

Newsletter & Program Calendar

July/August 2017

Volume 9, Issue 4

Get Moving!

There is compelling evidence that exercise has significant physical and emotional benefits for people with cancer. The bottom line: movement is good for you.

See page 1 for full story

Save The Date **Night of Chocolate**

September 22nd 7:30 PM

NEW! **Therapeutic Chair Yoga** **Six Week Series**

Tuesdays at 11:00 AM

See page 5 for more details

**TAKE
ON** CANCER
TOGETHER

JOIN. GIVE. ACT.



Get Moving!



The topic of exercise and cancer turns out to be surprisingly multifaceted. There is growing evidence that exercise plays a role in reducing the risk for a wide range of cancers. Exercise and weight control may also influence survival rates for some cancers. According to Dr. Katie Schmitz, lead author of Guidelines on Exercise and Physical Activity for Cancer Patients and Survivors, there is compelling evidence that exercise has significant physical and emotional benefits for people with cancer. The bottom line: movement is good for you. Exercise has been shown to reduce fatigue, improve a person's sense of well-being and reduce depression, improve bone and heart health, and increase muscle strength and tone. Dr. Schmitz also has conducted several studies that demonstrate that weight training is safe for women with breast cancer and helps to control lymphedema.

"I tell people that there are two words that should guide them: avoid inactivity," Schmitz says. "Exercise is medicine. It has benefits just like medicines have. You must do the exercise to get the benefits, but it also must be fun. If it isn't, you won't do it."

The kind of exercise a person chooses and the level depend entirely on the individual, their age, overall health, type of cancer and exercise history. It is also important that people have realistic goals when they begin an exercise program. Dr. Schmitz believes that people often do best when they are addressing a specific symptom, such as fatigue or depression. For many people with cancer, it is crucial to get some guidance before starting or accelerating an exercise program. Anyone with cancer who begins, resumes or expands an exercise program should tell their doctor or treatment team before starting. The benefits are clear and apply to everyone facing cancer, during and after treatment, but the success of any program depends on its being tailored to individual needs, abilities and preferences – and most of all, on having fun.

Perfect Par 'Fore' Cancer Support Community!

The 12th Annual Charity Golf Classic was held May 15 at The Medallion Club. Our golfers enjoyed a beautiful day on the links plus live and silent auctions. Thanks to all our sponsors, who made the day possible, and to our golf committee and volunteers, who worked hard to make this the best event to-date. And, of course, thank you to all the golfers who participated.



Birdie Sponsors: Atlas Butler Heating & Cooling and Park National Bank

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Media partners: NBC4, iHeartMedia, Lamar Advertising, and Buckeye Lifestyle Magazine.

Community Partners: Giant Eagle, Giant Eagle Market District, Franklin County Board of Commissioners and Anthem Blue Cross Blue Shield Foundation.

Cooking for Wellness Schedule

Featuring Executive Chef Thom Stevenson

Presented by



Picnic Picks

July 27th, 6:00pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

Bring these quick and easy dishes to a summer picnic, and you will be the hit of the party! The menu will include watermelon salsa, quinoa burgers and artichoke tapenade..

Pizza with Pizzazz

August 24th, 6:00pm, at Kingdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

These versatile savory items make great appetizers, as well as full meals. Come learn to make the perfect dough, and try some creative culinary combinations to give your pizza some pizzazz!

All classes include recipe cards and samples of each delicious recipe!

Please RSVP by calling 614-884-HOPE (4673).



Natural Living Workshop Series

We all have a story to tell. For Balm Skincare and Botavi labs founder Lindsey Moeller, this story is one of devastation, frustration and inspiration. After losing her mother to an environmental cancer in 2015, Moeller embarked on a mission to change the personal care industry so that more people could have access to healthy, raw products that don't put their well-being at risk for the sake of convenience.

Now, more than ever, there are known carcinogens in the products we use and consume every single day. Botavi Labs and Balm Skincare envision a marketplace with more natural products and where making healthy lifestyle choices is an easier decision for all.

Moeller's background in biology, molecular genetics and herbalism helped her develop a skincare line that works with nature without the need for added toxic chemicals. The skincare collection harnesses nature's botanical life force to restore health, healing and youthfulness to our skin.

Moeller will share her expertise with Cancer Support Community and offer a six-session series, called "Natural Living Workshops." These workshops will be held at noon on the second Wednesday of each month from July to December. See page 5 for more details.

balm

We Asked the Expert:

Benjamin Martin, MD, Central Ohio Urology Group

My doctor ordered a PSA. What does this mean?

Prostate-specific antigen, or PSA, is a protein produced by cells of the prostate gland. The PSA test measures the level of PSA in a man's blood. Men who report prostate symptoms often undergo PSA testing to help doctors determine the nature of the problem. A PSA level can also be obtained as a screening tool for men with a high risk for prostate cancer.

The blood level of PSA is often elevated in men with prostate cancer. In addition to prostate cancer, several benign (not cancerous) conditions can cause a man's PSA level to rise. The most frequent benign prostate conditions that cause an elevation in PSA level are prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (BPH) (enlargement of the prostate). There is no evidence that prostatitis or BPH leads to prostate cancer, but it is possible for a man to have one or both conditions and to develop prostate cancer as well.



2017 July

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



3

11am Gentle Yoga

6pm Tai Chi Basic

4

OFFICE CLOSED



5

4pm Gentle Yoga

5:15pm Newcomer Welcome ✓

6:30pm Caregivers Support Group

6:30pm People Living With Cancer

6

10:30am Qigong

6:30pm FORCE

7

1pm Tai Chi Basic

8

8:30am Walk With a Doc

9:30am Gentle Yoga

10

11am Gentle Yoga

6pm Tai Chi Basic

11

10am Mindfulness Meditation

12pm Nia DANCE

6pm Mindfulness Meditation

7pm Yoga Mudra

12

12pm Natural Living Workshop ✓

4pm Gentle Yoga

5pm Newcomer Welcome ✓

6:30pm Write To Heal: Journaling Workshop

13

10:30am Qigong

12pm The Journey

2:30pm Drumming Circle

6:30pm Metastatic Cancer Support Group

14

1pm Tai Chi Basic

15

8:30am Walk With a Doc

9:30am Gentle Yoga

17

11am Gentle Yoga

6pm Tai Chi Basic

18

11am Therapeutic Chair Yoga

12pm Nia DANCE

19

4pm Gentle Yoga

5pm Newcomer Welcome ✓

6:30pm Caregivers Support Group

6:30pm People Living With Cancer

20

10:30am Qigong

12pm Brown Bag Book Club

21

1pm Tai Chi Basic

22

8:30am Walk With a Doc

9:30am Gentle Yoga

24/31

11am Gentle Yoga

6pm Tai Chi Basic

25

10am Mindfulness Meditation

11am Therapeutic Chair Yoga

12pm Nia DANCE

26

4pm Gentle Yoga

5:00pm Newcomer Welcome ✓


6:30pm Young Survivors Coalition

27

10:30am Qigong

12pm Pathways to Wellness

2:30pm Drumming Circle

6pm Cooking for Wellness ✓ 

28

1pm Tai Chi Basic

29

8:30am Walk With a Doc

9:30am Gentle Yoga

For class/program information or to register visit www.cancersupportohio.org/calendar/

2017 August

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

10am Yoga Mudra
11am Therapeutic Chair Yoga
12pm NIA DANCE
6:30pm Breast Cancer Networking Group

2

12pm Lunch and Learn ✓
4pm Gentle Yoga
5pm Newcomer Welcome ✓
6:30pm Caregivers Support Group
6:30pm People Living With Cancer

3

10:30am Qigong

4

1pm Tai Chi Basic

5

8:30am Walk With a Doc
9:30am Gentle Yoga

7

11am Gentle Yoga
6pm Tai Chi Basic

8

10am Mindfulness Meditation
11am Therapeutic Chair Yoga
12pm Nia DANCE
6pm Mindfulness Meditation
7pm Yoga Mudra

9

12pm Natural Living Workshop ✓
4pm Gentle Yoga
5pm Newcomer Welcome ✓
6:30pm Write To Heal: Journaling Workshop

10

10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
6:30pm Metastatic Cancer Support Group

11

1pm Tai Chi Basic

12

8:30am Walk With a Doc
9:30am Gentle Yoga

14

11am Gentle Yoga
6pm Tai Chi Basic

15

11am Therapeutic Chair Yoga
12pm Nia DANCE

16

12pm Lunch and Learn ✓
4pm Gentle Yoga
5pm Newcomer Welcome ✓
6:30pm Caregivers Support Group
6:30pm People Living With Cancer

17

10:30am Qigong
12pm Brown Bag Book Club
4:00pm Cooking for Wellness at Central Ohio Urology ✓



Providing Excellence in Patient Care

18

1pm Tai Chi Basic

19

8:30am Walk With a Doc
9:30am Gentle Yoga

21

11am Gentle Yoga
6pm Tai Chi Basic

22

10am Mindfulness Meditation
11am Therapeutic Chair Yoga
12pm Nia DANCE

23

4pm Gentle Yoga
5:00pm Newcomer Welcome ✓
6:30pm Young Survivors Coalition

24

10:30am Qigong
12pm Pathways to Wellness
2:30pm Drumming Circle
6pm Cooking for Wellness At Kingsdale Giant Eagle Market District ✓



25

1pm Tai Chi Basic

26

8:30am Walk With a Doc
9:30am Gentle Yoga

28

11am Gentle Yoga
6pm Tai Chi Basic

29

12pm Nia DANCE

30

12pm Lunch and Learn ✓
4pm Gentle Yoga
5pm Newcomer Welcome ✓

31

10:30am Qigong

Outdoor Living & Landscaping Tour

Attend and support Cancer Support Community

August 19,
\$12 per person

Visit columbuslandscaping.org/events



All of our programs are LGBTQ friendly.



What's Happening at Cancer Support Community

Lunch and Learn Series

RSVP to 614-884-HOPE (4673)) by Monday the week of the event for your complimentary lunch!

Chemo Brain: Modalities That Can Help! - August 2nd, Noon:

There is no cure for the common ailment of "brain fog," but we'll talk about modalities to help memory as well as healthy living -food and lifestyle changes to optimize brain health. Presentation provided by Mayfair Village with presenters and cancer survivors Lisa Kondas, RN, and Zach Cumberland, RN.

What Happens After the Paychecks Stop - August 16th, Noon:

We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify risks to your retirement income and ways to address them. Brought to us by Edward Jones Investments.

Foundations of Investing - August 30th, Noon:

Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, this presentation will discuss the importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals. Brought to us by Edward Jones Investments.

New Series

Therapeutic Chair Yoga

Six Week Series - Tuesdays, July 18th through August 22nd, 11:00am:

Therapeutic chair yoga can provide many benefits for chronic health conditions, such as cancer, osteoarthritis, diabetes, anxiety, depression, fibromyalgia, hypertension, MS, COPD, rheumatoid arthritis, GERD, and chronic back pain. It also can help with posture, and it teaches relaxation techniques and breathing practices that will help with managing your condition.

Natural Living Series:

Second Wednesday of the month at noon. **Feel free to bring your own lunch.**

July 12, Organic Skincare: Roses

Learn about using roses to restore health and balance to the skin with at-home facials.

August 9, Herbal First Aid

Learn what herbs and essential oils to use for quick remedies, plus DIY healing salve.

Sept 13, Organic Skincare: Honey

Learn about using honey to restore health and balance to the skin with at home-facials.

Oct 11, Non-Toxic Homes

Learn about toxic cleaning chemicals, plus DIY cleaning spray.

Nov 8, Organic Skincare: Oats

Learn about using oats to restore health and balance to the skin with at-home facials.

Dec 13, Drink for Health

Learn about quick daily juices to help alkalize the body.

Offsite Locations: Serving More People!



Fairfield
Medical Center

Cancer Support Community at Fairfield Medical Center and Infusion Center

Every Tuesday, 9:00 AM – 5:00 PM

Our social worker is onsite, offering individual and family counseling, Open to Options and a weekly support group open to both people living with cancer and caregivers. Group meets at 3:00 - 4:30 PM in the Cancer and Infusion Center.

135 N Ewing Street
Lancaster, Ohio 43130
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UROLOGY
group

Providing Excellence in Patient Care

Healthy Lifestyles for Prostate Cancer

Join Executive Chef Thom Stevenson for a special Cooking for Wellness series tailored to the specific needs of anyone affected by a cancer diagnosis. Following each Cooking for Wellness session, a doctor from Central Ohio Urology will lead a support group centered around topics related to prostate cancer.

The Cooking for Wellness session will begin at 4:00 followed by the educational presentation at 6:30 PM. Cooking for Wellness will be held at 701 Tech Center Dr, Second Floor, Gahanna, OH 43230 and dates are as followed:

- Thursday, August 17th, 2017
- Thursday, September 21st, 2017
- Thursday, October 19th, 2017
- Thursday, December 7th, 2017

To RSVP, please call Jody Linson at 614-396-2484.

JEWISH FAMILY SERVICES

A rich history of changing lives.

Coming in September to Jewish Family Services

Support group for people impacted by cancer, open to those diagnosed with cancer and members of their support systems.

**Have you recently been diagnosed with a new or recurrent cancer?
Or are you needing to make decisions about different treatment options?
Do you have an appointment scheduled to meet with your doctor?**



Cancer Support Community now offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost. The goals of this program are to help you communicate clearly with your medical team, ask critical questions about your options and help ensure that your treatment decisions fit your personal hopes and goals. To make an appointment, please call **614-884-HOPE (4673)**

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Our mission is to ensure that all people affected by cancer are empowered by knowledge, strengthened by action and sustained by community. We do that by providing programs and services at no cost to all people with cancer, regardless of the diagnosis and stage, as well as their families and caregivers. Our comfortable setting helps people find a sense of community among others as they share, learn and improve their quality of life together. Each program is evidence-based and facilitated by a licensed mental health professional or a subject matter expert.

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614.884.HOPE (4673)



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



Night of Chocolate September 22, 2017, 7:30pm

Presented by Hollywood Casino Columbus

You've been nominated to attend this one-of-a-kind Oscar-winning event, and we are rolling out the red carpet just for you. You will sip signature spirits and wine, while dining on elegant cuisine created by top chefs at the casino. Savor exquisite chocolate delicacies from local, regional and international chocolatiers, along with our featured community partners, Giant Eagle and Hollywood Casino. The silent and live auctions are full of treasures, entertainment packages and much more.

To reserve your opening night ticket, an elite sponsorship or volunteer, contact Debbie Beyer, 614-884-HOPE (4673) or dbeyer@cancersupportohio.org.

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Hope

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