



Proton Therapy Center

COMMUNITY CALENDAR
Mar 18 – Mar 24, 2011

As we welcome the warmer weather and the signs of Spring, I'm sure there are some of you who are interested in getting outside and sharpening up your skills at the golf course. On the last page of this week's calendar, you will find a list of a area golf courses and driving ranges that offer discounts to patients and their families. To take advantage of these discounted rates, you will need an IU Health Proton Therapy Center identification card. These can be picked up at the Patient Resource Center between 8:00 – 5:00 Monday – Friday. For more information, call Nancy at 812-349-2153.

The Patient Resource Center is your connection for non-medical information such as housing, places to visit, restaurants, public library and **free** YMCA access, school and church information and any other non-medical information that you need to help you during your stay in Bloomington. The Center offers some nice play spaces for children with books, toys, crafts, Wii, air hockey, riding toys and more. Patients also have access to the computer/printer and the laundry facilities. The Center is a great place for commuters to relax if you arrive early, if there is a delay in the schedule or if you need to rest before returning home. You can also pick up free children's admission tickets to Wonderlab Science Museum, a local children's museum.

I am generally at the Patient Center Monday – Friday from 8:00 – 5:00 pm. You can reach me by phone or email, both of which are listed below. Please stop by the Patient Center at your convenience. I look forward to meeting you and am happy to assist you.

Nancy Slough
Patient Concierge
812.349.2153
nslough@mpri.org

Meet & Greet – The meeting is informal and offers patients and their families an opportunity to meet one another in a social setting. In addition, we have a rotation of speakers which allows you to learn more about your treatment, the facility, staff and their training and much more. Please join us on Tuesdays from 4:00 – 5:15 pm at the Patient Resource Center. **This week's speaker will be Ryan Reed, Medical Physics Assistant.**

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.

Hats for Patients – Allison, a former MPRI pediatric patient, is a talented young lady who has made several women's and children's hats to be given to patients. She wanted to do something special for those undergoing treatment and has been making these hats for about a year. They are nice, knitted and woven hats that will be great for this cold weather! There's a great selection of colors and patterns. If you are interested, see Nancy (812-349-2153).

Food in the Lobby – Please be sensitive to the needs of patients who require anesthesia and cannot eat before their treatment and be discreet with food and drinks in the lobby.

FRIDAY, March 18, 2011

Musical Theater, “It’s only Temporary” – The Palace, 227 S. Van Buren, Nashville (about 15 miles east of Bloomington on Highway 46), 8:00 pm, \$18 adults, \$16 seniors and military discount, \$10 12 and under, tickets at 812-988-2101 or www.coachlightmusicals.com. In this show you’ll meet two temp workers who befriend each other and realize they have a lot in common – temp jobs are a necessary evil while they pursue their REAL dreams of fame and fortune. Showcasing musical classics from Broadway, Classic Rock and some of today’s chart-toppers, these quirky gals will sing and dance their way into your hearts.

Aerobic Exercise – Twin Lakes Recreation Center Fitness Room, 1700 W. Bloomfield Road, 2:00 – 2:45 pm, free, no admission fee to the Center for those participating in this program.

Senior Volleyball - Twin Lakes Recreation Center Court, 1700 W. Bloomfield Road, Monday – Friday, 9:30 – 11:30 am, free, no admission fee to the Center for those participating in this program.

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.

Movie, “The Illusionist” (2010) - IU Cinema, 1201 E. 7th Street, 9:30 pm, free event, but tickets required from the IU Auditorium Box Office. A story about two paths that cross, the film follows an aging magician in search of a stage who meets a young girl at the start of her life’s journey.

Comedian, Tim Wilson - Comedy Attic, 4th & Walnut, 7:00 and 9:30 pm, \$20, tickets at 812-336-LAFF or www.comedyattic.com.

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

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

Friday Folk Concert with the Honey Dewdrops – Monroe County History Center, 202 E. Sixth Street, 8:00 pm, \$10.

Contemporary singer Mark LaPointe – Serendipity Martini Bar, 201 S. College, 9:00 pm.

Stewart’s Indiana Flea Market – Indiana State Fairgrounds, Indianapolis, noon – 6:00 pm, free admission. For more information, visit www.stewartpromotions.com.

SATURDAY, March 19, 2011

Around the World in Seven Snakes: A Live Animal Presentation – Wonderlab Science Museum, 308 W. 4th Street, 12:30 – 1:30 pm, **free children's admission tickets for patients and their families**, this program requires an additional \$2 per person. Learn about how snakes live in different environments around the globe from Snakehead Ed! This interactive show features seven snakes from Africa, Asia, Australia, South America, Central America and North America. Seating is limited.

Comedian, Tim Wilson - Comedy Attic, 4th & Walnut, 7:00 and 9:30 pm, tickets \$20 at 812-336-LAFF or www.comedyattic.com.

Movie "Bluebeard" (2009) – IU Cinema, 1201 E. 7th Street, 6:30 pm, free event, but tickets required from the IU Auditorium Box Office. A child bride to an aristocratic ogre must employ all her cunning to outwit her husband and escape a potentially unpleasant fate.

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.

Musical Theater, "Platinum Girls" – The Palace, 227 S. Van Buren, Nashville (about 15 miles east of Bloomington on Highway 46), 8:00 pm, \$18 adults, \$16 seniors and military discount, \$10 12 and under, tickets at 812-988-2101 or www.coachlightmusicals.com. "Way back when", these girls had a hit record on the charts, but fame was fleeting. They were not able to sustain that same level of success over the years, and they had to be satisfied with singing at benefit concerts. Now, they want to reclaim the limelight, and they are planning a concert on their own. You will roar with laughter and thoroughly enjoy the music as you share their journey.

Stewart's Indiana Flea Market – Indiana State Fairgrounds, Indianapolis, 10:00 – 6:00 pm, free admission. For more information, visit www.stewartpromotions.com.

Indianapolis Antique Advertising Show – Indiana State Fairgrounds, Indianapolis, 10:00 – 5:00, admission \$8, children 12 and under free.

Movie "Mon Oncle (My Uncle) (1958) – IU Cinema, 1201 E. 7th Street, 3:00 pm, free event, but tickets required from the IU Auditorium Box Office. Young Gerard lives in an ultra-modern home with his parents, while his uncle lives on the top floor of an old apartment building. The technology-driven lives of the family contrast with the uncle's simple existence – until they decide to make some changes to improve. This film is part of the International Children's Film Series.

Movie, "The Illusionist" (2010) - IU Cinema, 1201 E. 7th Street, 9:30 pm, free event, but tickets required from the IU Auditorium Box Office. A story about two paths that cross, the film follows an aging magician in search of a stage who meets a young girl at the start of her life's journey.

Preview: “Still the River Runs” – Bloomington Playwrights Project, 107 W. 9th Street, 8:00 pm, pay-what-you-can. It’s not often you find a play that’s beautiful, sweet, poignant, and poetic, while also being laugh-out-loud, ridiculously funny. This touchingly comic play tells the tale of two brothers who steal their grandfather’s body from his coffin in order to bury him in a place that holds more meaning.

The Art of Painting with Flowers with Tim East – Venue Fine Art & Gifts, 114 S. Grant, 6:00 pm, free and open to the public. Tim East has perfected his techniques, using flowers, their textures, shapes and colors, to make paintings, collages, cards and giclee prints. Stop by and see his demonstration.

Recorder Orchestra of the Midwest – Open dress rehearsal – Trinity Episcopal Church, 111 S. Grant, 3:30 pm, free and open to the public.

Soul Street – R&B/Soul Music Group – Players’ Pub, 424 S. Walnut, 8:00 pm, \$6 cover.

Il Troubadore – Café Django, 116 N. Grant, 8:00 pm, \$5. Share in this evening of music from all around the world by this Indianapolis group.

SUNDAY, March 20, 2011

Silk Road Celebrations – Monroe County Public Library, 303 E. Kirkwood, 2:00 – 3:00 pm, free and open to the public. Sample the music, stories and customs of the people who lived along the ancient Silk Road.

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.

Stewart’s Indiana Flea Market – Indiana State Fairgrounds, Indianapolis, 10:00 – 4:00 pm, free admission. For more information, visit www.stewartpromotions.com.

Indianapolis Antique Advertising Show & Indy Antique Toy Show – Indiana State Fairgrounds, Indianapolis, 10:00 – 3:00, admission \$8, children 12 and under free.

Movie, “The Illusionist” (2010) - IU Cinema, 1201 E. 7th Street, 3:00 pm, free event, but tickets required from the IU Auditorium Box Office. A story about two paths that cross, the film follows an aging magician in search of a stage who meets a young girl at the start of her life’s journey.

Movie, “Lady Chatterley” (2006) - IU Cinema, 1201 E. 7th Street, 6:30 pm, free event, but tickets required from the IU Auditorium Box Office. An unlikely love affair teaches Lady Chatterley to accept her own beauty and sensuality and open herself to the world around her.

Around the World in Seven Snakes: A Live Animal Presentation – Wonderlab Science Museum, 308 W. 4th Street, 2:00 – 3:00 pm, **free children’s admission tickets for patients and their families**, this program requires an additional \$2 per person. Learn about how snakes live in different environments around the globe from Snakehead Ed! This interactive show features seven snakes from Africa, Asia, Australia, South America, Central America and North America. Seating is limited.

MONDAY, March 21, 2011

Dinner & Wine Tasting – Homewood Suites, 1399 S. Liberty Drive, Monday, March 21, 5:00 – 7:00 pm, \$5 per person, all patients and their families invited, **please RSVP to Nancy at 812-349-2153 by Friday, March 18**. The menu this month is boneless seasoned pork chops, broccoli with cheese and rosemary potatoes along with a full salad bar, beer and wine from Oliver Winery.

Seasons of Sebastian V, Organ Recital – St. Thomas Lutheran Church, 3800 E. Third Street, 8:00 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.

All Cancer Support Group – Olcott Center for Cancer Education, 619 W. First Street, 3:00 – 5:00 pm, for patients and families, for more information, call 812-353-5348.

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

Preschool Story Time - Ellettsville branch of the Monroe County Public Library, 303 E. Kirkwood, 10:15 & 11:15 pm, free.

Movie, “The Illusionist” (2010) - IU Cinema, 1201 E. 7th Street, 7:00 pm, free event, but tickets required from the IU Auditorium Box Office. A story about two paths that cross, the film follows an aging magician in search of a stage who meets a young girl at the start of her life’s journey.

TUESDAY, March 22, 2011

Meet & Greet – Patient Resource Center, 4:00 – 5:15 pm, all patients and their families welcome. **This week’s speaker will be Ryan Reed, Medical Physics Assistant.**

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

Aerobic Exercise – Twin Lakes Recreation Center Fitness Room, 1700 W. Bloomfield Road, 2:00 – 2:45 pm, free, no admission fee to the Center for those participating in this program.

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.

All Cancer Support Group – Olcott Center for Cancer Education, 619 W. First Street, 6:30 – 8:30 pm, for patients and families, for more information, call 812-353-5348.

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

Jazz Combo Concert – IU Ford-Crawford Hall in the Simon Building, 200 S. Jordan, 8:30 pm, free and open to the public.

X-Treme Team: X-Tremigami Events – Monroe County Public Library, 303 E. Kirkwood, 7:00 pm, free and open to children ages 10 – 14. Welcome back Spring with a flurry of folds! We'll use some amazing origami paper to make simple, spring-themed flowers and animals.

WEDNESDAY, March 23, 2011

Celebration Dinner – Sherwood Oaks Christian Church, 2700 E. Rogers Road, 5:15 – 6:00 pm, \$5 for patients and their families, \$3 children, **RSVP by Monday at 812-334-0206**. This is a nice, home-cooked meal prepared by the women of the church. Church members, patients and the public are invited. Immediately following the dinner, there are a variety of workshops and discussion groups that you are welcome to attend. These are optional.

Senior Recital, Guitar – IU Ford Crawford Hall in the Simon Building, 200 S. Jordan, 5:00 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.

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.

International Folk Dance - Twin Lakes Recreation Center Fitness Room, 1700 W. Bloomfield Road, 1:30 – 3:00 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.

The Awesome Power of Air: A Super Science Show – Wonderlab Science Museum, 308 W. Fourth, 2:30 pm, free children's admission tickets available for patients and their families (call Nancy at 812-349-2153), this event requires an additional \$2 per person, adults \$7. Get blown away by the power of air during this interactive science show.

Matt Maher Concert – St. Paul Catholic Center, 1413 E. 17th Street, 6:00 pm, \$15 - \$20 at the door. Maher is a popular Christian music artist.

THURSDAY, March 24, 2011

Preschool Story Time – Ellettsville branch of the Monroe County Public Library, 200 West Temperance Street, 10:15 am, free and open to the public.

Quick and Easy Paper Boxes – Monroe County Public Library, 303 E. Kirkwood, 2:00 – 5:00 or 6:30 – 8:30 pm, free, drop in, open to adults and teens. It only takes a few minutes to make these tiny folding boxes. Each box is just big enough to hold a small gift or party favor and no two boxes will look exactly the same. They are surprisingly easy to make and one-on-one help is available.

Evening Family Storytime – Monroe County Public Library, 303 E. Kirkwood, 6:30 pm, free. Stories and more, just before bedtime for all ages.

COMING SOON

Comedian, Sarah Silverman – IU Auditorium, Thursday, March 24, 7:00 pm, tickets \$35 at www.iuauditorium.com. Silverman began her career as a writer and occasional cast member on “Saturday Night Live”.

Blue Man Group – IU Auditorium, March 29 – 31, 8:00 pm, tickets \$38 - \$60 at www.iuauditorium.com. Digital, interactive, smart, hip, musical, percussive, clever, wired. . . fun.

Joffrey Ballet – Tuesday, April 5, 8:00 pm, IU Auditorium, tickets \$20 - \$35 at www.iuauditorium.com or 812-855-1103.

Thomas and Friends Live! On Stage in “Thomas Saves the Day” – IU Auditorium, April 11 - 12, 7:00 pm, tickets at www.iuauditorium.com, or 800-745-3000.

Laughter and Reflection with Carol Burnett: A Conversation with Carol where the audience asks the questions – IU Auditorium, Monday, April 18, 8:00 pm, tickets \$45 - \$68, at 812-855-1103 or www.iuauditorium.com.

2nd Annual HoosiersCare 5K and 1 mile Family Fun Run/Walk – Sherwood Oaks Christian Church, 2700 E. Rogers Road, Saturday, April 30, 9:00 – 11:00 am, \$15, for more information visit www.hoosierscare.com. The money raised through this event will be used towards updates on current HoosiersCare homes and the purchase of an additional home. HoosiersCare is one of our housing partners.

18th Annual Big Red Wine and Food Festival – Bloomington Convention Center, 300 S. College, April 1, 6:00 – 8:00 pm, tickets \$30 each or \$50/two. Tickets can be purchased at any Big Red Liquors store location or by calling 812-558-7008.

THINGS TO DO

Several area restaurants will be offering specials over spring break (March 12 – 20).

Scholar's Inn Gourmet Café and Wine Bar – 717 N. College, 812-332-1892 – Offering VIP Appreciation Week March 13 – 20. During this week, all VIP members will be able to order one entrée and receive a second entrée free of charge. Becoming a VIP is free and can be done at either Bakehouse location (125 N. College or 3002 E. 3rd Street) or at the Scholar's Inn. Diners must be a VIP before arriving for the special spring break bargain. For more info about becoming a VIP member and the benefits, visit www.scholarsinn.com.

Janko's Little Zagreb – 223 W. Sixth Street, 812-332-0694 – Janko's will offer diners a second entrée at half price when one is purchased at regular price. There will also be nightly wine and dessert specials. The normal half-price appetizer special will be offered on Monday night and can be combined with the half-price entrée deal. Janko's offers its famous steaks, as well as European specialties and fish entrees. The complete menu can be viewed at www.littlezagreb.com.

FarmBloomington – 108 E. Kirkwood, 812-323-0002 – You can enjoy a special Caribbean menu throughout spring break week. Dishes include a shark sandwich, fish cakes, curried goat and other special items and island cocktails. Farm will also offer a special St. Patrick's Day menu on March 17 including veloute of broccoli with crab clotted cream, watercress salad with smoked salmon and house-made corned beef with boiled potatoes and cabbage. For complete menu details, visit www.farm-bloomington.com.

Kirkwood Café, 620 W. Kirkwood, hours 8:00 am – 9:00 pm Monday – Saturday and 9:00 am – 8:00 pm Sunday. This is a newly opened restaurant serving American cuisine. The breakfast menu includes pancakes, omelets, crepes and corned beef hash. The lunch and dinner menu includes several different hamburgers, sandwiches and country fried steak.

The Laughing Planet Café – 322 E. Kirkwood – This café is famous for its inventive burrito menu and has just introduced a Tibetan burrito. The dish is made with brown rice, a veggie mix of green cabbage, cauliflower, green onion and cilantro, spinach, chicken or tofu, carrot slaw, chickpeas, lentils and masala sauce. Check out the full menu at www.thelaughingplanetcafe.com.

Chocolate Moose – 401 S. Walnut – a local favorite for ice cream treats - with indoor seating. You must make a stop at the Chocolate Moose while in Bloomington.

Sock Factory Tours – Since 1984, For Bare Feet, located in Brown County, has been creating high quality socks with thousands of designs. From cones of yarn to the finished product, you will witness each step and what it takes to make the perfect sock. All tour participants will receive a FREE pair of socks at the end of the tour. For Bare Feet is located just north of Nashville via 135 & St. Rd. 45 West in Helmsburg. Tours are scheduled Monday through Friday – call 812-988-7144, adults \$6, children \$4, tour length is one hour, reservations are required.

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, strawberry shortcake, steaks, chops and salmon and chicken. Check us out! It's worth the drive.
- **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.
- **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**

Others that were mentioned but did not receive a rating are:

- **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.
Enjoy casual dining seven days a week in the clubhouse. Menu items include appetizers, soups, salads, sandwiches, wraps, pizza, pasta and full dinner entrees.

