

The next **IU Cyclotron tour is scheduled for Sunday, February 21 from 10:00 - noon**. This is a walking tour that is not handicap accessible. Participants must be at least 13 years old, may not be pregnant and may not require the use of a pacemaker. There are limited spots available for this tour. If you are interested in attending, please RSVP to Nancy at 349-2153.

We have had great attendance and good discussion the last few weeks at our Meet & Greet sessions. I hope you will join us Tuesday, February 16. Our speaker will be **Amanda Burnham, MPRI Marketing and Development Manager**.

Due to the weather last week, we postponed speaker **Leia Fanelli, MPRI Medical Physicist**. She will be speaking at our February 23 session.

### **Activities at the Patient Resource Center:**

**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 this week will be **Amanda Burnham, MPRI Marketing and Development Manager**.

**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 from \$10 - \$40. To schedule an appointment for Wednesday, February 17 call Nancy at 349-2153.

**Nutrition Group - 1st Wednesday each month, 1:00 - 2:00 pm** - Join Registered Dietician, Melissa Mercer, and other MPRI patients and family members for discussion and ideas for maintaining your nutrition during treatment and tips for dealing with the side effects that you may be experiencing. If you have questions or need some suggestions, Melissa is available Tuesdays and Thursdays at 353-5663.

*Nancy Slough, Patient Concierge*

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



## **FRIDAY, February 12, 2010**

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

**Wintertelling Event** - Monroe County Public Library, 303 E. Kirkwood, 7:30 pm. Traditionally there are stories that could only be told in the winter. Join us for a concert of stories sure to entertain, enlighten, amuse and warm the heart. This after-hours program is presented by members of the Bloomington Storytellers' Guild who have been featured on stage, radio and television throughout Indiana. Stay for sweets, hot drinks and a chance to talk with the tellers. This program is for adults, teens and older elementary age children.

**Comedian, Maria Bamford** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$18.

**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.

**The Dew Daddies** - Players' Pub, 424 S. Walnut, 8:00 pm, \$5. This band is a local favorite playing honky-tonk country music.

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

**Movie, "Pirate Radio"** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. This is an ensemble comedy in which the romance takes place between the young people of the '60s and pop music. It's about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.

**"Lucia di Lammermoor"** - Presented by the IU Opera Theater, Musical Arts Center, 3rd & Jordan, February 5 & 6 and 12 & 13, 8:00 pm, tickets at 812-855-7433 or [www.music.indiana.edu/opera](http://www.music.indiana.edu/opera).

**Family Night at the SRSC** - IU Student Recreational Sports Center, 100 Law Lane, 7:00 - 9:00 pm, free admission and parking. The theme for the evening is "Dynamic Differences". Come celebrate our unique differences. Many community organizations will participate with information and activities for the whole family.

**"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.

## **SATURDAY, February 13, 2010**

**"Lucia di Lammermoor"** - Presented by the IU Opera Theater, Musical Arts Center, 3rd & Jordan, February 5 & 6 and 12 & 13, 8:00 pm, tickets at 812-855-7433 or [www.music.indiana.edu/opera](http://www.music.indiana.edu/opera).

**Comedian, Maria Bamford** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$18.

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

**Valentine's Crafts** - Ellettsville Branch of the Monroe County Public Library, 200 E. Temperance, 10:30 am. This Valentine's program will offer a variety of craft items to make and take. Dress to mess!

**Master's Recital, Voice** - IU Recital Hall, 1201 E. 3rd, 5:00 pm, free and open to the public.

**Steve Allee Orchestra** - Players' Pub, 424 S. Walnut, 8:00 pm, \$8 per person.

**Kid's Corner Grand Opening at ReStore** - 300 W. 11th Street, 10:00 - 2:00 pm. The Habitat ReStore will host a grand opening of its newest addition, The Kid's Corner in its ReRead bookstore. The bookstore features a wide selection of new and gently used children's books. The area will include a mural inspired by "Where the Wild Things Are" and offer a place for kids to relax with a great book. Children can participate in crafts, hear storytelling and enjoy light refreshments.

**Mardi Gras Party** - Bloomington Cooking School, 115 N. College, 6:00 - 9:00 pm, \$54 each, register at 812-333-7100 or [www.bloomingtoncookingschool.com](http://www.bloomingtoncookingschool.com). Join us in this demo/dinner celebrating New Orleans famous holiday Mardi Gras. The menu includes Crab and Salmon cakes, Shrimp Jambalaya, Fried Okra, Beignets and Bananas Foster. Bring your beads!

**Lunar New Year Celebration Performances** - Monroe County Public Library, 303 E. Kirkwood, 2:00 pm. Year of the Tiger! Our friends from the IU Asian Culture Center will be here with stories, performances, crafts and snacks to celebrate the beginning of the Lunar New Year.

**Bloomington Winter Farmer's Market** - Harmony School Gym, 909 E. Second Street, 9:00 am. Vendors will sell fresh produce, pasture products and other specialty items from tofu to tamales. Music will be provided by Wayne County Historical Society (9-10:30 am) and Matt Romy Jazz (10:30 - Noon).

**Movie "Pirate Radio"** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. This is an ensemble comedy in which the romance takes place between the young people of the '60s and pop music. It's about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.

**Comedy Cabaret on Strings with the Melchior Marionettes** - Waldron Arts Center, 122 S. Walnut, 2:00 and 4:00 pm, adults \$5, children \$3. The Melchior Marionettes have been performing throughout the US, Canada and Europe since 1952. Beautiful handcrafted marionettes are performed in full view of the audience. Comedy Cabaret on Strings is a variety show of trick marionettes that will delight audiences of all ages. **Free Puppet Workshop** at 3:00 pm in the Preschool Art Room at the Waldron Center. This interactive workshop is a one of a kind opportunity for kids to learn about the magic behind the marionettes.

**Meet Michael Shelden, Author of Mark Twain: Man in White** - Monroe County Public Library, 303 E. Kirkwood, 2:00 - 3:00 pm, free. The public is invited to this free author talk and book signing. Light refreshments will be served. Shelden's new biography has been called "the liveliest and best work of Twain biography in recent memory."

**Chocolate and Cheese Tasting** - Sahara Mart, 2611 E. Third and 106 E. Second, noon to 4:00 pm.

**Cheers: The Science of Beer and Cheese** - Wonderlab Museum, 308 W. 4th Street, 7:00 pm, \$50 (\$30 tax deductible), must be 21. A casual evening with open bar of beers and ales, cheeses, hors d'oeuvres, raffle and talking with local experts. Proceeds benefit Wonderlab.

**Raas Royalty Dance Competition** - IU Auditorium, 1100 E. 7th Street, 7:00 pm, free and open to the public. Students from across the nation will participate in this dance competition. This event will feature ten of the best dance teams from across the nation performing a type of dance called garba/raas. The competition attracts teams who have been together for years and demands sensational choreography. They are competing for a spot at Raas Nationals in Dallas, Texas.

**“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.

## **SUNDAY, February 14, 2010 - *Happy Valentine’s Day!***

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

**Pro-Arte/Concentus Concert** - IU Auer Hall in Simon Building at 3rd & Jordan, 4:00 pm, free and open to the public.

**Movie “Pirate Radio”** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. This is an ensemble comedy in which the romance takes place between the young people of the ‘60s and pop music. It’s about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.

**Comedian, Maria Bamford** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$18.

**The Indianapolis Baroque Orchestra Classical Concert** - Unitarian Universalist Church, 2120 N. Fee Lane, 7:30 pm, \$5 - \$20. This concert features renowned baroque flutist Barthold Kuijken.

## **MONDAY, February 15, 2010**

**Dinner & Wine Tasting** - Homewood Suites, 1399 S. Liberty Drive, 5:00 - 7:00 pm, \$5 for MPRI guests and their families. Menu includes Szechuan Shrimp Stir Fry, fried rice, egg rolls, and salad bar. This is Homewood Suites monthly invitation to join them for dinner and wine tasting from the local Oliver Winery. Please RSVP to Nancy at 349-2153.

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

**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, drop-in.

**Film - “Kiss Me Deadly”** - Monroe County Public Library, 303 E. Kirkwood, 6:30 pm, free, no registration necessary. This is part of the Film Noir Film Series referring to a unique time period in American Cinema between the early 1940’s and the late 1950’s.

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

## **TUESDAY, February 16, 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! All ages welcome! 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 **Amanda Burnham, MPRI Marketing and Development Manager**.

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

**“Marat/Sade”** - IU Wells-Metz Theater, 900 E. Seventh Street, 7:30 pm, tickets \$12 - \$20 at [www.theater.indiana.edu](http://www.theater.indiana.edu) or 812-855-1103. This is a production of the IU Department of Theater and Drama and is a Tony award winning play that was written in 1963. It is a fable about the value of personal and social revolution pitted against the value of personal disengagement.

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

**IU Men’s Basketball vs. Michigan State** - IU Assembly Hall, 1001 E. 17th Street, 7:00 pm, tickets available at 812-855-IUSPORTS or [www.iuhoosiers.com](http://www.iuhoosiers.com).

**Mardi Gras Celebration** - Bloomington High School North, 3901 N. Kinser Pike, 5:00 pm, \$12 adult, \$7 students, children under 5, free. The Bloomington North jazz bands will host their annual Mardi Gras Celebration, with live music, a catered New Orleans dinner and face painting, mask making and pinatas for children. This is a fun-filled evening of music, food and merriment for the whole family.

**Lecture by Elinor Ostrom, Co-recipient of the 2009 Nobel Prize in Economic Science** - IU Auditorium

1201 E. 7th Street, 4:00 - 5:00 pm, free and open to the public. Ostrom is a professor in the IU School of Public and Environmental Affairs and the first woman to receive the economics prize.

## **WEDNESDAY, February 17, 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 \$10 - \$40. Pamper your patient or caregiver with a Valentine’s massage.

**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, drop-in.

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

**“Jesus Christ Superstar”** - IU Auditorium, February 10 - 11, tickets \$37 - \$59 at [www.iuauditorium.com](http://www.iuauditorium.com) or 812-855-1103.

**“Marat/Sade”** - IU Wells-Metz Theater, 900 E. Seventh Street, 7:30 pm, tickets \$12 - \$20 at [www.theater.indiana.edu](http://www.theater.indiana.edu) or 812-855-1103. This is a production of the IU Department of Theater and Drama and is a Tony award winning play that was written in 1963. It is a fable about the value of personal and social revolution pitted against the value of personal disengagement.

## **THURSDAY, February 18, 2010**

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

**“Jesus Christ Superstar”** - IU Auditorium, February 10 - 11, tickets \$37 - \$59 at [www.iuauditorium.com](http://www.iuauditorium.com) or 812-855-1103.

**“Marat/Sade”** - IU Wells-Metz Theater, 900 E. Seventh Street, 7:30 pm, tickets \$12 - \$20 at [www.theater.indiana.edu](http://www.theater.indiana.edu) or 812-855-1103. This is a production of the IU Department of Theater and Drama and is a Tony award winning play that was written in 1963. It is a fable about the value of personal and social revolution pitted against the value of personal disengagement.

**Film “Twilight Saga: New Moon”** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each.

## **COMING SOON**

**IU Cyclotron Tour - Sunday, February 21, 10:00 - noon** - This is a walking tour that is not handicap accessible. Participants must be at least 13 years of age, may not be pregnant and may not require the use of a pacemaker. There are limited spots available for this tour. If you are interested in attending, please RSVP to Nancy at 349-2153.

**Autobiographical talk with bestselling author, Michael Pollan** - IU Auditorium, 1200 E. 7th Street, February 26, 7:30 pm, free tickets available beginning February 1 at the IU Auditorium Box Office, 812-855-1103, limit of four tickets per person. Michael’s talk is a signature event of IU’s 26th annual ArtsWeek which is themed “Arts and the Environment.” Entitled “Out of the Garden and onto the Plate: One Writer’s Path,” he tells the story of the path his writing has taken since he first planted a vegetable garden under the influence of Henry David Thoreau and Ralph Waldo Emerson.

**“Beauty and the Beast”** - IU Auditorium, 1201 E. Seventh Street, March 2 - 4, 7:30 pm, tickets available at 812-855-1103 or [www.iuauditorium.com](http://www.iuauditorium.com).

## THINGS TO DO

**Wonderlab Museum** - 308 W. Fourth Street, open Tuesday - Saturday, **free children's admission tickets for MPRI guests, see Nancy.**

**Twin Lakes Recreation Center (formerly the Sportsplex)** - 1700 W. Bloomfield Road - This recreation center is now part of the City of Bloomington Parks and Recreation Department. There is a 1/5 mile suspended indoor track, basketball/volleyball courts, indoor soccer field, weight and cardio room and more.

MPRI patients and their families can purchase daily or monthly passes to use this facility. Daily rates are \$4 per person or \$35 per month. Monthly family passes are \$60. If you are interested in using this facility, please see Nancy to pick up a Recreation Center pass.

**Movies** - Indiana Memorial Union Whittenberger Auditorium, 900 E. Seventh Street offers a film series that is open to the general public. The auditorium has 404 new comfortable theater-style seats, new acoustics and a new screen. Parking is available in the lot just east of the Union building. Admission to the film series is just \$2 for non-students. Movies times are 8:00 pm and 11:00 pm Thursday through Sunday. Concessions are sold from 7:45 - 11:15. This week's movie title is included in the calendar.

## 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.

## NUTRITION NOTES

Registered Dietician, Melissa Mercer, will be facilitating a monthly group nutrition session for all patients, caregivers and family members. Through this group, patients, caregivers and family members will have an opportunity to learn more about maintaining healthy nutrition while undergoing treatment. Discussion will also include how to manage if you are experiencing side effects that inhibit your nutritional intake, recipes, and ideas getting the most out of your nutritional intake. **Our next Nutrition Group will take place on Wednesday, March 3.**

I received a great handout to share with those of you who may be having trouble maintaining your nutrition or dealing with weight loss. The handout has recipes that are high calorie, high protein smoothies, shakes and other drinks that will help you get the protein you need and help with your weight. If you would like a copy of this handout, please call Nancy at 349-2153.

If you have specific questions about nutrition and would like to contact Melissa for help or suggestions, you can reach her at her at 353-5663. She is in the office on Tuesdays and Thursdays and will return your call as soon as possible.

