

**ALL SERVICES AT NO COST FOR
ANYONE AFFECTED BY CANCER.**

SO NO ONE FACES CANCER ALONE.



*Rocky Brands Continues to
Champion the Efforts of CSC*

**Returns for Third Straight Year as Presenting
Sponsor of Charity Golf Classic**

In the effort to provide support and education programs for people impacted by cancer in Central Ohio, there are few greater advocates in the business community than Rocky Brands.

“We have seen so many Rocky Brand associates and consumers suddenly find themselves having to cope with a cancer diagnosis,” says Richard Simms, President of Marketing Services at Rocky Brands, which has been based out of Nelsonville, Ohio since 1932. “We are proud to partner with such an outstanding organization that supports anyone who has been affected by cancer.”

“As someone who lost both parents and a 15-year-old nephew to cancer, I know that this disease affects not only the person who is sick, but also their family members, friends and colleagues,” says David Sharp, Rocky Brands, Inc. President and CEO. “It is important to provide support to all



*David Sharp, President &
CEO of Rocky Brands*

who are touched by cancer, which is why a partnership with the Cancer Support Community of Central Ohio was an easy “YES” for Rocky Brands.”

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Prevent & Beat Cancer with *Nutrition*

The single most powerful weapon we have against disease and sickness is our nutrition. A healthy diet can reverse the effects of and prevent heart disease, diabetes, obesity and, yes - even beat cancer. Out of all dietary changes, the number one, hands down, most important change anyone can make is to stop eating animal proteins and start eating a primarily vegetarian diet. To put it in layman’s terms - treat meat like a dessert, something in which to rarely indulge.

For many, eating meat is a matter of tradition - it’s how they were raised as children and how they have eaten for their entire lives. Unfortunately, the human desire for meat delves much deeper than just personal habits. As Americans, we love to barbecue — hot dogs at baseball games, big

turkeys at holidays, and so forth. This problem is compounded further by pop culture’s craving for protein, as if it was some magical weight-loss and muscle-building pill. The fact of the matter is that it is literally killing many of us.

In short, if you want to make a significant and meaningful change to your health, then start by eating a plant-based, whole-foods diet. Kickstart your efforts by reading “The China Study” by Dr. T Colin Campbell and turn that knowledge into action for a longer and healthier life.

Shawn Ehmann is the CEO & Co-Founder of VidaFit (www.VidaFit.com) - an integrated health and fitness company for busy professionals and cancer survivors.

GIANT EAGLE DEMONSTRATES COMMUNITY LEADERSHIP

From their “Cancer Smart Cooking” demonstrations held every month at Cancer Support Community to their “Cooking for Wellness” in-store demonstrations and NBC4 television segments, Giant Eagle has taken a leading role in the fight against cancer by teaching

people how to select and prepare healthy and delicious meals.

We congratulate Giant Eagle for being named one of Central Ohio’s Healthiest Employers by Columbus Business First for the fourth year in a row. This comes as

no surprise to us at Cancer Support Community as Giant Eagle has been an enthusiastic and generous partner of ours for several years.

Visit Giant Eagle for the finest and widest variety of fresh, high-quality fruits and field-fresh vegetables.



HOW TO DECIDE WHEN TO BUY ORGANIC

The Dirty Dozen™ and The Clean Fifteen™

In 2013 the U.S. Department of Agriculture (USDA) sampled 3,015 types of fruit and vegetables and discovered nearly two-thirds contained pesticide residues. USDA tests found a total 165 different types of pesticides. The Environmental Working Group (EWG) has developed a shopper's guide based on these findings. The produce with the highest pesticide load comprise the Dirty Dozen™ list and it is recommended to only eat organic versions of these foods. The produce least likely to hold pesticide residues comprise the Clean Fifteen™ list and Eating conventionally-grown items poses little possibility of ingesting pesticides.

The Dirty Dozen™



Apples, Peaches, Nectarines, Strawberries, Grapes, Celery, Spinach, Sweet Bell Peppers, Cucumbers, Cherry Tomatoes, Import Snap Peas, Potatoes

The Clean Fifteen™



Avocados, Sweet Corn, Pineapples, Cabbage, Frozen Sweet Peas, Onions, Asparagus, Mangoes, Papayas, Kiwis, Eggplant, Grapefruit, Cantaloupe, Cauliflower, Sweet Potatoes

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

SCHOLARSHIP WINNER ANNOUNCED

Cancer Support Community Central Ohio (CSCCO) and VidaFit teamed up to provide one participant a wellness scholarship. Applicants were asked to complete



Lina Bozzelli and Shawn Ehmann

an online application sharing their stories and wellness goals. All applications were reviewed by VidaFit and CSCCO staff and one applicant rose to the top. We would like to congratulate Lina Bozzelli! Lina Inspired CSCCO and VidaFit with her nearly decade-long journey of battling and surviving breast cancer. She will receive three months of VidaFit's True Food Delivery™ (organic, gluten-free meals delivered fresh) service and it's Be Well Program (comprehensive, mobile fitness on a pay-for-results basis). Lina's goals are to lose 100 pounds, be fit enough to play tennis again and keep cancer at bay.

NUTRITION & COOKING



Wellness Chef Bryan Loveless

Cancer Smart Nutrition & Cooking

Join Chef Bryan Loveless and Dietician Candace Hornsby for an evening of cooking demonstrations and nutrition tips.

- **May 21st: Organizing the Cancer Fighting Kitchen** - Find out what items should be staples, and what items should be left in the grocery aisle when stocking your pantry, refrigerator, freezer and spice rack. We'll then cook three dishes showing the use of these cancer fighting ingredients.
- **June 18th: Meal Planning using the Cancer Fighting Kitchen**- Now that your kitchen is organized and well stocked learn cooking techniques for fast and satisfying results. Plan your meals a week ahead so your cancer fighting meal is always easily accessible.



Market District Dietitian & Wellness Coach Paula Monaco, RD, LD

Cooking For Wellness At Market District

The food people choose to eat can affect their health. The more knowledge people have about how to choose their fresh food, the better equipped they are to make wise choices. Learn why and how to choose your food for the most nutritional benefit from Giant Eagle Registered Dietitian Paula Gallagher. Learn cooking techniques and enjoy delicious recipes and tastings prepared by Cancer Support Community Chef Bryan Loveless. 4th Thursdays at Market District Demo Kitchen, at 3061 Kingsdale Center, Columbus, 43221.

- **May 28th: Smart Grilling: Grilling Seafood and Produce**
- **June 25th: Protecting & Preventing with Produce**



Robyn Haines NBC4

Cooking for Wellness on Daytime Columbus NBC4

Join Robyn Haines as she learns cooking and nutrition tips to support a healthy lifestyle from our Cancer Support Community Chef Bryan Loveless and Giant Eagle Registered Dietician Paula Gallagher. Did you know that eating produce can protect you and prevent you from getting cancer? Learn the power you have to impact your body by what you eat.

- **May 27th; Smart Grilling: Grilling Seafood and Produce**
- **June 24th; Protecting & Preventing with Produce**

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.

NATIONAL CANCER SURVIVOR DAY®

Join the Celebration

Each year on the 1st Sunday in June, National Cancer Survivor Day® is celebrated. Cancer Support Community is excited to join in the celebration.

National Cancer Survivors Day® is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community. On National Cancer Survivor Day® we honor cancer survivors and show the world that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring.

It is a day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer - including America's more than 14 million cancer survivors - to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to draw attention

to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.

This year Cancer Support Community Central Ohio will celebrate National Cancer Survivor Day® on Friday, June 5th from 12:00 - 4:00 at Wyman Woods (across the street from 1515 Goodale Blvd Grandview, OH 43212.) Come and enjoy a day at the park. We will have food, laughter, fun and games, fitness assessments, healthy lifestyle screening, a community art project and more! We are pleased to have OhioHealth, VidaFit, and Chamberlain College of Nursing Student Nursing Association co-sponsoring this day! Can't wait to see you there!



ASPARAGUS, SPRING ONION AND MOREL SAUTEE

- 1/3 pound fresh Morel mushrooms, or 1 oz. dried (reconstituted) Morel mushrooms
- 3 asparagus spear bunches, trimmed & peeled
- 3 green onion bunches, white and pale green parts only
- 4 tablespoons butter, unsalted
- 1/2 cup crème fraîche
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper, fresh ground

Bring a large pot of water to a boil. If using dried morels, put them in a small bowl, cover with 1 cup boiling water and let stand for 10 minutes. Lift out and pat dry.

Meanwhile, generously salt remaining boiling water. Fill a large bowl with ice and cold water and set near stove. Add asparagus to boiling water and cook until crisp-tender, about 4 minutes.

Remove from water and immediately plunge into ice bath to stop cooking. Repeat process with green onions. Drain asparagus and onions on paper towels then cut asparagus spears in half.

In a large frying pan over medium-low heat, melt butter. Add morels, asparagus, and onions and cook for 1 minute, tossing gently to coat with butter. Stir in crème fraîche, and season with salt and pepper. Continue cooking until heated through, about 4 minutes longer. Transfer to a serving dish and enjoy.



EMPOWER YOURSELF WITH THE PRACTICE OF MEDITATION

The Breath of Life

Moment to moment, the body is breathing to support life. And yet we seldom take time to appreciate this amazing process.

Pause to simply observe the quality of your next few breaths. Do you sense any movement? What words would you use to describe what you feel? The most frequently used words are "shallow" and "upper chest."

Stress, pain and anxiety create tension in the body and mind, literally taking our breath away.

Thankfully, with awareness, we can gently shift breathing patterns. The health benefits are very significant. Plus it's free and readily available!

Daily Practice:

- Place your hands comfortably on the lower ribs
- Close your eyes to focus within
- Inhale slowly through the nose, inviting the breath to flow down towards your hands
- Exhaling through the nose, feel the gentle movement outward
- Continue for another 5-15 breaths
- Pause and observe how you feel
- Be grateful



Julie Kusiak is an Integrative Yoga Therapist who facilitates the Mindfulness Meditation practice group, and the Yoga Nidra and Yoga Mudra classes. See the calendar for upcoming dates.

LET'S GET ACTIVE!

Chair Swings

Stuck in an office and craving some movement? No problem! Squeeze in a few reps of these to work the



core and legs while burning extra calories.

- Provided by Dr. Daniel Leonard, VidaFit Sports Medicine Expert

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		 <p>BUY YOURS AT OPLATES.COM</p>		 <p>Brain Cancer Awareness Month</p>	<p>1 12PM Laughter Therapy 1PM Tai Chi Basic</p>	<p>2 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong</p>
<p>4 11AM Adult Yoga 6PM Tai Chi Basic</p>	<p>5 12PM Welcome, Newcomers! Call to register 6:30PM Breast Cancer Network Group</p>	<p>6 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Cancer! Now What?</p>	<p>7 10:30AM Qigong 6PM Metastatic Breast Cancer Network</p>	<p>8 1PM Tai Chi Basic</p>	<p>9 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong</p>	
<p>11 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p>	<p>12 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Mindfulness Meditation 7PM Yoga Mudra</p>	<p>13 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Write To Heal: Journaling Workshop</p>	<p>14 10:30AM Qigong 12PM The Journey 5:30PM Stretch and Strengthen</p>	<p>15 1PM Tai Chi Basic</p>	<p>16 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong</p>	
<p>18 11AM Adult Yoga 6PM Tai Chi Basic</p> <p>CHARITY GOLF CLASSIC</p> 	<p>19 12PM Welcome, Newcomers! Call to register 6:30PM Multiple Myeloma Networking Group</p>	<p>20 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Cancer! Now What?</p>	<p>21 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer Smart Cooking </p>	<p>22 1PM Tai Chi Basic</p>  <p>Melanoma and Skin Cancer Awareness Month</p>	<p>23 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong</p>	
<p>25 MEMORIAL DAY OFFICE CLOSED</p>	<p>26 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Renal Cancer Networking Group</p>	<p>27 12:30PM Daytime  Columbus NBC4 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register</p>	<p>28 10:30AM Qigong 12PM The Four Agreements-Book Discussion 5:30PM Stretch and Strengthen 6PM Cooking for Wellness @ G.E. Market District </p>	<p>29 1PM Tai Chi Basic</p>	<p>30 8:30AM Walk with a Doc  9:30AM Adult Yoga 11:15AM Qigong 1PM Open Studio</p>	

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

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 11AM Adult Yoga 6PM Tai Chi Basic</p>	<p>2 12PM Welcome, Newcomers! Call to register 6:30PM Breast Cancer Network Group</p>	<p>3 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Cancer! Now what?</p>	<p>4 10:30AM Qigong</p>	<p>5 12PM Survivor Day Celebration </p>	<p>6 8:30AM Walk  with a Doc 9:30AM Adult Yoga 11:15AM Qigong</p>
<p>8 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p>	<p>9 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Mindfulness Meditation 7PM Yoga Mudra</p>	<p>10 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register</p>	<p>11 10:30AM Qigong 12PM The Journey 5:30PM Stretch and Strengthen</p>	<p>12 1PM Tai Chi Basic</p>	<p>13 8:30AM Walk  with a Doc 9:30AM Adult Yoga 11:15AM Qigong 1PM Yoga Nidra</p>
<p>15 11AM Adult Yoga 6PM Tai Chi Basic</p>	<p>16 12PM Welcome, Newcomers! Call to register 6:30PM Multiple Myeloma</p>	<p>17 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register 6:30PM Cancer! Now what?</p>	<p>18 10:30AM Qigong 11:45AM Brown Bag Book Club 6PM Cancer  Smart Cooking</p>	<p>19 1PM Tai Chi Basic</p>	<p>20 8:30AM Walk  with a Doc 9:30AM Adult Yoga 11:15AM Qigong</p>
<p>22 11AM Adult Yoga 6PM Tai Chi Basic 7PM Tai Chi Intermediate</p>	<p>23 10AM Mindfulness Meditation 12PM Welcome, Newcomers! Call to register 6PM Renal Cancer Networking Group</p>	<p>24  12:30PM Daytime Columbus NBC4 4PM Adult Yoga 5:30PM Welcome, Newcomers! Call to register</p>	<p>25 10:30AM Qigong 12pm Four Agreements Book Discussion 5:30PM Stretch and Strengthen 6PM Cooking for Wellness @ G.E. </p>	<p>26 1PM Tai Chi Basic</p>	<p>27 8:30AM Walk  with a Doc 9:30AM Adult Yoga 11:30AM Tai Chi Workshop 2PM Open Studio</p>
<p>29 11AM Adult Yoga 6PM Tai Chi Basic</p>	<p>30 12PM Welcome, Newcomers! Call to register</p>			 National Survivor Month	

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



= offsite activities

WHAT'S HAPPENING AT CSC

CANCER-SPECIFIC SUPPORT GROUPS

CANCER! NOW WHAT?

Did you or someone you love recently hear the word "Cancer" for the first time? Come join others on the journey, ask questions, get support, and most importantly find hope! A bi-monthly support group for those who are newly affected by cancer.

1st and 3rd Wednesday monthly

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.

May 5th and June 2nd

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.

May 19th and June 16th

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.

May 26th and June 23rd

ONGOING CLASSES AND SUPPORT GROUPS

- Laughter Therapy, *1st Friday at noon*
- Brown Bag Book Club, *3rd Thursday at 11:45am*
- Cooking Classes *for details see page 2*
- The Four Agreements Book Discussion, *4th Thursday from April to October*
- The Journey, *2nd Tuesday at Noon*
- Mindfulness Meditation, *2nd & 4th Tuesday at 10am, 2nd Tuesday's at 6pm*
- Open to Options, *Receive support as you identify important questions to ask your medical team. Call 844-4673 to schedule an appointment.*
- Qigong, *Thursdays at 10:30 am, & Saturday's at 11:15pm*
- Stretch and Strengthen, *2nd & 4th Thursdays at 5:30 pm*
- Tai Chi Basic, *Mondays at 6pm & and Fridays at 1:00pm*
- 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*
- 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!

Open Studio

Where: Cancer Support Community of Central Ohio

When: The last Saturday of every month beginning April 25, 2015 from 1-3pm

Come Drop-In: The Open Studio will allow for families to arrive/depart as needed within the time frame provided.



What is Open Studio? Cancer Support Community of Central Ohio will now be offering a monthly art activity that will be open to child, teen, and adult family member participation. Open Studio may be defined as a space intended to foster creativity and experimentation in an atmosphere of shared experience, conversation, and freedom of expression. Art activities will be developed and facilitated by a board certified Art Therapist and can be modified for those of all ages.

About the Facilitator Audrey Hook, MA, ATR-BC is a board certified Art Therapist and owner of Art Speaks Art Therapy Services, LLC.

Funding for this program is proudly provided by Franklin County Board of Commissioners, Boehringer Ingelheim Roxane Laboratories, and the John F Grothaus Memorial Fund.

Write to Heal: Journaling Workshop

Wednesday, May 13th at 6:30 pm. Everyone has a story. When cancer enters our life, we often feel like we have lost control of that story and a rogue author has taken over. It is possible to continue to write your own story when the unthinkable happens. Come and learn how to use journaling as a way to regain control of your story. Lead by Angie Santangelo, LISW-S, Clinical Program Director.

Metastatic Breast Cancer Networking Group

Thursday, May 7th at 6:00 pm
Come join us for a casual evening where you can meet others who have been diagnosed with metastatic breast cancer and let your voice be heard regarding the needs specific to those who have been diagnosed with this disease. Group led by Angie Santangelo, LISW-S, Clinical Program Director and Megan Meade, LSW Clinical Program Assistant.

NATIONAL CANCER SURVIVORS DAY

Honor Someone Special in Your Life

On National Cancer Survivors Day®, held this year on June 7th, thousands of people will gather across the globe to honor cancer survivors and to show the world that life after a cancer diagnosis can be empowering, rewarding, and even inspiring. If you're reading this newsletter, chances are that you know a survivor that you'd love to honor them in a meaningful way.

One way that people often honor a cancer survivor they care about is by making a donation in their name. By giving to Cancer Support Community, you provide necessary dollars for our programs and resources provided at no cost. Most of

all you are providing hope. To make a gift we have included a donation envelope inside this newsletter. Take a moment right now to write a check, tell us who you're honoring, and mail it back to us or contact Rob Alexander at ralexander@cancersupportohio.org.

Once we receive your check, we will let your honoree know about your gift. Your tribute to them will also be recognized in a special way at our Survivor Day Celebration on June 5th at Wyman Woods. They'll be touched by your gesture and you'll be supporting a great cause. What a great way to celebrate National Cancer Survivors Day!

ROCKY BRANDS CONTINUES TO CHAMPION THE EFFORTS OF CSC



(continued from page 7)

Like David, most of the 180 golfers who participate in the Charity Golf Classic know that the Charity Golf Classic is less about enjoying a great day of golf than it is about doing something special for Cancer Support Community Central Ohio and raising necessary dollars to keep providing programs at no cost, so no one faces cancer alone.

In a country where half of all men and a third of all women will be diagnosed with cancer at some point in their lives, it seems that almost everyone has their own cancer story. Perhaps they've lost a parent or friend to cancer. Or maybe they know what it's like to try to be strong for a loved one who has cancer, while trying to cope with their own fear of losing that person.

For example, Michael Plessinger, our event chairperson, lost his mother to cancer while he was in high school. Each person is ignited by a desire to make a difference for anyone impacted by cancer and ensure they have all the necessary resources and programs for their personal journey.

Thank you to our Presenting Sponsor, Rocky Brands, and our Birdie Sponsors, Atlas Butler Heating and Cooling, Columbus Distributing, and Takeda Oncology. The event takes place on May 18th at The Medallion Club in Westerville, Ohio. For information about how you can get involved, visit www.cscgolf.org or call 614-884-4673.



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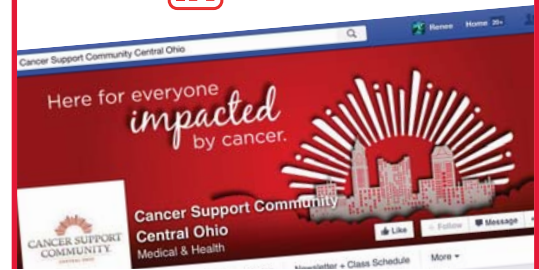
To ensure that all people affected by cancer are empowered by knowledge, strengthened by action, and sustained by community



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

SAVE THE DATE:
Night of Chocolate - Sept. 18

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