



COMMUNITY CALENDAR Jan 22 - Jan 28, 2010

I am very pleased to announce that we will be offering a new service to patients in the very near future. A registered dietician will meet with patients in a group setting once a month at the Patient Resource Center. She will present information about the management of cancer symptoms, the side effects of treatment and the importance of a proactive approach to symptom control for improving your nutrition as a patient undergoing treatment. Monthly topics may include poor appetite, swallowing difficulties, fatigue, fluid intake, nausea, nutrition tips for improving well being, etc.

The first meeting is scheduled for Wednesday, February 3 at 1:00 pm at the Patient Resource Center. I hope you will join us.

If you have not had an opportunity to see the Patient Resource Center, please make plans to stop by at your convenience. The Center is a comfortable, relaxing environment that is open for MPRI guests and their families. Children have a very nice play area with lots of fun things to do. For adults, the opportunity to relax in a quiet space with a cup of hot tea, looking out to nature via the large glass wall in the rear of the Center is very appealing. We also have books and magazines, DVD's to loan out, internet access, a Wii Fit, air hockey, crafts and much more.

The Patient Resource Center is open Monday - Friday from 8:00 - 5:00 pm (with the exception of outside appointments). We pride ourselves on giving you information about area activities that will help you to keep busy during your stay here. Our goal at the Patient Resource Center is to help to make you as comfortable as possible while you are in Bloomington.

If you haven't had an opportunity to attend a Meet & Greet session, you should join us this week. This is an informal meeting of patients and their families and is a great way to meet others who share your experience. This week's speaker will be John Kerstiens, MPRI Clinic Operations and Chief Financial Officer. He will give a brief overview of his role and then he will answer your questions about MPRI. This is a great opportunity for you to learn more about MPRI and the services we provide.

Activities at the Patient Resource Center this week include:

Playgroup - Tuesdays at 12:30 - Playgroup is a designated time for families with young children to come together to socialize and play. We have air hockey, Wii, WiiFit, games, puzzles, books, crafts, and much more to keep you entertained. This is a great way for caregivers to get a bit of respite time while the children are at play.

Meet & Greet - Tuesdays, 4:00 - 5:15 pm, all patients and their families are invited to attend. This is an opportunity for sharing, socializing and supporting one another. Special guest speakers attend each week to give you further information about your treatment, the staffing, equipment, etc. The guest speaker for Tuesday, January 26 is John Kerstiens, MPRI Clinic Operations and CFO. Please join us!

Massages - Wednesdays, 11:00 - 1:00 pm, by appointment. Karen Marshall, Massage Therapist, comes to the Patient Resource Center and offers massages from 15 minutes to an hour long. Reduced rates are \$10 - \$40. To schedule an appointment for Wednesday, January 27, call Nancy at 349-2153.

Nancy Slough, Patient Concierge

812-349-2153 (or #2153 from the Clinic Lobby), nslough@mpri.org

FRIDAY, January 22, 2010

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

Comedian, John Roy - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12. John is the only comedian to ever win *Star Search*.

50th Anniversary Lilly Library Open House - IU Lilly Library, 1200 E. 7th Street, 5:00 - 9:00 pm, free and open to the public. An exhibition of rare books and manuscripts to mark the 50th anniversary of Indiana University's Lilly Library will include treasures never before displayed together. "Treasures of the Lilly Library" will feature such rare items as William Shakespeare's First Folio, George Washington's letter accepting the presidency, Albrecht Dürer's Apocalypse, and the first edition of Geoffrey Chaucer's Canterbury Tales, printed in the 1470s. "To celebrate our 50th year, we've assembled the best of the best," said Breon Mitchell, director of the Lilly Library. "The items on display are not only rare and intriguing, they are also cultural touchstones -- pivotal works of literature, history and our shared culture."

Doctoral Recital, Tuba - IU Auer Hall in the Simon Building at 3rd & Jordan, 8:00 pm, free and open to the public.

Robert Stright/Ron Kadish Duo - Malibu Grill, 106 N. Walnut, 6:00 pm. This duo plays and sings jazz standards, stop by for a drink and some cool sounds.

Scenic View with Jeff Foster - Scenic View Restaurant, five miles south of East Third Street on Ind. 446, 6:00 - 9:00 pm. Enjoy a scenic view of Lake Monroe, acoustic music by guitarist, Jeff Foster and a cali-style menu.

Opening Exhibit, Acrylic Paintings - Venue Fine Art & Gifts, 114 S. Grant, 5:30 pm. Artist, Marco Zehrung, will be in attendance with a number of his colorful and exciting original acrylic paintings. His abstracts are strong, yet not overpowering, vivid yet soothing. Live music and refreshments will also be available.

SATURDAY, January 23, 2010

Comedian, John Roy - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12. John is the only comedian to ever win *Star Search*.

Lunar public skating - Frank Southern Ice Arena, 1964 S. Henderson, 7:00 - 9:00 pm, \$5 admission, \$2.50 skate rental.

Junior Recital, Violin - IU Ford-Crawford Hall located in the Simon Building, 3rd & Jordan, 5:00 pm, free and open to the public.

Senior Recital, Voice - IU Ford-Crawford Hall located in the Simon Building, 3rd & Jordan, 7:00 pm, free and open to the public.

Ya Ya event - Monroe County Public Library, 303 E. Kirkwood, noon, appropriate for preschoolers and early elementary), free. Children will learn basic Chinese phrases, characters, and sounds through songs, play and storytelling.

Bloomington Winter Farmer's Market - Harmony School, 909 E. Second Street, 9:00 am. Vendors will sell fresh produce, pasture products and other delicious treats from tofu to tamales.

Songs of the Spirit Concert - St. Paul Catholic Center, 1413 E. 17th Street, 1:00 pm, \$10. This concert features local favorites Janiece Jaffe and Curtis Cantwell Jackson along with the Bloomington Chamber Singers. All proceeds benefit the Society of St. Vincent de Paul, an organization that helps those in need.

Bookbinding Demonstration - Brown County Craft Gallery, 58 Main Street, in Nashville, 10:00 - 5:00. Hand bookbinder Michelle Pollock will demonstrate Ethiopian Coptic style bookbinding, which she uses to create journals and blank books.

YMCA Annual Sports and Fun Family Night - YMCA, 2125 S. Highland Avenue, 6:00 pm, \$3 per person or \$10 per family. Activities include inflatables, crafts, games, swimming, concessions and more.

SUNDAY, January 24, 2010

BINGO – American Legion, 1800 W. 3rd, 1:00 pm, open to the public.

IU Men's Basketball vs. Iowa - IU Assembly Hall, 1001 E. 17th Street, 6:00 pm, tickets available at www.iuhoosiers.com.

Faculty Recital, Viola - IU Auer Hall, in Simon Building at 3rd & Jordan, 4:00 pm, free and open to the public.

Master's Recital, Piano - IU Ford-Crawford Hall in the Simon Building at Third & Jordan, 5:00 pm, free and open to the public.

Fiber Art Demonstration - Brown County Craft Gallery, 58 Main Street, Nashville, 10:00 - 5:00 pm, free. Marla Dawson, fiber artist, will demonstrate knitting and discuss yarn spinning, dying and hand knitting and weaving.

Acoustic Brunch - Players' Pub, 424 S. Walnut, brunch from 11:00 - 3:00 pm, music at noon. The duo, Brian Johnson and David Allen will be playing.

MONDAY, January 25, 2010

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

Dinner & Wine Tasting - Homewood Suites, 1399 S. Liberty Drive, 5:00 - 7:00 pm, \$5 per person. Homewood Suites invites all MPRI patients and their families to join in a meal of ricotta stuffed shells, breadsticks and a full salad bar. Oliver Winery will be on hand with several of their wines for sampling. If you are interested, please RSVP to Nancy at 349-2153.

Bingo - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 1:00 pm, free.

Euchre - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 - 3:00 pm, free.

TUESDAY, January 26, 2010

Play Group at the MPRI Patient Resource Center - Join us for organized play at 12:30 each Tuesday. This is an opportunity for parents to catch up on their relaxing and kids to catch up on their playing! Lots of toys including train set, Wii, air hockey, games, crafts and more. Wii Fit is now available, too. Come on over and check it out.

Meet & Greet for all patients and their families - MPRI Patient Resource Center, 4:00 - 5:00 pm. This is an opportunity to get to know others who are receiving treatment, ask questions, and share experiences. Guest speaker this week will be John Kerstiens, MPRI Clinic Operations and CFO.

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

Lap Quilting - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 9:30 - 11:30 am, free.

“Shirley’s Girlies” - Venue Fine Arts & Gifts, 114 S. Grant, 5:30 pm. Shirley Bruck will demonstrate her creation of original figures constructed of scrap stained glass, wire, beads and objects of opportunity.

WEDNESDAY, January 27, 2010

Massage therapist, Karen Marshall - Patient Resource Center, 11:00 - 1:00 pm, call Nancy at 349-2153 to schedule an appointment. Karen offers massages from 15 minutes to an hour, rates \$5 - \$40. What better way to pamper yourself or a caregiver!

Celebration Meal - Sherwood Oaks Christian Church, 2700 E. Rogers Road, 5:15 pm, adults \$5, \$4 seniors, \$3 children. Please RSVP at 334-0206. All MPRI patients and their families are invited to attend.

Bingo - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 1:30 pm, free.

Euchre - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 - 3:00 pm, free.

Concert Orchestra - IU Musical Arts Center, 3rd & Jordan, 8:00 pm, free and open to the public.

Storyhour Extravaganza - Trains - Monroe County Public Library, 303 E. Kirkwood, 9:30 and 1:30 pm, free, register at 812-349-3100. Stories, songs, films and more with the Train theme.

The Decorated Page - Monroe County Public Library, 303 E. Kirkwood, 3:30 pm, free. Turn an old book into an amazing journal, scrapbook, or day planner using a variety of found artwork. We'll provide the books, paper and a ton of cool art or you can bring your own art to use in this simple and fun craft program.

Prostate Cancer Support Group - Monroe County Public Library, 303 E. Kirkwood, 7:00 pm, this is an open discussion/support group for anyone who has been treated or is currently being treated for prostate cancer.

THURSDAY, January 28, 2010

BINGO – Eagles Lodge, 3100 S. Walnut Street, doors open at 5:30 pm. Open to the public, food will be available for purchase.

IU Women’s Basketball vs. Wisconsin - IU Assembly Hall, 1001 E. 17th Street, 7:00 pm, **(free tickets, 3 adult, 1 youth, call Nancy at 349-2153).**

“Cadillac” - Bloomington Playwrights Project, 107 W. 9th Street, general admission \$18, seniors \$15, tickets can be purchased at Sunrise Box Office, 114 E. Kirkwood. This story is about a used car salesman whose principals of treating every customer as if they’re special, is challenged when he must choose between his own career and a customer’s lifelong dream.

9/11 Evidence, Motive and Opportunity - Monroe County Public Library, 303 E. Kirkwood, 6:30 pm, free and open to the public. Presentations and speakers reveal new developments in an ongoing investigation.

Pizza and Flatbread - Bloomington Cooking School, 115 N. College, Suite 014, 6:00 - 8:00 pm, \$45 per person. Chef Gower turns the kitchen into a gourmet pizzeria. We'll explore traditional Italian pizza making from the crust up. We'll build a pizza from scratch with fresh ingredients, starting with homemade dough, making a slow simmered sauce, topped with your favorite vegetables or meat. This class will illustrate a variety of sauces and toppings, some unexpected. We'll show you how to create a pizza oven crust in your home oven.

COMING SOON

Monthly Nutrition Meeting - Patient Resource Center, Wednesday, February 3, 1:00 pm. MPRI guests and their families are encouraged to attend. Meet with registered dietician, Melissa Mercer, who will give a general presentation and then gather input about topics you'd like more information on. For more information, call Nancy at 349-2153.

"Jesus Christ Superstar" - IU Auditorium, February 10 - 11, tickets \$37 - \$59 at www.iuauditorium.com.

THINGS TO DO

Oliver Winery - 8024 N. Highway 37, Indiana's oldest and largest winery.

Enjoy free tasting daily. Browse our unique selection of wine related gifts and accessories. Learn about the art of winemaking during a free weekend production tour. We also offer a delicious assortment of gourmet picnic foods. Bring a friend and share a bottle of wine, cheese and fresh bread.

Tasting room hours - Monday - Saturday 10:00 -6:00 pm, Sunday - noon - 6:00 pm
Tours - Saturday - noon - 4:30 pm, Sunday - 1:00 - 4:30 pm - every ½ hour, free.

RESOURCES

Olcott Center for Cancer Education - 619 W. First Street, open 8:00 - 5:00 pm, Monday - Friday, 353-5669. The Olcott Center has a large lending library of materials available on all types of cancer, diet and nutrition, medical terminology, inspirational testimonials, as well as literature for children with cancer or for dealing with a parent's diagnosis. Don't forget -- the Olcott Center offers **two free massages to anyone undergoing treatment**. To schedule, call 353-5669.

Lance Armstrong Now I Live Strong - Survivorship Notebook- **"Cancer is a personal journey.** The experience is yours and is different from other survivors, even those with the same kind of cancer. This notebook is here to help you be smart and **Live Strong** through the **physical, emotional** and **practical** challenges of your survivorship. Make it yours by filling it with anything and everything that makes it *your* **Survivorship Notebook.**"

These notebooks are available, **FREE**, at the Patient Resource Center. You are welcome to come by to pick one up anytime.

