

## In this issue...

|                               |     |
|-------------------------------|-----|
| Expanding Programming .....   | 2   |
| CDC recommends Tai Chi .....  | 3   |
| Winter Chilli Recipe.....     | 3   |
| Jan/Feb Program Calendar..... | 4-5 |



# ELEVATING THE *Patient Voice*

## Highlights from the Cancer Experience Registry Index Report 2013-2014



*"I would make sure every patient had some sort of aftercare—that they were given resources on support groups in their area, the "real" long-term side effects of chemo, and most importantly, how mentally handle being a survivor."*

"Elevating the Patient Voice" the 2013-2014 Cancer Experience Registry Index Report has been released! At Cancer Support Community, we have developed and continue to grow our Cancer Experience Registry as a vehicle for hearing what those impacted by cancer say about their issues, values, preferences and concerns. We are analyzing that data and sharing it. We use what we learn as the foundation for our programs, materials and interventions.

*"Find something to laugh about every day."*



"Every person who faces cancer has a story – a unique narrative. It's important that those stories be told. The very act of doing so empowers both the teller and everyone who hears and shares that experience.



*"Ask questions. Don't be afraid to speak up. You have to learn to be your own best advocate."*

The individual testimony is strong and necessary, but in today's world, people with cancer need to speak collectively, and to use that powerful, unified voice as the core of a transformative model of health care that puts patients at its center." Kim Thiboldeaux, President and CEO, Cancer Support Community

*"Find a group that you don't have to be 'strong' in front of. Take advantage of support groups so you don't feel so alone. Deal with depression and anxiety before AND after treatment."*



Here are some highlights from the report:

### TOP CONCERNS OF CANCER EXPERIENCE REGISTRY PARTICIPANTS:

- Eating and nutrition
- Worrying about the future and what lies ahead
- Health insurance or money worries
- Feeling too tired to do the things you need or want to do
- Exercising and being physically active
- Worrying about family, children and/or friends
- Changes or disruptions in work, school or home life
- Thinking clearly (e.g. "chemo brain")
- Moving around (walking, climbing stairs, lifting, etc.)
- Body image and feeling about how you look
- Sleep problems

### THE TOP FIVE CONCERNS PEOPLE WANT MORE HELP IN MANAGING ARE:

1. Long-term side effects,
2. Emotions related to cancer
3. Short-term side effects,
4. Financial impact of cancer
5. Lifestyle changes, such as diet and exercise.

More than half wished they had received more help with managing the long-term side effects and emotions related to cancer. As people are living longer after a cancer diagnosis, they want help in understanding the long-term implications of their disease and treatment in order to plan effectively for the future. To read more you can pick up a copy at our office or go online at <http://www.cancersupportcommunity.org/MainMenu/ResearchTraining/Elevating-the-Patient-Voice.pdf>

## SURVIVOR SPOTLIGHT



Pat Belmont

Pat Belmont is a regular at several of the programs and services available at Cancer Support Community. After being diagnosed with breast cancer, a friend gave Pat a Cancer Support Community brochure. Upon looking into our community, Pat discovered the wide variety of classes and programs currently being offered. She frequently attends Personal Wellbeing, Qigong, The Journey, and Adult Yoga. Pat enjoys each class for a different reason. While she sees yoga as a "Physical release of tension and stress," she finds Qigong to be a "very good way for letting your mind relax and getting in touch with what's going on inside." Pat will celebrate her 8th year of being cancer free in January!

### DID YOU KNOW:



January is Cervical Cancer Awareness Month

Human Papillomavirus, or HPV, is the most common cause of cervical cancer. At least half of sexually active people will contract HPV at some point in their lives, though cervical cancer does not always develop. Increased risk of cervical cancer may be a result of smoking, HIV, extended use of birth control pills, and giving birth to three or more children. Regular cervical smear tests, also known as pap smears or pap tests, can effectively screen for cervical cancer.



February is Gall Bladder and Bile Duct Cancer Awareness Month

Colitis and certain liver diseases can increase a person's risk of bile duct cancer. Gall bladder and bile ducts are part of the human digestive system. Bile ducts transport bile, while the gall bladder stores bile. The lead symptom of blockages and cancers in these areas is jaundice, or yellowing of the skin and eyes.

# WHAT'S HAPPENING IN THE CANCER SUPPORT COMMUNITY

## EXPANDED PROGRAMMING



### MINDFUL MEDITATION AND YOGA MUDRA

Mindful Meditation at 6pm, followed by Yoga Mudra at 7pm. Both classes lead by Julie Kusiak. Mindful Meditation helps calm the body and Yoga Mudra has had great success as a weekend workshop.



### STRETCH AND STRENGTHEN

Stretch and Strengthen is moving to 5:30pm on the 2nd and 4th Thursdays. Certified Instructor Julie Wilkes will help you safely and efficiently increase mobility, stability and flexibility.



### MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Join us for a one hour introduction to MBSR. Learn how to cope more effectively, decrease physical and psychological symptoms from illness and reduce pain levels and deal with chronic pain. There are 2 opportunities to join. Monday 1/26 at 12:30pm and Thursday 1/29 at 6pm.

## NUTRITION & COOKING

### Cancer-Smart Cooking at Cancer Support Community



- 3rd Thursdays, 6pm
- Jan 15: Start the year RIGHT. Legumes, soups and cancer fighting fiber
- Feb 19: Deserts to Brighten your Heart - Better Choices, Better Outcome
- Learn to prepare colorful, nutritious foods with Chef Bryan Loveless. Recipes provided.
- RSVP two days prior 614-884-HOPE.

### Cooking for Wellness at Market District



- 4th Thursdays at Market District Demo Kitchen, 6pm 3061 Kingsdale Center, Columbus, 43221.
- Jan 22: Creamy Winter Vegetable Soup
- Feb 26: Chocolate-Cranberry Tart
- Cooking demos by Chef Bryan Loveless

### "Ask the Expert at Giant Eagle"



- 4th Wednesdays, 12:30pm, NBC4
- Jan 21: Cancer fighting fiber
- Feb 25: Bananas and Ginger en Papillote
- Tune to Daytime Columbus with Robyn Haines. Learn nutritional benefits, cooking tips and more.





Cancer Support Community Central Ohio is part of the largest, professionally-led non-profit network of cancer support worldwide, impacting more than one million people each year. Backed by evidence that the best cancer care includes social and emotional support, Cancer Support Community offers these services **at no cost** to anyone affected by cancer.

## CDC RECOMMENDS TAI CHI



The Centers for Disease Control and Prevention encourages Tai Chi movement classes to reduce falls and improve balance in older adults. Two different studies were shared on the CDC website that evaluated the benefits of Tai Chi in the lives of older adults. In the first study, a 15-week program of Tai Chi classes that used 10 simplified movements was taught. After 4 months, “the risk of falling more than once

among participants in the Tai Chi classes was almost half that of people in the comparison group.” In the second study, one-hour classes were offered once a week for 16 weeks. According to the CDC website, after the 24-week follow-up period, “the fall rate among Tai Chi participants was one-third lower, and the rate of multiple falls was 46 percent lower than the rates for participants who did not take Tai Chi.” At the Cancer Support Community, Central Ohio, we offer Tai Chi at no cost to patients, survivors, caregivers, and loved ones every Monday night. We encourage taking time out for you, and join us to experience the great benefits for yourself!

## HEALTHY, COLD WEATHER RECIPE

### Black Bean and Butternut Squash Chili

#### INGREDIENTS

1 small butternut squash, peeled, halved and seeded  
1 tbsp. olive oil  
1 medium white onion, coarsely chopped  
1 medium carrot, finely chopped  
1 medium pepper, sweet orange, coarsely chopped  
1, 14 1/2oz. can(s) crushed tomatoes  
2 tbsp. tomato paste  
3, 15oz. can(s) black beans, drained and rinsed, or 4 cups of cooked beans  
1 chipotle chili adobos, minced (can use milder chilis if preferred)  
1 cup apple cider or juice  
6 tsp. chili powder (more or less to taste)  
1/2 tsp. allspice, ground  
1/2 tsp. sugar  
salt and pepper to taste



#### DIRECTIONS

Cut the squash into 1/4 inch pieces and set aside. In a large saucepan, heat oil over medium heat. Add squash, onion, carrot, and bell pepper. Cover and cook until softened, about 10 minutes.

Add the tomatoes, tomato paste, beans, and chipotle. Stir in apple cider/juice, chili powder, allspice, sugar, salt and pepper. Bring to a boil, then reduce heat to low. Simmer, covered, until the vegetables are tender, about 30 minutes, stirring occasionally.

Uncover and simmer about 10 minutes longer. Serve immediately. If not using right away, bring to room temperature, then cover and refrigerate for up to 3 days, or freeze for up to 2 weeks. Creates 4 servings.

#### CHEF'S TIPS

The recipe is fairly spicy. The chipotle is hot. If you are sensitive to spicy foods, cut the chipotle in adobos in half and add the chili powder a teaspoon at a time to get the amount of heat you prefer. For mildest of mild chile, use sweet Spanish, Hungarian, or California paprika; for slightly hotter, try ground Ancho.

This technique of cooking vegetables with little oil until they're steaming in their own juices before you mix in the other ingredients deepens flavors in ways that just tossing everything into the pot and simmering can never achieve. Try this with other recipes.

## BOOST YOUR IMMUNE SYSTEM TO STAY HEALTHY (& BEAT CANCER!)

At this time of year you may start to get the sniffles and feel the wear and tear from never-ending family and work commitments. Unfortunately, it's in this environment that you are most likely to get sick and experience health setbacks. In the spirit of Cervical Cancer Awareness Month, here are a few lifestyle changes for boosting your immune system that will not only keep you healthy, but also has been shown to keep the HPV virus at bay and even beat cervical cancer if supplemented by the right medical, exercise and nutrition program:

**#1 Reduce Stress** - No matter how fit you are, elevated levels of the stress hormone cortisol suppress the immune system and put you at risk. Slow down, practice meditation or yoga, and develop a more sustainable schedule.

**#2 Sleep More** - If you're not consistently getting at least 7 hours of sleep (and that's actual sleep, not just lying in bed) studies show that you're more likely to 1) get sick and 2) handicap your ability to recover once you are sick.

**#3 Minimize Emotional Crutches** - Smoking, drinking and consuming sugar significantly reduce the ability of white blood cells to engulf bacteria and fight viruses.





There's certainly no quick fix to boosting your immune system - or achieving meaningful and lasting lifestyle change - but with the right focus and daily persistence, you can get there.

*Shawn Ehmann, CEO & Co-Founder of VidaFit, an integrated health and wellness company for busy professionals and cancer survivors, Adjunct Professor for EADA, top 100 Global MBA Program, Life Coach, Personal Trainer, Nutritionist. [www.VidaFit.com](http://www.VidaFit.com).*

## FEBRUARY IS CANCER PREVENTION MONTH!

Only 5% of cancers are hereditary, and with cancer being responsible for nearly one of every four deaths in America, it is no wonder that cancer prevention is a hot topic. A healthy diet, regular exercise, vaccines, and avoiding tobacco, excessive sun exposure, and other risky behaviors can all aid in cancer prevention. Certain super foods such as sprouts, a healthy amount of vitamin D and protein, and avoiding potentially harmful chemicals in food and unfiltered water are all thought to reduce one's risk of many types of cancer.






# January

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|---|---|---|---|--|---|
|    |   |   | <b>1</b><br><b>Offices Closed for the Holidays</b><br><br><b>No Groups</b>  | <b>2</b><br><b>Offices Closed for the Holidays</b><br><br><b>No Groups</b> | <b>3</b><br><b>8:30AM Walk with a Doc</b><br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Tai Chi Workshop |
| <b>5</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic<br><b>7PM</b> Tai Chi Intermediate                             | <b>6</b><br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> Breast Cancer Networking Group  | <b>7</b><br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group  | <b>8</b><br><b>10:30AM</b> Qigong<br><b>12PM</b> The Journey<br><b>5:30PM</b> Stretch and Strengthen<br><b>6:30PM</b> Pancreatic Cancer Support Group   | <b>9</b><br><b>12PM</b> Breathing, Laughter and Other Good things          | <b>10</b><br><b>8:30AM Walk with a Doc</b><br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong          |
| <b>12</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic   | <b>13</b><br><b>10AM</b> Mindfulness Meditation<br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6PM</b> Mindfulness Meditation<br><b>7PM</b> Yoga Mudra | <b>14</b><br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group   | <b>15</b><br><b>10:30AM</b> Qigong<br><b>11:45AM</b> Brown Bag Book Club<br><b>6PM</b> Cancer Smart Cooking                           | <b>16</b>  | <b>17</b><br><b>8:30AM Walk with a Doc</b><br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong          |
| <b>19</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic<br><b>7PM</b> Tai Chi Intermediate                            | <b>20</b><br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> Multiple Myeloma Cancer Network  | <b>21</b><br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group   | <b>22</b><br><b>10:30AM</b> Qigong<br><b>5:30PM</b> Stretch and Strengthen<br><b>6PM</b> Cooking for Wellness @ G.E. Market District  | <b>23</b>  | <b>24</b><br><b>8:30AM Walk with a Doc</b><br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong          |
| <b>26</b><br><b>11AM</b> Adult Yoga<br><b>12:30PM</b> Intro to Mindfulness Based Stress Reduction<br><b>6PM</b> Tai Chi Basic | <b>27</b><br><b>10AM</b> Mindfulness Meditation<br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6PM</b> Renal Cancer Networking Group                   | <b>28</b> <br><b>12:30PM</b> Daytime Columbus NBC4<br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group | <b>29</b><br><b>10:30AM</b> Qigong<br><b>6PM</b> Pancreatic Cancer Support Group<br><b>12:30PM</b> Intro to Mindfulness Based Stress Reduction  | <b>30</b>  | <b>31</b><br><b>8:30AM Walk with a Doc</b><br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong          |

See p6 for program descriptions. Please register for all programs: 614.884.4673.

# February



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|---|--|--|--|
| <b>2</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic<br><b>7PM</b> Tai Chi Intermediate  | <b>3</b><br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> Breast Cancer Networking Group  | <b>4</b><br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Hump Day Game Night<br>   | <b>5</b><br><b>10:30AM</b> Qigong<br><b>6:30PM</b> Pancreatic Cancer Support Group   | <b>6</b><br><b>12PM</b> Breathing, Laughter and Other Good things                                | <b>7</b><br><b>8:30AM</b> Walk with a Doc<br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong                        |
| <b>9</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic                                     | <b>10</b><br><b>10AM</b> Mindfulness Meditation<br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6PM</b> Mindfulness Meditation<br><b>7AM</b> Yoga Mudra | <b>11</b><br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group   | <b>12</b><br><b>10:30AM</b> Qigong<br><b>12PM</b> The Journey<br><b>5:30PM</b> Stretch and Strengthen  | <b>13</b><br> | <b>14</b><br><b>8:30AM</b> Walk with a Doc<br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong                       |
| <b>16</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic<br><b>7PM</b> Tai Chi Intermediate | <b>17</b><br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> Multiple Myeloma   | <b>18</b><br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group   | <b>19</b><br><b>10:30AM</b> Qigong<br><b>11:45AM</b> Brown Bag Book Club<br><b>6PM</b> Cancer Smart Cooking<br>                          | <b>20</b>  | <b>21</b><br><b>8:30AM</b> Walk with a Doc<br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Qigong                       |
| <b>23</b><br><b>11AM</b> Adult Yoga<br><b>6PM</b> Tai Chi Basic                                    | <b>24</b><br><b>10AM</b> Mindfulness Meditation<br><b>12PM</b> Welcome, Newcomers! Call to register<br><b>6PM</b> Renal Cancer Networking Group                   | <b>25</b> <br><b>12:30PM</b> Daytime Columbus NBC4<br><b>4PM</b> Adult Yoga<br><b>5:30PM</b> Welcome, Newcomers! Call to register<br><b>6:30PM</b> People Living with Cancer Group<br><b>6:30PM</b> Friends and Family Support Group | <b>26</b><br><b>10:30AM</b> Qigong<br><b>5:30PM</b> Stretch and Strengthen<br><b>6PM</b> Cooking for Wellness @ G.E. Market District<br> | <b>27</b>  | <b>28</b><br><b>8:30AM</b> Walk with a Doc<br><b>9:30AM</b> Adult Yoga<br><b>11AM</b> Yoga Nidra (Deep Relaxation) |

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Cancer Support Community Central Ohio



red time  
and title = offsite activities



# MEN'S HEALTH MOMENT

Prostate is the second most common cancer in men- second only to skin cancer. Though one out of six men will receive a prostate cancer diagnosis in their lifetime, this disease is preventable, and when caught early, has a very high survival rate. Symptoms can include impotence, blood in the urine, lower back pain, loss of bladder control, and weakness or numbness in the legs. However, many men with prostate cancer do not show any symptoms; this is why it is critical to have regular screenings with your doctor. Regular physical activity and a healthy diet may reduce the risk of prostate cancer.



## EDUCATION

**AMGEN Breakaway from Cancer Education and Resource Library:** In addition to Breakaway from Cancer® resource packets, find great cookbooks, cancer-specific resources, and books to lift your spirit, visit [www.breakawayfromcancer.org](http://www.breakawayfromcancer.org).

### Welcome, Newcomers!

One-time orientation for **all** newcomers and before attending support groups. This 45-minute session introduces our programs. Call 614-884-HOPE to register.

## HEALTHY LIFESTYLES BUILDING BLOCKS FOR BETTER HEALTH

To ensure your spot for all programs, please register: 614.884.HOPE (4673)

**Breathing, Laughter & Other Good Things:** see calender for temporary date changes. Combine breathing/laughter/relaxation to improve your breathing, mood and your spirit. Facilitator: Joyce Johnson, Certified Laughter Yoga Leader and Licensed Respiratory Therapist.

**Brown Bag Book Club:** 3rd Thursday of every month, 11:45am "A New Earth" by Eckhard Tolle. Bring your lunch!

**Introduction to Qigong:** Saturdays at 11:00 for 7 weeks. Learn the form, step by step. This class is Ideal for people who are brand new and want to learn the practice of Qigong. It is also a great opportunity for those who are already attending a Qigong class to learn the form in a structured class setting.

**The Journey:** Life is just that, a journey. This ongoing class offers options for spiritual, emotional, physical and social health, well-being and healing. Explore a wide diversity of resources to support your journey. Gain greater insight to guide your journey. Bring a healthy snack to share, 2nd Thursdays, 12 noon.

**Mindful Meditation:** 2nd & 4th Tuesdays, 10am and 2nd Tuesday at 6pm. Calm mind and body with focused attention to reduce stress and promote well-being. Please register at 614.884.4673.

**Qigong:** A harmonizing practice which strengthens the body, focuses the mind and increases your overall well-being. Thursdays 10:30am.

**Stretch & Strengthen:** 5:30PM 2nd and 4th Thursdays; learn to safely and efficiently increase mobility, stability, flexibility, strength. Move with grace, ease and power. Taught by Certified Instructor Julie Wilkes, 7 Studios, Columbus.

**Tai Chi Workshop:** Explore the nature of health and the human body and how Tai Chi works to improve the function of many of our biological systems. Topics to be discussed include lowering blood pressure, enhancing the nervous system, and improving the immune system by reducing stress and activating the lymphatic system. Join us January 3rd at 11:00am.

**Tai Chi (Basic):** Restore your health, increase your energy and prolong your life with this ancient art. The secrets of Tai Chi are profound, but easy to learn by anyone regardless of age, experience or physical condition. Every Monday at 6pm.

**Tai Chi (Intermediate):** Deepen your knowledge and skill of Tai Chi. Learn to eliminate stress and ramp up your body's immune system. Benefits include improved balance, leg strength, coordination and mental focus. Every other Monday at 7pm.

**Walk With a Doc:** Saturday mornings. Visit [www.walkwithadoc.org](http://www.walkwithadoc.org) for details.

**Yoga:** Mondays 11am, Wednesdays 4pm, Saturdays 9:30am. Deep breathing, meditation and gentle exercise help improve alignment and blood flow, reduce stress, induce relaxation.

## SUPPORT STRENGTH GIVEN AND RECEIVED

**Breast Cancer Network Group:** Share your feelings, strengths, challenges, knowledge, and hope with others in a similar situation. 1st Tuesdays, 6:30 pm. Call 614-884-HOPE to register.

**Cancer Support Helpline:** Staffed by licensed mental health professionals. 1-888-793-9355, Mon-Fri 9am-8pm. Teen Group Loop: [www.grouploop.org](http://www.grouploop.org)

**Friends & Family Support Group:** Wednesdays, 6:30 pm. Discover an oasis for those who give their time, energy, talent, and love to care for someone with cancer. Requires Welcome, Newcomers! meeting in advance (see Education, left).

**Multiple Myeloma Networking and Support:** 3rd Tuesdays, 6:30 pm. Affiliated with the International Myeloma Foundation.

**Pancreatic Cancer Support Group:** First Thursday monthly, 6:30pm. Pancreatic cancer patients and survivors are encouraged to attend this group. Facilitated by Patty Simmers, oncology nurse.

**People Living with Cancer - Wednesday's 6:30pm at CSC.** Are you newly diagnosed with cancer and feeling overwhelmed? Come and learn from others who are on the journey and have found hope. Requires Welcome, Newcomers! meeting in advance (see Education, left).

**Renal Cancer Networking and Support:** The more you know, the better your decisions, and the more you can manage a kidney cancer diagnosis. Patients, survivors, loved ones, friends welcome. 4th Tuesdays, 6 pm. Please register 614.884.4673.

# Award for Excellence

## CSC CO Receives Recognition

Cancer Support Community Central Ohio was recently awarded the Standards for Excellence Seal by the Ohio Association of Nonprofit Organizations, or OANO. The Standards for Excellence



Accreditation focuses on an organization's ethics and accountability. Organizations receiving the Standards for Excellence Seal undergo extensive routine analysis to ensure excellence and integrity in management, often referred to as ethics checkups. The checkup evaluates qualities such as "honesty, integrity, fairness, respect, trust, responsibility, and accountability in nonprofit program operations, governance, human resources, financial management and fundraising." Cancer Support Community was one of three organizations to receive the prestigious title.

Look for Grounds of Hope Coffee at your local Giant Eagle. It is a great way to treat yourself and to support Cancer Support Community Central Ohio!



## A FASHIONABLE AFFAIR

Fashion 4 Hope proved to be an eventful night full of fashion, style, and generosity. Over 150 guests made their way to Hollywood Casino on November 6th to watch the fashion show, take part in auctions, and provide hope for those affected by cancer. During the night guests were treated to a stunning runway show featuring designers Modealise, Thread, Minka's Furs & Pearls and the international designer Lubna Najjar of Lubnadesigns. Our incredible gratitude extends to our host Hollywood Casino Columbus and this event would not have been possible without Minka's Furs and Pearls creating the event. We also would like to thank all who donated towards our silent auctions and all of our wonderful volunteers. All proceeds will remain in central Ohio to provide programs and services at no cost for cancer patients, survivors, and caregivers. Visit Cancer Support Community Central Ohio Facebook page for photos.



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LISW-S

**Director of Development & Communications:** Position Open

**Director of Administration & Operations:** Karlena Lee

**Clinical Program Assistant:**  
Megan Meade, LSW

**Development Assistant:**  
Jami Fancher

**Marketing Assistant:**  
Rachel Flenner

**Interns:** Ashley Daugherty,  
LSW; Lakshmi Yarramsetty

**AARP Foundation Work Search Program:** Christine Curry, Patrick Minadeo, Joyce Roche,

**Credits**  
The Fronk Family  
Renee Kinkopf, Chute Gerdeman  
Michael Yanovich





Providing Rays of Hope for all people affected by cancer  
[www.cancersupportohio.org](http://www.cancersupportohio.org)

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1200 Old Henderson Road  
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[www.cancersupportohio.org](http://www.cancersupportohio.org)  
 614.884.HOPE (4673)

## OUR MISSION

To ensure that all people affected by cancer are empowered by knowledge, strengthened by action, and sustained by community



Our thanks and appreciation to everyone who supports Cancer Support Community Central Ohio

**SAVE THE DATE:**  
 Charity Golf Classic May 18th

## COMMUNITY SPONSORS



## OFFICIAL MEDIA PARTNERS



As a 501(c)3 non-profit organization, Cancer Support Community's programs and services are available at no cost to anyone affected by cancer, thanks to financial support from individual donors, corporations, foundations, and grants. All donations are tax-deductible to the fullest extent of the law. To learn more about funding opportunities, contact us at 614-884-HOPE.

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