



Proton Therapy Center

COMMUNITY CALENDAR
April 1 - 7, 2011

We're getting more and more glimpses of spring and the birds are singing! The warmer weather encourages us to get outside more and enjoy the fresh air. I've attached some information about local hiking/biking trails, area parks and area lakes. There are also many golfing options in the area. To take advantage of the discounted rates for golf courses, 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. **New this week - we have children's admission tickets to the Indianapolis Children's Museum.**

I am generally at the Patient Center Monday - Friday from 8:00 - 5:00 pm. However, I will be out of the office April 8 - 15. If you need assistance during that time, please contact Amanda Burnham at 812-349-2151. She will be 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 Jen Bratton, Nursing Supervisor.**

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, April 1, 2011

A monthly test of the Emergency Broadcast System is done on the first Friday of each month at noon. This is followed by a public announcement. Please note, this is only a test to insure that the tornado sirens are in working order.

NO JOKE: Ladies First Spring Show – Buskirk Chumley Theater, 114 E. Kirkwood, 8:00 pm, \$12 general admission. Ladies First is presenting a rockin' a'cappella spring showcase! This group of thirteen talented women have a dynamic sound and are well known in the area.
You'll be impressed.

GalleryWalk – Glorious Moments Fine Art Gallery – 109 E. Kirkwood, 5:00 – 8:00 pm, free and open to the public. The gallery will showcase a limited number of rare, extraordinary photogravures of the North American Indian along with Native American charcoal drawings. There are nine art galleries in the downtown area that participate in the monthly GalleryWalk. You can start at Glorious Moments, grab a map and visit the other galleries that are all within walking distance.

Wonderlab First Friday – 308 W. 4th Street, 5:00 – 8:30 pm, admission is just \$3, (see Nancy for children's admission tickets for patients and their families).

Movie, "The Godfather" - IU Memorial Union, Whittenberger Auditorium, 900 E. 7th Street, 8:00 and 11:00 pm, \$2. The aging patriarch of an organized crime dynasty transfers control of his clandestine empire to his reluctant son.

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.

Basket Bingo – Monroe County Fairgrounds, Community Building, 2800 S. Kirby Road, doors open 5:30, bingo 6:30, \$10. Bingo is sponsored by the Bloomington West Lions Club and funds raised will support local community activities and agencies. Must be 18 to attend and sandwiches, snacks and drinks will be available for purchase.

Musical Theater, "Forever Vegas" - 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. Remember those great Vegas show with songs like "Viva Las Vegas"? This production brings back music and memories that have entertained us for years. You'll hear barbershop harmonies and old favorites, all sung by four talented men.

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, “Freedom Riders” (2011) - IU Cinema, 1201 E. 7th Street, 7:00` pm, free event, but tickets required from the IU Auditorium Box Office. This is the powerful, harrowing and ultimately inspirational story of eight months that changed America forever.

“The Lonesome West”, an Irish comedy – Ivy Tech Waldron Center, Rose Firebay Room, 122 N. Walnut, 7:30 pm, tickets \$18 at the door. This black comedy features two hilarious bickering brothers whose rivalry knows no bounds!

Comedian, Geoff Tate - Comedy Attic, 4th & Walnut, 8:00 and 10:30 pm, \$10, 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.

First Experience with Opera – Ellettsville branch of the Monroe County Public Library, 200 E. Temperance, 4:30 pm, free. Introduce your child to the beautiful world of opera with this abbreviated production of “Little Red Riding Hood” presented by Roundabout Opera for Kids.

Movie “Older than America” and “Unrepentant: Kevin Annett and Canada’s Genocide” – Monroe County Public Library, 303 E. Kirkwood, 2:00 pm, free and open to the public. These films are presented by the Native American Community Center of Bloomington.

Spring Ballet: New York, New York! – IU Musical Arts Center, 101 N. Jordan, 8:00 pm, tickets \$12 - \$20 at www.music.indiana.edu/ballet.

SATURDAY, April 2, 2011

BANFF Mountain Film Festival (April 2 – 3)– Buskirk Chumley Theater, 114 E. Kirkwood, 7:00 pm, under 5 free, general \$15 or \$27 for both nights, tickets available at Buskirk Chumley Box Office. These spectacular films from the BANFF Mountain Film Festival World Tour 2010-11 will give you an up close and personal view of nature.

IU Relay for Life – Genesis Church, right next to the Patient Center, April 2, 6:00 pm, a **free catered dinner is planned and all cancer survivors (including those currently in treatment) are invited to attend.** To RSVP, contact Chelsea at 812-486-8057. This annual event supports the American Cancer Society.

Bloomington Handmade Market – Bloomington Convention Center, 302 S. College Avenue, 10:00 – 4:00 pm, free, open to the public. The Market is a juried, contemporary art and craft fair that showcases modern handmade goods from 45+ local and regional artists. **Comedian, Geoff Tate** - Comedy Attic, 4th & Walnut, 8:00 and 10:30 pm, tickets \$10 at 812-336-LAFF or www.comedyattic.com.

Puppet Show, “Winnie the Pooh and Eeyore’s Birthday” – Monroe County Public Library, 303 E. Kirkwood, 11:00 and 1:00, free, please RSVP at 812-349-3100. This show is presented by Puck Players Puppet Theater.

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.

IU Circle of Life Mini-Marathon – IU Memorial Stadium, 1000 E. 17th Street, 8:00 am, \$50. Many people throughout the world have been impacted by cancer. The IU mini supports cancer survivors who are pursuing their college education.

Musical Theater, “Forever Vegas” - 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. Remember those great Vegas show with songs like “Viva Las Vegas”? This production brings back music and memories that have entertained us for years. You’ll hear barbershop harmonies and old favorites, all sung by four talented men.

“The Lonesome West”, an Irish comedy – Ivy Tech Waldron Center, Rose Firebay Room, 122 N. Walnut, 3:00 and 8:00 pm, tickets \$18 at the door. This black comedy features two hilarious bickering brothers whose rivalry knows no bounds!

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.

Spring Ballet: New York, New York! – IU Musical Arts Center, 101 N. Jordan, 2:00 and 8:00 pm, tickets \$12 - \$20 at www.music.indiana.edu/ballet.

Singing Hoosiers Spring Concert – IU Auditorium, 1221 E. 7th Street, April 2, 8:00 pm, tickets \$15 - \$20 at www.iuauditorium.com or charge by phone at 800-745-3000.

Whoooo's Coming to Dinner: A Live Animal Presentation – Wonderlab Science Museum, 308 W. 4th Street, 12:30 – 1:30 pm, free children's admission tickets for patients and families, adults \$7, **this event requires an additional \$2 admission per person.** Meet a Great Horned Owl and Striped Skunk to find out about the special relationship between these lives animals in the wild.

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

Movie, "The Godfather" - IU Memorial Union, Whittenberger Auditorium, 900 E. 7th Street, 8:00 and 11:00 pm, \$2. The aging patriarch of an organized crime dynasty transfers control of his clandestine empire to his reluctant son.

IU School of Medicine Health Fair – Monroe County Public Library, 303 E. Kirkwood, 12:30 pm, free and open to the public.

SUNDAY, April 3, 2011

BANFF Mountain Film Festival– Buskirk Chumley Theater, 114 E. Kirkwood, 7:00 pm, under 5 free, general \$15, tickets available at Buskirk Chumley Box Office. These spectacular films from the BANFF Mountain Film Festival World Tour 2010-11 will give you an up close and personal view of nature.

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.

Movie, "The Beaches of Agnes" (2008) – IU Cinema, 1201 E. 7th Street, 6:30 pm, free event, but tickets required from the IU Auditorium Box Office. This delicately personal film delves into what makes Agnes Varda the eccentric, creative, tireless woman who made such a mark on filmmaking over the past five decades.

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

Brass Choir – IU Auer Hall in the Simon Building, 200 S. Jordan, 6:00 pm, free and open to the public.

"The Lonesome West", an Irish comedy – Ivy Tech Waldron Center, Rose Firebay Room, 122 N. Walnut, 2:00 and 7:00 pm, tickets \$18 at the door. This black comedy features two hilarious bickering brothers whose rivalry knows no bounds!

Stori Time – Rain, Rain, Rain – Monroe County Public Library, 303 E. Kirkwood, 3:00 pm, free and open to the public. Join Children's Librarian, Stori, for stories, rhymes, silly fun and more.

Whoooo's Coming to Dinner: A Live Animal Presentation – Wonderlab Science Museum, 308 W. 4th Street, 2:00 – 3:00 pm, free children's admission tickets for patients and families, adults \$7, **this event requires an additional \$2 admission per person.** Meet a Great Horned Owl and Striped Skunk to find out about the special relationship between these lives animals in the wild.

A Concert in Memory of Hans Tischler – Unitarian Universalist Church, 2120 N. Fee Lane, 2:00 pm, with chamber music by Bach, Benda, Brahms, Chopin and Mozart featuring Charles Webb on piano.

MONDAY, April 4, 2011

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.

TUESDAY, April 5, 2011

Meet & Greet – Patient Resource Center, 4:00 – 5:15 pm, all patients and their families welcome. **This week's speaker will be Jen Bratton, Nursing Supervisor.**

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.

Joffrey Ballet – Tuesday, April 5, 8:00 pm, IU Auditorium, tickets \$20 - \$35 at www.iuauditorium.com or 812-855-1103. This world-renowned group of classically trained dancers will perform their interpretations of classic and contemporary dance pieces.

Magic Show – Venue Fine Art & Gifts, 114 S. Grant, 5:30 PM, family friendly, free event. Jim Keplinger is a Bloomington based professional magician with over 30 years experience. Be prepared to be spellbound by his all-age show.

WEDNESDAY, April 6, 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.

Open House – IU Kirkwood Observatory, just off Indiana Avenue at the east end of 4th Street, 9:00 – 11:00 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. The observatory is open to the public every Wednesday except when there is heavy cloud cover and inclement weather which make skywatching impractical. Visitors will also have a chance to handle meteorites that are billions of years old, view themselves while standing in infrared light, look through a collection of 3-D astronomy posters and tour the historic facility, in addition to looking through the telescopes.

Wind Ensemble – IU Auer Hall in the Simon Building, 200 S. Jordan, 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.

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.

THURSDAY, April 7, 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.

Chamber Music Concert – IU Ford Crawford Hall in the Simon Building, 200 S. Jordan, 7:00 pm, free and open to the public.

Discussion with filmmakers Anspaugh and Pizzo of *Hoosiers* – IU Cinema, 1201 E. 7th Street, 3:00 pm, free and open to the public. The filmmakers will discuss the actor-director relationship.

LEARN Event, International/History Fair - Monroe County Public Library, 303 E. Kirkwood, 5:30 pm, free and open to the public.

“Hoosiers” (1987) – IU Cinema, 1201 E. 7th Street, 6:30 pm, \$40, tickets available at IU Auditorium Box Office, 812-855-1103 or emailing tickets@indiana.edu. This is a special 25th anniversary screening of the classic American film *Hoosiers*. The director David Anspaugh (an Indiana native) and writer-producer Angelo Pizzo (a Bloomington native) will attend and a reception will follow the film screening at 8:30 pm.

COMING SOON

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, to register, 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 for use by patients. IU Health Proton Therapy Center will participate as a team. See Nancy for more information.

BLOOMINGTON AREA LAKES

Lake Monroe - Three beaches, boat rental, hiking, and much more await you at Indiana's largest lake.

Directions to Lake Monroe: Take 46 to the east side of Bloomington and then 446 south. Or, follow Highway 37 south to Harrodsburg exit, turn left (east) at the stop sign and follow to Strain Bridge Road, then turn left and follow the signs.

Lake Lemon – Directions to Lake Lemon: Take Highway 45 east from Bloomington to Tunnel Road. Turn north onto Tunnel Road and follow it to the gatehouse.

Lake Lemon is the 7th largest lake in Indiana, offers excellent Bass fishing throughout its 1650 acres of water area. It is operated by the Lake Lemon Conservancy.

Griffy Lake - Griffy Lake is a 1,200 acre nature preserve located just minutes from downtown Bloomington. Originally designed as a supply for city water, Griffy is now a paradise for the avid outdoor person. The lake itself is 109 acres and has an average depth of 10 ft. There are many hiking trails around the lake, fishing is permitted, you can rent a canoe or rowboat, sunbathe or picnic. Only non-motorized boats are allowed. Swimming and use of off-road vehicles and bicycles are strictly prohibited.

Directions from Milo B. Sampson Lane: Take 45/46 Bypass east to Matlock Road, turn left on Headley Road - Griffy Lake Boat House is at 3300 N. Headley Road.

AREA PARKS

Brown County State Park East St. Rd. 46
Approximately 15 miles east of Bloomington

- Fishing - Hiking - Stables - Swimming - Camping - Cabins

Cascades Park Northside
Approximately 2 miles from IU Health Proton Therapy Center

- Playground - Picnic area - Shelter Houses - Limited Hiking

Clear Creek Trail Southside
Entrances off Country Club Drive and Tapp Road

- Scenic hiking trails (up to 3 miles)

Griffy Lake 3300 N. Headley Rd. Northside
Approximately 2 miles from IU Health Proton Therapy Center

- Canoe/kayak/rowboat rental - Fishing - Hiking

Karst Farm Park 2450 S. Endwright Rd. Westside
Approximately 5 miles from IU Health Proton Therapy Center

- Playground - Shelter house - Walking trails - Disc Golf

Lake Lemon on St. Rd. 45 East
Approximately 10 miles east of Bloomington

- Playground - Picnic - Boat rental - Fishing - Hiking - Swimming

Lake Monroe – Paynetown off Highway 446 Southeast
Approximately 12 miles from College Mall

- Swimming - Fishing - Camping - Hiking - Bird watching

McCormick's Creek State Park Hwy. 46 West
Approximately 15 miles from Bloomington

- Hiking - Playground - Stables - Swimming - Fishing - Waterfall

Yellowwood State Forest - off Highway 46 East
Approximately 12 miles east of Bloomington

- Boat rental - Fishing - Hiking - Primitive camping - Picnic

WALKING/BIKING TRAILS IN BLOOMINGTON

B-Line Trail – This is a paved trail located one block off of College Avenue between 2nd and 9th Street. You can park anywhere in the downtown area and have easy access to the trail.

This is an old railroad bed that will eventually cover 6 miles. Currently, it is about 3 miles long. It's great for biking, walking, and strollers/wheelchairs. There are several sculptures along the trail and benches for resting.

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.

GOLFING OPTIONS

There are many golf courses and driving ranges in the area that offer discounted rates for patients. To receive the discount you will need an IU Health Proton Therapy Center identification card. You can pick up your identification card at the Patient Resource Center. For a list of area golf courses and driving ranges and for more information about golfing in the area, see Nancy at the Patient Resource Center or call 812-349-2153.