



# COMMUNITY CALENDAR

## Mar 12 - March 18, 2010

This week, Indiana University and the public schools in our area are closed for Spring Break. You will notice much less traffic in Bloomington as many people leave the area during this time. In addition, much of the campus is shut down and there are very few activities scheduled.

One thing that you could do is take a walk or drive through campus. With less people and traffic, it will be much easier to navigate your way around. IU is located on 1933 acres of beautiful trees and green spaces. It is a beautiful campus and with the weather changing, it is the ideal time to take a walk and see some of the campus.

A great place to begin your walk would be at the Sample Gates. The Sample gates serve as an entrance into the oldest part of the Bloomington campus, known as the Old Crescent. The gates were constructed in 1987 with funding provided by Edson Sample. Among the most widely photographed structures on campus, they are constructed of Indiana Limestone and are typically surrounded by tulips in the Spring. The gates are located at the end of East Kirkwood and Indiana Avenue. You could park along East 4th, E. Kirkwood or E. 6th and have easy access to the center of campus.

In addition to the IU campus, there are many nice walking/biking trails in our area. I have included several on the last page of the calendar.

### **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. The guest speakers this week will be **Karen Marshall, Massage Therapist and Nancy Slough, Patient Concierge.**

**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, March 3, call Nancy at 349-2153.

**Nutrition Group - First Wednesday of each month, 1:00 - 2:00 pm** - Join, and other MPRI patients and family members for discussion and ideas for maintaining your **Registered Dietician, Melissa Mercer** nutrition during treatment and tips for dealing with the side effects that you may be experiencing. If you have questions for Melissa, contact her at 353-5663.

*Nancy Slough, Patient Concierge - 812-349-2153 or [nslough@mpri.org](mailto:nslough@mpri.org)*

## **FRIDAY, March 12, 2010    MPRI will be closed for maintenance**

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

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

**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.

**Candlelight Dinner 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 some good food.

**Red Wine Primer with Jack Baker** - Bloomington Cooking School, 115 N. College, 6:00 - 8:00 pm, \$54, to register go to [www.bloomingtoncookingschool.com](http://www.bloomingtoncookingschool.com). Enjoy learning the basics of wine tasting, learn how to sniff, swirl, and taste. Then expand your wine knowledge by focusing on red wines: Cabernet Sauvignon, Merlot, Tempranillo, Grenache, Syrah/Shiraz, Nebbiolo, Sangiovese and Pinot Noir. Learn about the many wine-growing regions and how to pair food with the classic variety of red wine. We'll pair our selection of red wines with appropriate appetizers and a dinner entrée.

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

**“Cowboy Sweethearts”** - Coachlight Musical Theater, 227 S. Van Buren, 7:00 pm. Tickets are \$18 adults, \$16 for 60 and up, \$10 for children 12 and are available online at [www.coachlightmusicals.com](http://www.coachlightmusicals.com). This is the first show of the season for Coachlight. It will be an evening of music and fun with the darlings of the Nashville Sound. The ladies of Coachlight take on the music and lives of Brenda Lee, Loretta Lynn and Patsy Cline for a great evening of music you'll be singing all the way home!

**O2R Band (Blues and More!)** - Players Pub, 424 S. Walnut, 8:00 pm, \$5 cover charge.

**Sock Factory Tour** - For Bare Feet, located just north of Nashville via 135 and St. Rd. 45 West in Helmsburg, tours scheduled Monday - Friday at 10:00 and 1:00, adults \$6, children \$4, RSVP at 800-669-0674, ext. 8371. All participants will receive a free pair of socks on the tour. For Bare Feet has been creating socks since 1984 and has a very interesting history. Read more at [www.forbarefeet.com](http://www.forbarefeet.com).

**Art Reception** - Venue Fine Art & Gifts, 114 S. Grant, 6:00 pm, free and open to the public. This reception welcomes Emily Schumacher from the Henry Radford Hope School of Fine Arts of Indiana University. Emily is an artist whose paintings encompass street scenes, décor, and much more. She uses both oils and watercolors in her work.

## **SATURDAY, March 13, 2010**

**Indiana Flower and Patio Show** - Indiana State Fairgrounds, 1202 E. 38th Street, March 13 - 21, hours Monday - Saturday 10:00 - 9:00 pm, Sunday, 10:00 - 5:00 pm, adults \$12, children under 12 free. To purchase tickets or to print a \$3 off discount coupon, go to [www.indianaflowerandpatioshow.com](http://www.indianaflowerandpatioshow.com).

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

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

**Bloomington Winter Farmer's Market** - Harmony School Gym, 909 E. Second Street, 9:00 am - Noon. Local farmers will offer early crops including lettuce, spinach, broccoli, cauliflower, squash, turnips, and other types of greens. Also available will be local meats, tofu, eggs, cheeses and locally roasted coffee. Musical entertainment is scheduled at 9:00 and 11:00 am.

**"Cowboy Sweethearts"** - Coachlight Musical Theater, 227 S. Van Buren, 7:00 pm. Tickets are \$18 adults, \$16 for 60 and up, \$10 for children 12 and are available online at [www.coachlightmusicals.com](http://www.coachlightmusicals.com). This is the first show of the season for Coachlight. It will be an evening of music and fun with the darlings of the Nashville Sound. The ladies of Coachlight take on the music and lives of Brenda Lee, Loretta Lynn and Patsy Cline for a great evening of music you'll be singing all the way home!

**Crazy Chester - Classic Rock** - Players Pub, 424 S. Walnut, 8:00 pm, \$6 cover charge.

**Danger X Is My Middle Name** - Rhino's All Ages Club, 325 ½ S. Walnut Street, 8:00 pm, \$5 admission. The mission of Rhino's Youth Media Center and All-Ages Club is to provide entertainment and engagement for the youth of our community in a safe environment, free from alcohol, tobacco, drugs and violence. The Chicago group, Danger X Is My Middle Name, will perform along with two additional bands. [www.rhinosyouthcenter.org](http://www.rhinosyouthcenter.org)

**Stuffed Animal Pet Show** - Monroe County Public Library, 303 E. Kirkwood, 10:00 am, free. Bring your favorite stuffed animal from home to participate in a stuffed animal pet show. Awards will be given immediately following this preschool story time.

## **SUNDAY, March 14, 2010**

**Daylight Savings Time** - Indiana will change to Daylight Savings Time on **Sunday, March 14 at 2:00 AM**. Clocks should be moved forward by one hour at that time.

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

**Family Dance Series** - Harmony School, 909 E. Second Street, 3:00 - 5:00 pm, \$4 person/\$15 per family. This event is fun for the whole family and will feature traditional American dances taught by fun-loving experts with live music.

**Acoustic Brunch** - Players Pub, 424 S. Walnut, music at noon, no cover charge.

**Indiana Flower and Patio Show** - Indiana State Fairgrounds, 1202 E. 38th Street, March 13 - 21, hours Monday - Saturday 10:00 - 9:00 pm, Sunday, 10:00 - 5:00 pm, adults \$12, children under 12 free. To purchase tickets or to print a \$3 off discount coupon, go to [www.indianaflowerandpatioshow.com](http://www.indianaflowerandpatioshow.com).

## **MONDAY, March 15, 2010**

**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.

## **TUESDAY, March 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 **Karen Marshall, Massage Therapist and Nancy Slough, Patient Concierge.**

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

**Big Screen Science - Jungle Jam** - Wonderlab, 308 W. Fourth Street, 11:30 - 3:30 pm, **free children's admission tickets for MPRI families, see Nancy.** Discover the special features of wild animals seen in popular films set in the jungle and savannah. Special rotating activities include a Madagascar hissing cockroach meet-n-greet, and crafts such as making lion masks, jungle trees, safari "binoculars," and more

**Blues Jam hosted by the O2R Band** - Players Pub, 424 S. Walnut, 8:00 pm, no cover charge.

**Birds and the Air** - Monroe County Public Library, 303 E. Kirkwood, 2:00 pm, register at 349-3100. Find out where some birds have gone in this season that addresses the importance of birds, their habitat, and the importance of keeping our environment, air, water and soil, free of pollution. A migration game can be played with or without a reuse craft. Please bring a milk/water jug with cap, to create bird feeders.

**Venue Fine Arts & Gifts**, 114 S. Grant Street, free and open to the public - Come in and browse the Venues fine selection of Art and gifts while listening to two great guitarists, Gordon Bonham and Dave Gulyas. Master guitar maker, Ron Volbrecht, from Brown County, will also be on hand.

## **WEDNESDAY, March 17, 2010**      *Happy St. Patrick's Day!*

**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 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.

**Jungle in a Jar** - Wonderlab Museum, 308 W. Fourth Street, 1:30 pm - 4:30 pm, **free children's admission tickets for MPRI families, see Nancy.** This event also requires an additional \$4 per kit, for elementary and teen kids. Learn about soil and plants of the jungle as you create a living terrarium to keep in your room!

**Big Screen Science - Jungle Jam** - Wonderlab, 308 W. Fourth Street, 11:30 - 3:30 pm, **free children's admission tickets for MPRI families, see Nancy.** Discover the special features of wild animals seen in popular films set in the jungle and savannah. Special rotating activities include a Madagascar hissing cockroach meet-n-greet, and crafts such as making lion masks, jungle trees, safari "binoculars," and more

**Create a flower pot** - Monroe County Public Library, 303 E. Kirkwood, free, register at 349-3100, for children 7 - 12. Create a lovely flower pot out of old magazine pages. You will use old magazine pages and learn how to fold them to build a mini flower pot.

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

**Postmodern Jazz Quartet** - Players Pub, 424 S. Walnut, 8:00 pm, \$4 cover charge.

## **THURSDAY, March 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.

**Dicky James and The Blue Flames** - Players Pub, 424 S. Walnut, 8:00 pm, \$4 cover charge.

**Caterpillars, Polliwogs and Other Things That Change** - Monroe County Public Library, 303 E. Kirkwood, 10:00 am, free and open to the public.

**Big Screen Science - Jungle Jam** - Wonderlab, 308 W. Fourth Street, 11:30 - 3:30 pm, **free children's admission tickets for MPRI families, see Nancy**. Discover the special features of wild animals seen in popular films set in the jungle and savannah. Special rotating activities include a Madagascar hissing cockroach meet-n-greet, and crafts such as making lion masks, jungle trees, safari "binoculars," and more

## **COMING SOON**

**IU Cyclotron Tour** - Sunday, March 21, 10:00 - Noon - RSVP to Nancy at 349-2153. Those who may be pregnant, require the use of a pacemaker or are under the age of 13 are not eligible to participate on the tour. This is a walking tour that is not handicap accessible. Comfortable, close-toed shoes are required.

**Dinner & Wine Tasting** - Homewood Suites, 1399 S. Liberty Drive, 5:00 - 7:00 pm, \$5 per person, please pay at the registration desk to the left as you enter the lobby. MPRI patients and their families are invited to participate. The menu includes grilled chicken parmesan, Caesar salad and breadsticks, along with a complete salad bar. Oliver Winery will be there to share wine samplings also. RSVP to Nancy at 349-2153.

**HoosiersCare 5K and 1 Mile Family Fun Run/Walk** - Sherwood Oaks Christian Church, 2700 E. Rogers Road, Saturday, April 10 from 9:00 - 11:00 am. For more information or to register, visit [www.mag7raceseries.com](http://www.mag7raceseries.com). Proceeds will benefit HoosiersCare, a nonprofit organization which provides comfortable, affordable housing and personal support to MPRI patients and their caregivers.

## **RESOURCES**

**American Cancer Society** - 1-800-227-2345 or [www.cancer.org](http://www.cancer.org) - Call this toll-free number to get your free Personal Health Manager. In addition to helping you to organize your health care information, this kit is customized for your diagnosis. The kit is free for anyone who has been diagnosed with cancer.

**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.

**YMCA of Monroe County** – free access to facilities for MPRI patients and caregivers. Also available at the YMCA is enrollment in a special program for cancer patients called **W.I.S.E. - Working Out to Improve Strength & Endurance for Cancer Patients**. This program will provide a supportive environment in which cancer patients, in all phases of recovery, work to improve their functional status and quality of life through physical activity and multidisciplinary education programs. *Sign-up is done on a monthly basis. Current oncologist approval required. Cost per month: \$15.* For more information, go to [www.monroecountymca.org](http://www.monroecountymca.org).

## **NUTRITION NOTES**

Registered Dietician, Melissa Mercer is the facilitator of our monthly Nutrition Group. If you have specific questions about nutrition or are experiencing side effects from treatment that affect eating or swallowing, you are encouraged to contact Melissa at 353-5663.

### **Changes in Taste**

Cancer and its treatment can cause changes in your senses of taste and smell. These changes can affect your appetite. Regularly rinsing and brushing can help keep your mouth clean, healthy, and tasting better. Your senses of taste and smell can change from day to day. Try experimenting with new foods or cuisines, marinades, spices and ways of preparing what you eat.

### **Tasting Tips**

- Season foods with tart flavors, such as lemon wedges, citrus fruits, vinegar, or pickled foods. Caution, if your mouth or throat is sore, tart foods can cause discomfort.
- If foods taste too salty, bitter, or sour, try adding sweeteners or a little bit of sugar. A little sweetness can help increase pleasant tastes.
- If red meats taste strange, try other protein-rich foods, such as poultry, fish, eggs, dairy products, beans, tofu, and soy milk. Marinating and cooking meats in sweet juices, fruits, acidic dressings, or wine can also help. For example, try sweet-and-sour pork with pineapple, chicken with honey glaze, or London broil in Italian dressing.

## **DINING IN BLOOMINGTON**

**Restaurant Tallent** - 208 N. Walnut - will offer its traditional Monday night discount throughout spring break week (March 14 - 20). With the purchase of any regularly priced entrée, a second entrée will be half price.

**Lennie's** - 1795 E. 10th Street - special menu for St. Patrick's Day. Starting with scallops and cod chowder, the menu features traditional favorites like stout beef stew, corned beef brisket served with green cabbage, roast salmon filet in lemon butter and hot pastrami sandwiches.

**FarmBloomington** - 108 E. Kirkwood - will celebrate St. Patrick's Day with Irish lamb broth with barley, potatoes and whiskey, house corned beef and cabbage and Potty O's Minty adult milkshake, a creation made with Irish whiskey and shamrock cookies.

**DeAngelo's** - 2620 E. Third Street - is featuring a \$7 menu throughout March. This includes spaghetti and meatballs, four-cheese shrimp dip, spaghetti gamberi, a dish of sautéed gulf shrimp, with sun dried tomatoes, herbs and spices over pasta, 16" one-topping pizzas and signature salads.

## **WALKING/BIKING TRAILS IN BLOOMINGTON**

**Bloomington Rail Trail** - This gravel trail is located on West Country Club Drive between S. Rogers and S. Walnut Street. The trail is 2.0 miles long and connects to the Clear Creek Trail. This trail is not accessible.

**Clear Creek Trail** - This is a paved trail with trailheads located off Tapp Road, That Road and Church Lane. The southernmost part of the trail features the historic Harris Ford Bridge from Warren County. This trail and the parking lots are accessible. The Clear Creek Trail is 2.4 miles long.

**Latimer Woods Trail** - This trail is located on the east side of Bloomington at 3200 E. Buick Cadillac Blvd. A .4-mile interpretive trail describing the area and its history is located on the 10-acre property. The trail can be accessed down the dirt road toward the woods. The trail surface is woodchips and is not accessible.

**Winslow Trail** - This natural trail winds through the Winslow Sports Complex grounds and is .9 miles long. This trail is not accessible.

**Twin Lakes Trail** - This trail is located at 2350 W. Bloomfield Road (2nd Street). This is a wood chip and natural trail and is .7 miles long. This trail is not accessible.

**Karst Farm Park Trails** - There are three trails located at this park at 2450 S. Endwright Road. There is a paved walking path that is .3 miles long. There is also a woodchip walking trail that is approximately 1 mile long. A woodchip nature trail is also available and is approximately .5 miles long. The paved path is accessible, the trails are not.

## **MORE OUTDOOR FUN**

|  |                  |
|--|------------------|
| <b>Cascades Park</b><br><b>Approximately 2 miles from MPRI</b> | <b>Northside</b> |
|--|------------------|

- Playground - Picnic area - Shelter Houses - Limited Hiking

|   |                 |
|---|-----------------|
| <b>Karst Farm Park</b> <b>2450 S. Endwright Rd.</b><br><b>Approximately 5 miles from MPRI</b> | <b>Westside</b> |
|---|-----------------|

- Playground - Shelter house - Walking trails - Disc Golf

|  |                  |
|--|------------------|
| <b>Griffey Lake</b> <b>3300 N. Headley Rd.</b><br><b>Approximately 2 miles from MPRI</b> | <b>Northside</b> |
|--|------------------|

- Canoe/kayak/rowboat rental - Fishing - Hiking