

Newsletter & Program Calendar

January/February 2018

Volume 10, Issue 1

Foods That Fight Cancer

“Research shows that a diet filled with a variety of vegetables, fruits, whole grains, beans and other plant foods helps lower risk for many cancers.”

See page 1 for full story

LGBTQ Support Group

January 8, 7:00 pm

See page 5 for more details

We Got This!

Young Adult Cancer Survivor Support. Meet Up with others in their 20's and 30's

January 23, 6:30 pm

See page 5 for more details

**TAKE
ON** CANCER
TOGETHER

JOIN. GIVE. ACT.



FOODS THAT FIGHT CANCER™

The American Institute for Cancer Research is making a global impact in cancer prevention by funding cutting-edge research and giving people practical tools and information to help them prevent — and survive — cancer. AICR is focused on the link between diet and cancer, and educating the public about its findings.

No single food or food component can protect you against cancer by itself. But research shows that a diet filled with a variety of vegetables, fruits, whole grains, beans and other plant foods helps lower risk for many cancers.

Research shows your diet can have an impact on preventing and surviving cancer.



Foods Can Fight Cancer Both Directly ...

In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Evidence suggests it is the synergy of compounds in the overall diet that offers the strongest cancer protection.

... And Indirectly

AICR research finds that excess body fat increases the risk of 11 cancers. Vegetables and fruits are relatively low in calories. Whole grains and beans are rich in fiber, which also can help with weight management. That is one reason AICR recommends filling at least two-thirds of your plate with plant foods.

Congratulations!

The poster “Evaluation of a Community-Based Experiential Nutrition and Cooking Education Program for Cancer Survivors” has been accepted as a presentation at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine.

Cancer Support Community Central Ohio participated with AICR to pilot a study evaluating the compatibility, effectiveness, and fidelity of the Coping with Cancer in the Kitchen experiential nutrition and cooking education program. The program content was based on the AICR Recommendations for Cancer Prevention and two evidence-based programs, “The New American Plate®” and “Foods That Fight Cancer™”. Cancer Support Community’s psycho-educational principals support the approach to behavior change including group counseling and support.

This project was completed with funding from the American Institute for Cancer Research and in partnership with Fairfield Medical Center.

Cooking for Wellness

You asked. We listened! MORE Cooking & Nutrition Classes

Presented by



Delicious Soups and Salads – A Fun Two-Part Series

January 11, 6:00 pm, at Kingsdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

By popular request, Chef Mike will present a two-part series. The first class will feature seasonal soup and a winter vegetable salad. Whether you are entertaining friends or cooking for family, these recipes are sure to impress.

Soups and Sandwiches We Love

January 25, 6:00 pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

Part two: This month Chef Mike will create these cold weather combos that bring a gourmet taste to quick and healthy recipes.

A Valentine's Dinner You'll Love

February 1, 6:00 pm, at Cancer Support Community

3061 Kingsdale Center, Columbus, Ohio 43221

February is the month of love. You won't want to miss this class as Chef Mike demonstrates how easy it is to create a delicious meal that you can make at home for that special someone.

Homemade Freezer Meals

February 22, 6:00 pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

This class is perfect for those who are busy and on the go. Join Chef Liz as she provides quick tips for delicious food that can be frozen, then reheated and served later. Recipes, tips, and more!

*All classes include sampling of all the scrumptious recipes and recipes cards.
Make your reservations early to reserve your seat!
Please RSVP by calling 614-884-HOPE (4673).*



Introducing Our Fabulous New Cooking for Wellness Culinary Team!

Cooking and nutrition are a priority for Cancer Support Community, and we are expanding our Cooking for Wellness program this year. We can't wait for you to meet our new team and welcome our three new chefs and two new dietitians to our community!

Chef Liz enjoys being creative with crafts, as well as food, and loves to spend time with her family.

Chef Mike enjoys camping, hiking, vintage Volkswagens and spending time with his family.

Chef Toran is an Atlanta, GA, native and former Ohio University athlete who has been blessed with a passion for food and hospitality.

Registered Dietitian Jeannine enjoys travel (even if it is only in her own mind), as well as walking outdoors and yoga.

Licensed Dietitian Rosemary loves travel, yoga and gardening.



Licensed Dietitian Rosemary, Chef Mike, Chef Liz and Registered Dietitian Jeannine. Chef Toran not pictured.

2018 January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year! 	2 10am Yoga Mudra 11am Workout with Friends 6:30pm Breast Cancer Networking Group	3 12pm Lunch and Learn ✓ 4pm Gentle Yoga 6:30pm Caregivers Support Group	4 10:30am Qigong 5pm Newcomer Welcome ✓ 6:30pm FORCE	5 1pm Tai Chi Basic	6 8:30am Walk With a Doc ➡ 9:30am Gentle Yoga
8 11am Gentle Yoga 6pm Tai Chi Basic 7pm LGTQ Support Group	9 10am Mindfulness Meditation 11am Workout with Friends 12pm NIA DANCE 6pm Mindfulness Meditation 7pm Yoga Mudra	10 12pm Natural Living Workshop ✓ 4pm Gentle Yoga 6:30pm Write To Heal: Journaling Workshop	11 10:30am Qigong 12pm The Journey 2:30pm Drumming Circle 5pm Newcomer Welcome ✓ 6pm Cooking For Wellness at Giant Eagle ➡	12 1pm Tai Chi Basic	13 8:30am Walk With a Doc ➡ 9:30am Gentle Yoga
15 11am Gentle Yoga 6pm Tai Chi Basic	16 11am Workout with Friends 12pm NIA DANCE 6:30pm Multiple Myeloma	17 12pm Lunch and Learn ✓ 4pm Gentle Yoga 6pm Drumming Circle at Hilltop Worship Center ➡ 6:30pm Caregiver Support group	18 10:30am Qigong 12pm Brown Bag Book Club 5pm Newcomer Welcome ✓ 6:30pm Metastatic Cancer Support Group	19 1pm Tai Chi Basic	20 8:30am Walk With a Doc ➡ 9:30am Gentle Yoga
22 11am Gentle Yoga 6pm Tai Chi Basic	23 10am Mindfulness Meditation 11am Workout with Friends 12pm NIA DANCE 6:30pm We Got This!	24 4pm Gentle Yoga 6:30pm Young Survivors Coalition	25 10:30am Qigong 2:30pm Drumming Circle 5pm Newcomer Welcome ✓ 6pm Cooking for Wellness at CSC ✓	26 1pm Tai Chi Basic	27 8:30am Walk With a Doc ➡ 9:30am Gentle Yoga
29 11am Gentle Yoga 6pm Tai Chi Basic	30 11am Workout with Friends 12pm NIA DANCE	31 4pm Gentle Yoga		✓ RSVP required ✳ Special Event ➡ Offsite Activities	

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

2018 February

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
10:30am Qigong
4pm Cooking for Wellness at COUG ✓🏠
5pm Newcomer Welcome ✓
6pm Cooking for Wellness at Giant Eagle ✓🏠
6:30pm FORCE

2
1pm Tai Chi Basic

3
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

5
11am Gentle Yoga
6pm Tai Chi Basic

6
10am Yoga Mudra
11am Workout with Friends
12pm NIA DANCE
6:30pm Breast Cancer Support Group

7
12pm Lunch and Learn ✓
4pm Gentle Yoga
6:30pm Caregivers Support Group

8
10:30am Qigong
2:30pm Drumming Circle
5pm Newcomers Welcome ✓

9
1pm Tai Chi Basic

10
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

12
11am Gentle Yoga
6pm Tai Chi Basic
7pm LGBTQ Support Group

13
10am Mindfulness Meditation
11am Workout with Friends
12pm NIA DANCE
6pm Mindfulness Meditation
7pm Yoga Mudra

14
12pm Natural Living Workshop ✓
4pm Gentle Yoga
6:30pm Write To Heal: Journaling Workshop

15
10:30am Qigong
12pm Brown Bag Book Club
5pm Newcomers Welcome ✓
6pm Metastatic Cancer Support Group

16
1pm Tai Chi Basic

17
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

19
11am Gentle Yoga
6pm Tai Chi Basic

20
11am Workout with Friends
12pm NIA DANCE
3pm Moving Beyond 🏠
6:30pm Breast Cancer Support Group

21
4pm Gentle Yoga
6:30pm Caregivers Support Group
6pm Drumming Circle at Hilltop Worship Center 🏠
6:30pm Multiple Myeloma

22
10:30am Qigong
2:30pm Drumming Circle
5pm Newcomers Welcome ✓
6pm Cooking for Wellness ✓

23
1pm Tai Chi Basic

24
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

26
11am Gentle Yoga
6pm Tai Chi Basic

27
10am Mindfulness Meditation
11am Workout with Friends
12pm NIA DANCE
3pm Moving Beyond 🏠
6:30pm We Got This!

28
4pm Gentle Yoga
6:30pm Young Survivors Coalition



All of our programs are LGBTQ friendly.



What's Happening at Cancer Support Community

LUNCH AND LEARN SERIES

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

Turn Your Life Insurance Into Cash Now: January 17, 12:00 pm

Two new markets for life insurance policies exist. Life Insurance Settlement is the sale of an existing policy to a large investment group. The second is life insurance that pays if you have a critical or chronic disease; if you "almost die". These will be discussed at our January meeting with Tom Aakhus of Legacy Life Agency.

Stress and Your Health: February 2, 12:00 pm

During this workshop, Dr. Dana Winchester, DC, will provide empowering strategies to take control of your life and your health. You will learn that active awareness and personal ownership of our own stressors and diet are the tickets to embracing and managing the healthy benefits of stress. Wouldn't it be awesome to start turning your stress into something good for you?

NATURAL LIVING SERIES

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

January 10, Raw Diet

What is a "raw diet," and what are the benefits?

February 14, Drink for Health

Learn quick, daily juice recipes to help alkalize the body.

NEW PROGRAMS

Mark your calendars and join us for these educational opportunities

We Got This!

Are you 20-something or 30-something and diagnosed with cancer? Are you looking for a group of peers who understand what it's like to live with cancer at a young age? Are you tired of hearing "you're too young to get cancer?" Meet up for a new support group, led by Jen Troyer, MSW, LSW, every 4th Tuesday of the month at 6:30 pm, starting January 23.

What Do You Say, Come Crochet on Friday!

Always wanted to learn to crochet, or need a refresher? Come join us to learn basic crochet stitches, how to read a pattern, and finishing skills to make your project pop! Or, just join us to sit, visit, and work on a knitting or crochet project. All skill levels welcome, and all materials are provided. Every 2nd and 4th Friday at 11:30 am, starting January 12.

LGBTQ Support Group

This group is designed for those in the LGBTQ community who are affected by cancer. There can be unique needs related to treatment, side effects and working with your health care team. This is an opportunity to be part of a community that understands and to gain support. Led by Leigh Cascioli, LISW-S, the group meets every 2nd Monday at 7:00 pm, starting January 8.

Central Ohio Urology Group Adds New Classes!

Cancer Support Community and Central Ohio Urology Group are expanding our partnership and will now begin offering monthly cooking. Chef Liz will be planning a year's worth of tasty, healthy and easy to prepare recipes that you will be able to create in your own kitchen.

Offsite Locations: Serving More People!



Fairfield Medical Center
A Cancer Support Community social worker is onsite, offering supportive services to individuals, families and caregivers.

Moving Beyond: Thriving After Treatment

This six-week survivorship series helps ensure a successful transition from active treatment to life post-treatment. The goal is to empower you to reach a higher quality life with improved lifestyle skills and habits in exercise, nutrition, emotional and social issues, and medical management.

Next class begins February 20
Call 614-884-HOPE (4673) now to reserve your spot!



Healthy Lifestyles for Prostate Cancer

Join Chef Liz 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 Group, will lead a support group centered around topics related to prostate cancer.

Classes will be the 1st Thursday of every month at 4 pm, starting Feb 1.

To RSVP, please call Jody Linson, Central Ohio Urology Group, at 614-396-2484.



Coming soon!

Cancer Support Community is partnering with Delaware General Health District to bring Tai Chi for Fall Prevention to Delaware County.

- Eight-week series of classes
- Open to anyone affected by cancer including those diagnosed, family, friends, caregivers and bereaved.

Stay tuned for details about our 2018 class schedule.



NEW CLASS!

Cancer Support Community is coming to the Hilltop. We are partnering with Hilltop Community

Worship Center to offer a Drumming Circle. Meet up at 6 pm, every 3rd Wednesday of the month. Stay for dinner in the Community Kitchen, available until 8pm. Starting January 17.

Hilltop Community Worship Center
2622 Sullivant Avenue
Columbus, Ohio 43204
614-279-3686

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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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CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

1200 Old Henderson Road
Columbus, OH 43220

CancerSupportOhio.org
614.884.HOPE (4673)



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to everyone who supports Cancer Support
Community Central Ohio

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They are working with us to Take on Cancer Together.



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at select Giant Eagle and
all Market District locations



Hope

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