



Newsletter & Program Calendar

March/April 2017

Cancer, Family and Community

A cancer diagnosis impacts a person's entire network: family, children, friends, and caregivers.

See page 1 for full story

Ask the Expert: Hormonal Therapy and Laser Treatment Options

Wednesday March 29th, 6:30 pm

See page 5 for more details

Nutritious and Delicious

Maintaining a healthy diet for your whole family

See page 2 for more details

**TAKE
ON** CANCER
TOGETHER

JOIN. GIVE. ACT.

Cancer, Family and Community



At Cancer Support Community we know that being a cancer survivor brings changes that affect every aspect of your life. It is our goal to make life with, through and beyond cancer the best it can be, and we have the resources to help get you there. Cancer doesn't affect only the person with the illness, it affects the whole family. Our research shows that survivors have numerous concerns as a result of their diagnosis, such as worrying about the future and what lies ahead, health insurance or money worries, and concerns about family, children and friends. Left unaddressed, these matters can lead to stress, even clinical levels of depression and anxiety in patients, spouses and children alike.

Symptoms of depression and anxiety are often ignored or minimized resulting in people suffering in silence; often whole families suffer in silence. Research shows that when a family communicates openly and functions well as a whole, the severity of the stress-induced symptoms can be reduced.

Because children are special members of any family or support network, adults often fear telling them that someone in the family has cancer. However, children are very sensitive to what is happening around them. They can sense when something is wrong and the adults they love aren't talking to them about it.

Children also have very active imaginations. Not telling a child what the family is facing leaves them to imagine situations that are often worse than things really are. Young children may also believe that something they have done has caused the problem. Not being able to talk about their concerns can leave them feeling isolated, alone, sad or worried.



Although telling your children about a family cancer diagnosis is hard, it is important and necessary to decrease symptoms of depression and anxiety. Studies show that "families that were able to act openly, express feelings directly, and solve problems effectively had lower levels of depression. Direct communication of information within the family was associated with lower levels of anxiety."*

At Cancer Support Community we have resources and tools to help facilitate healthy family communication and expression of feelings. We have a special Kids Pack just for children or grandchildren who have a family member facing cancer. The drawstring backpack includes a fun art project to foster creative expression and children's story book to help understand cancer at their level, plus a copy of our "What Do I Tell the Kids?" book for adults.

In addition we are able to offer individual and family counseling, as well as our KidSupport program for children. Please stop by our office to pick up your free Kids Pack or contact our program team at 614-884-4673(HOPE) for more information.

Thank you to the following foundations for making this project possible.



Delaware County
Foundation

John F. Grothaus Memorial Fund

*Edwards, B., Psycho-Oncology. 2004

Cooking for Wellness Schedule

Featuring Executive Chef Thom Stevenson

Presented by  

Great Grains for Dinner

March 23rd, 6:00pm, in the Giant Eagle Community Kitchen at Cancer Support Community
1200 Old Henderson Rd, Columbus, Ohio 43220

Think outside the box when it comes to grains, and try some new grains at your dinnertime. Join us to find which grains to choose and the right amount to add to your dinner plate.

Lettuce Serve you Sensational Salad

April 27th, 6:00pm, at Kingdale Market District
3061 Kingsdale Center, Columbus, Ohio 43221

Spring into spring with fun twists on the traditional spring salad mix! These easy-to-prepare salads provide daily nutrients and can be ready in less than 30 minutes.

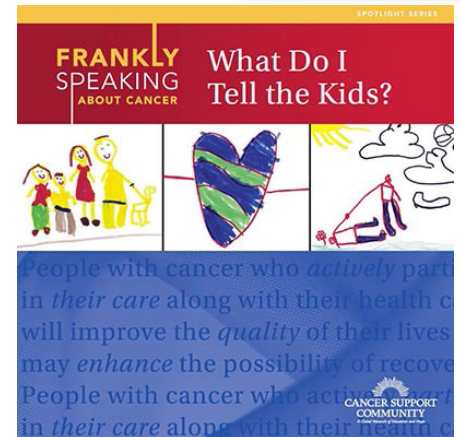
All classes include recipe cards to take home and samples of each delicious recipe!
Please call 614-884-4673(HOPE) to RSVP.



Helpful Tips For Talking To Kids And Teens About Cancer

- Be honest in answering their questions.
- Use simple language that your child can understand.
- Don't be afraid to use the word "cancer".
- Let children know it is ok to feel sad, mad, scared or confused.
- Let them know about expected changes in their routines.
- Let them know about any expected change in your appearance or behavior (hair loss, fatigue).
- Don't force information. Answer questions as they come up.
- It is OK to share your feelings with your children.
- It is OK to let your children see you cry.
- Give your children small age-appropriate jobs so that they feel involved.

This book outlines common beliefs, behavior and intellectual understanding for children from infancy to teenager. For more information, pick up a copy of our publication "What Do I Tell the Kids?" at Cancer support Community, and ask about our Kids Bag and other children's programming.



It's All About You

Cancer Support Community offers several opportunities to guide you through your cancer journey and through survivorship.

Individual Wellness Plan: Wondering how to make the best of all programs and classes we offer? Schedule a time to meet with our social worker, and complete a brief screening to highlight what is most important to you. Then, we'll create a plan specifically for you! No matter if you are newly diagnosed or a long term survivor, exercise, good nutrition, stress management and education will enhance your quality of life.

Open to Options: Are you facing a difficult treatment decision? We can help you sort through your questions about options and organize them in a way that will help you guide the discussion during your next doctor's appointment. You'll walk into the doctor's office feeling more prepared and self-confident and know that your treatment decisions fit your personal hopes and goals. Then, together with your oncologist, you can decide which option is best for you.

The Grounds of Hope Coffee and Tea Station is open in our Giant Eagle Community Kitchen. Hot coffee and tea are always available. Stop by, sip some brew and enjoy some *you* time.



2017 March



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
12pm Lunch and Learn ✓
4pm Gentle Yoga
6:30pm Caregivers Support Group
6:30pm People Living With Cancer

2
10:30am Qigong
6:30pm FORCE

3
1pm Tai Chi Basic

4
8:30 am Walk With a Doc
9:30am Gentle Yoga

6
11am Gentle Yoga
6pm Tai Chi Basic

7
10am Yoga Mudra
12pm Wellness Workout
12pm Newcomer Welcome ✓
6:30pm Breast Cancer Networking Group

8
12pm Lunch and Learn ✓
4pm Gentle Yoga
6:30pm Write To Heal: Journaling Workshop

9
10:30am Qigong
12pm The Journey
6:30pm Metastatic Cancer Support Group

10
1pm Tai Chi Basic

11
8:30 am Walk With a Doc
9:30am Gentle Yoga

13
11am Gentle Yoga
6pm Tai Chi Basic

14
10am Mindfulness Meditation
12pm Wellness Workout
12pm Newcomer Welcome ✓
6pm Mindfulness Meditation
7pm Yoga Mudra

15
12pm Lunch and Learn ✓
4pm Gentle Yoga
6:30pm Caregivers Support Group
6:30pm People Living With Cancer

16
10:30am Qigong
12pm Brown Bag Book Club

17
1pm Tai Chi Basic

18
8:30 am Walk With a Doc
9:30am Gentle Yoga

20
11am Gentle Yoga
6pm Tai Chi Basic

21
12pm Wellness Workout
12pm Newcomer Welcome ✓
6:30pm Multiple Myeloma Networking Group

22
4pm Gentle Yoga
6:30pm Young Survivors Coalition

23
10:30am Qigong
6pm Cooking for Wellness At Cancer Support Community ✓

24
1pm Tai Chi Basic

25
8:30 am Walk With a Doc
9:30am Gentle Yoga

27
11am Gentle Yoga
6pm Tai Chi Basic

28
10am Mindfulness Meditation
12pm Wellness Workout
12pm Newcomer Welcome ✓
6pm Renal Cancer Networking Group

29
4pm Gentle Yoga
6:30pm Understanding Hormonal Therapy and Laser Treatment Options - Ask the Expert * ✓

30
10:30am Qigong

31
1pm Tai Chi Basic

✓ RSVP required
 * Special Event
 🏠 Offsite Activities

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

2017 April

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Saturday



3

11am Gentle Yoga

6pm Tai Chi Basic

4

10am Yoga Mudra

12pm Wellness Workout

12pm Newcomer Welcome ✓

6:30pm Breast Cancer Networking Group

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12pm Lunch and Learn ✓

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6:30pm Caregivers Support Group

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12pm Newcomer Welcome ✓

6pm Mindfulness Meditation

7pm Yoga Mudra

12

12pm Lunch and Learn ✓

4pm Gentle Yoga

6:30pm Write To Heal: Journaling Workshop

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12pm The Journey

6:30pm Metastatic Cancer Support Group

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6:30pm Multiple Myeloma Networking Group

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6:30pm Caregivers Support Group

6:30pm People Living With Cancer

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12pm Brown Bag Book Club

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8:30 am Walk With a Doc

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11am Gentle Yoga

6pm Tai Chi Basic

25

10am Mindfulness Meditation

12pm Wellness Workout

12pm Newcomer Welcome ✓

6pm Renal Cancer Networking Group

26

4pm Gentle Yoga

6:30pm Young Survivors Coalition

27

10:30am Qigong

6pm Cooking for Wellness
At Kingsdale Giant Eagle Market District ✓🏠

28

1pm Tai Chi Basic

29

8:30 am Walk With a Doc

9:30am Gentle Yoga

All of our programs are LGBTQ friendly.



What's Happening at Cancer Support Community

Lunch and Learn Series

RSVP to 614-884-HOPE (4673) for your complimentary lunch

Life Insurance Review - March 1st, 12pm:

If you haven't reviewed your life insurance coverage lately to make sure it still fits your needs, maybe it's time! Please join Prudential Advisors to learn how and when to review your coverage.

We'll discuss:

- How changes in your life can mean you need more or less coverage
- Why it's important to analyze your policy's performance
- How to know if you have a coverage gap and what to do about it

Brain Fitness - March 8th, 12pm:

Learn how calming the mind through meditation and relaxation can aid the physical healing process. Leslie Dahn, owner of Tranquility Salt Caves, will discuss how the positive effects of meditation can benefit the overall wellness of mind and body.

An Inside Look at Senior Housing Opportunities - April 5th, 12pm:

John Holcomb of Oasis Senior Advisor assists people by working with seniors and families – face-to-face – to identify their needs and match them with their ideal assisted living community. His goal is to empower clients to maintain their dignity and quality of life as they transition to alternative housing. If you or a loved one are in need of guidance or insight to determine the best quality of life options, his mission is to be there by your side, acting as a guide and resource during your transition.

What is Integrative Medicine? - April 19th, 12pm

The popularity of Integrative Health and Medicine (IHM) has exploded since the 1990s. During this lunch and learn event, you will learn about the Academic Collaborative for Integrative Health, the five licensed integrative professions and successful strategies cancer patients have shared on their journeys towards remission.

Ask the Expert: Hormonal Therapy and Laser Treatment Options

Wednesday March 29th, 6:30pm

Dr. Rakesh Nanda of Grandview Aesthetics and Surgery Center will provide patient education about hormonal therapy for men and women. Find out how bio-identical therapies can be matched to each person's unique needs and the positive results from this treatment.

You will also get to ask the professional about intimate issues that address incontinence (leakage) and vaginal procedures using diVA laser technology. Dr. Nanda will provide information on the newest technology for radiation tattoo removal, among others. Always talk with your oncologist or radiologist about the radiation mark (tattoo) removal. All technologies are FDA approved.

Our very own Grounds for Hope coffee will be provided, as well as hot tea. Please RSVP 614.884.4673.

Offsite Locations: Serving More People!



Cancer Support Community at Fairfield Medical Cancer 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
740-687-6900
www.fmchealth.org



Cancer Support Community at Heart of Ohio Family Health Centers

Our social worker will be onsite to provide resources and education in conjunction with the mobile mammogram units. Call to schedule your free mammogram.
Whitehall Family Health Center
882 S Hamilton Rd, Whitehall, OH 43213
614-235-5555

Capital Park Family Healthcare Center
2365 Innis Rd, Columbus, OH 43224
(614) 416-4325



Cancer Support Community at All Life Center Watch the calendar for education AL workshops, exercise classes and stress management opportunities. These programs are open to people living with cancer, as well as their family, friends and caregivers. Programming is made possible by a grant from the Delaware County Foundation.

All Life Center
123 Hyatts Rd, Delaware, Ohio 43015
www.alllifecenter.org

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Anthem Blue Cross and Blue Shield Foundation



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Kim Walker

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



SAVE THE DATE: Charity Golf Classic – May 15, 2017

The Charity Golf Classic is a first-class charity golf event that draws 180 golfers to the Medallion Club's 27-hole championship course. The Golf Classic will be held May 15, 2017, and will provide: a full day of fun on the course, a premium golf item for each participant, an awards dinner, live and silent auctions and much more. To register, go to www.cscgolf.org. This is your chance to entertain your most valuable clients, prospective customers and colleagues, while supporting programming for people affected by cancer!



GROUNDS FOR HOPE™

\$3 from the sale of every
12 oz bag of coffee

\$2 from the sale of every
single-serve bag

Directly benefits



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO

Try our
Seasonal Blend

Perfect as a gift or
for family gatherings



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and Market Districts



Hope

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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.

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purchase benefits**



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