



Proton Therapy Center

COMMUNITY CALENDAR

Jan 20 - 26, 2012

Meet & Greet – Tuesday, January 24, 4:00 – 5:15 pm at the Patient Resource Center, all patients and their families are encouraged to attend. Our speaker will be Phil Thompson. Phil has a unique history with the Proton Center – he was employed at the Cyclotron for over 30 years and helped to build the facility, he was treated here for prostate cancer in 2005, and he is currently director of HoosiersCare, a nonprofit group that provides housing for patients. Please join us.

Machine Shop Tour – Wednesday, January 25, 11:00 – 11:30 am, RSVP to Nancy at 812-349-2153.

Proton Therapy Systems Tour – Sunday, February 5, 10:00 – Noon. This tour is open to staff and patients, their friends and family, Participants must be at least 13 years of age, may not be pregnant and those who require the use of a pacemaker are not eligible. This tour is no handicap accessible. Close-toed, flat shoes are required. RSVP to Nancy at 812-349-2153.

Free haircut for pediatric patients – A local salon has offered a free haircut to all pediatric patients. To schedule a haircut, contact Nancy at 812-349-2153.

Wonderlab tickets – Wonderlab Science Museum, 308 W. 4th Street, open every day except Mondays, patients and their families can received free children's admission (adults \$7) tickets to this interactive museum that children love. Call Nancy at 812-349-2153 for tickets.

Dietician Available - Do you need suggestions or assistance related to nutrition, diet, or problematic symptoms from treatment that affect eating? **Registered Dietician, Melissa Mercer** is now available to you at the Proton Center on Mondays from 10:00 am to 4:00 pm. If you have questions, need some suggestions or advice or would like to schedule a time to meet with Melissa individually, please contact the Proton Center Nursing staff.

Logo Wear – A limited number of shirts with the IU Health Proton Therapy Center logo are now available for purchase online. There are also items available at this website with the IU Health or Riley Hospital logos. If you would like to purchase Proton Center logoed items, visit <http://www.iuhealthstore.com/featured.php/>. Payment is required at the time of purchase and orders will be shipped directly to you. **NOTE: When completing your order, if there isn't a drill down menu to select the logo, then it will have the IU Health system logo.**

IU Health Proton Therapy Center baseball hats are available for \$15 each – see Nancy at the Patient Resource Center or ask for Amanda Burnham at the reception desk.

Some special accommodations have been made to enhance your stay in Bloomington. All patients and their families have free access at the YMCA, can get a temporary library card at the public library, and can receive children's admission tickets to Wonderlab Science Museum. For more information or for other non-medical information you will need during your stay, call or stop by the Patient Resource Center Monday – Friday between 8:00 – 5:00 pm. I will be happy to assist you and look forward to meeting each of you.

Nancy Slough
Patient Concierge
812.349.2153

FRIDAY, January 20, 2012

Euchre - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 – 3:00 pm, free, no admission fee to the Center for those participating in this program.

Lounge Wizard Duo – Malibu Grill, 106 N. Walnut, 6:00 pm, enjoy dinner and live music.

Jazz Piano – Grazie! Italian Eatery, 106 W. Sixth, 6:00 pm – enjoy your favorite cocktail or dinner while listening to some jazz standards in the piano bar.

IU Track & Field Gladstein Invitational - Robert C. Haugh Complex, corner of Fee Lane and E. 17th Street, this is an all-day event.

IU Men's Wrestling vs. Nebraska – University Gym, NE corner of 45/46 Bypass and E. 10th Street, 7:00 pm, \$5 adults, \$3 students/children.

TGI Friday's Live Music Fridays – TGI Friday's, 2846 E. Third, 9:30 pm. This week's genre will be blues, jazz and rock.

Comedian, Ben Moore - Comedy Attic, 4th & Walnut, 8:00 and 10:30 pm, \$12, tickets at 812-336-LAFF or www.comedyattic.com.

Movie, Drive - IU Memorial Union, Whittenberger Auditorium, 900 E. 7th Street, 8:00 and 11:00 pm, \$2. The auditorium has new theater-style seats, new acoustics and a new screen. A Hollywood stunt performer who moonlights as a wheelman discovers that a contract has been put on him after a heist gone wrong.

Night Hops on the Holler Hoppin' Zip Lines – Rawhide Ranch, 1292 St. Rd. 135 South, Nashville, 812-988-0085, tours start ½ hour after sunset, \$30/hour, RSVP required. Soar through the beautiful Brown County sky and over the hollers at the Rawhide Ranch on our LED lit zip lines! Tours consist of 4 separate lines and last approximately 1 hour.

The Indianapolis Home Show – Indiana State Fairgrounds, west side of Indy, show runs January 20 – 29, for more information visit www.indianapolishomeshow.com.

The Woodworking & DIY Show – Indiana State Fairgrounds, west side of Indy, show runs January 20 – 22, for more information visit www.thewoodworkingshow.com.

BINGO – AMVets Post 2000, 4227 Airport Road, doors open at 5:00, bingo at 7:00 pm, open to the public.

BINGO – Moose Lodge, 1580 W. Bloomfield Road, 12:30 pm, open to the public.

SATURDAY, January 21, 2012

Christmas Memories – The Farmer House Museum, 529 N. College Avenue, 1:00 – 4:00 pm, free. The Farmer House Museum has been digging through its boxes of vintage decorations, wrapping paper, greeting cards, etc. to create a holiday inspired by Christmas in the fifties, sixties and seventies. There's also a display of WW2 memorabilia and ladies' hats from the mid-20th century.

Jonathan Roth, Composer/Guitarist – Monroe County History Center, 202 E. Sixth Street, 5:30 pm, adults \$15, students \$5, under 18 free. Jonathan will perform a solo recital.

Lunar New Year Celebration – Monroe County Public Library, 303 E. Kirkwood, 2:00 – 4:00 pm, free and open to the public. Celebrate the Year of the Dragon while enjoying stories, performances, crafts and snacks presented with folks from the IU Asian Culture Center.

IU Track & Field Gladstein Invitational - Robert C. Haugh Complex, corner of Fee Lane and E. 17th Street, this is an all-day event.

IU Men's & Women's Swimming vs. Purdue – IU Student Recreational Sports Center, on Law Lane, between Jordan & Union, 11:00 am.

Jazz Piano – Grazie! Italian Eatery, 106 W. Sixth, 6:00 pm – enjoy your favorite cocktail or dinner while listening to some jazz standards in the piano bar.

Faculty Recital, Piano – IU Auer Hall in the Simon Building, 200 S. Jordan, 6:00 pm, free and open to the public.

Comedian, Ben Moore - Comedy Attic, 4th & Walnut, 8:00 and 10:30 pm, \$12, tickets at 812-336-LAFF or www.comedyattic.com.

Oliver Winery Tour and Tasting – Oliver Winery, 8024 N. Highway 37, Noon – 4:30 pm, tours are every half hour, free. Visit Indiana's oldest and largest winery and enjoy free tasting.

Sunday, January 22, 2012

IU Men's Basketball vs. Penn State – IU Assembly Hall, 1001 E. 17th Street, noon, tickets at 866-IUSports.

IU Men's Tennis vs. Western Michigan – IU Tennis Center, 1833 Fee Lane, 10:00 am.

IU Men's Tennis vs. Toledo – IU Tennis Center, 1833 Fee Lane, 3:00 pm.

IU Student Orchestra – IU Recital Hall, 1201 E. 3rd, 1:00 pm, free and open to the public.

Sundays in Auer – Faculty Chamber Music Recital – IU Auer Hall in the Simon Building, 200 S. Jordan, 4:00 pm, free and open to the public.

Matinee Musicale – Harp Recital – St. Thomas Lutheran Church, 3800 E. Third Street, \$10 adults, \$4 students.

Oliver Winery Tour and Tasting – Oliver Winery, 8024 N. Highway 37, 1:00 – 4:30 pm, tours are every half hour, free. Visit Indiana's oldest and largest winery and enjoy free tasting.

BINGO – American Legion, 1800 W. 3rd, Early Bird at 2:00, bingo at 3:00, open to the public.

MONDAY, January 23, 2012

IU Basketball Coaches Show – Holiday Inn, 1710 N. Kinser Pike, 6:30 pm, free and open to the public. Join in on the live broadcast of the IU men's and women's basketball coach's show as they review their team's progress and game plans.

BINGO - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 1:00 pm, free, no admission fee to the Center for those participating in this program.

BINGO - Moose Lodge, 1580 W. Bloomfield Road, 6:30 pm, open to the public.

TUESDAY, January 24, 2012

Meet & Greet - at the Patient Resource Center ,4:00 - 5:15 pm, please plan to join us. These sessions are provided to offer patients and their families an opportunity to share their experience with others who are receiving treatment. This is a great way to give and receive support. Our speaker this week will be former patient, Phil Thompson. Phil has a very unique perspective as he was employed at the Cyclotron for over 30 years and helped to build the facility. He received treatment in 2005 and now is director of HoosiersCare, a nonprofit organization that provides housing for patients.

The West Point Chamber Winds - IU Auer Hall in the Simon Building, 200 S. Jordan, 8:00 pm, free and open to the public.

B-Town Poker - Show-Me's, 2100 S. Liberty Drive, 7:30 pm, free registration and all poker tournaments are free, tournament winner with \$50 cash prize.

Bedtime Stories - Monroe County Public Library, 303 E. Kirkwood, 7:00 pm, free, drop in, no registration needed. This summer tradition features stories, songs, finger plays and short films.

Euchre - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 - 3:00 pm, free, no admission fee to the Center for those participating in this program.

BINGO - American Legion, 1800 W. 3rd, 7:00 pm, open to the public, food available for purchase.

WEDNESDAY, January 25, 2012

Storyhour Extravaganza, *Snowy Days* - Monroe County Public Library, 303 E. Kirkwood, 10:00 and 1:30 pm, free, please register at 349-3100.

BINGO - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 1:00 pm, free, no admission fee to the Center for those participating in this program.

BINGO - AMVets Post 2000, 4227 Airport Road, doors open at 5:00, bingo at 7:00 pm, open to the public.

Stardusters Big Band - Players' Pub, 424 S. Walnut, 7:30 pm, \$7 admission.

Concert Orchestra - IU Musical Arts Center, 101 N. Jordan, 8:00 pm, free and open to the public.

Telescope Viewing - IU Kirkwood Observatory, just off Indiana Avenue at the east end of 4th Street, 9:00 - 10:30 pm (The late hours are due to daylight savings time and the amount of darkness necessary to have a good sky-watching experience.), free and open to the public. The observatory contains a 12-inch refractor telescope and a second, solar scope. These tools are great for viewing the planets and on a good night, you can see the ring around the moon. For more information, visit www.astro.indiana.edu/kirkwood.shtml.

B-Town Poker – Classic Bowling Lanes, 1421 N. Willis Drive, 7:00 pm, free registration and all poker tournaments are free, tournament winner with \$50 cash prize.

THURSDAY, January 26, 2012

IU Women's Basketball vs. Ohio State – IU Assembly Hall, 1001 E. 17th Street, 8:00 pm, tickets at the door \$5 adult, \$3 children (four free tickets available on a first-come, first-served basis, call Nancy at 812-349-2153).

Ryder Film Series – Root Cellar Lounge of FARMbloomington, 108 E. Kirkwood, 7:30 pm, \$5 per person. The Ryder Film Series shows the best foreign, independent and classic American films. All ages are welcome and you can also enjoy fresh, local food & drinks.

RESOURCES

Olcott Center for Cancer Education – Located at 619 W. First Street, this local resource offers a clearinghouse of materials about all types of cancer. Support groups are offered several times a week and are open to anyone. The Olcott Center also provides one **free massage to anyone undergoing treatment**. If you wish to be scheduled, I would suggest that you contact them soon as there are a limited number of appointments available for massages. You can reach them at 812-353-5669.

The Olcott Center also has several support groups:

- Mondays – 3:00 – 5:00 pm – all cancer support group for patients and families
- Third Tuesday/month – 6:30 – 8:30 – all cancer group for patients and families
- Wednesdays – 7:00 – 8:30 pm – for women with breast cancer

Support group for those with brain tumors – Marion County (Indianapolis) Public Library, Lawrence Branch, 7898 N. Hague Road, 6:00 – 8:00 pm, last Monday of each month. Next meeting will be Jan. 30. For more information, contact John Groves at 317-872-6674

Emergency Care Facilities

- **Promptcare East** – 326 S. Woodcrest Drive, 812-353-5252, open daily 8:00 – 8:00 pm
- **Promptcare West** – 3443 W. Third Street, 812-353-6888, open Mon – Sat, 8:00 – 8:00 pm
- **CVS Minute Clinic** – 2701 E. Third Street, open Mon – Fri 8:00 – 7:00, Sat 9:00 – 5:30
- **IU Health Bloomington Hospital Emergency Room** – 601 W. Second Street

THINGS TO DO

STOMP – IU Auditorium, 1211 E. 7th Street, Jan 27 – 28, 7:30 pm, tickets \$38 - \$60 at www.iuauditorium.com. *STOMP* is set in a fenced-in junkyard where construction workers fill the stage, sweeping in rhythm as everyday objects – lighters, garbage can lids, wooden poles – are transformed into musical instruments. The *New York Times* calls it “Irresistable”.

Showplace Theater 12 – 2929 W. Third Street, for movie listings call 812-323-0796.

Showplace Theater 11 – 1351 S. College Mall Road, for movie listings call 888-262-4386.

IMAX Theater at the Indiana State Museum - 650 W. Washington Street, in downtown Indy, Tickets can be purchased by telephone at 317-233-IMAX. For schedule information, visit www.imax.com/indy. Current movies, *Tornado Alley*, *Antarctica Adventure*, *Rescue 3D*.

French Lick, Indiana – French Lick is located in southern Indiana, a little over an hour's drive from Bloomington. There's a lot to see here including two beautifully restored hotels, West Baden Hotel and the French Lick Springs Resort Hotel and Casino. There's also an indoor water park, indoor go-kart racing, restaurants and it is also the boy-hood home of Larry Bird. For more information about activities, visit www.frenchlick.com.

Indiana Railway Museum – located in French Lick, IN your family can enjoy a ride on the French Lick Scenic Railway. This 1 ¾ hour, 20 mile train ride takes you through the Hoosier National Forest, past limestone rock-cuts and into the 2200-foot Burton tunnel, the second longest railroad tunnel in the state. The trips are powered by diesel locomotives. For more info, visit www.indianarailwaymuseum.org.

Louisville Landmarks – There are special packages that allow you to visit any or all of these attractions in one day for one low price. See Packages at www.sluggermuseumorg.

Louisville Slugger Museum & Factory – www.sluggermuseum.org -800 W. Main Street, Louisville (about a 2 hour drive from Bloomington), open Mon – Sat, 9:00 – 5:00 and Sun, Noon – 5:00, adults \$10, Seniors \$9, ages 6 – 12 \$5 and under 5 free. Guided factory tours begin at 9:00 am and the last factory tour of the day departs one hour before closing. Tours last approximately 25 minutes. Visitors normally allow two hours for the entire museum and factory experience. Everyone receives a miniature souvenir bat at the end of the tour!

Belle of Louisville – www.belleoflouisville.org – The Belle of Louisville, a “landmark” on the water! This sternwheeler cruises the mighty Ohio River, offering an afternoon to remember. A delicious buffet and a fun two-hour cruise will be the feature of the day.

Glassworks – www.louisvilleglassworks.com - Glassworks is Louisville's “hottest” landmark! Watch artisans tame flames to create fabulous, original works of art.

Edinburgh Premium Outlet Shopping – located just north of Columbus on Highway 65 North, about an hour from Bloomington.

A great program at the Y is the W.I.S.E program (Working Out to Improve Strength and Endurance). This program specifically targets those undergoing treatment for cancer, however, family members can also participate. There is a minimal \$15 per person cost for a month. A YMCA staff person will work directly with you to set up a program that will help you build your strength and endurance. This is like having a personal trainer working directly with you on your goals. You can attend up to six times per week. For more information about this program, contact Margie Kobow at the YMCA – 332-5555, ext. 121. Patients and their families receive free access to the YMCA – for more information about this, call Nancy at 812-349-2153.

Exotic Feline Rescue Center – 2221 E. Ashboro Road, Centerpoint, IN, Highway 46 West, after Bowling Green, turn right on 200E, turn right on East Ashboro Road (about a 45 minute drive from Bloomington), open Tuesday – Sunday, 10:00 – 5:00 pm, \$10 adults, \$5 children under the age of 12. This is one of the largest rescue centers in the United States for abused, unwanted and neglected exotic felines. Over 220 exotic felines call the EFRC home.

The Restaurant Review

The Restaurant Review is a compilation of great finds by our former patients. They have been rated according to a "Balloon Rating System" (per the prostate patients who attend Meet & Greet). The ratings are 1 – 5 balloons, with 5 being the best. Check them out!

Another great source of area restaurant information is www.Btownmenus.com.

RESTAURANT REVIEW (Call Nancy at 349-2153 to add your favorite to the list.)

- **German Café** – Paoli, IN (about an hour south of Bloomington on Highway 37), the Café is Located just past the entrance to Walmart in Paoli on the left side of the road. They serve Authentic German food that is excellent and offer very reasonable prices. They are open Tuesday – Friday 11:00 – 2:00 and 5:00 – 8:30 and Saturday 5:00 – 8:30 pm. – **5 balloons**
- **Wee Willies West Restaurant** – 4618 W. Richland Plaza, - Highway 46 West to Union Valley Road (about 5 miles from MPRI) turn right, restaurant on left - **5 balloons**
- **Chambers Smorgasbord**, 72 W. Market, Spencer (about 15 miles west on Highway 46), Open Mon – Sat – 5:30 am – 8:00 pm, Sun, 7:00 – 2:30 pm, breakfast bar Sat/Sun – **5 balloons**
- **Five Guys** - 1199 S. College Mall Road - Five Guys serves burgers, hot dogs, grilled cheese, veggie sandwiches and French fries. The restaurant uses only freshly ground beef and all items are available with an extensive list of toppings, which are added free of charge. The menu can be viewed at www.fiveguys.com/menu.aspx - **5 balloons**
- **The Overlook** - Leavenworth, IN - Positioned uniquely on a bluff, the Overlook Restaurant offers a 20 mile panoramic vista of the Ohio River - **5 balloons**
- **The Farmhouse Café & Tea Room** – I have received word that the Farmhouse closed for the winter months. It will re-open April 15- 812-988-2004 - **5 balloons**
Highway 46 East to Nashville, 135 North about 5 miles to Bean Blossom, turn right on Gatesville Road (go 3 miles), turn left on Bean Blossom Road, Café is on right.
Open for lunch every day from 11:00 - 4:00, dinner Tuesday - Saturday, 5:00 - 8:00 pm. Homemade soups, sandwiches, fresh salads, fruit salads, scrumptious desserts, flavored iced teas, fruit fizzes, kiwi & mango coolers, sassafras tea, iced creamy mochas, homemade cheesecake, steaks, chops and salmon and chicken. Check us out! It's worth the drive.
- **Artists Colony Inn** – 105 S. Van Buren Street, Nashville, breakfast, lunch and dinner served daily in an early Colonial setting, nice variety of foods – **4.5 balloons**
- **Bubs Burgers and Ice Cream** – 480 N. Morton Street (corner of 9th & Morton) – **4.5 balloons**
Check out menu options at www.bubsburgersandicecream.com – the menu is the same for the Carmel and Bloomington locations.
- **Feast** - 581 E. Hillside, Suite #104, 812-822-0222 - Great Sunday Brunch, out-of-this-world Crème Brulee cheesecake. **4.5 balloons**
- **Spring Mill State Park, Millstone Dining Room** – Mitchell, Highway 37 South to 60 East (about an hour drive), breakfast, buffet style lunch and dinner, inexpensive, lots of variety – **4.5 balloons**
- **Smokin' Jacks Rib Shack** - 505 W. 17th - **4.5 balloons**
- **Hobnob Restaurant** - 17 W. Main Street, Nashville - **4.5 balloons**
- **Siam House** - 430 E. 4th Street - **4 balloons**
- **Bobbie's Pub & Grill** - 101 W. Kirkwood - **4 balloons**
- **Scenic View Restaurant** - 4600 S. St. Rd. 446 - **3.5 balloons**
- **Basil Leaf** - 404 E. 4th - **3.5 balloons**
- **Anatolia** - 405 E. 4th - **3.5 balloons**
- **Lennies** - 1795 E. 10th
- **Sweet Grass** - 405 W. Patterson Drive
- **Soups On** - 108 S. Rogers
- **Irish Lion** - 212 W. Kirkwood
- **FarmBloomington** - 108 E. Kirkwood
- **Eagle Pointe/Talons Restaurant** - 2250 E. Pointe Road - 812-824-4040 for menu options. Casual dining, daily specials, soups, salads, wraps, pizza, & full dinner entrees.

