30-10:30am	<b>8</b> Wellness Support: 10-11:30am or 6-7:30pm	<b>9</b> Reiki: 9:30-11:30am Lung Cancer Support: 10-11:30am Yoga: 5:30-6:30pm	<b>10</b> Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm  Ukulele: 3:15-4:30pm	<b>11</b> Tai Chi: 9:30-10:30am	<b>12</b>
<b>13</b>	<b>14</b> Yoga: 9:30-10:30am Sound Healing: 11am-12pm Reiki/Reflexology: 1-3pm	<b>15</b> Wellness Support: 10-11:30am or 6-7:30pm Look Good...Feel Better: 2-4pm Blood Cancer Support: 6-7pm	<b>16</b> Chair Massage: 10-11:30am Healing Touch: 1-2:30pm Yoga: 5:30-6:30pm Breast Cancer Support: 6-7:30pm	<b>17</b> Chi Gong: 9:30-10:30am  Chair Yoga: 2-3pm  Ukulele: 3:15-4:30pm	<b>18</b> Tai Chi: 9:30-10:30am	<b>19</b>
<b>20</b>	<b>21</b> Yoga: 9:30-10:30am  Drumming: 4:30-5:30pm	<b>22</b> Wellness Support: 10-11:30am or 6-7:30pm	<b>23</b> NO CLASSES CENTRE OPEN	<b>24</b> HOLIDAY CENTRE CLOSED	<b>25</b> CENTRE CLOSED	<b>26</b>
<b>27</b>	<b>28</b> Yoga: 9:30-10:30am	<b>29</b> Wellness Support: 10-11:30am or 6-7:30pm	<b>30</b> Ostomy: Holiday Celebration 10am-12pm Healing Hearts: 1:30-3pm Reiki/Reflexology: 3-5pm Yoga: 5:30-6:30pm No Hope Network			<b>PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349</b>

# Happenings

## Art Therapy

**Sat, Dec 3; 9 – 12 pm**

A creative art class that offers emotional and psychological support to express inner emotions, cope with painful times while gaining a sense of freedom and self-confidence.

## Wellness Support Group

**Tuesdays;**

**10-11:30 am or 6-7:30 pm**

An opportunity to share feelings, receive support and learn ways to cope with the experience of having or had cancer.

## Lights of Life

**Wed, Dec 7; 6 pm**

Donors and their honorees are invited to a special tree-lighting ceremony at the Community Hospital Outpatient entrance.

**Please call 219-836-6875 for more information.**

## Holiday Celebration

**Fri, Dec 9; 3-5 pm**

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

# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!</b>				<b>1</b> Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm Ukulele: 3:15-4:30pm	<b>2</b> Tai Chi: 9:30-10:30am	<b>3</b> Art Therapy: 9am-12pm
<b>4</b>	<b>5</b> Yoga: 9:30-10:30am	<b>6</b> Wellness Support: 10-11:30am or 6-7:30pm Caregiver Support: or 6-7:30pm	<b>7</b> Chair Massage: 10-11:30am Mind Over Mood: 10-11:30am Yoga: 5:30-6:30 pm <b>LIGHTS OF LIFE: 6PM</b>	<b>8</b> Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm Ukulele: 3:15-4:30pm	<b>9</b> Tai Chi: 9:30-10:30am <b>HOLIDAY CELEBRATION 3-5PM</b>	<b>10</b>
<b>11</b>	<b>12</b> Yoga: 9:30-10:30am Sound Healing: 11am-12pm Reiki/Reflexology: 1-3pm	<b>13</b> Wellness Support: 10-11:30am or 6-7:30pm	<b>14</b> Reiki: 9:30-11:30am Lung Cancer Support: 10-11:30am Yoga: 5:30-6:30pm Breast Cancer Support: 6-7:30pm	<b>15</b> Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm Ukulele: 3:15-4:30pm	<b>16</b> Tai Chi: 9:30-10:30am	<b>17</b>
<b>18</b>	<b>19</b> Yoga: 9:30-10:30am Drumming: 4:30-5:30pm	<b>20</b> Wellness Support: 10-11:30am or 6-7:30pm	<b>21</b> Chair Massage: 10-11:30am Healing Touch: 1-2:30pm Yoga: 5:30-6:30pm	<b>22</b> NO CLASSES CENTRE OPEN	<b>23</b> NO CLASSES CENTRE OPEN	<b>24</b>
<b>25</b>	<b>26</b> CENTRE CLOSED	<b>27</b> NO CLASSES CENTRE OPEN	<b>28</b> NO CLASSES CENTRE OPEN	<b>29</b> NO CLASSES CENTRE OPEN	<b>30</b> NO CLASSES CENTRE OPEN	<b>31</b> <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.

**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 complements 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.

**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.

**Hope Network Cancer Support Group** - Provides cancer patients and their caregivers educational sessions and support to share thoughts, feelings and ideas.

**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.

## **EDUCATIONAL PROGRAMS**

**Please check the calendar monthly for other popular educational programs.**

**Healthy Cooking** - Facilitated by visiting chefs, this 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.

# 13th Annual Unite & Fight Cancer Walk & 5K Run

October 2, 2016

## MANY THANKS TO OUR DONORS

Aaron's Furniture	Culver's of Highland	N2 Publishing
Albanese Confectionery Group, Inc.	Laycee Dombrowski	NewHealthyMe
Albert's Diamond Jewelers	Dunhill Formal Wear, Inc.	Norman Turner Photography
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American Medical Oxygen Sales	Fairmeadow's	Pepsico of America
Besse Shirt Lettering	Home Health Center, Inc.	Prompt Ambulance
The Bonnie View	Fitness Pointe	Radisson Hotel at Star Plaza
<i>Briar Ridge Living Magazine</i>	Frank Mrvan	Rotary of Munster
CCL Construction, Inc.	North Township Trustee	Dr. Koppolu Sarma
The Center for Visual & Performing Arts	Gordon Food Service	Schepel Cadillac
Century Roofing Company	Greentree Enterprises	School Town of Munster
Bridge Cletcher	Hartsfield Village	Silver Buckle Saloon-Highland
Community Healthcare System IT Department	Hearts In Hand, Pam Kozy	SpaPointe & Hair Studio
Community Hospital Food & Nutrition Department	Munster Art Club Kids	St. Catherine's Auxiliary
Community Hospital Outpatient Centre – St. John	Munster Car Wash	St. Catherine's: Chad Mullins, Marco Salazar, Gary Weiner & Jo Ann Birdzell
Community Hospital Maintenance Crew	Munster Donuts	Strack & Van Til – Munster
Concepts in Massage, Pam Davey	Munster Gyros	Theatre at the Center
	Munster HS Maintenance Crew	Town of Munster
	Munster Parks & Recreation	Walt's Food Centers
	Munster Police	Whosur Associates, Inc.
	Munster Police Explorers	
	Munster Radiology Group	

## MANY THANKS TO ALL OUR VOLUNTEERS

Addy & Anna Andello	GFWC Highland Women's Club	Justin Stinnett
Boy Scout Troup #263 – Highland	Bob Kaplan	Loretta Sullivan
Cancer Research Staff	Mary Anne & Elden LaHayne	Ann Pellar
David Dingman	Lee Maravella	Alice Pietrucha
Linda & Bill Favors	Kyra Marroitt	Jan & Dave Price
Celeste Fuchs	Munster HS JV & Varsity Dancers	Suzanne Ruiz
Friends of the Centre	Munster Jr. Historical Society	Michele & Len Walavich
Jane Groeling	Patty Nourie	Emily & Leah Wintczak
Bill Hasse	Carole Selund	Julie Wodarski
Katie Hurey	Dante Spina	Elizabeth Yee

## 2016 UNITE & FIGHT PLANNING COMMITTEE

Russ Pellar, MD, Chairperson	Debbie Gruszecki	Paula Nellans
Anthony Andello	Sherri Holt	Mary Shields
Tina Campbell	Maria Marrero	Christina Wagner
Missy DiDonato	Lori McBride	Karin Woodside

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



# 13th Annual Unite & Fight Cancer Walk & 5K Run

October 2, 2016

## MANY THANKS TO OUR CORPORATE SPONSORS

### PLATINUM SNEAKER SPONSORS - \$2,500

Community Healthcare System  
Community Hospital Auxiliary  
Crown Corr, Inc.  
Friends of the Cancer Resource Centre  
Largus Graphix Solutions  
Lincoln Financial Group  
Premier Surgical Specialists  
South Shore Surgical, LLC  
The June Hawk-Franklin Memorial

### GOLD SNEAKER SPONSORS - \$1,000

American Community Bank  
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Community Spine & Neurosurgery Institute  
Dance By Amity  
David A. Robinson, MD  
Elden & Mary Anne LaHayne  
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### SILVER SNEAKER SPONSORS - \$500

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