



July-August 2017

Vol. 15, Issue 4

Inspire

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

SAVE THE DATE!



SUN, Oct. 1, 2017

Munster High School
Football Field

Registration – 12 pm

Survivorship

Celebration – 12:40 pm

Kid's 100 yard dash – 12:50 pm

Walk & 5K Run – 1 pm

Family picnic to follow!

**Start putting your teams
together now!**

**Help raise funds for the
Cancer Resource Centre!**

www.uniteandfight.org

"We make a living by what we get, but we make a life by what we give." – Winston Churchill



Greetings from the Administrator

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
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.



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.

Spotlight on

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.

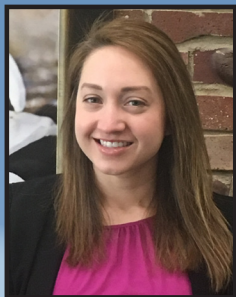
“Like”



The Cancer Resource Centre

Rachel Lewis

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

Adapted from <http://www.thekitchn.com/recipe-spinach-strawberry-salad-with-poppy-seed-dressing-side-dish-recipes-from-the-kitchn-218596>

Frequently Asked Question

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

A: You may visit 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.

Munster Medical Research Foundation, Inc.
for



COMMUNITY Hospital

901 MacArthur Blvd., Munster, Indiana 46321



Cancer Resource Centre
Community Cancer Research Foundation

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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.

Patient Care Services
Annual Basket Raffle Fundraiser

Allison Forajter, RD, CD
Breast Cancer Support Group Lecture

Buffalo Wild Wings – Schererville
Eat Wings Raise Funds

Lake Central High School
Color Run Donation

Culvers – Highland
Day of Giving

Dana Wichlinski, Chef
Healthy Cooking

Elliott Girls Scout Troop 10271
Blanket Project- Merit Patch

Munster Donuts
Healing Hearts

Hospitality & Nutrition
Maintenance Services
St. Catherine Hospital
Mike Nanay – Azatos Academy of
Martial Arts-Schererville
Strack & Van Til – Munster
National Cancer Survivors Day 2017

Matthew J. Barenie, MS, RD, CD
Nutrition & Cancer Series

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Kim Skertich-Abrinko
Perennial Ball

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Culver's Restaurant
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Drive & Shine Car Wash
Easy Clean Car Wash – Highland
Gayety's Chocolate & Ice Cream
Hartsfield Village – Residents & Staff
McDonalds – Highland, Munster
Paint on Me
SMR Awards
Sysco
Van Senus Auto Value
Volunteers
**Rev up to Unite & Fight Cancer
Car/Truck/Bike Show 2017**

Heather Loreda
Running or Not Shoes

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.

Happenings

MUSIC WELLNESS *NEW*

*Lecture on July 10; 2-3
Class on July 17; 3-4 and then the
1st and 3rd Mondays of the
month; 3 – 4 pm*

A therapeutic music program that can lead to decreased stress, pain, anxiety level and enhance relaxation. Presented by Kristen Bouwman, MT-BC

BREAST CANCER SUPPORT *NEW DAY*

2nd and 4th Tuesdays; 6 - 7:30 pm
Those newly diagnosed, in active treatment and survivors are welcome to share their concerns, stories and experiences.

TOUCH THERAPY *NEW*

*Lecture on July 14; 11am-12pm
Class on July 21; 10am-12pm and
then the 1st and 3rd Fridays of
the month; 10 am – 12 pm*

A specialized oncology massage treatment that aims to improve relaxation, sleep and immune function as well as relieve anxiety, pain, fatigue and nausea. Presented by Kevin Boivin, LMT

YOGA LECTURE: RELAXATION

Wed, July 26; 5:30 - 6:30 pm
Discuss relaxation techniques to increase energy and focus, relieve aches and pains and boost motivation and productivity.

July 2017

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!						1 Art Therapy: 9am-12pm
2	3 Yoga: 9:30-10:30am Walking Club: 4-5pm	4 HOLIDAY CLOSED	5 Chair Massage: 10-11:30am Mind Over Mood: 10-11:30am Yoga: 5:30-6:30pm	6 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	7 Tai Chi: 9:30-10:30am	8
9	10 Yoga: 9:30-10:30am Sound Healing: 11am-12pm No Reiki/Reflexology Lecture: Music Wellness 2-3 pm Walking Club: 4-5pm	11 Wellness Support: No am session 6-7:30pm No Breast Cancer Support	12 No Reiki No Lung Cancer Support Yoga: 5:30-6:30pm	13 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	14 Tai Chi: 9:30-10:30am Lecture: Touch Therapy 11am-12 pm	15 Valparaiso Health Center of SMMC Art Therapy/Chair Yoga: 9am-12pm Chair Massage: 12-1pm
16	17 Yoga: 9:30-10:30am Music Wellness: 3-4 pm Drumming: 4-5pm Walking Club: 4-5pm	18 Wellness Support: 10-11:30am or 6-7:30pm No Blood Cancer Support	19 Chair Massage: 10-11:30am Healing Touch: 1-2:30pm Healing Hearts:1:30-3pm Yoga: 5:30-6:30pm	20 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	21 Tai Chi: 9:30-10:30am Touch Therapy 10am-12 pm	22
23	24 Yoga: 9:30-10:30am Walking Club: 4-5pm	25 Wellness Support: 10-11:30am or 6-7:30pm Breast Cancer Support: 6-7:30pm	26 Ostomy: 10am-12pm Reiki/Reflexology: 3-5pm Lecture: Relaxation 5:30-6:30pm Hope Network Support: 5:30-7pm	27 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	28 Tai Chi: 9:30-10:30am	29 PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349
30	31 Yoga: 9:30-10:30am Walking Club: 4-5pm					

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

August 2017

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE DONATE YOUR YARN TO THE KNIT ONE GROUP!		1 Wellness Support: 10-11:30am or 6-7:30pm Caregiver Support: 6-7:30pm	2 Chair Massage: 10-11:30am Mind Over Mood: 10-11:30am Yoga: 5:30-6:30 pm	3 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	4 Tai Chi: 9:30-10:30am Touch Therapy 10am-12 pm	5 Art Therapy: 9am-12pm
6	7 Yoga: 9:30-10:30am Music Wellness: 3-4pm Walking Club: 4-5pm	8 Wellness Support: 10-11:30am or 6-7:30pm Look Good...Feel Better: 2-4pm Breast Cancer Support: 6-7:30pm	9 Reiki: 9:30-11:30am Lung Cancer Support: 10-11:30am Yoga: 5:30-6:30pm	10 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	11 Tai Chi: 9:30-10:30am	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 No Blood Cancer Support	16 Chair Massage: 10-11:30am Healing Touch: 1-2:30pm Yoga: 5:30-6:30pm	17 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm	18 Tai Chi: 9:30-10:30am Touch Therapy 10am-12 pm 3rd Lecture: Shanti Wellness 1-3 pm	19
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: 6-7:30pm	23 Healing Hearts: 1:30-3pm Yoga: 5:30-6:30pm Hope Network Support: 5:30-7pm	24 Chi Gong: 9:30-10:30am Knit One: 1-2:30pm Chair Yoga: 2-3pm	25 Tai Chi: 9:30-10:30am	26
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 5:30-6:30pm	31 Chi Gong: 9:30-10:30am Chair Yoga: 2-3pm		PLEASE REGISTER FOR ALL PROGRAMS 219-836-3349

Perennial Ball

Saturday, May 6, 2017

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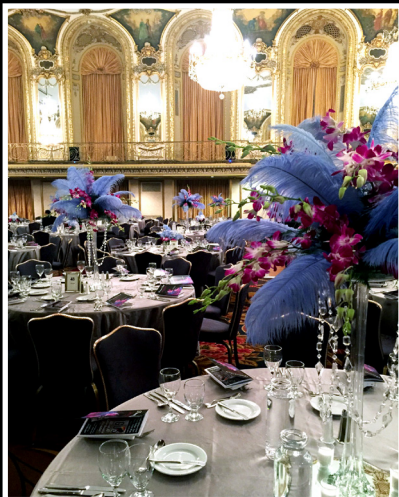
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