



January- February 2013
Vol. 11, Issue 1

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

It's hard to believe 2012 is over and 2013 is here. We ended the fall season on a positive note with another successful Romp and Roll Walk & Fun Run. Thank you to everyone who participated in this wonderful event. We would especially like to thank **Don and Margo Powers** for their personal support and generosity not only this year, but from the very first Romp and Roll some nine years ago. It is because of our caring corporate sponsors, individual donors and dedicated volunteers that our annual fund-raiser continues to grow. This year's event raised more than \$137,000 that will help make available additional great programs and activities at the Centre. Please remember to send in the annual survey and share your ideas for future programs. Before participating, you will

need to bring in a prescription from your physician for all Mind/Body/Spirit programs. If you do not have an appointment scheduled in the near future, you may have your physician's office fax your prescription to **219-836-7269**.



Looking ahead toward Spring-Just a reminder that the deadline for the Spring 2013 brick placement in the Healing Garden is February 1, 2013.

Anthony Andello
Anthony Andello
Director, Cancer Resource Centre

Share the Love

Wednesday, February 13, 2013

With special guest Roz Varon

Traffic/Transportation Anchor for ABC 7 News This Morning

Join us for this fund-raiser for the
Community Cancer Research Foundation.

For more information, please contact Sherri Holt at
219-836-0130 or sholt@comhs.org at 219-836-0130.



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...

"A Short Guide to a Happy Life "

By Anna Quindlen

"Happiness in a Storm - Facing Illness and Embracing Life as a Healthy Survivor"

By Wendy Schlessel Harpham, M.D.

"Learn to Live Through Cancer-What You Need to Know and Do"

By Stewart B. Fleishman

These books are available in our lending library. Please visit our library and see what other books we have available.

Takin' it to the Streets



Community Hospital Maintenance construction tech Bruce Barton and his goddaughter Aleesha Cooke joined Harley riders again this year from far and near for the "Save Second Base" Ride and Oktoberfest. The annual event took place Oct. 13 during Breast Cancer Awareness month and kicked off at the dealership, 10350 Calumet Avenue in Munster.

After the 70-mile ride, participants enjoyed a rally with food, beverage, music and raffles. Each rider also picked up a white t-shirt with a Save Second Base logo in hot pink. Some \$4,814.33 in proceeds from the event will make cancer research and clinical trials available to residents of northwest Indiana and the south suburbs of Chicago.



Lights of Life Beacons of Hope



Nearly 300 area residents gathered Dec. 5 as three pine trees -two with pink lights and one with lavender lights - were lit by STAR trial participant Nancy McCooley. The lights program was started 13 years ago to honor those touched by cancer. This year's musical guest was Diana Kovach. To date, the Lights of Life program has raised more than \$136,000 to bring cancer research programs to people in northwest Indiana, southwest Michigan and the south suburbs of Chicago. For more information on ways to give to the Cancer Research Foundation or Cancer Resource Centre, call 219-836-6875.

Neighbors Helping Neighbors



A \$16,494 check for programs and services was presented to (far right) Anthony Andello, director of the Cancer Resource Centre, from this year's Briar Fest. Briar Fest organizers on hand for the check presentation are (from left to right): Sam Samuelson, Linda Favors, Ron Falaschetti, Donna Williamson, (holding check) Aaron Pinkus, Mary C. Shields (administrator of Community Cancer Research Foundation), Terry Meyers and Donna Meyers. Not pictured, M. Nabil Shabeeb, M.D.

During Briar Fest festivities, last July, Friends of the Cancer Resource Centre raised an additional \$2,070 from a 50/50 Raffle. Raffle winner Janice Ryba, CEO of St. Mary Medical Center, graciously donated her cash prize back to the Cancer Resource Centre.

PAINTING THE TOWN PINK RAISES GREEN !!



Paint the Town Pink is a month-long event held in May to raise awareness and funds for Breast Cancer. The entire City of Whiting is involved in the initiative which includes a Breast Cancer Walk, fund-raising through local schools and businesses and a "Crush Cancer" fund-raiser during Cruise Night. St. Catherine Hospital in East Chicago is a major event sponsor and staff provides free health screenings at the Breast Cancer Walk.

At the conclusion of last May's event, (pictured, from left) Whiting Mayor Joe Stahura, Paint the Town Pink Co-founder Stephanie Madison and City of Whiting Events Coordinator Norb Dudzik, present a \$7,700 check to Anthony Andello, director of the Cancer Resource Centre. Not pictured is Kathleen Ulm, co-founder of Paint the Town Pink.

Hope Soars

Community Cancer Research Foundation

PERENNIAL BALL

SAVE THE DATE

APRIL 13, 2013

Chicago Hilton

*For more information, contact Sherri Holt,
development and special events coordinator
at 219-836-0130.*

Photo Contest

Hope soars every time someone gets involved in the fight against cancer. You can help us share this uplifting message by being part of this year's Perennial Ball. During the annual fund-raising dinner to support the Cancer Research Foundation, each guest will receive a set of note cards featuring winning entries from our Hope Soars photo contest. Photos selected for this contest will be those that are judged to best fit the theme of this year's ball, "Hope Soars." **For more information on the photo contest, visit www.MyCCRF.com/HopeSoars. Deadline for submission is February 1, 2013.**

Champ helps Champion a Good Cause



Friends of the Cancer Resource Centre sold "Champ" puppies throughout the community and at the hospitals of Community Healthcare System, raising some \$13,272 for programs and services. At the BIG check presentation are (left to right) Diane Vukas, Anthony Andello (Centre director); Samar Shabeeb, Loretta Sullivan, Mary C. Shields (administrator, Community Cancer Research Foundation), Monica Hoffman, Ellen Byrne, Mary Lou Mybeck, Sherri Holt, Carolyn Boersma; Don Fesko, president, Cancer Research Foundation Board of Directors; Jane Groeling, N. Nabil Shabeeb, M.D. chairman, Cancer Resource Centre Advisory Board; Mary Jo Holly, Dee Meeker; Linda Favors, fundraising chairman; Paula Nellans; Katie Fesko and Patty Nourie. Not pictured: Mylinda Cane and Tina Campbell.

Munster Medical Research Foundation, Inc.
for



COMMUNITY Hospital

901 MacArthur Blvd., Munster, Indiana 46321

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



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.

Salon Trisse
Buddy and Pals Place, Schererville
Beauty for Boobies Fund-raiser

Loretta Juskiw
Decorating Cookies for the Holidays

Sue DeGroat, OTR, CLT
Mohamad Kassir, M.D.
Mary Pawlicki, PT, CLT-LANA
Aqualina Ritacca
Shameer Sarma, M.D.
Fall Symposium

Hospice of the Calumet
Munster Donut
Healing Hearts

Aurelio's, Munster
Buffalo Wild Wings, Lansing
Dean & Marleen Hunter
Mr. & Mrs. Santa Clause
Munster High School Chorale
Penn Station, Munster
Holiday Open House

Community Hospital Auxiliary
Board of Directors
Linda Katsinis & Food & Nutrition
Joyce Ivey
April Ivey
Diana Kovach
Tracy Summers & the Wilbur Wright
Middle School Honors Choir
Nancy McCoolley & STAR Participants
Community Hospital Clinical
Engineering & Maintenance Staff
Lights of Life Program

American Cancer Society
Doris Bauer, Bunny's Beaute Salon
Discreetly Hair
Holli Zabek, SpaPointe
Look Good...Feel Better

Jodi Barnett, N.H.C.
Harvested Health
Nutrition for Life

Bosak Motors, Highland
**October Breast Cancer
Awareness Fund-raiser**

Kathy Porras
Ostomy Networking

Pam Kozy-Heart in Hand, LLC,
Highland
Reiki, Reiki Reflexology

Calumet Harley Davidson
Anna Kreisl
Save Second Base Fund-raiser

Munster Girls Volleyball
Team Fund-raiser

Healing Hearts

Join others who have lost a loved one to 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, Jan 2; 1:30-3 pm

Surviving the Loss of a Loved One

Wed, Jan 23; 1:30-3 pm

Understanding the Grief Process

Wed, Feb 6; 1:30-3 pm

Helping Yourself Heal

Wed, Feb 20; 1:30-3 pm

How to Deal with Other People
When I am Grieving

PARTY in PINK!

During Breast Cancer Awareness month, Community Hospital Fitness Pointe® held a fund-raiser for the Cancer Resource Centre that raised \$242 in just 45 minutes. Instructor Kim Terpstra put together buckets to collect donations and pool class participants reached out to donate. The event had pink food, pink decorations and participants wore pink.

Happenings

January 2013

Cervical Health Awareness Month

Breast Cancer Support Group

Thu, Jan 7, Jan 21; 6:30-8 pm

All breast cancer survivors are invited to attend. Please call to register.

Family Matters Support Group

Wed, Jan 9; 7-8:30 pm

James M. Bovan, PsyD, HSPP facilitates. This is a comprehensive educational and supportive program for patients, couples, spouses and caregivers who are coping with cancer in their family.

Blood Cancer Support Group

Tue, Jan 15; 6-7 pm


Ostomy Support Group

Wed, Jan 30; 10 am- 12 pm

Yoga Lecture

Wed, Jan 30; 6-7:15 pm

Balance-A Yogic View

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HOLIDAY CENTRE CLOSED	2 CENTRE OPEN Healing Heart's: 1:30-3 pm	3 CENTRE OPEN NO PROGRAMS	4 CENTRE OPEN NO PROGRAMS	5
6	7 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	8 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	9 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Matters: 7-8:30 pm	10 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm (Note Time Change)	11 Tai Chi: 9:30-10:30 am	12
13	14 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	15 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Blood Cancer Support Group: 6-7 pm	16 Chair Massage: 10-11:30 am Yoga: 6-7 pm Healing Hearts: 1:30-3 pm	17 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm (Note Time Change)	18 Tai Chi: 9:30-10:30 am	19 PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!
20	21 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8pm	22 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	23 Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	24 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm (Note Time Change)	25 Tai Chi: 9:30-10:30 am	26
27	28 Yoga: 9:30-10:30 am	29 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	30 Ostomy: 10 am- 12 pm Reiki/Reflexology: 3-5 pm Yoga Lecture: Balance A Yogic View: 6-7:15 pm	31 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm (Note Time Change)	Tai Chi: 9:30-10:30 am	

Happenings

February 2013

National Cancer Prevention Month

Breast Cancer Support Group

Thu, Feb 4, Feb 18; 7-8:30 pm

All breast cancer survivors are invited to attend.

Update to Medicare Coverage-

SHIP -Tue, Feb 5; 2-4 pm

Bill Preston, Senior Health Counselor with SHIP (State Health Insurance Assistance Program) will cover all the all the changes and updates to the Medicare system and how they affect you.

Mind Over Matter Support Group

Wed, Feb 6; 10-11:30 am

Look Good...Feel Better

Tue, Feb 12; 2-4 pm,

Sponsored by the American Cancer Society

Family Matters Support

Wed, Feb 13; 7-8:30 pm

Facilitated by Dr. James Bovan

Blood Cancer Support Group

Tue, Feb 19; 6-7 pm


Nutrition for Life

Tue, Feb 26, 1-2 pm

What to Eat When I Don't Feel Like Eating

Yoga Lecture

Wed, Feb 27; 6-7 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tai Chi: 9:30-10:30 am	2
3	4 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	5 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Update to Medicare Coverage-SHIP: 2-4 pm	6 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Heart's: 1:30-3 pm Yoga: 6-7 pm	7 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm (Note Time Change)	8 Tai Chi: 9:30-10:30 am	9
10	11 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	12 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Look Good...Feel Better: 2-4 pm	13 Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters: 7-8:30 pm	14 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm (Note Time Change)	15 Tai Chi: 9:30-10:30 am	16 PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!
17	18 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	19 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Blood Cancer Support Group: 6-7 pm	20 Chair Massage: 10-11:30 am Healing Hearts: 1:30-3 pm Healing Touch: 1-2:30 pm Yoga: 6-7 pm	21 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm (Note Time Change)	22 Tai Chi: 9:30-10:30 am	23
24	25 Yoga: 9:30-10:30 am	26 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Nutrition for Life: 1-2 pm	27 Reflexology: 3-5 pm Yoga Lecture: Yoga & Pain Management: 6-7:15 pm	28 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm (Note Time Change)		

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.

Yoga Lectures- Every month is a different topic that will help complement your yoga practice. There are no Yoga Lectures in August, November or December.

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 affect functioning; develop skills to help address and counter the negative elements 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.

Cooking for You - Guest chefs from around NWI will bring nutritional recipes and prepare a light meal in our demonstration kitchen. Meets every other month.

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.

Nutrition for Life - Quarterly program meets in February, May, August, and November. Program addresses nutritional issues for patients undergoing cancer treatment.

NETWORKING GROUP

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