

Newsletter & Program Calendar

July/August 2018

Volume 10, Issue 4



Volunteering is Beneficial for your Health!

A 2013 Carnegie Mellon University study determined there are health benefits to volunteering.

See page 1 for full story

Volunteer Expo,

Learn About Volunteer Opportunities

August 30, 6:00 pm at Cancer Support Community

See page 5 for more details

Save the Date!

Night of Chocolate 2018

September 21, 7:00 pm

**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

Volunteering is Beneficial for your Health!

Volunteer work is an integral part of the operation of many social and civic groups, including the Cancer Support Community. Data collected by the National Conference on Citizenship in 2012 estimates that service hours nationwide contribute the equivalent of \$175 billion.

A 2013 Carnegie Mellon University study determined there are health benefits to volunteering. An experimental group that volunteered for 200 hours a year saw a 40% decrease in their risk for high blood pressure. The Corporation for National and Community Service, in a report titled "The Health Benefits of Volunteering: A Review of Recent Research," has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

There are numerous ways volunteers can help at Cancer Support Community. Opportunities range from one-time activities, such as preparing swag bags for Night of Chocolate, to weekly help answering phones, to having a blast at our monthly cooking classes by assisting our chefs and participants. Other options include administrative tasks, fundraising initiatives, website management, or serving as an ambassador at events and health fairs.

Consider your personal interests and talents, then decide where you would best fit. We welcome families, friends and individuals who just have the heart to give back and make a difference. Plan to join us for our Volunteer Expo, August 30, at 6:00 pm, to learn more. See page 5 for details.

Introducing Pete Granger, our new Volunteer Coordinator

We are excited to introduce our new Volunteer Coordinator, Pete Granger! Pete has been an active volunteer with Cancer Support Community since January 2017. In his new role, he helps recruit and train volunteers. Pete knows no stranger and his radiant smile and calm voice bring sunshine to all those around him.

Pete spent 17 years in the banking industry and retired in 2012. He spent 23 years prior to that in the industrial field. As a cancer survivor, Pete knows first-hand the value of Cancer Support Community's programs and services. He was diagnosed in May 2016 with Stage 4 Diffuse Large B-Cell Lymphoma, a form of Non-Hodgkin's Lymphoma. Pete's wife, Kathy, also a cancer survivor, is an active participant at Cancer Support Community.



Charity Golf Classic Scores Another Success

The 13th annual Charity Golf Classic took place at the Medallion Club on May 14. Our golfers enjoyed a day on the links, despite a short rain delay, and generously supported the silent and live auctions. Thanks to our sponsors, who made the day possible, and to our golf committee and volunteers, who worked hard to make the outing fun for everyone. And, of course, thank you to all the golfers who participated.

Presenting Sponsors: Atlas Butler Heating & Cooling and Park National Bank.

Birdie Sponsor: Murphy Development Company.

Event and Course Activities Sponsors: The Basement Doctor, Buckeye Lifestyle Magazine, Budweiser, Civista Bank, ComDoc, Edwards Communities, G&J Pepsi-Cola Bottlers, Giant Eagle, First Merchants Bank, Lamar Advertising, MillerCoors, NBC4, Nourse Chillicothe Automall, and Yuengling.

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

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

Special thanks to FST Logistics, an employee-owned transportation and warehousing company with a reputation of unsurpassed customer service and a clear knack for communication. FST Logistics believes there is an opportunity to make the world a better place everywhere you look. They are always looking to give back to the community through charitable and philanthropic means. We appreciate FST's support of the Charity Golf Classic!



Photo by KHA Lifestyle Photography

COOKING FOR WELLNESS

Featuring Chef Mike Frank and Chef Liz Keith
Licensed Dietitians Jeanine Marcum and Rosemary Riley

Presented by



BBQ and BBQ Sauces

July 12, 6:00 pm, at Kingsdale Market District

PLEASE RSVP by Monday, 7/9/18

3061 Kingsdale Center, Columbus, Ohio 43221

You'll learn how to make this easy and healthy BBQ sauce recipe at home. It has the same bold, sweet, and spicy flavor that you love in regular BBQ sauce, just made healthier. Lighter BBQ dishes are perfect for a weekend feast. Packed with healthy ingredients and lower in fat and calories, these salads and sides are great for dining outdoors.

Red, White, and Blueberries

July 26, 6:00 pm, at Cancer Support Community

PLEASE RSVP by Monday, 7/23/18

1200 Old Henderson Rd, Columbus, Ohio 43220

From refreshing red, white, and blue vanilla bean spritzers to watermelon feta blackberry skewers, you are sure to find these simple, healthy, and patriotic recipes that your family, friends, and kids will love all summer long and that have cancer-fighting properties.

Tropical Fruit

Aug 9, 6:00 pm, at Kingsdale Market District

PLEASE RSVP by Monday, 8/6/18

3061 Kingsdale Center, Columbus, Ohio 43221

Put away any preconceived notions of Grandma's fruit salad. An unusual combination of tropical fruit in a savory shallot vinaigrette will have you dreaming of the tropics. The tropical flavors of a quick mango salsa will complement any chicken, pork, or mild white fish main dish, or simply serve as a side.

Recipe Rehab

Aug 23, 6:00 pm, at Cancer Support Community

PLEASE RSVP by Monday, 8/20/18

1200 Old Henderson Rd, Columbus, Ohio 43220

Cooking from scratch doesn't have to be time consuming. This class demonstrates that cooking from scratch can be healthier, save you money, and you'll become an expert at navigating the grocery store.

All classes include sampling of all the scrumptious recipes and recipe cards to take with you. Please RSVP by calling 614-884-HOPE(4673).



Bladder Cancer: Preventing Reoccurrence

Benjamin Martin, MD, Central Ohio Urology Group

May is National Bladder Cancer Awareness Month. The official colors for the bladder cancer ribbon are marigold, blue, and purple, and I think of the marigolds that are starting to bloom this month in Ohio. I had an older professor when I was in training who used to liken bladder cancer to weeds in a garden. He would say it is always better to pull just a few small weeds rather than let the garden get overgrown, so frequent check-ups are needed. Just like weeds, bladder cancer has a bad habit of recurring, so lifelong vigilance is required. If the weeds are especially nasty, we sometimes use weed killer, but we know that even with weed killer, the weeds can come back, but hopefully not as severe. The same is true for our bladder washings we do after surgery. And finally, if the garden is completely overrun, we can dig up the whole garden and start over, but obviously no homeowner wants to resort to that unless it is absolutely necessary. There is hope, though, to see the marigolds again the next spring.



2018 July

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

11am Gentle Yoga
6pm Tai Chi Basic

3

10am Yoga Mudra
11am Workout With Friends
12pm Nia Dance
6:30pm Breast Cancer Networking Group

4

Independence Day



5

10:30am Qigong
4pm Cooking for Wellness at COUG ✓🏠
6:30pm FORCE

6

1pm Tai Chi Basic

7

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

9

11am Gentle Yoga
6pm Tai Chi Basic

10

10am Mindfulness Meditation
11am Workout With Friends
12pm Nia Dance
6pm Mindfulness Meditation
7pm Yoga Mudra

11

12pm Natural Living Workshop ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Blood Cancer Support Group

12

10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
6pm Cooking For Wellness at Giant Eagle Market District ✓🏠

13

11:30am Crocheting
1pm Tai Chi Basic

14

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

16

11am Gentle Yoga
6pm Tai Chi Basic

17

11am Workout With Friends
12pm Nia Dance

18

12pm Passport to Wellness
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Friends and Family Support Group

19

10:30am Qigong
12pm Brown Bag Book Club
6:30pm Metastatic Cancer Support Group

20

1pm Tai Chi Basic
4:30pm Yoga Nidra ✓

21

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

23

11am Gentle Yoga
6pm Tai Chi Basic

24

10am Mindfulness Meditation
11am Workout with Friends
12pm Nia Dance
6:30pm We Got This!

25

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

26

10:30am Qigong
12pm Pathways to Wellness
2:30pm Drumming Circle
6pm Cooking for Wellness at CSC ✓

27

11:30am Crocheting
1pm Tai Chi Basic

28

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

30

11am Gentle Yoga
6pm Tai Chi Basic

31

11am Workout With Friends
12pm Nia Dance



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



2018 August

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Purchase your breast cancer license plate and support Cancer Support Community. BCFOhio.org

1

12pm Lunch and Learn ✓

4pm Gentle Yoga

5:30pm Newcomer Welcome ✓

6:30pm Friend, Family and Caregiver Series

2

10:30am Qigong

4pm Cooking for Wellness at COUG ✓ ➡

6:30pm FORCE

3

1pm Tai Chi Basic

4

8:30am Walk With a Doc ➡

9:30am Gentle Yoga

6

11am Gentle Yoga

6pm Tai Chi Basic

7

11am Workout With Friends

12pm Nia Dance

6:30pm Breast Cancer Networking Group

8

12pm Natural Living Workshop ✓

4pm Gentle Yoga

5:30pm Newcomer Welcome ✓

6:30pm Friend, Family and Caregiver Series

9

10:30am Qigong

12pm The Journey

2:30pm Drumming Circle

6pm Cooking For Wellness at Giant Eagle Market District ✓ ➡

10

11:30am Crocheting

1pm Tai Chi Basic

11

8:30am Walk With a Doc ➡

9:30am Gentle Yoga

13

11am Gentle Yoga

6pm Tai Chi Basic

14

11am Workout with Friends

12pm Nia Dance

6:30pm We Got This! ➡

15

4pm Gentle Yoga

5:30pm Newcomer Welcome ✓

6:30pm Friend, Family and Caregiver Series

16

10:30am Qigong

12pm Brown Bag Book Club

6:30pm Metastatic Cancer Support Group

17

1pm Tai Chi Basic

18

8:30am Walk With a Doc ➡

9:30am Gentle Yoga

20

11am Gentle Yoga

6pm Tai Chi Basic

7pm Passport to Wellness

21

11am Workout with Friends

12pm Nia Dance

6:30pm Multiple Myeloma

22

4pm Gentle Yoga

5:30pm Newcomer Welcome ✓

6:30pm Friend, Family and Caregiver Series

6:30pm Young Survivors Coalition

23

10:30am Qigong

12pm Pathways to Wellness

2:30pm Drumming Circle

6pm Cooking for Wellness at CSC ✓

24

11:30am Crocheting

1pm Tai Chi Basic

25

8:30am Walk With a Doc ➡

9:30am Gentle Yoga

27

11am Gentle Yoga

6pm Tai Chi Basic

28

11am Workout with Friends

12pm Nia Dance

6:30pm Blood Cancer Support Group ➡

29

4pm Gentle Yoga

5:30pm Newcomer Welcome ✓

30

10:30am Qigong

6pm Volunteer Expo ✓

31

1pm Tai Chi Basic

✓ RSVP required

✳ Special Event

➡ Offsite Activities

📅 Group On New Night

All of our programs are LGBTQ friendly.



What's Happening at Cancer Support Community

Lunch and Learn Series (Lunch Provided to those who RSVP)

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

Let's Learn About Hospice

July 18, 12:00 pm

Hospice 101 is a course designed to inspire, encourage, and stimulate the mind, body, and spirit. Wesley Hospice will discuss the most common questions about hospice, including: what is hospice care; who is eligible; where do you find services; who has the financial responsibility; and when should services be utilized. All these questions and more will be answered in this session.

Homecare: What You Need to Know

August 1, 12:00 pm

Home health care allows you to receive personalized care while maintaining quality of life, in the privacy and comfort of your own home. Pinnacle Senior Care will provide guidelines on how to choose a home health agency, affordability for in-home care and the services available in the home.



Natural Living Series

July 11 Botanicals for Skincare

Learn to create your own skincare products

Aug 8 Natural Cleaning Products

Make your own products for a sparkling home.

Special Events

Mark your calendars and join us for these special events.

Moving Beyond: Thriving After Treatment

Tuesdays July 10 – Aug 14, 3:00 pm

Survivorship after treatment is an important phase of cancer care. The Institute of Medicine's report recommends that each cancer patient receive a Survivorship Care Plan—a plan for wellness to help you continue to receive the best health care. We are proud to partner with Fairfield Medical Center to present this six-week series of quality life topics created just for cancer survivors and provided at no cost.

SPECIAL Six Week Series for Family, Friends and Caregivers

Wednesdays, August 1 through September 5, at 6:30 pm

Do you have a loved one going through cancer treatments? Join us for this special series, it is an opportunity to network with others in a similar situation, practice stress management skills, and take a moment to refresh yourself. Please RSVP at 614-884-4673, asantangelo@cancersupportohio.org by July 25!

Volunteer Expo

August 30, 6:00 – 7:30 pm at Cancer Support Community

Join our vibrant team of volunteers at Cancer Support Community! YOU are invited to join us for our Volunteer Expo, August 30, at 6:00 pm. We will provide dinner and share the volunteer opportunities available. A special training will be included for those interested in helping with health fairs.

Check out opportunities on www.volunteermatch.com, and reserve your spot by calling 614.884.4673 or email PGranger@cancersupportohio.org.

Offsite Locations: Serving More People!



Fairfield
Medical Center

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 new, 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 July 10
Call 614-884-HOPE (4673) now to reserve your spot!



Cooking for Wellness at COUG

Join Chef Liz for a special Cooking for Wellness series tailored to the specific needs of anyone affected by a cancer diagnosis.

Upcoming Topics:
July 5 – Grilling and BBQ
Aug 2 – Recipe Rehab

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

701 Tech Center Drive
Gahanna, Ohio 43230



We are bringing Tai Chi for Fall Prevention to Delaware County residents! Additional classes are being added with the generous support of Healthcare Foundation of Delaware County.

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

Call 614-884-HOPE (4673) for class schedule

Community Sponsors



Anthem Blue Cross and Blue Shield Foundation



Official Media Sponsors



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Trish Mayhorn

Development

Pete Granger

Volunteer Coordinator

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)



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

Night of Chocolate

September 21, 2018, 7:30 pm

Presented by Hollywood Casino Columbus

The mystery and intrigue of the Phantom of the Opera will envelope guests who attend this one-of-a-kind gala. 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 table, ticket package, sponsorship or to volunteer, contact
Debbie Beyer, 614-884-HOPE (4673), or dbeyer@cancersupportohio.org.



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Casino
COLUMBUS, OH

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Same great coffee.

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The Perfect Brew: NBC4 Today and Grounds for Hope Coffee

AVAILABLE AT
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all Market District locations



Hope

MALBEC

This 2016 hand-selected Malbec is medium bodied with subtle hints of fruit and fresh pepper. Made of premium whole grapes from the Lodi region of California. Created and bottled by Via Vecchia Winery in Columbus.

A portion of proceeds benefit
Cancer Support Community of Central Ohio.


**CANCER SUPPORT
COMMUNITY**
CENTRAL OHIO

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