



## COMMUNITY CALENDAR

### Mar 5 - March 11, 2010

Our **Meet & Greet session, held each Tuesday at 4:00 pm**, is a support group for patients, family members and caregivers. It is a great way to meet others and talk with those who share this experience with you. We begin each session with a few minutes for socializing and getting to know one another.

We have a nine week rotation of speakers, which includes a former patient and staff from the clinic. So during your treatment, there will be a different speaker each week. You will have an opportunity to learn more about the facility, staff, equipment, training, and much more.

This week's Meet & Greet speaker will be **Dr. Thornton, MPRI Medical Director**. I hope you will join us for some interesting conversation and the opportunity to have your questions answered by Dr. Thornton.

### **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, staffing, equipment, etc. The guest speaker this week will be **Dr. Thornton, MPRI Medical Director**.

**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@mprí.org](mailto:nslough@mprí.org)*

### **FRIDAY, March 5, 2010**

**Puccini's "La Rondine"** - Musical Arts Center, 3rd & Jordan, 8:00 pm, tickets at the door. Presented by the IU Opera Theater, in this story a young 19th-century woman in Paris with fantasies of romantic love finds unexpected troubles.

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

**Basket Bingo** - Bloomington High School North Cafeteria, 3901 N. Kinser Pike, 6:00 pm, \$12 for 20 games to win Longaberger baskets. Additional tickets and refreshments will be available. Proceeds benefit the combined orchestra for Bloomington North and South. Participants must be 18 years old or older to participate.

**The Art of Emily** - The Venue Fine Art & Gifts, 114 S. Grant, 6:00 pm. The art of Emily Schumacher will be displayed. Emily is from the Henry Radford Hope School of Fine Arts of Indiana University. Her paintings include oils and watercolors and encompass street scenes, décor and much more.

**Comedian, Jasper Redd** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12.

**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.

**Saakumu Dance Troupe** - Indiana Memorial Union, Alumni Hall, 900 E. Seventh, 7:00 pm, free, open to the public. This dance troupe is one of the most recognized performers of traditional music and dance from Ghana, West Africa.

**Special Concert: New Art/New Music** - IU Art Museum's Special Exhibitions Gallery, 1100 E. Seventh, 7:30 pm, free and open to the public. Members of IU's Student Composer Association will present ten new solo pieces, each inspired by a different artwork in the "Triennial 2010" faculty exhibit.

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

**Winter Wearables** - By Hand Gallery, 101 E. Kirkwood, Room #109 in Fountain Square Mall, 5:00 - 8:00 pm, free, public invited. Due to inclement weather, the Gallery will have a reopening of its Winter Wearables exhibit. The exhibit features pieced jackets, hand knit sweaters and knitted accessories, hand woven scarves, hand painted silk scarves and men's ties.

**"Boondock Saints II"** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. The MacManus brothers are living a quiet life in Ireland with their father, but when they learn their beloved priest has been killed by mob forces, the duo return to Boston to bring justice to those responsible.

**Trombone Faculty Recital** - IU Auer Hall in Simon Building at Third & Jordan, 7:00 pm, free and open to the public.

**"Major Barbara" by George Bernard Show** - IU Ruth N. Halls Theater, 1201 E. 7th Street, 7:30 pm, tickets \$12 - 20 at 855-1103 or [www.theatre.indiana.edu](http://www.theatre.indiana.edu). "Major Barbara" is a tale of what's right and wrong, and what happens when the line gets blurred. Director Sabrina Lloyd has chosen to set the play in the year 1964 to tell the story of Salvation Army Major Barbara Undershaft.

**"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!

**First Friday at Wonderlab** - Wonderlab Museum, 308 W. Fourth, 5:00 - 8:30 pm, free children's admission tickets for MPRI guests, adult admission \$3. Explore science during Wonderlab's monthly extended evening hours. Pizza will be available on-site to purchase.

**Free Family Night** - IU Student Recreational Sports Center, 200 Law Lane, 7:00 - 9:00 pm, free parking and admission. Slide, throw, kick and spike with the experts. IU sports teams will be on hand showing their skills and playing throughout the evening. The Family Play room and the pool will be open! And don't forget to grab a snack at the Bloomingfoods table.

**19th Annual Indiana Heritage Quilt Show** - Bloomington Convention Center, 302 S. College, 9:00 - 6:00 pm, adults \$7, children 7 - 12 \$2, under 6 free.

## **SATURDAY, March 6, 2010**

**"Major Barbara" by George Bernard Shaw** - IU Ruth N. Halls Theater, 1201 E. 7th Street, 2:00 and 7:30 pm, tickets \$12 - 20 at 855-1103 or [www.theatre.indiana.edu](http://www.theatre.indiana.edu). "Major Barbara" is a tale of what's right and wrong, and what happens when the line gets blurred. Director Sabrina Lloyd has chosen to set the play in the year 1964 to tell the story of Salvation Army Major Barbara Undershaft.

**Comedian, Jasper Redd** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12.

**Tapas Party** - Bloomington Cooking School, 115 N. College, 6:00 - 9:00 pm, \$54, register at [www.bloomingtoncookingsschool.com](http://www.bloomingtoncookingsschool.com). Love those little plates of great food in the bars of Spain? Then join Chef Gower in this demonstration/dinner that includes: Tortilla (frittata), sautéed garlic and mushrooms, Chile shrimp, fried Manchego cheese, Chorizo sausage in red wine, Fish, rosemary and bacon skewers, Sardines marinated in sherry vinegar, and Spanish meatballs.

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

**Puccini's "La Rondine"** - Musical Arts Center, 3rd & Jordan, 8:00 pm, \$15 - \$35. Presented by the IU Opera Theater, in this story a young 19th-century woman in Paris with fantasies of romantic love finds unexpected troubles.

**Bill Lupkinl - Blues** - Players Pub, 424 S. Walnut, 8:00 pm, \$6.

**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!

**Herald Times Annual Spelling Bee** - Monroe County Public Library, 303 E. Kirkwood, 9:00 am, free, public is invited.

**IU Men's Basketball vs. Northwestern** - IU Assembly Hall, 1001 E. 17th Street, Noon, tickets available at 866-IUSPORTS or [www.iuhoosiers.com](http://www.iuhoosiers.com).

**Seusspicious Behavior** - Monroe County Public Library, 303 E. Kirkwood, 1:00 pm, free, no registration needed. Celebrate Dr. Seuss' birthday at the library. Students from Bloomington High School North will put on a lively theatrical production, you will enjoy Seuss-tacular games and hands-on activities all brought to you by Bloomington Parks and Recreation.

**"Boondock Saints II"** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. The MacManus brothers are living a quiet life in Ireland with their father, but when they learn their beloved priest has been killed by mob forces, the duo return to Boston to bring justice to those responsible.

**19th Annual Indiana Heritage Quilt Show** - Bloomington Convention Center, 302 S. College, 9:00 - 5:00 pm, adults \$7, children 7 - 12 \$2, under 6 free.

**MOSAIC Diversity Film Festival** - Ellettsville branch of the Monroe County Public Library, 200 W. Temperance Street, 1:00 and 3:00 pm, free and open to the public. A festival of short, enjoyable children's films about accepting differences and disabilities.

**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)

## **SUNDAY, March 7, 2010 - *MPRI Clinic open for treatment***

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

**Michael Flatley's "Lord of the Dance"**, Sunday, March 7, 3:00 pm, IU Auditorium, tickets \$25 - \$44 at 812-855-1103 or [www.iuauditorium.com](http://www.iuauditorium.com). Irish Dance Champions Scott Doherty and Michael McHugh perform in this one-time only matinee.

**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.

**Comedian**, - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12.

**Family Fun Time at the YMCA** - YMCA, 2125 S. Highland Avenue, 3:00 - 5:00 pm, \$5 per family. Activities include chi-gong, family boot camp, hoop shoots, open swim and more.

## **MONDAY, March 8, 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.

**Percussion Ensemble** - IU Auer Hall in Simon Building at Third & Jordan, 7:00 pm, free and open to the public.

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

**Speaker, Sheryl WuDunn** - IU Memorial Union, Alumni Hall, 900 E. Seventh Street, 7:00 pm, free and open to the public. The IU School of Journalism Speaker Series brings award-winning journalists to share commentary on our world. The first speaker is Sheryl WuDunn, the first Asian-American to win a Pulitzer Prize.

## **TUESDAY, March 9, 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 **Dr. Thornton, MPRI Medical Director**.

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

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

**Demonstration, Oil Portrait Painting** - The Venue Fine Art & Gifts, 114 S. Grant, 5:30 pm, free and open to the public. Emily Schumacher will demonstrate the painting of an oil portrait using the curator of The Venue as her subject.

**New Music Ensemble** - IU Auer Hall in Simon Building at Third and Jordan, 8:00 pm, free and open to the public.

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

**Crafty Creations** - Monroe County Public Library, 303 E. Kirkwood, 10:45 AM, free, no registration needed. Just drop in for crafts - dress to mess!

**Evening Story Time** - Monroe County Public Library, 303 E. Kirkwood, 7:00 pm, free, register in advance at 349-3100.

## **WEDNESDAY, March 10, 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.

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

**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.

**Guest Recital** - IU Auer Hall in Simon Building at Third and Jordan, 7:00 pm, free and open to the public. The Peiyang Chorus of Tianjin University will perform.

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

## **THURSDAY, March 11, 2010**

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

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

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

**Happy St. Patrick’s Day Dinner** - Bloomington Cooking School, 115 N. College, 6:00 - 8:00 pm, \$54, register at [www.bloomingtonivytech.edu/CLL](http://www.bloomingtonivytech.edu/CLL). In honor of St. Patrick’s Day, Chef O’Neill creates family favorites from his homeland of Ireland. His menu includes rack of Lamb, cabbage cooked in Guinness, the classic Colcannon (mashed potatoes with fresh parsley) and Irish Soda Bread.

## **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.

**MPRI will be closed Friday, March 12 for maintenance.**

**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.

**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.

## **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.monroecountyymca.org](http://www.monroecountyymca.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.

### **Sore or Irritated Throat**

Cancer and cancer treatment can sometimes cause the throat to become very sore and make it hard to eat and swallow. Certain chemotherapy agents and radiation therapy to the head, neck or chest area can make the inside of the throat irritated. Some people even experience heartburn and gastric reflux.

Here are some things that you can do to help your throat heal and to make it feel better:

- Try eating foods that are bland, semisolid or soft, and easy to swallow. Cream soups, cheeses, mashed potatoes, yogurt, eggs, custards, puddings, cooked cereals, ice cream, casseroles, gravies, shakes and smoothies are usually easy to eat.
- Make smoothies with fruits such as melons, bananas, peaches, and kiwi fruit. Add yogurt, milk, ice cream or silken tofu for extra protein.
- Take your time while you eat. Chew and swallow foods carefully and allow ample time between bites.
- Choose lukewarm or cool foods that are soothing. Very cold foods or very hot foods can cause distress.
- Several small meals a day are easier to eat and digest than three large meals. Space meals around 2 to 3 hours apart to get the most comfort. Remember to stop eating 2 to 3 hours before bed and to sleep with your head elevated if gastric reflux and heartburn are problems.