

**All services at NO
COST for anyone
affected by cancer.**

**So no one faces
cancer alone.**



GOLF "FORE" A CAUSE

Rocky Brands Returns as Presenting
Golf Sponsor

Save The Date! May 18, 2015

DURANGO



ROCKY

CREAM RECEPTION

Rocky Brands, manufacturer of innovative and comfortable footwear and apparel, is giving cancer "the boot." They have returned for the third consecutive year as Presenting Sponsor of the 2015 Charity Golf Classic held on May 18, at The Medallion Club.

The Charity Golf Classic carries a tradition of establishing a premium charity golf classic with all net proceeds to benefit Cancer Support Community Central Ohio.

The classic will be held at The Medallion Club on May 18, 2015. The event will provide a full day of fun on the course, an awards dinner, silent and live auctions, celebrities, and much more.

For SPONSORSHIP opportunities and to REGISTER to support a great cause... please visit cancersupportohio.org/MyEvents.

Donation from the HEART

John F. Grothaus Memorial Fund Supports KidSupport™

Cancer Support Community Central Ohio is honored to accept a \$5,000 gift from the John F. Grothaus Memorial Fund, a gift that has special meaning to the Grothaus family.

John and his wife Jeanne had two children, a 3 and 8-year old, when John was diagnosed with brain cancer that had metastasized to the lungs. He was given six months to live. But John was a fighter and lived three years longer.

During this time, Jeanne was proactive in making sure her children had the emotional support they desperately needed. John and Jeanne's daughter Leslie and her brother attended groups for children who were affected by cancer. Leslie, who is now an adult, spoke with us about her memories of attending the groups as a small child.

"One of the biggest lessons I learned was that what was happening to my



Leslie at age 5 with her dad John Grothaus

dad was not my fault," says Leslie. "I learned sometimes bad things happen and we don't always know why."

The group taught her how to experience and express her emotions in a healthy way. She recalls being in kindergarten, sitting on her teachers lap and crying. Some of the kids at school made fun of her, but the kids in her support group understood.

At home Leslie reports the most important thing her mom did to help her was to "maintain normalcy." Every night was story time before bed, and every Wednesday was "Taco Night." The normalcy provided safety and comfort that was much needed.

Leslie's journey as a child was difficult—losing a father at age 6 is not what we wish for anyone. But she is proof that supportive services have a profound impact on a child that can carry on for a lifetime. This is why their family chose to support KidSupport™, our support group for children ages 4-8 and 9-12 who have a loved one in treatment for cancer.

If you are a parent or caregiver and would like to learn more, we are offering a workshop called "Frankly Speaking about Cancer: How Do I Tell the Kids?" on April 29th at 6:30 pm. Please call our office at 884-4673 to RSVP or to learn more about KidSupport™.

IMPACTING FAMILILES AND CHILDREN

**Bob Evans
FARMS**



Boehringer Ingelheim
Roxane Laboratories

Thank you to all our sponsors for investing in our community through your time and resources... improving the lives of children and families through support, education, and health and wellness programs. We couldn't do it without you!

KEY POINTS FOR CHILDREN OF ANY AGE



Cancer affects children in many ways and every family's experience is unique. Although some children may have no understanding of cancer, children can feel the impact on their family. Talking to your child about cancer can be very difficult. Here are some key points that may be helpful to share with children of any age:

- **"Cancer is not your fault."** It is common for children to think cancer is their fault, even if they don't share this with others. Explaining that cancer is not their fault reduces stress and guilt.
- **"Cancer is not contagious."** Many children may become fearful of hugging or kissing their family member. Let them know it is ok to be close.
- **"Any question is ok."** Giving your child permission to have feelings and questions and letting them know you will do your best to have an answer is important. In addition, remember to tailor your message and language to your child's level of understanding.

LET'S GET ACTIVE!

Try These Moves with your Kids

Sun Salutations: Follow these sequence of moves right after you wake up each morning for a life-changing experience.



Provided by Dr. Dan Leonard, VidaFit Sports Medicine Expert.

LIVING HEALTHY WITH, THROUGH & BEYOND CANCER AT THE CANCER SUPPORT COMMUNITY

THE POWER OF ROLE-MODELING

"That kid doesn't eat right, exercise, or get enough sleep," says an aggravated mother and colorectal cancer survivor about her teenage son. But you know what, for twenty years she didn't either.

You see, children learn best through imitation. They're like little explorers dropped on a new planet and look to the adults around them to teach them how to thrive.

If you want to raise healthy kids and transform your life in the process, then consider the following:

#1 Look in the Mirror – Your kids are a reflection of you. The best way to help them is to improve yourself. It takes courage to face your own shortcomings – which we all have.

#2 Become Self-Aware – Many people operate on autopilot and oftentimes

aren't conscious of how they think and act. Being a successful role model requires extreme awareness of one's mind and body throughout the day.

#3 Respectfully, Lead by Example – If you want your kids to do 'X,' then you should aim to do 'X.' Only with positive communication will your loved ones be receptive to change.

Whether you want to become healthy and fit or help your child to do so, the answer is the same - consistently be a role model for healthy behaviors, and over time, the rest will happen naturally.

Shawn Ehmann, CEO & Co-Founder of VidaFit, Master Trainer, Nutritionist, Life Coach, Adjunct Professor with 15+ years' of experience as an executive and busy professional.

www.VidaFit.com - an integrated health and wellness company for busy professionals and cancer survivors.

NUTRITION & COOKING

Cancer-Smart Cooking at Cancer Support Community



- 3rd Thursdays, 6pm
- Learn to prepare colorful, nutritious foods with Chef Bryan Loveless. Recipes provided
- **March 19: Finally, Spring!** – Peas, Asparagus and Onions...oh, MY!
- **April 16: Fish 101** – Delicious and simple...you'll see
- 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
- Cooking demos by Chef Bryan Loveless
- **March 26: Going Meatless: Cancer Fighting Cooking for Vegans & Vegetarians**
- **April 23: The Spices of Cancer Prevention**

"Ask the Expert at Giant Eagle"



- 4th Wednesdays, 12:30pm, NBC4
- Tune to Daytime Columbus with Robyn Haines. Learn nutritional benefits, cooking tips and more.
- **March 25: Going Meatless: Cancer Fighting Cooking for Vegans & Vegetarians**
- **April 22: The Spices of Cancer Prevention**



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.

EMPOWER YOURSELF WITH THE PRACTICE OF MEDITATION

by Julie Kusiak, PYT

Meditation has been studied for over 20 years. Its health benefits are well-documented: reduced levels of stress, anxiety and pain; improved immune function and sleep; and even changes in the physical structure of the brain.

Meditation is often misunderstood. Many think that, to meditate successfully, they must restrain their mind in stillness for long periods. However, it is the nature of the mind to be active. With meditation practices, the

mind is given a single point of focus to hold its attention: for example, the breath or a word. The mind, by repeatedly bringing attention back to this focus, stills the spinning thoughts. And mind and body can calm and relax.

There are many forms of meditation - mindfulness is often the easiest practice for those new to meditation. Experience the benefits of meditation. The Mindful Meditation practice group meets: 10 am (2nd and 4th Tuesday) or 6pm (2nd Tuesday).

PEANUT BUTTER & BANANA ROLL UPS

INGREDIENTS

- ½ cup natural or low-fat peanut butter
- 1/3 cup vanilla low-fat yogurt
- 1 Tbsp orange juice
- 2 ripe bananas, sliced
- 4 (8 inch) whole wheat tortillas
- ¼ tsp ground cinnamon

MAKES 6 PIECES

1. Combine peanut butter and yogurt, stirring until smooth.
2. Drizzle juice over bananas. Toss gently to coat.
3. Spread 3 Tbsp of the peanut butter mixture over each tortilla, leaving a ½ inch border.
4. Arrange 1/3 cup banana slices in a single layer over peanut butter mixture.
5. Sprinkle cinnamon evenly over banana slices.
6. Roll up and slice into 6 pieces.

NUTRITION INFORMATION PER SERVING:

| | |
|--------------------|-----|
| Calories: | 245 |
| Fat (g): | 7.7 |
| Cholesterol (mg): | 1 |
| Carbohydrates (g): | 30 |
| Fiber (g): | 5 |
| Protein (g): | 9 |
| Sodium (mg): | 200 |

Lauren Blake 2013

COMMON QUESTIONS CHILDREN ASK

And Practical Answers!

Most children would rather have facts about cancer than to leave it to the imagination. Keeping your child informed lets them know that you are not hiding anything. Brief check-ins can be very comforting to a child as well. Below are some questions that children commonly have about cancer. It can be helpful to prepare yourself.

“What is cancer?” To answer this, you may want to start with the basic make-up of the human body. The body is made up of cells. Abnormal cells that grow and aren’t supposed to be there are cancerous.








“Can I catch cancer?” Many children, even teens, think cancer is contagious and may choose to distance themselves out of fear. Reassuring them that you can’t catch cancer may put their mind at ease.

“What is chemotherapy/radiation?” Treatment can be confusing for kids. When you talk to them about treatment, try to include possible side-effects to prepare them for what they may see in the future. You could explain chemotherapy as a medicine that attacks cells. Radiation is similar to an x-ray and targets the area with cancer.

“Do people with cancer die?” Your answer will vary based on your personal experience. One possible response may be, “people can die from cancer, but many people live. My doctors are doing everything they can to get rid of my cancer.” Children also may worry about what would happen to them if a parent dies. It can be helpful to let your child know who would take care of them.

“Why are you losing your hair?” Explaining that this can be a side effect of the treatment and that the cancer doesn’t cause the hair loss, but the medicine used to treat it can. In addition, reassuring your child that the hair will eventually grow back can be reassuring.












March

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|
| <p>2 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p> | <p>3 10AM Mindfulness Meditation 12PM Welcome Newcomers! Call to register 6:30PM Breast Cancer Networking Group</p> | <p>4 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM People Living with Cancer Group 6:30PM Friends and Family Support Group</p> | <p>5 10:30AM Qigong 6:30PM Mindfulness Based Stress Reduction, RSVP required</p> | <p>6 12PM Breathing, Laughter and Other Good Things</p> | <p>7 9:30AM Adult Yoga 11:15AM Qigong</p> |
| <p>9 11AM Adult Yoga 6PM Tai Chi Basic</p> | <p>10 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Mindfulness Meditation 7PM Yoga Mudra</p> | <p>11 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM People Living with Cancer Group 6:30PM Friends and Family Support Group</p> | <p>12 10:30AM Qigong 12PM The Journey and Strengthen 5:30PM Stretch and Strengthen 6:30PM Mindfulness Based Stress Reduction , RSVP required</p> | <p>13 12PM Discover the Benefits of Oncology</p> | <p>14 9:30AM Adult Yoga 11:15AM Qigong</p> |
| <p>16 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p> | <p>17 12PM Welcome, Newcomers! Call to register 6:30PM Multiple Myeloma Networking Group</p> | <p>18 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM People Living with Cancer Group 6:30PM Friends and Family Support Group</p> | <p>19 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking  6:30PM Mindfulness Based Stress Reduction , RSVP required</p> | <p>20  Colorectal Cancer Awareness Month</p> | <p>21 9:30AM Adult Yoga 11:15AM Qigong</p> |
| <p>23 11AM Adult Yoga 6PM Tai Chi Basic</p> | <p>24 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Renal Cancer Networking Group</p> | <p>25  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Intro to Healthy Lifestyle Class</p> | <p>26 10:30AM Qigong 5:30PM Stretch and Strengthen 6PM Cooking for Wellness @ G.E. Market District  6:30PM Mindfulness Based Stress Reduction , RSVP required</p> | <p>27</p> | <p>28 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong</p> |
| <p>30 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p> | <p>31 12PM Welcome, Newcomers! Call to register</p> | <p> Kidney Cancer Awareness Month</p> | <p></p> | <p>BUY YOURS AT OPLATES.COM</p> | |

Special programs noted in red. Please register for all programs: 614.884.4673.

April



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|
| |  Testicular Cancer Awareness Month | 1 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM People Living with Cancer Group 6:30PM Friends and Family Support Group | 2 10:30AM Qigong 6:30PM Mindfulness Based Stress Reduction, RSVP required | 3 12PM Breathing, Laughter and Other Good things | 4 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong |
| 6 11AM Adult Yoga 6PM Tai Chi Basic | 7 12PM Welcome, Newcomers! Call to register 6:30PM Breast Cancer Networking Group | 8 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Discover the Benefits of Oncology Massage | 9 10:30AM Qigong 12PM The Journey 5:30PM Stretch and Strengthen 6:30PM Mindfulness Based Stress Reduction, RSVP required |  Esophageal Cancer Awareness Month | 11 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong |
| 13 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate | 14 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Mindfulness Meditation 7PM Yoga Mudra | 15 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM People Living with Cancer Group 6:30PM Friends and Family Support Group | 16 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking  6:30PM Mindfulness Based Stress Reduction, RSVP required | 17 | 18 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong |
| 20 11AM Adult Yoga 6PM Tai Chi Basic | 21 12PM Welcome, Newcomers! Call to register 6:30PM Multiple Myeloma Networking Group | 22  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM People Living with Cancer Group 6:30PM Friends and Family Support Group | 23 10:30AM Qigong 12pm Four Agreements Book Discussion 5:30PM Stretch and Strengthen 6PM Cooking for Wellness @ G.E. Market District  6:30PM Mindfulness Based Stress Reduction, RSVP required | 24 6:30PM Metavivor | 25 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong |
| 27 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate | 28 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Renal Cancer Networking Group | 29 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Frankly Speaking About Cancer: What Do I Tell the Kids? | 30 10:30AM Qigong |  Multiple Myeloma Awareness Month |  |

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



= offsite activities

WHAT'S HAPPENING AT CSC

BREAST CANCER NETWORKING GROUP

This group meets at 6:30 pm on the first Tuesday of each month. Those who have been diagnosed with breast cancer are welcome to come. Group is led by Angie Santangelo, LISW-S, Clinical Program Director.

March 3th & April 7nd

MULTIPLE MYELOMA NETWORKING GROUP

This group meets at 6:30 pm on the third Tuesday of each month. Those who have been diagnosed with multiple myeloma or those who love someone with who has been diagnosed are welcome to come. Group is led by Nick and Sandy Menedis.

March 17th & April 21st

RENAL CANCER NETWORKING GROUP

This group meets at 6:00pm on the fourth Tuesday of each month. Those who have been diagnosed with renal cancer or those who love someone with who has been diagnosed are welcome to come. Group is led by Megan Meade, LSW, Clinical Program Assistant.

March 24th & April 28th

OPEN TO OPTIONS

This group is a free service for anyone with any type of cancer who is considering a treatment-related decision.

For more information or to schedule an appointment for Open to Options, please call 884-4673

ONGOING CLASSES AND SUPPORT GROUPS

- Breathing Laughter and Other Good Things, *1st Friday at noon*
- Brown Bag Book Club, *3rd Thursday at 11:45am*
- Cooking Classes *for details see page 2*

The Journey, *2nd Tuesday at Noon*

- Mindfulness Meditation, *2nd & 4th Tues at 10am, 2nd Tuesday at 6pm*
- Qigong, *Thursday's at 10:30 am*
- Stretch and Strengthen, *2nd & 4th Thurs at 5:30 pm*
- Tai Chi Basic, *Monday's at 6pm*
- Tai Chi Intermediate, *Every Other Monday at 7pm*
- Yoga - 3 Times a Week, *Mondays at 11:00am, Wednesdays at 4:00pm, Saturdays at 9:30 am*
- Friends and Family Support Group, *Wednesdays at 6:30 (unless otherwise noted)*
- People Living With Cancer Support Group, *Wednesdays at 6:30 (unless otherwise noted)*
- Walk with a Doc, *Saturday mornings. Visit www.walkwithadoc.org for details.*
- Welcome Newcomers!, *Offered 2x a Week, Tuesdays at Noon, Wednesdays at 5:30*
- Cancer Support Helpline, *Staffed by licensed mental health professionals. 1-888-793-9355, Mon-Fri 9am-8pm. Teen Group Loop: www.grouploop.org*

PLEASE CALL TO REGISTER

SPECIAL PROGRAMS!

Discover the Benefits of Oncology Massage

Licensed Massage Therapist William Pratt is specially trained in oncology massage and will explain the benefits of a specialized massage and how to communicate with your practitioner to ensure the most successful massage. *This event will be held on 2 occasions - Friday March 13th at noon & Wednesday April 8th at 6:30pm.*

Introduction to Healthy Lifestyle Classes

Ever wonder what those weekly classes are like but unsure what to try. This is an opportunity to try a sampling of each class. Learn what the different classes are about and find the ones that are right for you. *Wednesday March 25th at 6:30pm*

Sea-to-Sea for MBC

Coming to Columbus! A cross-country caravan to raise awareness of metastatic breast cancer! METAvivor is dedicated to the specific fight of woman and men living with stage IV metastatic breast cancer (MBC). METAvivor is run entirely by volunteers, most of who are living with metastatic breast cancer, and is the sole US organization dedicated to awarding annual stage IV breast cancer research grants. Join us for an evening with METAvivor in April. *Friday, April 24, Time: 6:30PM*

Frankly Speaking About Cancer: How Do I Tell the Kids

When someone in the family is diagnosed with cancer, many parents' first thought is, "What do we tell our kids?" To help parents confront this difficult and delicate conversation, we are hosting a free educational workshop on Wednesday April 29th at 6:30

The Four Agreements Book Discussion

Meets the 4th Thursday of each month at noon from April - October. The Four Agreements by Don Miguel Ruiz has been on the New York Times Bestsellers list for 7 years. The Four Agreements are very simple, but very profound. To embrace and live each of the Four Agreements is to find yourself experiencing personal freedom--possibly as never before. The Four Agreements are: Be Impeccable With Your Words, Don't Take Anything Personally, Don't Make Assumptions and Always Do Your Best

Cancer Support Community

CENTRAL OHIO



Each year, The Franklin County Board of Commissioners awards nearly \$15 million to community partners whose mission it is to address housing and economic development, health services, childhood development, and safety and human services concerns.

The Community Partnership, is designed to assure that Franklin County residents have access to health care services that enable them to live healthy, productive lives. The Commissioners strongly believe that the programs put on by the Cancer Support Community are doing just that ... and doing it really well.

Our continued funding brings a very strong partnership between our organization and the Franklin County Board of Commissioners. The three sitting Commissioners, Marilyn Brown, Paula Brooks, and John O'Grady, have each taken a personal interest in the work being done here and meet with our staff several times each year.

As stated by the commissioners; "Everyone knows someone whose life has been turned upside down by cancer, including our families and friends. The free programs and support services at Cancer Support Community provide tangible benefits that improve quality of life and arm patients and their families with essential tools available to combat cancer—support, education and hope."

WELCOME ROB!



Meet Rob Alexander, our new Director of Development and Marketing. He brings more than a decade of experience raising money and awareness for health-related non-profit organizations and has raised more

than \$5 million in his career. Rob lives in Enon, OH with his wife and four young children, and if he can manage to find some free time, he'll usually spend it hiking, kayaking, or mountain biking.

FUNDRAISING YOUR WAY

Independent Fundraising Events Gaining Popularity

Here at Cancer Support Community Central Ohio, we have two signature fundraising events, our Charity Golf Classic (May 18th) and our Night of Chocolate (September 18th). Both provide a way for individuals to support our organization while having fun along the way.

However, if you can't attend one of these events, we have other opportunities for you to participate that benefit our organization. We have a program designed to empower you to start and run your own fundraising event whose proceeds would be donated to Cancer Support Community. These events are called independent fundraising events, third-party fundraisers, or grassroots fundraisers. They are certainly an effective and efficient way for a non-profit organization to raise money in today's economy.

"Research shows that a typical fundraising event hosted by a non-profit organization has to spend 50 cents for every dollar it raises," says Rob Alexander, Cancer Support Community's Director of Development. "But when an event is coordinated by volunteers who are passionate about a cause, they will typically only spend 15 cents for every dollar they raise. That's huge!"

Whether it's a bowl-a-thon, a cross-country hike, or a wine-tasting event in your home, the key is to choose an event you can get excited about. For each person, that's going to look a little different, but we're here to help validate your ideas and give you tools to be successful. For more information, call Rob Alexander at (614) 884-HOPE.

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Clinical Program Director:
Angelia Santangelo, MSW,
LISW-S

Director of Development and Marketing: Rob Alexander

Director of Administration & Operations: Karlena Lee

Clinical Program Assistant:
Megan Meade, LSW

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CANCER SUPPORT COMMUNITY

CENTRAL OHIO

Providing Rays of Hope for all people affected by cancer
www.cancersupportohio.org

1200 Old Henderson Road
Columbus, OH 43220

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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