

Newsletter & Program Calendar

March/April 2019

Volume 13, Issue 2



Probiotics: Cancer Fighting Foods

Probiotics help your immune system to function at its best so it can detect and kill cells that can become cancer.

See page 1 for full story

Save the Date: Charity Golf Classic

May 20, 2019

See Back Cover for Details

How to Write an Ethical Will

Wednesday, March 6, Noon

See page 5 for more details

Natural Living Workshops Topic: Coping with Allergies

Wednesday, April 10

See page 1 for more details

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

Probiotics: Cancer Fighting Foods

There are many questions being tossed around these days about probiotics and cancer. According to Stephanie Maxson, senior clinical dietitian at MD Anderson, “Probiotics help your immune system to function at its best so it can detect and kill cells that can become cancer.”

What are they and how do we get them? Probiotics are live bacteria that are good for you, especially your digestive system. Our bodies are naturally full of bacteria, and probiotics are often called “good” or “helpful” bacteria because they aid the living micro-organisms we already have in our intestinal system to fight off disease.

The best way to get probiotics is through food that can be included in your daily diet. Some of these include:

- yogurt, which is also rich in calcium
- kefir, grains that are added to cow’s or goat’s milk
- unpasteurized sauerkraut, as pasteurization kills the live bacteria
- tempeh, a fermented soybean meat substitute
- kimchi, a Korean side dish
- miso, a Japanese seasoning
- kombucha, which is fermented black or green tea
- traditional buttermilk, as long as it’s not cultured
- and dark probiotic chocolate.

In addition to containing probiotics, many of these foods also are good sources of calcium, vitamins and minerals. More grocery stores are offering a variety of specialty products, which has made it easier to access these products.

Supplements are another source of probiotics, but it should be noted that not all manufactured probiotics are the same. The quality of the product depends on the type of bacteria that is used in the product and the label information provided by the manufacturer.

As always, you may want to check with your physician to see if using probiotic supplements is something you should pursue.



Why Probiotics and Chocolate Make a Great Team

To work effectively, probiotics must survive stomach acid and digestion to make it into the lower intestines where they deliver the maximum health benefits. Only 20% of live probiotics consumed make it into the lower intestines.

Studies show that chocolate containing probiotics can deliver three times more live probiotics to the lower intestines than their milk, yogurt and pill counterparts. That’s because the cocoa butter in the chocolate protects the probiotics, has a longer shelf life and doesn’t have to be refrigerated.

Who knew chocolate could be delicious and healthy at the same time? Barry Gasaway at SmartLife Chocolate did! Cancer Support Community Central Ohio is happy to introduce our new partnership with SmartLife Chocolate. A portion of every purchase supports Cancer Support Community Central Ohio.

www.CancerSupportOhio.org/getinvolved/purchase



COOKING FOR WELLNESS

Presented by **GIANT EAGLE** **MARKET DISTRICT**

Featuring The Cancer Support Community Culinary Team

The Luck of the Irish!

March 14, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

Cabbage is never more delicious than when celebrating St Patrick's Day! Layers of crunchy, garden fresh leaves bundled together - we're talking of a vegetable whose culinary expanse is as wide as the ocean. This cruciferous vegetable is packed with vitamins and is on our list of cancer fighting foods. Chef Jason will teach you to prepare an Irish meal perfect for the holiday as well as tips on how to buy and store cabbage.

Add a Little Spice to Your Life

March 28, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

Colorful and flavorful spices are the cornerstone of Indian cuisine. Be transported by the sights and smells from around the world. Dietitian Rosemary will enlighten us with the benefits of ancient spices and grains. Want to stretch your cooking efforts into leftovers that last for days? Curry is where it's at! Chef Jason will guide us in the basics of making curry.

Everything Old is New Again

April 11, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

Ancient grains are making a tasty come back! We will explore two grains that some say Noah took on the Ark. Farro and kamut are great grains to add into your weeknight rotation. Join us for an opportunity to learn how to cook them and savor the taste.

Exploring Soy

April 25, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

Soy is a plant protein full of fiber, potassium, magnesium and other vitamins. Common soy-based foods include tofu, edamame, miso and soy milk. But what does it all mean and what do you do with it? This class will teach you about the different types of soy and how to use them. There is a lot of buzz about soy in the cancer world. Come and find out what the research really has to say about soy and the impact it has for cancer survivors.

All classes include a sampling of the scrumptious recipes and recipe cards to make notes and take with you. Please RSVP by the Monday before class by calling 614-884-HOPE (4673).



ASK THE EXPERT

Benjamin Martin, M.D., Central Ohio Urology Group

Is Cancer Hereditary? What Do I Need to Know?

There are people who have a higher risk of developing cancer. Mutations in a person's genes can occur by chance, while others are thought to be caused by lifestyle and environmental factors. Some of these mutations are passed along through families. This type of mutation is referred to as hereditary cancer. Knowing your personal and family history of cancer may be the first step in determining if you are at increased risk of developing certain types of cancers. Some red flags for hereditary cancer include:

1. Multiple family members have been diagnosed with more than one cancer or there have been multiple cancers on the same side of the family.
2. A family member has been diagnosed with cancer before the age of 50.
3. A family member has been diagnosed with a rare cancer, such as ovarian or male breast cancer.
4. You are of Ashkenazi Jewish ancestry.

Hereditary cancer risk assessment impacts medical decisions. Knowing this information may help with cancer care for future generations.

Join us for Cooking for Wellness at COUG on Thursday, March 7 and April 4, at 4 pm.



2019 March

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

1

1pm Tai Chi Basic

2

8:30am Walk with the Doc 🏠
9:30am Gentle Yoga
11am Passport to Wellness: Weight Loss Challenge ✓

4

11am Gentle Yoga
6pm Tai Chi Basic

5

9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
3:30pm Pediatric Oncology Therapeutic Group
6:30pm Breast Cancer Support Group

6

9am Mindfulness Hour
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Jackets Korner ✓

7

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

8

11:30am Crocheting
1pm Tai Chi Basic

9

8:30am Walk with the Doc 🏠
9:30am Gentle Yoga
11:30am Yoga Nidra

11

11am Gentle Yoga
6pm Tai Chi Basic

12

9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
3:30pm Pediatric Oncology Therapeutic Group
6:30pm We Got This!

13

12pm Natural Living Series
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

14

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

15

1pm Tai Chi Basic

16

8:30am Walk with the Doc 🏠
9:30am Gentle Yoga
11am Passport to Wellness: Weight Loss Challenge ✓

18

11am Gentle Yoga
6pm Tai Chi Basic

19

9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
3:30pm Pediatric Oncology Therapeutic Group
6:30pm Multiple Myeloma

20

9pm Mindfulness Hour
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

21

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

22

11:30am Crocheting
1pm Tai Chi Basic

23

8:30am Walk with the Doc 🏠
9:30am Gentle Yoga

25

11am Gentle Yoga
6pm Tai Chi Basic

26

9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
3:30pm Pediatric Oncology Therapeutic Group
6:30pm Blood Cancer Support Group

27

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

28

10:30am Qigong
2:30pm Drumming Circle
6pm Cooking for Wellness at Cancer Support Community ✓

29

1pm Tai Chi Basic

30

8:30am Walk with the Doc 🏠
9:30am Gentle Yoga
11am Passport to Wellness: Weight Loss Challenge ✓

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

2019 April

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
11am Gentle Yoga
6pm Tai Chi Basic

2
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
3:30pm Pediatric Oncology Therapeutic Group
6:30pm Breast Cancer Networking Group

3
9am Mindfulness Hour
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6pm Crochet and Knitting Night

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

5
1pm Tai Chi Basic

6
8:30am Walk with the Doc 🏠
9:30am Gentle Yoga

8
11am Gentle Yoga
6pm Tai Chi Basic

9
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm We Got This!

10
12pm Natural Living Workshop
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6pm Volunteer Appreciation Night

11
10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
4pm Cooking for Wellness at Giant Eagle Market District ✓ 🏠

12
11:30am Crocheting
1pm Tai Chi Basic

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9:30am Gentle Yoga
11am Passport to Wellness: Weight Loss Challenge ✓

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6pm Tai Chi Basic

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11am Workout with Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Blood Cancer Support Group

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

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10:30am Qigong
2:30pm Drumming Circle
6pm Cooking for Wellness at Cancer Support Community ✓

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11am Gentle Yoga
6pm Tai Chi Basic

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9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance

✓ **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

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

How to Write an Ethical Will

Wednesday, March 6, Noon

An ethical will reflects the "voice of the heart." Think of it as a love letter to your family. Modern ethical wills include things like personal and spiritual values, hopes and blessings for future generations, life's lessons, forgiving others and asking for forgiveness. We all want to be remembered, and we all will leave something behind. If we don't tell our stories, no one else will and they will be lost forever. By articulating what we value now, we can take steps to insure the continuation of those values for future generations. Schoedinger Funeral and Cremation Services will help us to learn more about ethical wills, how to write them, and how to share your values with future generations.

Talking About Talking: Navigating Conversations About Cancer

Wednesday, April 3, Noon

Having difficult conversations can be, well ... difficult. This is especially true when discussing new or emotionally-charged subjects. However, we all feel our best when we are on the same page with our loved ones and medical teams — when we feel heard and understood by those around us. This presentation will provide communication strategies that anyone can use to discuss common cancer-related concerns with caregivers and loved ones. Specific strategies for sharing information with children will be discussed, as well as techniques for communicating effectively with your medical team. Please join Dr. Alissa Banyasz, Ph.D., to talk about how we can all become a little better at talking.

Natural Living Workshops

Presented by Lindsey Moeller, Founder of Concur: The Conscious Company, and Lily Kunning, Head Herbalist, Haven Herbs. Please feel free to bring your own lunch.

March 13

Food as Medicine

April 10

Coping with Allergies

Support and Networking Group Spotlight:

Breast Cancer Networking Group

First Tuesday, Monthly, 6:30pm | Facilitated by Angie Santangelo, LISW-S

This group is an opportunity to get support and network with others who have been diagnosed with breast cancer. It is appropriate for those newly diagnosed as well as those who are cancer free now. Come and find help and hope.

We Got This!

Second Tuesday, Monthly, 6:30pm | Facilitated by Jen Troyer, MSW, LSW

Are you in your 20s or 30s 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"? If so, join us for We Got This! This is an opportunity to share your experiences and hear from others. You'll learn about resources and programs that can help and you'll find that you're not alone on the cancer journey.

Multiple Myeloma Networking Group

Third Tuesday, Monthly, 6:30pm | Facilitated by Nick Menedis, Cancer Survivor, and Mary Sheskey, MSW, LSW

A support and networking group for those who have been diagnosed with Multiple Myeloma or those who love someone who has been diagnosed with Multiple Myeloma.

Metastatic Cancer Support Group

Third Thursday, Monthly, 6:30pm | Facilitated by Angie Santangelo, LISW-S

This group provides an opportunity for all people affected by metastatic cancer to meet and share experiences with other survivors. Friends, families, and caregivers also are encouraged to attend.

Friends and Family Support Group

Third Thursday, Monthly, 6:30pm | Facilitated by Mary Sheskey, MSW, LSW

The group provides an opportunity for those actively supporting a loved one with cancer to meet, share experiences and talk with others in similar situations who will understand what you are going through. This group can help you tackle the everyday challenges you may face while supporting a loved one. Join us to learn how to care for yourself as you care for others by sharing wisdom, encouragement and support.

Blood Cancer Networking Group

Fourth Tuesday Monthly, 6:30 p.m | Facilitated by Mary Sheskey, MSW, LSW

This is a support and networking group for those who have been diagnosed with leukemia, lymphoma or myeloma. Those who are supporting a loved one who has been diagnosed with a blood cancer are welcome to join.

Offsite Locations: Serving More People!



Cooking for Wellness at COUG

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

Upcoming Topics:

March 7 – Japanese Cooking Made Easy

Japanese cooking can be a great way to have a plant-based meal. Chef Jason will share some practical and easy to prepare recipes for a weekend international dinner. Dietitian Kaleigh also will share the benefits of a plant-based diet and fabulous Japanese foods.

April 4 – Homemade Salad Dressings

Making salad dressing at home is simple, delicious and healthy for you. Making a basic vinaigrette is a great skill for every home cook to have in his or her repertoire. Understanding the right ratios can then open doors to a variety of additional flavors. As for creamy salad dressings...yes, they can be healthy, too. Join Chef Jason and learn first-hand how to make healthy salad dressings at home.

This program is open to patients, survivors, caregivers, family members and friends.

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

**701 Tech Center Drive
Gahanna, Ohio 43230**



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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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