On May 6, we held our 18th Perennial Ball fundraising event in support of the Community Cancer Research Foundation. This year, we met at the Hilton in Chicago and had the largest turnout ever. The event raised more than $230,000 for cancer research and the raffle proceeds raised nearly $8,000 for the Cancer Resource Centre. Oncologists Sania Raza and Neel Shah spoke about advances in cancer treatments as a result of research. Dr. M. Nabil Shabeeb discussed the services of the Cancer Resource Centre. Presenting sponsor, Fifth Third Bank, received an award of recognition for their $20,000 donation. Other $20,000 sponsors we are grateful for include Community Hospital Medical Staff and Community Hospital Patient Care Services. Sponsors of $15,000 and up that we would like to mention are Emergency Physicians Medical Group, P.C. and Gariup Construction Co., Inc. Sponsors of $10,000 and up include the John W. Anderson Foundation, BMO Global Asset Management, CPO/COPE, Community Hospital Auxiliary, Don Powers Agency, Inc., EMCOR Hyre Electric Co. of Indiana, Inc., EPIC, Ernst & Young, LLC, Komyatte & Casbon, P.D., Munster Radiology Group, P.C., Northwest Indiana Pathology Consultants, Inc., Segal Consulting and Ziegler Investment Bank. We are thankful for those in attendance showing their support and all who contributed to make the event a memorable one.

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

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.
Bladder Cancer

Bladder cancer accounts for about 5 percent of all new cancers in the US. It is the fourth most common cancer in men, but is less common in women.

There is no sure way to prevent bladder cancer. Some risk factors such as age, gender, race and family history can’t be controlled. But, there may be things you can do that could lower your risk. Smoking is thought to cause about half of all bladder cancers. If you smoke, quit the habit.

Eat lots of fruits and vegetables. Some studies have suggested that a diet high in fruits and vegetables may help protect against bladder cancer, but other studies have not had the same conclusions. Overall, eating a healthy diet has been shown to have many benefits, including lowering the risk of some other types of cancer.

Related Clinical Trial

*HCRN GU14-182: A Randomized, Double-Blinded, Phase II Study of Maintenance Pembrolizumab versus Placebo after First-line Chemotherapy in Patients with Metastatic Urothelial Cancer.

Clinical Trials

New Studies

NRG-GY005: A Randomized Phase II/III study of the combination of Cediranib and Olaparib compared to Cediranib or Olaparib alone, or Standard of care chemotherapy in women with recurrent platinum-resistant or - refractory ovarian, fallopian tube or primary peritoneal cancer (COCOS).

EA1131: A Randomized Phase III Post-Operative Trial of Platinum Based Chemotherapy vs. Capecitabine in Patients with Residual Triple-Negative Basal-Like Breast Cancer following Neoadjuvant Chemotherapy.

Y039523/GOG 3015: A Phase III, Multicenter, randomized study of atezolizumab versus placebo administered in combination with Paclitaxel, Carboplatin and bevacizumab to patients with newly-diagnosed stage III or stage IV ovarian, fallopian tube or primary peritoneal cancer.

Please contact the Cancer Research department for information about available clinical trials.
You may visit our website www.MyCCRF.com for a current listing of open trials.

Research and Clinical Trials

The Community Healthcare System offers cancer clinical trials (cancer research) that is sponsored by the National Cancer Institute or private sponsors such as pharmaceutical companies and laboratory companies. Bringing clinical trials to our area was important to our organization so that patients diagnosed with cancer could have the latest treatments available locally that are frequently offered only in the academic setting. Patients in Northwest Indiana may participate in trials at any of our three hospitals and at many medical oncologists’ offices. Our program has been in existence since 1999 and hundreds of individuals have participated, contributing valuable information that helps guide how cancer is treated not only in our community, but throughout the country. Although research involves new medications and treatments, patients always receive the most current approved standard of care at the minimum. We are grateful for all of the patient volunteers who have participated in our clinical trials and have helped lead the way for better treatment options for some types of cancers.

Research and the Research Team

When conducting research, there are many individuals involved in the program. From the volunteer patients, to the Cancer Research Nurses who have direct interaction and surveillance of the individual participating in research, to the Principal Investigator who has direct oversight of all tasks involved, to the ancillary physicians and staff who contribute their expertise; research is an involved process. In the coming issues we will break down the process to describe what is involved in research and how each individual or group contributes.

“Like”
The Cancer Resource Centre
The Cancer Resource Centre staff welcomes Rachel C. Lewis, outreach coordinator. Previously, she worked in Hospitality & Nutrition at Community Hospital. Rachel will be promoting the Centre at health fairs and at various community events. She will be involved in various fundraisers and will assist our visitors. She also will be coordinating the Friends of the Centre group, who have been very instrumental in events promoting the Cancer Resource Centre. When away from the office, she spends time with her husband and her dog Lucy.

### INSPIRATIONS FROM THE GARDEN 2017

**Saturday, July 22 • 10 am – 2 pm**
Cancer Resource Centre, 926 Ridge Road, Munster
Tickets $10 in advance / $12 at the event

Find a Window of Hope at this event in the June Hawk-Franklin Garden of Meditation and Healing featuring inspiration from these artisans, gardeners and therapeutic healers:

- **Therapeutic Benefits of Container Gardening**
  10:30 – 11 am
- **Healing Benefits of Hypnosis & Meditation**
  11:15 – 11:45 am
- **To Bee...or not to Bee**
  12-12:30 pm
- **Chi Gong demonstration**
  12:45 – 1:15 pm
- **Crystal Bowl Sound Healing** - ongoing
- **Guest Artist Shari Smith LeMonnier** - ongoing
- **Unique Window Box designs on display by local gardeners/artists** - ongoing

Proceeds benefit the programs and support services of the Cancer Resource Centre, a program of the Community Cancer Research Foundation.

For more information call 219-836-3349.

### HEALTHY RECIPE

Summer always makes us think of berries, specifically blueberries that are usually ready for picking around July 4. This recipe is packed with a great variety of phytochemicals – has anti-inflammatory and pain-relieving properties.

#### SPINACH & MIXED BERRY SALAD WITH POPPY SEED DRESSING

Serves 4 to 6 as a side salad OR about 2 entrée salads
- 2 cups sliced strawberries, raspberries, blueberries, blackberries
- 1/2 cup slivered almonds
- 4 ounces goat cheese, crumbled (optional)
- 4-5 cups baby spinach
- 2 to 4 tablespoons poppy seed salad dressing

**Poppy Seed Salad Dressing (makes 1 cup)**
- 1/4 cup white wine vinegar
- 1/2 cup olive oil
- 1/4 cup sugar or honey
- 1 tablespoon poppy seeds
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard

With a whisk, blend the white wine vinegar, sugar or honey, salt, ground mustard and olive oil until combined. Stir in poppy seeds.

**Directions:**
Transfer the spinach to a large mixing bowl. Drizzle a tablespoon of the poppy seed dressing over the greens and toss gently to coat. Continue adding tablespoons of dressing as needed until the greens are all evenly coated with dressing. Gently toss the berries, almonds and goat cheese with the spinach.

*From Allison Forajter, RD, CD*


### Frequently Asked Question

**Q:** How can I find library books at the Cancer Resource Centre?

**A:** You may visit [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com) and click on “Library” to see the available book listings at the Cancer Resource Centre. When you call the Centre, 219-836-3349, we can place the books you wish to checkout on hold for you.
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.

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.
<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td>🎵 MUSIC WELLNESS <em>NEW</em></td>
<td>Yoga: 9:30-10:30am</td>
<td>Chair Massage: 10:11:30am</td>
<td>Tai Chi: 9:30-10:30am</td>
<td>Chair Yoga: 230pm</td>
<td>Yoga: 5:30-6:30am</td>
<td>Chair Massage: 10:11:30am</td>
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<td>LICENSE ON JULY 10; 2-3pm</td>
<td>Lecture: Music Wellness 2:30pm</td>
<td>Sound Healing: 11am</td>
<td>Tai Chi: 9:30-10:30am</td>
<td>Lecture: Music Wellness 2:30pm</td>
<td>Chair Yoga: 230pm</td>
<td>Art Therapy: 6-7:30pm</td>
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<td>CLASS ON JULY 17; 3-4pm</td>
<td>Chair Massage: 10:11:30am</td>
<td>Tai Chi: 9:30-10:30am</td>
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<td><em>NEW DAY</em></td>
<td>2nd and 4th Tuesdays; 6-7:30 pm</td>
<td>No Reiki</td>
<td>No Lung Cancer Support</td>
<td>No Breast Cancer Support</td>
<td>Yoga: 5:30-6:30am</td>
<td>Yoga: 5:30-6:30am</td>
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<td>PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!</td>
<td>Chair Massage: 10:11:30am</td>
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<td>Seat Massages: 10:11:30am</td>
<td>Wellness Support: 10:11:30am</td>
<td>Tai Chi: 9:30-10:30am</td>
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**Weekend Events**

- **June 21 & 23**
  - Yoga: 9:30-10:30am
  - Walking Club: 4-5pm

- **June 22**
  - Tai Chi: 9:30-10:30am
  - Chair Yoga: 230pm

- **June 24**
  - Yoga: 9:30-10:30am
  - Walking Club: 4-5pm

- **June 29**
  - Tai Chi: 9:30-10:30am
  - Chair Yoga: 230pm

- **July 1 & 2**
  - Yoga: 9:30-10:30am
  - Walking Club: 4-5pm

**Monthly Events**

- **June 15**
  - Yoga: 9:30-10:30am
  - Walking Club: 4-5pm

- **June 30**
  - Tai Chi: 9:30-10:30am
  - Chair Yoga: 230pm

**Art Therapy**

- **June 10**
  - Lecture: Relaxation 11am-12pm
  - Chair Yoga: 230pm

- **June 17**
  - Lecture: Relaxation 11am-12pm
  - Chair Yoga: 230pm

**Yoga Lecture: Relaxation**

- **June 26**
  - Yoga: 9:30-10:30am
  - Walking Club: 4-5pm
  - Chair Yoga: 230pm

**Tai Chi**

- **June 21 & 23**
  - Tai Chi: 9:30-10:30am

**Chair Yoga**

- **June 21 & 23**
  - Chair Yoga: 230pm

**Mind Over Mood**

- **June 21 & 23**
  - Chair Massage: 10:11:30am

**Healing Hearts**

- **June 21 & 23**
  - Healing Hearts: 1:30-3pm

**Ostomy**

- **June 21 & 23**
  - Ostomy: 10:30-12pm

**Reiki/Reflexology**

- **June 21 & 23**
  - Reiki/Reflexology: 3-5pm

**Hope Network Support**

- **June 21 & 23**
  - Hope Network Support: 5:30-7pm

**Valparaiso Health Center of SMMC**

- **June 21 & 23**
  - Walking Club: 4-5pm

- **June 21 & 23**
  - Yoga: 5:30-6:30pm

**Please provide a prescription from your physician before attending ALL Mind-Body-Spirit programs.**
## August 2017

### Happenings

**CHI GONG**  
*Thursdays; 9:30-10:30 am*  
An ancient healing that integrates moving and stationary postures, breathing techniques and mental focus.

**LUNG CANCER**  
*Wed, Aug 9; 10-11:30 am*  
Those newly diagnosed, in active treatment and survivors are welcome to share their concerns, stories and experiences.

**SOUND HEALING**  
*Mon, Aug 14; 11 am-12 pm*  
The practice of using crystal bowls through sound therapy will encourage the body to heal from within and promote health, vitality and spiritual well-being. Please bring a blanket and pillow for comfort.

**SIMPLE COOKING**  
*Mon, Aug 28; 12 -1:30 pm*  
A cooking and nutrition education program to help people cook and eat healthier foods during and/or after cancer. Eat thoughtfully, live joyfully.  
Presented by Kristen Wisniewski, Community Hospital – Sous Chef

### Event Schedule

<table>
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<th>Sunday</th>
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</table>
| **PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!** | 7 Yoga: 9:30-10:30am  
Music Wellness: 3-4pm  
Walking Club: 4-5pm | **Wellness Support:**  
10-11:30am or 6-7:30pm  
**Caregiver Support:**  
6-7:30pm | **Wellness Support:**  
10-11:30am or 6-7:30pm  
**Look Good...Feel Better:**  
2-4pm  
**Breast Cancer Support:**  
6-7:30pm | **Chi Gong:**  
9:30-10:30am  
**Mind Over Mood:**  
10-11:30am  
**Yoga:** 5:30-6:30 pm | **Tai Chi:**  
9:30-10:30am  
**Touch Therapy:**  
10am-12 pm | 5 **Art Therapy:**  
9am-12pm |
| 6           | 8 Yoga: 9:30-10:30am  
Music Wellness: 3-4pm  
Walking Club: 4-5pm | 15 Wellness Support:  
10-11:30am or 6-7:30pm  
**No Blood Cancer Support** | 16 Chair Massage:  
10-11:30am  
**Healing Touch:**  
1:2-30pm  
**Yoga:** 5:30-6:30 pm | **Chi Gong:**  
9:30-10:30am  
**Chair Yoga:** 2-3pm | **Chair Chi:**  
9:30-10:30am  
**Touch Therapy:**  
10am-12 pm | 12 |
| 13          | 14 Yoga: 9:30-10:30am  
Sound Healing: 11am-12pm  
Reiki/Reflexology: 1-3pm  
Walking Club: 4-5pm | 15 Wellness Support:  
10-11:30am or 6-7:30pm  
**Look Good...Feel Better:**  
2-4pm | 16 Chair Massage:  
10-11:30am  
**Healing Touch:**  
1:2-30pm  
**Yoga:** 5:30-6:30 pm | 17 **Chi Gong:**  
9:30-10:30am  
**Chair Yoga:** 2-3pm | **Chair Chi:**  
9:30-10:30am  
**Touch Therapy:**  
10am-12 pm | 18 |
| 20          | 21 Yoga: 9:30-10:30am  
Music Wellness: 3-4pm  
Drumming: 4-5pm  
Walking Club: 4-5pm | 22 Wellness Support:  
10-11:30am or 6-7:30pm  
**Breast Cancer Support** | 23 Healing Hearts:  
1-30-3pm  
**Yoga:** 5:30-6:30 pm  
**Hope Network Support:**  
5:30-7 pm | **Chi Gong:**  
9:30-10:30am  
**Chair Yoga:** 2-3pm | **Chair Chi:**  
9:30-10:30am  
**Touch Therapy:**  
10am-12 pm | 19 |
| 27          | 28 Yoga: 9:30-10:30am  
Simple Cooking: 12:1-30pm  
Walking Club: 4-5pm | 29 Wellness Support:  
10-11:30am or 6-7:30pm | 30 Reiki/Reflexology: 3-5pm  
**Lecture: Breathe Work: Breathe**:  
5:30-6:30 pm | **Chi Gong:**  
9:30-10:30am  
**Chair Yoga:** 2-3pm | **Chair Chi:**  
9:30-10:30am  
**Touch Therapy:**  
10am-12 pm | 26 |

**PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!**

**PLEASE REGISTER FOR ALL PROGRAMS**  
219-836-3349

*Please provide a prescription from your physician before attending ALL Mind-Body-Spirit programs.*
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