



# COMMUNITY CALENDAR

## Mar 19 - March 25, 2010

Spring has sprung! It's time to get outside and enjoy this beautiful spring weather.

Bloomington has an abundance of outdoor recreation activities to offer. There are a number of parks in the area, walking/hiking/biking trails, state parks with lots of activities, and several golf options. If you would like more information on area activities, please stop by the Patient Resource Center.

I have included a list of golfing options in this week's calendar along with rates. Most of the area courses offer special discounts for MPRI patients and their families. However, to receive the discounted rate, you must show an **MPRI Identification Card** when visiting these courses. The ID card authorizes you to receive the rate listed through the end of your treatment. **Stop by the Patient Resource Center to receive your ID card and a list of courses.**

If you haven't viewed the MPRI website recently, you will notice some big changes. The site has recently undergone some major changes to make it more user-friendly and offer a wider variety of information. The Community Calendar can also be easily accessed via a Quick Link titled "Activity Calendar" at the bottom of the home page. Check it out at [www.mpri.org](http://www.mpri.org).

### **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 **Phil Thompson, former MPRI patient.**

**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 19, 2010**

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

**Comedian, Tim Wilson** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$20.

**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.

**Spring Break Movie - “Cloudy with a Chance of Meatballs”** - Monroe County Public Library, 303 E. Kirkwood, 2:00 - 3:45 pm, free, no registration needed. All ages will enjoy the story of the town where food drops from the sky like rain.

**Estate Art Sale and Exhibit** - Venue Fine Art & Gifts, 114 S. Grant, 6:00 pm, open to the public. This is an impressive exhibit and sale of art drawn from the collections of two local Estates featuring original watercolors, drawings, oils and acrylics. Also limited edition signed and numbered giclee and intaglio prints. This exhibit and sale will continue until March 25

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

**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).

**LottaBLUESah! featuring two great blues bands** - Players Pub, 424 S. Walnut, 8:00 pm, \$6 cover charge.

## **SATURDAY, March 20, 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, Tim Wilson** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$20.

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

**Navruz Silk Road Celebrations** - Monroe County Public Library, 303 E. Kirkwood, 2:00 - 3:00 pm, free, registration necessary, call 349-3100. Families with children in grades K - 6 can experience a celebration of the traditional Persian New Year and sample the music, stories and customs of the peoples who live along the ancient Silk Road to China.

**Counterfeiters, Classic Rock Band** - Players Pub, 424 S. Walnut, 8:00 pm, \$5 cover charge.

**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 10:30 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). 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!

## **SUNDAY, March 21, 2010**

**IU Cyclotron Tour** - Sunday, March 21, 10:00 - Noon - RSVP to Nancy at 349-2153 by 3/19 at noon. 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.

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

**Sunday Brunch with Jeff Foster, Acoustics** - Scenic View Restaurant, five miles south of East Third Street on Ind. 446, brunch begins at 11:00 am.

**"Cowboy Sweethearts"** - Coachlight Musical Theater, 227 S. Van Buren, 2:00 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). 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!

**LEGO Day** - Monroe County Public Library, 303 E. Kirkwood, 2:00 pm, free, for children in grades K - 6, open to the public. Drop in and bring your LEGO sets to create and share during the day. LEGO creations will be on display in the Children's Department through April 21.

**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 22, 2010**

**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.

**Guest Recital, Cello** - IU Ford-Crawford Hall in the Simon Building at 3rd & Jordan, 8:30 pm, free and open to the public.

**Doctoral Recital, Harp** - IU Ford-Crawford Hall, in the Simon Building at 3rd & Jordan, 5:00 pm, free and open to the public.

**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.

**Preschool Story Time** - Ellettsville Branch of the Monroe County Public Library, 200 W. Temperance Street, 11:15 am, free and open to the public, designed for ages 2 - 6.

## **TUESDAY, March 23, 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. The kids can also enjoy this great weather on our outdoor riding toys. 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 **Phil Thompson, former MPRI patient**. Phil is a retired employee of the IU Cyclotron, received treatment at MPRI, and is also Director of the HoosiersCare non-profit group which provides housing for MPRI families. Please join us for some interesting conversation.

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

**Free Order of Breadsticks at Pizza X!** - This offer is available for carry out only from 4:00 - 8:00 pm at the locations listed below. Pizza X will also be collecting cash donations for Haitian relief efforts and will match all cash donations during the free breadsticks event. Pizza X stores participating are:

- 1791 E. 10th Street
- 2443 S. Walnut Street Pike
- 877 S. College Mall Road
- 1610 W. 3rd Street
- 4621 W. Richland Plaza, Ellettsville

**Master's Recital, Piano** - IU Recital Hall in the Simon Building at 3rd & Jordan, 5:00 pm, free and open to the public.

**Blues Jam hosted by King Bee and The Stingers** - Players Pub, 424 S. Walnut, 8:00 pm, no cover charge.

**"The Art of Women's Poetry" with Shana Ritter and Friends** - Venue Fine Art and Gifts, 114 S. Grant, 5:30 pm, open to the public. Shana Ritter and other well known local women's poets will present their works - poetry written from a women's perspective. Shana will read from her newest work, "Crossings", focusing upon her mother's experiences as an immigrant.

**Performer Diploma Recital, Voice** - IU Recital Hall in the Simon Building at 3rd & Jordan, 7:00 pm, free and open to the public.

## **WEDNESDAY, March 24, 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 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.

**Faculty Recital, Bassoon** - IU Ford-Crawford Hall in the Simon Building at 3rd & Jordan, 7:00 pm, free and open to the public.

**Doctoral Recital, Piano** - IU Recital Hall in the Simon Building at 3rd & Jordan, 8:30 pm, free and open to the public.

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

**Campus Super Star** - Buskirk-Chumley Theater, 114 E. Kirkwood, 7:00 pm, \$5 admission. Indiana Campus Super Star is a performance talent contest open to any student who attends a university in the state of Indiana. Soloist singers from all backgrounds, representing the full spectrum of musical genres will enjoy an equal opportunity to win the BIG \$5000 CASH PRIZE, or one of nine other top prizes. This is the semi-finals of the event.

**Kirkwood Observatory Public Open House** - Kirkwood Observatory, at corner of 4th & Indiana Avenue, 9:00 - 11:00 **pm** (Due to Daylight Savings Time in Indiana, the sky is not dark enough for observing with the telescope until late in the evening. We have scheduled the Open Night hours as early as we can and still have the sky dark enough to view with the Kirkwood telescope.) Viewing at the observatory is free and open to the public. The observatory houses both a 12" refractor and a solar telescope, was founded in 1901 and was completely restored in 2002.

**Creekbend Experience Event** - Oliver Winery Tasting Room, 8024 N. St. Rd. 37, 6:30 - 8:30 pm, free, reserve soon at 800-25-TASTE (ask for Amber), limited space. Join us for an evening to celebrate the release of our newest Creekbend wines from the 2009 vintage. The night will be filled with wine tasting and production tours and a chance to learn more about Creekbend Vineyard and the wines we make from these grapes. Winemakers will be conducting tours and answering questions.

**Build Your Own Telescope** - Wonderlab Museum, 308 W. 4th Street, 1:30 - 4:30 pm, for elementary and teenage children, cost is \$4 per kit plus admission, (**free children's admission tickets are available from Nancy for MPRI families**). Learn how telescopes work and about the many types of sophisticated telescopes astronomers use today as you build your own refracting telescope to take home.

## **THURSDAY, March 25, 2010**

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

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

**“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). 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!

**Puck Players Puppet Show, “Katy No Pockets”** - Ellettsville Branch of the Monroe County Public Library, 200 W. Temperance Street, 7:00 pm, free and open to the public.

**Movie, “The Men Who Stare At Goats”** - Indiana Memorial Union, Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. A reporter in Iraq might just have the story of a lifetime when he meets Lyn Cassady, a guy who claims to be a former member of the U.S. Army's New Earth Army, a unit that employs paranormal powers in their missions.

**The Hucklebucks - Soul/Blue/Jam Band** - Players Pub, 424 S. Walnut, 8:00 pm, \$4 cover charge.

## **COMING SOON**

**IU Spring Ballet Theater - “An American Evening”** - March 26, 8:00 pm and March 27, 8:00 & 2:00 pm, tickets available at 812-855-7433 or online at [www.music.indiana.edu/ballet](http://www.music.indiana.edu/ballet).

**The Singing Hoosiers 60th Anniversary Concert** - March 27, 8:00 pm at the IU Auditorium, tickets at 812-855-7433 or online at [www.music.indiana.edu/ballet](http://www.music.indiana.edu/ballet).

**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.

## **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.

### **Sore Mouth**

Cancer and cancer treatment can sometimes cause the mouth to become very sore and make it difficult to chew and swallow. Sometimes the inside of the mouth becomes raw and irritated. There are things you can do to help your mouth heal and to make it feel better.

- Choose soft, bland-tasting foods that are served cold or at room temperature. Try blenderized fruits and vegetables; creamed soup; cooked cereal; macaroni and cheese; yogurt; pudding; and chicken, beef or fish cooked until very tender.
- Chilled foods and beverages can be soothing. Try freezing fruits such as grapes, banana pieces, melon balls, peach slices. Suck on frozen fruit pops, ice chips or other cold foods.
- Puree or liquefy foods in a blender to make them easier to swallow.
- Serve foods cold or lukewarm, rather than hot, to reduce mouth irritation.
- Eat high-protein, high-calorie foods to speed healing

### **Recommended Food List**

**High-protein foods** - Soft, bland meats and casseroles such as chicken rice casserole, macaroni and cheese, or tuna noodle casserole; homemade cream soups; eggnog, milk, milkshakes; silken tofu

**Breads, cereals, rice, and pasta** - Bread, if tolerated; cooked cereals, cold cereals with milk

**Fruits and vegetables** - Soft, non-acidic fruit and vegetables, if tolerated

**Beverages, desserts, and miscellaneous** - Non-acidic juices such as apple juice; decaf coffee, tea, and soft drinks; non-chocolate pudding, cake, cookies (as tolerated), pie, gelatin, ice cream and sherbet

## **DINING IN BLOOMINGTON**

**Uptown Café** - 102 E. Kirkwood, [www.the-uptown.com](http://www.the-uptown.com) - This New Orleans-style café is known for Cajun-Creole fare, big steaks, fresh seafood, Cajun gumbos, BBQ shrimp and extravagant breakfast items (cottage cheese pancakes, eggs benedict, eggs Sardou).

**Upland Brewing Company** - 350 W. 11th Street, [www.uplandbeer.com](http://www.uplandbeer.com) - Founded in 1998, the UBC is the largest independent microbrewery in Indiana. The Tap Room and Biergarten offer a view of the brewery and the menu includes an eclectic variety of appetizers, sandwiches, entrees and steaks, as well as featured specials.

**Village Deli** - 409 E. Kirkwood - A time-tested classic, nearly 40 years old and still going strong! Slings colossal pancakes - complete with mix-ins like bananas, homemade granola, and chocolate chips - along with amazing egg dishes and omelets to order, the deli offers breakfast anytime. Signature lunch and dinner items like the Big Red Rueben and Carmichael's Hoagie, are also available.

**Smokin' Jack's Rib Shack** - 505 W. 17th Street, [www.smokinjacksribshack.com](http://www.smokinjacksribshack.com) - Jack's is the place for old-fashioned home-style barbeque. The extensive menu features all your barbeque favorites including pulled pork, chicken, brisket and, of course, ribs! Select from a long list of scrumptious side dishes to complete your meal.

**Trojan Horse** - 100 East Kirkwood, [www.thetrojanhorse.com](http://www.thetrojanhorse.com) - A cornerstone of Bloomington since 1978, the Trojan Horse is famous for secret recipe gyros and falafels - passers-by enjoy the front window view and aroma of lamb and beef being carved on the spit. The atmosphere is casual and comfortable and the Trojan Horse also serves up one of the best burgers in town. Don't pass up the chance to try the baklava - order it a'la mode with the baklava ice cream!

## **FIVE BUCK CLUB MOVIE SELECTIONS (March 19 - 23)**

Area theaters offer a discounted price of \$5 for certain movies each week. This is called the Five Buck Club. To attend one of these movies and receive this discount, you simply must stop by the Patient Resource Center to receive a Five Buck Club card. This card must be presented at the movie theater to receive the discount. Movies showings are at various times. For a complete listing of all movies and times, go to [www.kerasotes.com](http://www.kerasotes.com). For more information, call Nancy at 349-2153.

### **Showplace West Theaters - 2929W. Third Street**

- Avatar
- Cop Out
- Crazy Heart
- Percy Jackson & The Olympians: The Lightning Thief

### **Showplace East Theaters - 1351 S. College Mall Road**

- The Crazies
- Dear John
- Ghost Writer
- The Hurt Locker
- Sherlock Holmes
- Shutter Island
- Valentine's Day

