



COMMUNITY CALENDAR

May 21 - May 27, 2010

ANNOUNCEMENTS

I've received some feedback recently from patients and their families regarding activities. Some great ideas came out of our discussions, and it was decided that more feedback was needed to determine the interest level among patients.

One of the ideas was providing more opportunities for families to socialize. Many of you have been attending the weekly dinners at Sherwood Oaks Christian Church. This was a great opportunity to socialize, mingle and network with other MPRI families. However, the church does not have the dinners during the summer months.

The Patient Resource Center is nicely equipped for socializing with a complete kitchen, an outdoor grill, patio furniture and a casual, relaxed atmosphere. I'd be happy to offer a weekly or bi-weekly social gathering at the center if there is interest. This could take place late afternoon to early evening, possibly around the dinner hour. It could be a potluck meal, a dessert hour or not involve food at all. That would depend on the feedback I receive. Please give me a call and share your ideas about such an activity.

Nancy Slough, Patient Concierge - 812-349-2153 or nslough@mpri.org

Activities at the Patient Resource Center:

The Patient Resource Center is available for use by all patients and their families. It is a relaxing environment that offers a very nice play space for children and great outdoor space. The Center is a great place to gather information about the area. You are welcome anytime Monday - Friday between 8:00 - 5:00 pm.

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. **Our speaker this week will be Matt Hines, Radiation Therapist.**

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.

Head & Neck Support Group - Thursdays, 3:00 - 4:30 pm - all patients and their families are invited to attend. This is an opportunity to share with others who are receiving similar treatment.

Nutrition Group - First Wednesday of each month - Join other MPRI patients and family members for discussion and ideas for maintaining a healthy nutritional balance during treatment. **Registered Dietician, Melissa Mercer** facilitates the discussion. If you have questions for Melissa anytime during your treatment, you are welcome to contact her at 353-5663. Melissa is available to meet with you individually or consult with you over the phone.

FRIDAY, May 21, 2010

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

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

“Tumbleweed - a Rootin’ Tootin’ Spoof of the Old West” - 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. During this fast-paced and fun show, you’ll meet the good (and not-so-good) folks of Tumbleweed, Arizona. Enjoy a night of rootin’-tootin’ romance, comedy and song!

Soups are Sauces and Sauces are Soups - Bloomington Cooking School, 115 N. College, 6:00 - 9:00 pm, \$65, to register, go to www.bloomingtoncookingschool.com. Monique Jamet Hooker, author of “Cooking with the Seasons” will lead this class where we will explore the similarities and simplicity of soups and sauces and produce two dishes with variations with each of the following: Shrimp bisque, roasted pepper and tomato sauce - bacon and broccoli soup - cracked pepper sauce - dinner samples will be around pasta, goat cheese, Filet mignon and a baked salmon and, of course, the usual surprise!

“Shrek 2” and “Iron Man 2” - Starlite Drive-In Movie Theater, on 7630 S. Old 37, go to www.starlitebloomington.com for directions, adults \$7, kids \$4, 6 and under free.

Comedian, Tommy Johnagin - The Comedy Attic, 4th and Walnut, 8:00 and 10:30 pm, \$12.

Sprint Car Races - Bloomington Speedway, 5185 S. Fairfax Road, gates open 5:30 pm, Hot Laps at 6:30 pm and Racing starts at 7:30 pm. General admission is \$15.

Dave Schwandt, Piano - Grazie Italian Eatery, 106 W. Sixth, 6:00 pm. Spend an evening in the piano lounge, where the smooth styles of the great jazz standards create a sophisticated atmosphere.

BloominPlays Festival - Bloomington Playwrights Project, 107 W. 9th Street, 8:00 pm, \$18. Since August of 2009 playwrights have been developing their plays in the BloomingPlays Development Series. This series features staged readings of eight new plays written by Indiana’s finest up and coming playwrights. Each reading was followed by a feedback session from the audience, thus aiding in the development of these new works to be considered for the festival. Three one-act plays will be featured as part of a Mainstage Series showcase. For more information on the festival and the plays to be performed, go to newplays.org.

Fast Friday - Indianapolis Motor Speedway, \$5 admission, gates open 8:00 - 6:00 pm, live music and other activities along with driver practice from noon - 6:00 pm.

Local music favorite, Red Eye Maxx - Eagle Pointe Golf Resort on The Terrace, 2250 E. Pointe Road, 9:00 - midnight, no cover charge.

Ohio River Valley Folk Festival - Madison, IN, activities will take place along the Ohio River - for information about the events and schedule, go to www.ohiorivervalleyfolkfestival.com.

A 19th Century Multi-Media Extravaganza and Magic Lantern Spectacular - Buskirk-Chumley Theater, 114 E. Kirkwood, 7:30 pm, \$9 admission, \$7 seniors. See the Eclipse of the Moon with an Astronomical “Professor”. Bask in the Moving Colors of the Saucy Serpentine Dance. Marvel at the Artistry of America’s First Screen Artist, Joseph Boggs Beale. Sing along to rousing favorites of the variety stage and more - all with live piano accompaniment.

Opening: The Dreams of Nanette Winter - Venue Fine Art & Gifts, 114 S. Grant, 6:00 pm, free and open to the public. Nanette uses color and texture in her paintings to capture the essence of natural objects, as if the viewer were experiencing them in a dream.

Friends of the Library Bookstore Clearance Sale - Monroe County Public Library, 303 E. Kirkwood, all day.

SATURDAY, May 22, 2010

Bloomington Community Farmers' Market - City Hall, 401 N. Morton, 8:00 am - 1:00 pm. Musical entertainment will be provided by Jason Fickel, who performs original and classic roots and The Lopers who perform original acoustic music.

Bloomingfoods Saturday Market - Bloomingfoods East, 3220 E. 3rd, 8:00 - Noon.

Cook Once. . . Eat Three Times - Bloomington Cooking School, 115 N. College, 6:00 - 9:00 pm, \$65, register at www.bloomingtoncookingschool.com. In this class we return to the days of creating great meals with what is on hand. Monique Jamet Hooker will share with you several recipes for different meals using pork, with different cuts and their cooking applications including braised pork which turns into an old fashion chili - stuffed pork tenderloin - stir fry - pork chop charcuterie - pork loin into cutlet. It's time to wrap ourselves around the dinner table and enjoy.

"Tumbleweed - a Rootin' Tootin' Spoof of the Old West" - 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. During this fast-paced and fun show, you'll meet the good (and not-so-good) folks of Tumbleweed, Arizona. Enjoy a night of rootin'-tootin' romance, comedy and song!

Discover Rowing - Riddle Point Park Entrance at Lake Lemon, 7599 N. Tunnel Road, Unionville (off Highway 45 East), 10:00 am, free, no registration needed. A free 90-minute session at Lake Lemon to learn about the sport of rowing, equipment, terminology, and even a chance to get in a racing shell for the first time. For more information, go to www.riddlepointrowing.com

Comedian, Tommy Johnagin - The Comedy Attic, 4th and Walnut, 8:00 and 10:30 pm, \$12.

Harrodsburg Heritage Festival - Harrodsburg, 1002 W. Popcorn Road in southwestern Monroe County, events begin at 9:00 and end at approximately 8:00 pm. For a full list of events, go to www.harrodsburgheritagefestival.org.

Harmony School Spring Extravaganza - Harmony School, 909 E. Second Street, 12:30 - 4:30 pm. This old style penny carnival is a fundraiser for Harmony School. It includes lots of fun for the family with games, music, food, face painting, balloon animals, a cakewalk and more.

"Shrek 2" and "Iron Man 2" - Starlite Drive-In Movie Theater, on 7630 S. Old 37, go to www.starlitebloomington.com for directions, adults \$7, kids \$4, 6 and under free.

BloominPlays Festival - Bloomington Playwrights Project, 107 W. 9th Street, 8:00 pm, \$18. Since August of 2009 playwrights have been developing their plays in the BloomingPlays Development Series. This series features staged readings of eight new plays written by Indiana's finest up and coming playwrights. Each reading was followed by a feedback session from the audience, thus aiding in the development of these new works to be considered for the festival. Three one-act plays will be featured as part of a Mainstage Series showcase. For more information on the festival and the plays to be performed, go to newplays.org.

Pole Day, Indy 500 Qualification - Indianapolis Motor Speedway, \$10 admission, gates open 7:00 - 6:00 pm, qualifying takes place from 11:00 - 6:00 pm.

Dancing with Celebrities - Buskirk-Chumley Theater, 114 E. Kirkwood, 8:00 pm, \$25. Arthur Murray's 4th annual dance competition benefits local charities. Participants are local celebrities.

Ohio River Valley Folk Festival - Madison, IN, activities will take place along the Ohio River - for information about the events and schedule, go to www.ohiorivervalleyfolkfestival.com.

Bleeding Heartland Roller Girls season opener - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 6:00 pm, advance tickets \$10 at Sunrise Box Office, 114 E. Kirkwood or \$15 at the door, children 4 and under free, all other children \$5.

Melodies Picnic Concert - Melody Music Shop, 401 W. Sixth, 1:00 pm, free. Enjoy talented student musicians from five different local schools performing live music on violin, flute, piano, trombone and a flute choir.

The Violin Virtuosi - IU Recital Hall, 1201 E. Third, 2:00 pm, free and open to the public. A collection of eight young violinists from the IU School of Music's Pre-College String Academy will perform.

Soul Street - R&B/Soul Favorites of the '60s, '70s and '80s - Players Pub, 424 S. Walnut, 8:00 pm, \$6 admission. Soul Street is an Indianapolis-based band of seasoned musicians with a polished sound and professional attitude, a fat brass section, tight rhythm pocket and scorching vocals.

Dave Schwandt - Grazie Italian Eatery, 106 W. Sixth, 6:00 pm. Spend an evening in the piano lounge, where the smooth style of the great jazz standards create a sophisticated atmosphere.

Friends of the Library Bookstore Clearance Sale - Monroe County Public Library, 303 E. Kirkwood, all day.

SUNDAY, May 23, 2010

Faith-Based All Cancer Support Group - St. Paul Catholic Center, 1413 E. 17th Street, 3:00 pm. All denominations are welcome to attend this support group.

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

Armed Forces Day/Indy 500 Qualifications - Indianapolis Motor Speedway, admission \$10, gates open 8:00 - 6:00, qualifications take place noon - 6:00 pm.

BloominPlays Festival - Bloomington Playwrights Project, 107 W. 9th Street, 2:00 pm, \$18. Since August of 2009 playwrights have been developing their plays in the BloominPlays Development Series. This series features staged readings of eight new plays written by Indiana's finest up and coming playwrights. Each reading was followed by a feedback session from the audience, thus aiding in the development of these new works to be considered for the festival. Three one-act plays will be featured as part of a Mainstage Series showcase. For more information on the festival and the plays to be performed, go to newplays.org.

Sangria Sunday with Guitarist, Jeff Foster - Stone Cutters Coffee, 3297 Covenanter Drive, 4:00 - 7:00 pm, free and open to the public.

An Evening of American Popular Song - Players' Pub, 424 S. Walnut, 6:30 pm, \$5. Drop in for songs by Cole Porter and Hoagy Carmichael.

Silent film screening of "Steamboat Bill Jr." (Keaton, 1928) - IU Whittenberger Auditorium, Indiana Memorial Union, 900 E. 7th Street, 7:00 pm, free.

MONDAY, May 24, 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.

All Cancer Support Group - Olcott Center for Cancer Education, 619 W. First Street, 3:00 - 5:00 pm, open to all who have or have had a cancer diagnosis. For more information, call 812-353-5669.

TUESDAY, May 25, 2010

Meet & Greet for all patients and their families - MPRI Patient Resource Center, 4:00 - 5:30 pm. This is an opportunity to get to know others who are receiving treatment, ask questions, and share experiences. **Our guest speaker will be Matt Hines, Radiation Therapist.**

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

Tuesday Lunch Concert Series featuring Zion Crossroads - People's Park, corner of Dunn and E. Kirkwood, 11:30 pm, free and open to the public, bring your lunch!

Tuesday Farmer's Market - Bloomingfoods West, 316 W. 6th, 4:00 - 7:00 pm.

All Cancer Support Group - Olcott Center for Cancer Education, 619 W. First Street, 6:30 - 8:30, free and open to anyone with a cancer diagnosis or their family members. This event will also include a speaker.

"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. 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!

Ravelry/Bloomington B's/Spinners Event - Monroe County Public Library, 303 E. Kirkwood, 6:30 pm, free and open to the public. This is an information sharing event about fiber and spinning.

Bloomington Community Band Concert - Buskirk-Chumley Theater, 114 E. Kirkwood, 7:30 pm, free and open to the public.

An Evening with Sarah Flint - Venue Fine Art & Gifts, 114 S. Grant, 5:30 pm, free and open to the public. Sarah and her guitar will perform musical selections from her repertoire of original and classic melodies.

WEDNESDAY, May 26, 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 yourself or a caregiver with a relaxing massage.

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

Kirkwood Observatory Public Open House - Kirkwood Observatory, at corner of 4th & Indiana Avenue, 9:30 - 11:30 **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.

Indy 500 Festival Community Day - Indianapolis Motor Speedway, \$7 admission, 6 and under free, gates open 9:00 - 6:00 pm. Activities include vintage car display, Mattel Racing Simulator, garages and tech bay open, suite tours and more.

Storyhour Extravaganza, "On the Farm" - Monroe County Public Library, 303 E. Kirkwood, 9:30 am, free, register in advance at 349-3100. This is a family friend event that all will enjoy.

Wednesday Farmer's Market - Bloomingfoods East, 3220 E. 3rd Street, 7:00 - Noon.

Wine-down Wednesdays with Guitarist, Jeff Foster - Scenic View Restaurant, five miles south of East Third on Ind. 446, 6:00 pm. Join us for the best view in the county, savory food, great libations and friendly service, it's all out at The View.

Step Into Fitness - IU Art Museum, 1133 E. Seventh Street, 11:30 am, free and open to the public. The IU Art Museum is an enthusiastic sponsor of Step into Fitness. This kick-off event showcases local wellness partners and incorporates fun activities for all.

THURSDAY, May 27, 2010

Support group for MPRI head/neck patients & their families - Patient Resource Center, 3:00 - 4:30 pm, if you would like additional information, please call Nancy at 349-2153.

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

"Platinum Girls" - 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. Who says you can't go back again? When three ladies "of a certain age" decide to relive their glory days in the spotlight, nothing's going to stop them! A riotously funny show filled with the great upbeat pop and girl group music from the 1960s, like Brenda Lee, Loretta Lynn and Patsy Cline. You'll be singing all the way home!

Firestone Freedom 100 Practice/Qualifications - Indianapolis Motor Speedway, free admission, gates open 9:00 - 6:00 pm.

Music with Mother Goose - Monroe County Public Library, 303 E. Kirkwood, 2:00 pm, free, call 349-3100 to register. Sing, dance and play your way through this music and movement class that focuses on the tales and rhymes of Mother Goose. These activities are fun for you and your family, and educational, too.

Bangles, Baubles and Beads: Jewelry Making for Teens - Monroe County Public Library, 303 E. Kirkwood, 3:30 pm, free, register at 349-3100. Make one of a kind bracelets and earrings or necklaces from a variety of beads and unique found objects at this simple and fun program.

COMING SOON

History of the IU Cyclotron - Sherwood Oaks Christian Church, Fireside Room, 2700 E. Rogers Road, **June 2, 6:30 - 8:00 pm**, open to all MPRI patients, their families and staff. Our host will be Phil Thompson, a retired employee of the IU Cyclotron and former MPRI patient, who has captured the history of the IU Cyclotron and MPRI in this power point presentation. Dessert will be served. **Please RSVP to Nancy at 349-2153.**

MPRI/IU Cyclotron Tour - Slots are still available for the tour to be held **June 6, 10:00 - Noon**. Participants must be at least 13 years old, may not be pregnant and may not require the use of a pacemaker. **If interested, please RSVP to Nancy at 349-2153.**

Carburetion Day/Firestone Freedom 100 Race - Indianapolis Motor Speedway, Friday, May 28, gates open 8:00 - 6:00 pm, \$10 admission, ZZ Top performing at 3:30 pm (concert included w/admission)

500 Festival Parade - Downtown Indianapolis, Saturday, May 29, noon - 2:00 pm.

Indianapolis 500 - Indianapolis Motor Speedway, Sunday, May 30, gates open 6:00 - 6:00 pm, race begins at 1:00 pm, general admission tickets \$20 and up, for information, go to www.indianapolismotorspeedway.com.

NUTRITION NOTES

Monthly Nutrition Group - Wednesday, June 2 from 1:00 - 2:00 pm, all patients are encouraged to attend.

The information shared in the Monthly Nutrition Group can be customized to meet your particular needs and interests. If you would like information on a specific topic, please let me know and I will pass it along to Melissa Mercer, Registered Dietician. You are welcome to contact Melissa anytime you need assistance and can reach her at 353-5663. She is very happy to take your call and offer suggestions to help you.

AREA RESOURCE

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.

Support groups at the Olcott Center - Mondays - 3:00 - 5:00 pm
Third Tuesday - 6:30 - 8:30 (includes speaker)

A Van About Town - This is a brand new service in the Bloomington area that offers a custom sightseeing service for individuals or small groups of 5 or less. These are private, fun, educational, interactive, themed tours that are provided via reservations. Current tours include the Basic Bloomington tour, which is 2 hours and the Bloomington on a Budget tour, which is 3 hours. Cost per group of 1 - 5 people is \$80. So round up a group of people and see Bloomington. For more information, go to www.customvantours.com.

FIVE BUCK CLUB MOVIE SELECTIONS (May 21 - May 27)

Area theaters offer a discounted price of \$5 for select movies each week. This is called the Five Buck Club. To receive this discount, simply 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. For more information, call Nancy at 349-2153.

Showplace West - 2929W. Third Street

Date Night - PG13
A Nightmare on Elm Street - R
Iron Man 2

Showplace East - College Mall Road

Furry Vengeance - PG
Babies - PG
How To Train Your Dragon - PG
Iron Man 2 - PG-13
Last Song - PG

Indianapolis Motor Speedway (IMS) Fun Facts

May is race month in Indianapolis and begins a month long series of events and programs concluding with the Indy 500 race on May 30, 2010. A revamped race schedule this year has pushed opening day at the Indianapolis Motor Speedway back to May 15, trimmed qualifying from four days to two days and eliminated a week of practice for the drivers. Most of the events are open to the public. For more information about the schedule of events, go to www.indianapolismotorspeedway.com.

- The first event at the IMS was a helium gas-filled balloon competition in 1909, more than two months before the oval was completed.
- Approximately 300,000 spectators will watch the race live.
- The race is 200 laps on the 2.5 mile oval track or 500 miles with banked turns.
- The youngest driver to win the race was 22, the oldest 48.
- Churchill Downs, Yankee Stadium, the Rose Bowl, the Roman Coliseum and Vatican City can all fit inside the IMS, which covers 253 acres.
- The IMS is the world's largest spectator sporting facility, with more than 250,000 permanent seats. If the seat boards from the grandstands at IMS were laid end-to-end, they would stretch 99.5 miles.
- The 2009 Indy 500 was televised to 212 countries worldwide, reaching more than 294 million homes.