

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



Spring days bring warmer weather, so we are busy planning both indoor and outdoor activities, including our 10th annual Romp and Roll. The walk and fun run takes place on Sunday, Oct. 6,

beginning at 12 p.m. at the Munster High School Football Field. We are excited to be celebrating this milestone and so grateful to all who have contributed their time, energy and talents over the years. Teams are forming now. To join in the fun, visit www.rompandroll.org.

Our annual Cinco de Mayo celebration is set for Thursday, May 2 and presents an opportunity to get together fiesta-style! Friends of the Centre, our friend building, fundraising group, will be hosting their annual luncheon for the Friends of the Centre members Thursday, May 9 at the Cancer Resource Centre. We ask members to invite and bring a friend, so they can join and be part of this energetic

group that raises funds for the Centre. Finally, join us at St. Catherine Hospital, 4321 Fir Street, East Chicago on Sunday, June 2 for our National Cancer Survivors Day celebration. We're bringing local survivors and their loved ones together for a fun-filled afternoon featuring food, music and entertainment.

Anthony Andello

Anthony Andello
Director, Cancer Resource Centre

"ROMP and ROLL"
Sunday, Oct. 6, 2013
 Registration - 12 pm
 Family Walk & Fun Run - 1 pm
 Munster High School Football Field

SAVE THE DATE

Start putting your teams together now!!!
 Help raise funds for the **Cancer Resource Centre**

www.rompandroll.org



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.

Munster Match nets Winners all around!

To help raise money for cancer research, the Munster High School Girls' Volleyball Team hosted a "Kills Against Cancer" game. Players secured pledges from family and friends for each "kill" that the Munster varsity team had during a match against Hobart. A "kill" is a hit in volleyball that the opponent does not touch or only touches once and a point is scored. For each kill, some people pledged a quarter and some pledged \$1. Some people also gave donations at the match that night. In all, the team raised \$546.36 from the fundraiser.

"We have had many families in the volleyball program directly affected by various cancers and we wanted to show that we care and wanted to make a difference," said Coach Tracy Summers. "We played Hobart that night and asked them to wear jerseys that were pink (representing breast cancer). We did the same thing as well. We decorated the gym with balloons and posters that represented different cancers. We also had a poster on the wall in which people could write notes to loved ones that were struggling with cancer or who had left us," she said.



With Anthony Andello, director of the Cancer Resource Centre (far left, back) and M.C. Shields, administrator of the Community Cancer Research Foundation (far right, front) at the check presentation are (back row, left to right): Nadia Radowick, Mega Dafiaghior, Lauren Adams, Emma Trivunovic, Morgan Switalla, Elizabeth Kloos, Allison Hajduch, Emily Kaniewski, Rachel Jamrose, Tori Foster, Toni Dallearcarbonare, Arielle Crowe, Head Coach Tracy Summers, (front row, left to right) Cecilia Zavala, Rachel Markowicz, Mary Margaret Maloney, Maureen Doherty, Amber Caldwell, Mady Moyer, Mariana Rogers, Blaire Barnett, Haley Collison, Alexa Olsen, and Chloe Zatorski. Not pictured: Jill Kanewski and Janet Worries (JV and freshman coaches), Kylee McVicker, Zoe Mintz, Eudora Negri, Serena Patel, Megan Zabrecky, Mady Athey, Kaitlin Battista, Jordan Cole, Quinn Harris, Danielle Hladek, Amanda Mooney, Maddy Purcell, Sarah Smolinski, Alex Sullivan and Shannon Farrell.

Special Event Symposium

CANCER: HERE'S HOW WE SEE IT

Wednesday, June 19, 2013

6 pm - 8 pm

Center for Visual & Performing Arts
1040 Ridge Road, Munster

Our annual Fall Symposium has been changed to a summer date this year as we had an opportunity to present renowned author Lissa Rankin, MD. Dr. Rankin's book is "Mind Over Medicine: Scientific Proof You Can Heal Yourself." She will discuss how positive or negative emotions can translate into spontaneous repair of the body. In addition, Radiologist Thomas Hoess, MD will talk about groundbreaking technology called PEM being used to change the course of women's care by showing location as well as metabolic phase of a breast mass or growth. Please join us June 19, 2013 to hear their important messages. **Free. Register: 219-836-3477 or 866-836-3477.**

ON THE SHELF...

"Life, with Cancer: The Lauren Terrazzano Story"

By Frank Terrazzano and Paul Lonardo with
Anna Quindlen

An award-winning social journalist
chronicled her illness to bring hope to others.

"Help wanted: Caregiver"

By Laura Pinchot

A guide to helping your loved one cope with
serious illness.

"Coping with Cancer"

By Veronica B. Decker and Linda Weller-Farris

A patient pocketbook of thoughts, advice
and inspiration for the ill.

*These books are available
in our lending library.*

*Please visit our library to see what
other books we have available.*

Hope Soars Photo Contest

Congratulations to the winning photographers in the Hope Soars photo contest. Amy Budeselich (Munster), Rebecca Coulis (Dyer), Pete Doherty (Schererville), Jean Gehrig (Munster), Kimberly Harper (Valparaiso), Michael Kobe (Munster), Louisa Murzyn (Munster), and M. Nabil Shabeeb, M.D. (Dyer) submitted winning photos that will be published in a series of note cards. Their photos have been judged to best fit the theme, "Hope Soars."

The note cards were distributed as a thank-you gift for individuals who attended the annual Perennial Ball fundraiser. Beginning in May, a limited number of note cards will be available for sale in the Cancer Resource Centre. Proceeds from the sale of these note cards will benefit the work of the Cancer Resource Centre.



Munster PD/FD Charity Softball Game



It's red versus blue as the Munster Fire Department takes on the Munster Police Department in softball, **Sunday, May 19 at 1 p.m., Munster Community Park, Field "C"** (rain date: Sunday June 9). Tickets are \$5 each with all proceeds benefiting the Cancer Resource Centre.

Fans of all ages will enjoy food concessions, a professional announcer, performance of our National Anthem and safety announcements between innings.

Purchase Tickets

(checks payable to the Cancer Resource Centre)

Visit the **Munster Police Department**, or mail \$5 for each ticket to: The Munster Police Department
c/o Officer James Ghrist,
1001 Ridge Road, Munster, IN 46321

Tickets will be mailed to you.

Visit the **Cancer Resource Centre**, 926 Ridge Road, Munster

From **any Munster Police officer** who is participating in the game.

Visit **CFNI Marketing Department**, 800 MacArthur Blvd., Suites 8 & 9, Munster

Local Sponsors include:

**O'Hara's Sports of Munster Miss Print
Choice Community Council**

**For more information, please contact
Officer James Ghrist at
219-836-6639 or jghrist@munster.org.**

Hope Soars PERENNIAL BALL

The Perennial Ball, a black tie benefit for the Community Cancer Research Foundation, was held April 13 at the Chicago Hilton. It was a successful fundraiser, raising approximately \$205,000 that will help to support research and community activities sponsored by the Foundation.

Special Thanks to our Sponsors:

Platinum (\$15,000 +): Center for Orthotic & Prosthetic Excellence, LLC; Emergency Physicians Medical Group; Walsh Construction

Gold (\$10,000 +): BMO Harris Bank; Community Hospital Auxiliary; Don Powers Agency, Inc.; EMCOR Hyre Electric; Ernst & Young, LLC; Komyatte & Casbon, P.C.; MEA of TeamHealth; Munster Radiology Group, P.C.; Northwest Indiana Pathology Consultants; Donald S. and Margo Powers

Silver (\$5,000 +): Arctic Engineering Company, Inc.; Mr. and Mrs. Leonard J. Bezat; Chicago Office Technology Group; Fairmeadows Home Health Center and Pharmacy; Fifth Third Bank; First Midwest Bank; Gariup Construction Company, Inc.; Hasse Construction Company, Inc.; NIPSCO; Peoples Bank; RehabCare Group; VOA Associates Incorporated

Copper (\$2,500 +): Design Alliance Architects; Dr. and Mrs. Wayel Kaakaji; Mechanical Concepts, Inc.; The Pangere Corporation; Doctors Robin, Fuller, Kozloff, Starr and Wallace; Sentinel Technologies, Inc. & Cisco; Xerox; Mr. and Mrs. Jay Zandstra

Bronze (\$500 +): Arlen Music Productions; Dr. and Mrs. Richard A. Berkowitz; Calumet College of St. Joseph; CarePointe – Ear, Nose, Throat & Sinus Centers; Dixon's Florist; Gregg and Colleen Ferlin; Mr. and Mrs. M.G. Fulte; GNC Consulting, Inc.; Dr. Marc and Cindy Levin; Lincoln Office LLC; Lucas, Holcomb & Medrea, LLP; McShane's, Inc.; Mr. and Mrs. Thomas Modrowski; Roche Diagnostics Corporation; Telserv; View Outdoor Advertising; Mr. & Mrs. Robert Walsh

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.

“Like”



The Cancer Resource Centre

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, May 1; 1:30-3 pm

Surviving the Loss of
a Loved One

Wed, May 22; 1:30-3 pm

Understanding the Grief Process

Wed, May 29; 1:30 - 3 pm

Helping Yourself Heal

Wed, June 19; 1:30 - 3 pm

How to Deal with Other
People when I'm Grieving

Many Thanks!

The Cancer Resource Centre and Community Cancer Research Foundation wish to thank the following businesses, individuals and organizations for their support.

Elida Abeyta
Helen Thomas
Ivy Tech Culinary School
Healthy Cooking

Hospice of the Calumet
Munster Donut
Healing Hearts

Leukemia & Lymphoma
Society
**Blood Cancers
Support Group**

Terri Sakelaris
Nutrition for Life

Pam Kozy
Heart in Hand, LLC,
Highland
**Reiki, Reiki Reflexology,
Guided Imagery**

Share the Love
Committee
**Share the Love
Luncheon**

Community Hospital
Auxiliary
Monetary Donation
Share the Love Raffle

Michelle Matlock
Sound Healing

Sue Degroate
Jan Duncan
Colette Lewandowski
Amy Halverson, M.D.
Matrix Exhibits
Mary Pawlicki
Aquilina Ritacca
Kathy Schilling, M.D.
Marian Vargo
Janice Zunich, M.D.
Spring Symposium
Kelly Doshi, M.D.
**Ways to Keep Energy Up
During Chemo**

Friends of the Centre Fundraiser

“Cooking for Zita”

Special thanks to these organizations that also partnered with the Friends of the Cancer Resource Centre in the “Cooking for Zita” fundraiser; Highland Women’s Club-\$100, Highland, Indiana, Tri-Kappa-\$115 and Zoological Organization of Malone \$277. We appreciate the time and energy spent on your fundraising efforts.



Happenings

May 2013

Melanoma/Women's Health

Cinco de Mayo Celebration

Thu, May 2, 3-5 pm

Join us celebrate by enjoying a taste of Mexico from many of our local Mexican restaurants.

Art Therapy

Sat, May 4; 9 am-12 pm

Look Good...Feel Better

Tue, May 14; 2-4 pm

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

Understanding Your Finances

Fri, May 17; 2-3 pm

Wealth Advisor F. Marc Ruiz, from Oak Partners and a NWI Times financial columnist will present on financial planning, beneficiary designations and how to distribute assets. **Please RSVP by May 10.**

How to Read Food Labels

Tue, May 21; 2-3 pm -Family

Nutrition Program Assistant Cheryl Hobby with Purdue Extension Service will provide an overview of what's important on food labels and a greater understanding of nutritional value.

Ostomy Networking Group


Wed, May 29; 10 am-12 pm

Travel Concerns

Yoga Lecture

Wed, May 29; 6-7:15 pm

Yoga and Pain Management

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	2 Chi Gong: 9:30-10:30 am <i>No Chair Yoga</i> CINCO de MAYO 3-5 pm	3 Tai Chi: 9:30-10:30 am	4 Art Therapy: 9 am - 12 pm
5	6 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	7 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	8 Reiki: 9:30-11:30 am Yoga: 6-7 pm Family Matters: 7-8:30 pm	9 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	10 Tai Chi: 9:30-10:30 am	11
12	13 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	14 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Look Good... Feel Better: 2-4 pm	15 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Yoga: 6-7 pm	16 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	17 Tai Chi: 9:30-10:30 am Financial Planning: 2-3:30 pm	18
19	20 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30- 8pm	21 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm Understanding Food Labels: 2-3 pm Blood Cancers Support Group: 6-7 pm	22 Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	23 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	24 Tai Chi: 9:30-10:30 am	25
26	27 MEMORIAL DAY	28 Wellness Support: 10-11:30 am <i>or</i> 6-7:30 pm	29 Ostomy: 10 am-12 pm Reiki/Reflexology: 3-5 pm Healing Hearts: 1:30-3 pm Yoga Lecture: 6-7:15 pm	30 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	31 Tai Chi: 9:30-10:30 am	

Happenings

June 2013

National Cancer Survivors Day

Art Therapy

Sat, June 1; 9 am-12 pm

National Cancer Survivors Day

Sun, June 2; 1-3 pm

St. Catherine Hospital,

4321 Fir Street, East Chicago, IN

Survivors and their families are invited to an afternoon that includes a picnic lunch, chair massages, Healing Touch, yoga, and reiki demonstrations. **RSVP by May 24th 219-836-3349 or 219-392-7135.**

Spirituality and Cancer

Tue, June 18; 2-3 pm

Rev. Steve Conger of Ridge United Methodist Church will discuss

"Spirituality: what it is and how it affects all of us when dealing with a life-changing illness".

Healthy Cooking

Tue, June 11; 11:30 am-1 pm

Ivy Tech Culinary School will demonstrate and prepare a light meal that is both nutritious and easy to do at home. Seating is limited.

Sound Healing

Fri, June 21; 3-4pm -Negative

Energy Clearing ceremony performed by Therapist David Cowan, RN using a conch-shell trumpet, Tibetan singing bowls and a hang drum. These pure sounds will wash away stress and still the mind. Wear loose clothing; bring a blanket and pillow for comfort.

Yoga Lecture

Wed, April 24; 6-7:15 pm

Therapeutic Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Art Therapy: 9 am - 12 pm
2 National Cancer Survivors Day 1-3 pm	3 Yoga: 9:30-10:30 am Breast Cancer Support Group: 6:30-8 pm	4 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	5 Chair Massage: 10-11:30 am Mind Over Matter: 10-11:30 am Yoga: 6-7 pm	6 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	7 Tai Chi: 9:30-10:30 am	8
9	10 Yoga: 9:30-10:30 am Reflexology: 1-3 pm	11 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Healthy Cooking: 11:30 am-1 pm	12 Reiki: 9:30-10:30 am Yoga: 6-7 pm Family Matters Support Group: 7-8:30 pm	13 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	14 Tai Chi: 9:30-10:30 am	15
16	17 Yoga: 9:30-10:30 am Drumming: 5:30-6:30 pm Breast Cancer Support Group: 6:30-8 pm	18 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm Spirituality: 2-3 pm Blood Cancers Support Group: 6-7 pm	19 Chair Massage: 10-11:30 am Healing Touch: 1-2:30 pm Healing Hearts: 1:30-3 pm Yoga: 6-7 pm	20 Chi Gong: 9:30-10:30 am Chair Yoga: 2-3 pm	21 Tai Chi: 9:30-10:30 am Sound Healing: 3-4 pm	22
23	24 Yoga: 9:30-10:30 am	25 Wellness Support: 10-11:30 am <u>or</u> 6-7:30 pm	26 Reiki-Reflexology: 3-5 pm Yoga Lecture - Therapeutic Yoga: 6-7:15 pm	27 Chi Gong: 9:30-10:30 am Knit One: 1-2:30 pm Chair Yoga: 2-3 pm	28 Tai Chi: 9:30-10:30 am	29 PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349
	30					

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.

Healthy Cooking - The Healthy Cooking program will be facilitated by visiting chefs and students from the area cooking schools. The program will be held once every quarter in our own state-of-the-art demonstration kitchen. Demonstrations will address healthy eating habits, nutritional value and the actual preparation of food. It is an informative as well as fun afternoon for all to experience.

Look Good...Feel Better - For women undergoing chemotherapy and/or radiation. Program helps women restore appearance and self-image. Sponsored by the American Cancer Society.

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.