



Proton Therapy Center

COMMUNITY CALENDAR

Feb 17 - 23, 2012

Meet & Greet – Tuesday, February 21, 4:00 – 5:15 pm, our speaker will be Matt Hines, Radiation Therapist. Please plan to join us. This meeting is a great opportunity for patients and their families to get support from one another and get some valuable information from our speaker.

Proton Therapy Systems Tour – Sunday, March 4, 10:00 – Noon. Registration for this tour is closed at this time. Upcoming tours are scheduled on April 1 and May 6. Contact Nancy at 812-349-2153 to register.

Dinner & Wine Tasting – Homewood Suites, 1399 S. Liberty Drive, 5:00 – 7:00 pm, all patients and their families invited to attend, \$5 per person includes dinner and wine tastings from Oliver Winery. Dinner menu is Caesar Entrée salad with fire-grilled strips and breadsticks. Please 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 receive 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, February 17, 2012

The Big Night Out – Sherwood Oaks Christian Church, 2700 E. Rogers Road (Door #20), Friday, February 17, 7:00 pm, \$20 per couple. The theme is “Have Serious Fun”. There will be appetizers and desserts, laughing and fun with other couples. Tickets can be purchased online at www.socc.org/BigNightOut or at the church bookstore (Door #3).

Lights, Camera, Murder, an interactive mystery play – Pour House Café, 314 E. Kirkwood, 7:00 pm, \$20, includes dessert buffet and coffee.

Faculty Recital, Organ – IU Auer Hall in the Simon Building, 200 S. Jordan, 8:00 pm, free and open to the public.

Lounge Wizard Jazz Duo– Malibu Grill, 106 N. Walnut, 6:00 pm. Enjoy a great meal at the Grill and take in the music.

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

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.

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.

Comedians, The Skylar Brothers from ESPN Cheap Seats - Comedy Attic, 4th & Walnut, 8:00 and 10:30 pm, \$18, tickets at 812-336-LAFF or www.comedyattic.com.

Movie, *Melancholia* - 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. Two sisters find their already strained relationship challenged as a mysterious new planet threatens to collide with the Earth.

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.

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, February 18, 2012

Saving the Big Cats – Monroe County Public Library, 303 E. Kirkwood, 2:00 pm, free, for children in grades 1 – 6, please register at events@monroe.lib.in.us. The Exotic Feline Rescue Center will present an interactive program describing the lives of the large cats of the world, and what the rescue center is doing to save them right here in Indiana.

Cardinal Stage's A Day at the Movies, *The Muppet Movie* – Buskirk Chumley Theater, 114 E. Kirkwood, 10:00 am, advance purchase tickets at Sunrise Box Office, 114 E. Kirkwood, \$10 adults, \$5 child 12 and under, day of show \$12 adults, \$7 child 12 and under.

Cardinal Stage's A Day at the Movies, *The Sound of Music* – Buskirk Chumley Theater, 114 E. Kirkwood, 5:45 pm, advance purchase tickets at Sunrise Box Office, 114 E. Kirkwood, \$20 adults, \$10 child 12 and under, day of show \$22 adults, \$12 child 12 and under.

Cardinal Stage's A Day at the Movies, *The Rocky Horror Picture Show* – Buskirk Chumley Theater, 114 E. Kirkwood, 9:30 pm, advance purchase tickets at Sunrise Box Office, 114 E. Kirkwood, \$10 in advance, \$12 day of show.

***PINA*, a feature-length dance film in 3D** – IU Cinema, 1211 E. Seventh Street, 3:00, 6:00 and 9:30 pm, \$3, tickets at IU Auditorium Box Office, 812-855-1103 or www.iuauditorium.com. This film captures the Tanztheater Wuppertal Pina Bausch ensemble performing the unique and inspiring art of Pina Bausch, the great German choreographer. (Multiple languages with English subtitles.)

Movie, *Melancholia* - 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. Two sisters find their already strained relationship challenged as a mysterious new planet threatens to collide with the Earth.

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

University Chorale and Conductors' Orchestra – IU Auer Hall in the Simon Building, 200 S. Jordan, 8:00 pm, free and open to the public.

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.

Comedians, The Skylar Brothers from ESPN Cheap Seats - Comedy Attic, 4th & Walnut, 8:00 and 10:30 pm, \$18, 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, February 19, 2012

IU Women's Basketball vs. Michigan – IU Assembly Hall, 1001 E. 17th Street, Noon, 4 free tickets available, first come, first served, call Nancy at 812-349-2153.

Family Craft Day – From African to American: Musical Instruments – IU Mathers Museum of World Cultures, 416 N. Indiana Avenue, 1:30 pm, free and open to the public. Make your own drums, kazoos and thumb pianos during this event.

Symphonic Choir – IU Recital Hall, 1222 E. Third Street, 3:00 pm, free and open to the public.

Kuttner Quartet (violins, viola, cello) – IU Auer Hall in the Simon Building, 200 S. Jordan, 4:00 pm, free and open to the public.

40 Fingers Jazz Piano Concert, An afternoon of jazz piano duets and trios - IU Auer Hall in the Simon Building, 200 S. Jordan, 6:00 pm, free and open to the public.

B-Town Poker – Bub’s Burgers & Ice Cream, 480 N. Morton Street, 5:30 pm free, \$50 cash to winner.

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, February 20, 2012

Dinner & Wine Tasting – Homewood Suites, 1399 S. Liberty Drive, 5:00 – 7:00 pm, all patients and their families invited to attend, \$5 per person includes dinner and wine tastings from Oliver Winery. Dinner menu is Caesar Entrée salad with fire-grilled strips and breadsticks. Please RSVP to Nancy at 812-349-2153.

IU Trombone Quartet – Winners of the Eastern Trombone Workshop Competition – IU Auer Hall in the Simon Building, 200 S. Jordan, 6:00 pm, free and open to the public.

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.

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.

The Way of the Samurai – IU Cinema, 1211 E. Seventh Street, 7:00 pm, \$3, tickets at IU Auditorium Box Office, 812-855-1103 or www.iuauditorium.com. This is the epic tale of a poor village that recruits a group of samurai to defend them from a yearly bandit attack. (Japanese language with English subtitles.)

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

TUESDAY, February 21, 2012

Meet & Greet – Patient Resource Center, 4:00 – 5:15 pm, all patients and their families invited to attend. Speaker will be Matt Hines, Radiation Therapist.

Art & Song at the Venue – Venue Fine Art & Gifts, 114 S. Grant, 5:30 pm, free and open to the public. An old fashioned Art Hootenanny, with art provided by The Venue and songs provided by some of our favorite local voices.

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.

B-Town Poker – Show-Me's, 2100 S. Liberty Drive, 7:30 pm, free, \$50 cash to winner.

WEDNESDAY, February 22, 2012

Chamber Orchestra – IU Auer Hall in the Simon Building, 200 S. Jordan, 8:00 pm, free and open to the public.

IU Men's Basketball vs. North Carolina Central – IU Assembly Hall, 1001 E. 17th Street, 7:00 pm, tickets at 866-IUSPORTS or www.iuhoosiers.com.

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.

B-Town Poker – Classic Lanes, 1421 N. Willis, 7:00 pm, free, \$50 cash to winner

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

THURSDAY, February 23, 2012

The Great American Steak Dinner – Bloomington Cooking School, 115 N. College, 6:00 – 8:00 pm, \$45, register at 812-333-7100 or www.bloomingtoncookingschool.com. Chef Matt prepares a delectable black angus strip steak with twice-baked potato, Caesar salad, and Corn O'Brien, topped off with All-American apple pie. Dinner included.

IU Women's Basketball vs. Wisconsin – IU Assembly Hall, 1001 E. 17th Street, 6:00 or 8:00 pm, depends on BTN network, 4 free tickets available, first come, first served, 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.

UPCOMING EVENTS

Family Fit Fest – Twin Lakes Recreation Center, 1700 W. Bloomfield Road, Friday, Feb 24, 6:00 – 8:00 pm, \$2/person or \$8/family up to five people. Bring the whole family for an evening of friendly competition and games. Hula hoop contest, football on the turf, bounce house, basketball and more.

Seusspicious Behavior – Monroe County Public Library, 303 E. Kirkwood, Sat, Mar 4, 1:00 – 4:00 pm, free for all ages. Come celebrate Dr. Seuss' birthday and see a live *Seusstacular* performance by Bloomington North students, make crafts, play games and have some cake.

Indiana Heritage Quilt Show – Bloomington Convention Center, 302 S. College Avenue, March 1 – 3, for more information, visit www.IHQS.org.

Coming Soon – the opening of the **Palace Theater** – live musical theater productions in a small, intimate venue in **Brown County**. Watch the calendar for shows.

The Tony-Winning Best Musical *In the Heights* – IU Auditorium, February 28 – 29, 8:00 pm, tickets \$38 - \$60 at 812-855-1103 or online at iuauditorium.com. *In the Heights* was the winner of four 2008 Tony Awards, including Best Musical. It is a sensational new show about chasing your dreams and finding your true home.

A Midsummer Night's Dream – IU Auditorium Ruth N. Halls Theater, Feb 24 – Mar 3, tickets \$20 - \$25 at 812-855-1103 or visit www.theatre.indiana.edu and click on the ticket link.

THINGS TO DO

Classic Bowling Lanes – 1421 Willis Drive, off W. 17th Street.

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.

21st Annual Indiana Heritage Quilt Show – March 1 – 3, Bloomington Convention Center, 302 S. College Avenue – lots of workshops available to attend. For more information, visit www.IHQS.org.

Eiteljorg Museum – 500 W. Washington Street, Indianapolis, open Mon – Sat, 10:00 – 5:00 pm, Sun Noon – 5:00 pm, public tours Sat/Sun at 1:00 pm, adults \$8, seniors \$7, children 5 – 17 \$5, 4 and under free. The Eiteljorg Museum is dedicated to the appreciation and understanding of American Indian and western art and the many cultures of North America. For more information, visit www.eiteljorg.org.

Indiana State Museum - 650 W. Washington Street, Indianapolis, open Tues – Sat 9:00 – 5:00 pm, Sunday, 11:00 – 5:00 pm, adults \$7, children 3 – 12 \$4. The Indiana State Museum preserves, interprets and presents material evidence of Indiana's cultural and natural history in a context that encourages people to actively participate in discovering the world – as it was, as it is and as it can be. The facility includes IMAX Theater, food service, gift shop, universally designed accessible core exhibitions and temporary exhibitions. The museum and collections tell Indiana's story and celebrate the state's achievements through the arts, culture and sciences by featuring a schedule of changing exhibits. IMAX admission is \$9.50 - \$14 per showing. For more information about exhibits and IMAX programming schedule, visit www.indianamuseum.org.

Eugene & Marilyn Glick Indiana History Center – 450 W. Ohio Street, Indianapolis, open Tues – Sat, 10:00 – 5:00 pm, adults \$7, children 5 – 17 \$5. The Indiana History Center connects people to the past with some very special exhibits. You can visit the Cole Porter Room, W. Brooks Fortune History lab, Lilly Hall, and Destination Indiana, which uses innovative technology, touch screens and displays of historic images, to explore Indiana history and every corner of the state – while

you're in the driver's seat. It features eight 'drive yourself' time-travel stations that can hold up to six guests and an impressive, curved, 10-foot by 24-foot screen. Do you want to know what life was like in Indianapolis in the 1800s? Or during the Civil War? What's your destination?

Circle Center Mall – located in the heart of downtown Indianapolis – has over 100 shopping, dining and entertainment venues.

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.

www.indianapolis.diningguide.com – summary list of 351 downtown Indianapolis restaurants, get reviews, look for specific cuisines.

Latest Glaze – 1301 S. College Mall Road, 812-335-8711 – paint and fire pottery, great for momentos, gifts, etc.

Owen Valley Winery, 491 Timber Ridge Road (this is a new address and will not come up on your GPS) (directions 46 West to Spencer, turn left on Main Street, go over White River bridge and up the hill, veer to the right (225 South/Pottersville Road), to go Braysville Road, turn left, to Timber Ridge Road/350 South, turn left).

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

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

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.Btownmenu.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.

