



March- April 2013  
Vol. 11, Issue 2

# 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

We began the year as busy as ever with plans for the annual Share the Love celebration and Perennial Ball. We have been fortunate to have generous

community members become involved in our Share the Love event, including this year's guest speaker, Roz Varon, breast cancer survivor. Roz was kind enough to lend her insight on surviving breast cancer, and also offer an inside look at her busy world reporting Traffic for ABC Channel 7 "News This Morning."

Our Perennial Ball will be held again at the Hilton in Chicago. This year's theme is "Hope Soars." We look forward to seeing our friends and perhaps new faces at the annual fundraiser. If you need more information about this event or would like an invitation sent, please contact Sherri Holt at 219-836-0130.

March is colon cancer awareness month. Please read how you can actually prevent cancer in some circumstances. We will also

be holding our annual Spring symposium with some new information on colon cancer for healthcare professionals. Our goal is to continue to educate our local physicians and other healthcare providers with the latest in cancer research and treatments.

*Mary C. Shields*

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

## Clinical Trials

### Colon Cancer Studies

#### CALGB-SWOG-C-80702:

A Phase III Trial of 6 versus 12 Treatment of Adjuvant FOLFOX Plus Celecoxib or Placebo for Patients with Resected Stage III Colon Cancer.

#### NSABP P-5:

Statin Polyp Prevention trial in Patients with resected Colon Cancer



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)

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.

## COMFORT FOR LYMPHEDEMA PATIENTS



Outpatient Physical Therapy Coordinator and Lymphedema Specialist at Community Hospital, Mary Pawlicki PT, CLT-LANA is using a new measurement tool called a perometer that can make a significant difference in the quality of life for patients who struggle with lymphedema. Lymphedema - the swelling of an extremity caused by an accumulation of fluid in the tissues-is a condition that affects nearly 400,000 women in the U.S.

“A perometer is a computerized, digital scanner that measures the size and volume of a patient’s limbs,” says Pawlicki (here it is being used on LeeAnn Allen of Griffith) “A laser beam scans the limb, incrementally measuring girth. Limb volume can be calculated in order to monitor changes in swelling. This tool is useful for quickly and accurately assessing lymphedema and can also be used to help fit compression garments,” she says. “The perometer with its minute precision is going to be much more accurate than when we take manual measurements, offering a much more customized fit.”

Not only is the perometer a great tool in therapy, but it can also be used in research and prevention. Community Hospital strives to find the most effective methods for treating and managing cancers, and the perometer will be used proactively to help prevent lymphedema.

The Outpatient Physical Therapy team would like to acknowledge and thank Dr. Russell Pellar and the Community Cancer Research Foundation for their generous support of this new tool that will improve the lives of patients.

## RAILCATS GO TO BAT FOR CCRF



Every season is a winning season for the Gary Southshore RailCats as they pitch in to help the Community Cancer Research Foundation. The last two years, the club held uniform auctions in July. Thirty to forty player special jerseys were auctioned off for breast cancer awareness. The RailCats raised \$2,650 in 2012 and \$3,893 in 2011. Here Rusty the RailCat gets in on the check presentation to Mary Shields, Foundation administrator (second from right) and Anthony Andello, Centre director (second from left) along with RailCats representatives Becky Kremer, assistant general manager (far right) and Laura Blakeley, manager, community relations and merchandise (far left).

## ON THE SHELF...

### “Cancer Caregiving A to Z”

*By the American Cancer Society*

An at home guide for patients and families providing knowledge they need to make the right decisions for loved ones who are recovering from cancer and the effects of cancer treatments.

### “I Am Not My Breast Cancer”

*By Ruth Peltason*

Women talk openly about love and sex, hair loss and weight gain, mothers and daughters and being a woman with breast cancer.

### “Crazy Sexy Cancer Tips”

*By Kris Carr*

Candid revelations, personal stories and useful resources; an inspiring, empowering and informative tool for any woman newly diagnosed with cancer and those who love them.

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

# *Blue Wildcats Go Pink*

St. Mary School, Griffith, Student Council organized a "Pink Day" that raised \$556 for the Cancer Resource Centre. The Student Council sold "Cooking for Zita" cookbooks as a fundraiser for the Friends of the Cancer Resource Centre and sold pink ribbons as well. The students had a great time raising money for a great cause.

Starting from left to right: Friends of the Cancer Resource Centre Co-President Paula Nellans, Students Megan Sullivan, Taylor McLaurin, Danielle Tazic, Lilly Mendez, Friends of the Cancer Resource Centre Co-President Linda Favors and Centre Director Anthony Andello. Student Council sponsors not pictured: Noel Krause, Jill Corbett and Linda Ruby.

Special thanks to these organizations that also partnered with the Friends of the Cancer Resource Centre in the "Cooking for Zita" fundraiser: St. Rita's Altar Guild, Calumet City, Illinois - \$510; Grimmer Middle School, Schererville - \$520 (helped to support a science field trip) and Lowell Christian Academy - \$1,375 (helped purchase new tables and chairs for the pre-school room). We appreciate the time and energy spent on your fundraising efforts.



## **Dealership Gets Wheels Turning**



Mike Anderson Chevrolet's "Giving Back to the Community" program was created in 2008 as a way to "pay it forward". Non-profit organizations from both Lake and Porter counties are the beneficiaries from a percentage of vehicle sale profits earned throughout the year. The dealership designated the Cancer Resource Centre as one of their community organizations for 2012 and helped to sponsor Romp & Roll. Presenting a \$1,000 check to (third from left) Anthony Andello, Centre director, are (from left to right) Derrick Hence, Rachel Van Syckel and Tom Dow.

## *March is Colon Cancer Awareness Month*



March is colorectal awareness month. We would like to take this opportunity to stress the importance of colon cancer screening which may help prevent colon cancer. Finding a polyp early and removing it may prevent a cancer from occurring. Individuals over the age of 50 should see physicians about screening for colon cancer and some who are at higher risk may need to discuss this earlier than age 50.

### ***The American Cancer Society recommends the following options for screening:***

- Flexible Sigmoidoscopy every 5 years
  - Colonoscopy every 10 years
  - Double Contrast Barium Enema every 5 years
  - CT Colonography (virtual colonoscopy) every 5 years
- All of the above tests are likely to find both polyps and colon cancer

### ***Additionally, the following tests can also find cancers of the colon:***

- Fecal occult blood testing annually
- Fecal Immunochemical Test (FIT) every year
- Stool DNA test (no frequency determined to date)

Ask your doctor when you should begin screening for colon cancer and how often. This may vary if you already have cancer or have a genetic tendency for colon cancer. ***Further recommendations for screening may be found on the [www.cancer.org](http://www.cancer.org) web site.***

*The Cancer Research department would like to welcome several new investigators who have joined various studies in the past couple of years: Sameer Sharma, M.D., specializing in Surgical Gynecology; Brian Blonigen, M.D., Radiation and Neil Seif, M.D. Radiation Oncology.*

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**

John W. Anderson Foundation  
**Grant**

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

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

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

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

Bill Preston, Sr. Health Counselor  
State Health Insurance Program  
**(SHIP)**  
**Update to Medicare Coverage**

## 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, Mar 6; 1:30-3 pm**  
Life Changes

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

# The Smart Patient

Find out how to be your own healthcare advocate. Learn how to better prevent injury or illness, manage medications and prevent infections.

Besides information on cancer care and the Cancer Resource Centre, there will be health and medical information on wound care, hospice, nutrition, diabetes, heart attack and stroke, veteran's affairs, and much more.

This event is an opportunity for the public to become more aware of resources that are available and to become "Smart Patients". The event format will have tables set up, each manned with an expert in their field, but no formal speakers. There will also be blood sugar and blood pressure screenings, as well as information on diet, exercise and other wellness concerns. There is **no charge** for this event, and snacks will be served.

**April 3**

**6-8:30 pm**

**Purdue University  
Calumet**

**2200 169th St. Hammond  
Indiana Alumni Hall in  
the Student Union  
and Library Building**

# Happenings

# March 2013

Colon Cancer Awareness Month

**Breast Cancer Support Group**  
**Mon, March 4, March 18;**  
**6:30-8 pm**

**Mind Over Matter Support Group**  
**Wed, March 6; 10-11:30 am**

**Healthy Cooking**  
**Tue, March 12; 11:30 am-1:30 pm**  
 Ivy Tech Culinary School will demonstrate and prepare a light meal that is both nutritious and easy to prepare at home.

**Cancer in the Classroom**  
**Tue, March 12; 4-6 pm**  
 Program designed to benefit teachers, social workers and other school professionals in addressing challenges faced by children and families coping with a diagnosis of cancer. Facilitated by James M. Boyan, PsyD, HSPP.

**Family Matters Support Group**  
**Wed, March 13; 7-8:30 pm**

**How to Keep Up Your Energy Level When Undergoing Chemotherapy**  
**Fri, March 15; 1-2:30 pm**  
 Dr. K. Doshi of Munster Medical Acupuncture & Wellness Clinic will discuss ways to keep up your energy during chemotherapy.

**Ostomy Support Group**  
**Wed, March 27; 10 am- 12 pm**  
 Vendor Fair

**Yoga Lecture**  
**Wed, March 27; 6-7:15 pm**  
 Therapeutic Cleansing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349					1 Tai Chi: 9:30-10:30 am	2 <b>NO ART THERAPY</b>
3	4 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	5 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	6 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	7 <b>NO - Chi Gong</b> Chair Yoga: 2-3 pm	8 Tai Chi: 9:30-10:30 am	9
10	11 <b>NO - Yoga</b> Reflexology: 1-3 pm	12 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Healthy Cooking: 11:30 am-1:30 pm Cancer in the Classroom: 4-6 pm	13 Reiki: 9:30-11:30 am <b>NO-Yoga</b> Family Matters: 7-8:30 pm	14 <b>NO-Chi Gong</b> Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	15 Tai Chi: 9:30-10:30 am <b>How to Keep Up Your Energy Level When Undergoing Chemotherapy:</b> 1-2:30 pm	16 <b>PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!</b>
17	18 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8pm	19 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Blood Cancer Support Group: 6-7 pm	20 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	21 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	22 Tai Chi: 9:30-10:30 am	23
24	25 Yoga: 9:30-10:30 am	26 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	27 Ostomy: Vendor Fair 10 am-12 pm Reiki/Reflexology: 3-5 pm Yoga Lecture: Therapeutic Cleansing 6-7:15 pm	28 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	29 Tai Chi: 9:30-10:30 am	30
EASTER		31				

# Happenings

# April 2013

General Cancer Awareness  
National Cancer Fatigue Awareness

## Breast Cancer Support Group

**Mon, April 1, April 15; 7-8:30 pm**

All breast cancer survivors are invited to attend.

## Mind Over Matter Support Group

**Wed, April 3; 10-11:30 am**

## Art Therapy

**Sat, April 6; 9 am-12 pm**

## Sound Healing with

### Crystal Bowl Ringing

**Tue, April 9; 1-3 pm**

Feel relaxed and restored from the vibrations of the crystal bowls in the room. Please wear comfortable clothing and bring a small blanket and pillow. Facilitated by Michelle Matlock. Please call to register early due to limited seating.

## Family Matters Support Group

**Wed, April 10; 7-8:30 pm**

Facilitated by Dr. James Bovan, PsyD, HSPP.

## Nutrition for Life

**Thu, April 18; 12-2 pm**

"Increase Calorie and Protein Power"  
Facilitated by Registered Dietitian Terri Sakelaris, MS, Rd, CDE.

## Yoga Lecture

**Wed, April 24; 6-7:15 pm**

Internal Cleansing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	<b>2</b> Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	<b>3</b> Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Yoga: 6-7 pm	<b>4</b> Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	<b>5</b> Tai Chi: 9:30-10:30 am	<b>6</b> NO ART THERAPY
<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 <u>or</u> 6-7:30 pm Sound Healing with Crystal Bowl Ringing: 1-3 pm	<b>10</b> Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters: 7-8:30 pm	<b>11</b> Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 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 <u>or</u> 6-7:30 pm Blood Cancer Support Group: 6-7 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 Nutrition for Life Increase Calories & Power Protein: 12-2 pm	<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> Yoga: 9:30-10:30 am	<b>23</b> Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	<b>24</b> Reiki-Reflexology: 3-5 pm Yoga Lecture - Internal Cleansing: 6-7:15 pm	<b>25</b> Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	<b>26</b> Tai Chi: 9:30-10:30 am	<b>27</b>
<b>28</b>	<b>29</b> Yoga: 9:30-10:30 am	<b>30</b> Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm				<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 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.