

Newsletter & Program Calendar

March/April 2018

Volume 10, Issue 2

Mental Wellness

A state of wellbeing that includes taking control of your mental health and proactively working on self-understanding and your emotional health.

See page 1 for full story

Soul Session

World Renowned Musicians and Songwriters

March 15, Noon

See page 5 for more details

Jonna's Body, Please Hold A Cancerous Dark Comedy

A screening of this award-winning film

April 12, Noon

See page 5 for more details

**TAKE
ON** CANCER
TOGETHER

JOIN. GIVE. ACT.

MENTAL WELLNESS

Everyone wants to be happy. What that means for most people is that they want to feel a positive sense of mental wellbeing. Achieving this state requires taking control of your mental health and proactively working on self-understanding and your emotional health. Just as one pursues physical wellness through physical activity and balanced diet, it is important to pursue mental wellness.

Mental wellbeing is particularly important for those affected by cancer. A cancer diagnosis changes life in an instant, creating social, emotional effects that resonate throughout every aspect of a person's life, and the lives of all those who surround them. The Institute of Medicine (IOM) 2007 report "Cancer Care for the Whole Patient: Meeting Psychosocial Health Needs," states that emotional distress as a result of a cancer diagnosis obstructs quality health care, interferes with patients' adherence to treatment regimens, and can potentially affect the course of the disease.

If cancer patients are to have optimal medical outcomes, with reduced distress, quality emotional care must be part of each person's wellness plan, according to the IOM.

Here are a few essential mental wellness activities that can bring a sense of wellbeing that can improve quality of life, according to Psychology Today:

"Input the Positive. What you take in from your environment matters a great deal to your emotional well-being, because it stays active in your subconscious mental space for a period of time, even after the event is long over. If you would like to experience positive emotional wellbeing, you need to take in as many positive things from your surroundings as possible, and minimize the number of negative ones.

"Self-Compassion. One of the most foundational elements of emotional wellbeing is self-compassion. Without it, you cannot find true happiness. Self-compassion is about learning to be kind to yourself and to be self-forgiving of the flaws we all have and the mistakes we all make as human beings. It is the ultimate form of self-love and a prerequisite to real self-confidence.

"Loving Others. When we show love and compassion to other people, it releases chemicals in the pre-frontal cortex and reward center of the brain that professionals refer to as the "Helper's High." People who help others report many positive mental and physical health benefits, including lower levels of stress, lower blood pressure, and relief from depression and physical pain."



Optimize Mental Wellness!

Recognizing that care for the whole person is vital, Cancer Support Community offers more than 70 evidence-based programs each month to help survivors and their supporters address their emotional health. Whether it's attending support groups and interacting with others on a similar journey, or reducing stress through journaling class, people impacted by cancer will find ways to feel more in control of their health and improve their quality of life.

Distress Screening: CancerSupportSource® is a tool that leverages technology to screen patients for social and emotional concerns, providing a personalized wellness plan for each individual with referrals to programs and services to meet their needs. If you haven't taken the screening, consider doing it now. Or, sign up for a rescreening.

Support Groups: Share your story and learn from others through a variety of support groups, including Breast Cancer, Caregivers, LGBTQ, Multiple Myeloma, FORCE (for heredity cancer survivors), Metastatic, and groups focused on young cancer survivors (We Got This!, and Young Survival Coalition). We invite you to sign up and try it out.

Counseling: Individual, family and couples counseling are available upon request.

Open to Options™: Assistance is available to help you identify important questions for your healthcare team about your cancer treatment options and concerns based upon your personal needs. Contact us for more details.

Support for these programs is provided by:



Cooking for Wellness

Featuring Chef Mike Frank and Chef Liz Keith
And Licensed Dietitian Rosemary Riley

Presented by



A Taste of Korea

March 8, 6:00 pm, at Kingsdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

Delicious, healthy, authentic, traditional Korean foods! Chef Mike is passionate about Korean food that boasts colorful experiences for the whole family to enjoy. The Korean recipes will be amazing, so reserve your seat early!

Knife Skills

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

1200 Old Henderson Rd, Columbus, Ohio 43220

Knife skills are one of the most important parts of the culinary arts. This class offers the how-to's that will help you practice your knife skills Chef Mike will demonstrate what knives to use for best cuts and shapes, how to care for them, and sharpening techniques. Let's get chopping!

Braising and Stewing

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

3061 Kingsdale Center, Columbus, Ohio 43221

Chef Mike loves braising and stewing here at our kitchen. It's one of our favorite ways to cook meat because it's easy, hands-off, and foolproof. Braising cooks large cuts of beef in enough liquid to partially cover the meat, as shown in Classic Beef Pot Roast with Root Vegetables. Stewing uses small, uniform pieces of beef pot roast or beef for stew meat that are totally immersed in liquid. We will replace some traditional ingredients with poultry and seafood that are prepared faster and provide lighter flavors and brighter colors.

Smoothie Mix Up

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

1200 Old Henderson Rd, Columbus, Ohio 43220

Chef Liz will have a variety of ingredients for delicious smoothies. Discover some amazing energy food recipes and new favorites to start the day or enjoy as a snack. For the adventurous, we will blindly pick items to see what creative new flavors can be created.

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



We Asked the Expert: Clinical Research Trials

Benjamin Martin, MD, Central Ohio Urology Group

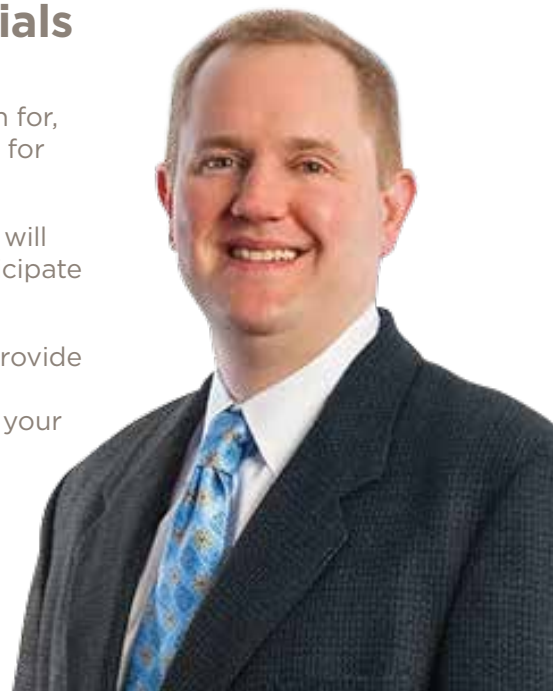
Clinical trials are studies conducted to find better ways to prevent, screen for, diagnose, or treat disease. These clinical trials produce high-quality data for healthcare decision making.

Every clinical trial has a protocol that describes what will be done, how it will be conducted, why each part is necessary, and who can and cannot participate in the clinical trial.

There are numerous benefits when participating in a clinical trial. Trials provide access to promising new treatments, provide close monitoring from the research staff and physicians, and offer a chance to play an active role in your own health while gaining a greater understanding of your disease.

Clinical trials also may carry some risk. The trial may require more visits and more treatments than traditional treatment. In some cases, not all side effects of the treatment are known.

Ask your doctor if a clinical trial is an option for you.



2018 March

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



5
11am Gentle Yoga

6pm Tai Chi Basic

6
10am Yoga Mudra
11am Workout With Friends
12pm Nia Dance
3pm Moving Beyond 🏠
6:30pm Breast Cancer Networking Group

7
12pm Lunch and Learn ✓
4pm Gentle Yoga
6:30pm People Living with Cancer
7pm LGTQ Support Group

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

2
1pm Tai Chi Basic

3
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
3pm Moving Beyond 🏠
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 The Journey
5pm Newcomer Welcome ✓
6:30pm 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 Multiple Myeloma

21
4pm Gentle Yoga
6pm Drumming Circle at Hilltop Community Worship Center 🏠
6:30pm Family and Friends Support Group

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

23
11:30am Crocheting
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 🏠
6pm We Got This!

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

29
10:30am Qigong
5pm Newcomer Welcome ✓
6pm Healing with song and Montra Meditation

30
1pm Tai Chi Basic

31
8:30am Walk With a Doc
9:30am Gentle Yoga

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



2018 April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 11am Gentle Yoga 6pm Tai Chi Basic	3 10:30am Yoga Mudra 11am Workout with Friends 12pm Nia Dance 6:30pm Breast Cancer Networking Group	4 12pm Lunch and Learn ✓ 4pm Gentle Yoga 6:30pm People Living with Cancer	5 10:30am Qigong 4pm Cooking for Wellness at COUG 🏠 5pm Newcomer Welcome ✓	6 1pm Tai Chi Basic	7 8:30am Walk With a Doc 🏠 9:30am Gentle Yoga
9 11am Gentle Yoga 6pm Tai Chi Basic 7pm LGBTQ Support Group	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 6:30pm Write To Heal: Journaling Workshop	12 10:30am Qigong 12pm The Journey 2:30pm Drumming Circle 5pm Newcomer Welcome ✓ 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 6:30pm Multiple Myeloma	18 4pm Gentle Yoga 6pm Drumming Circle at Hilltop Community Worship Center 🏠 6:30pm Family and Friends Support Group	19 10:30am Qigong 12pm Brown Bag Book Club 5pm Newcomer Welcome ✓ 6:30pm Metastatic Cancer Support Group	20 1pm Tai Chi Basic	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 6:30pm Young Survivors Coalition	26 10:30am Qigong 2:30pm Drumming Circle 5pm Newcomer Welcome ✓ 6pm Cooking for Wellness ✓	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			✓ RSVP required ✳ Special Event 🏠 Offsite Activities	 <p>Purchase your breast cancer license plate and support Cancer Support Community. BCFOhio.org</p>	

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!

The 1-2-3s and A-B-Cs of Aging: Knowledge is Power!

March 7th, 12:00 pm

Need a little clarity and reassurance as you journey further down life's road? Knowledge equals peace of mind. From understanding your probable health span to planning for desirable living situations, it helps to be armed with information about the choices you'll be facing. Even thoughtful planning doesn't matter if you don't share your wishes with others. So, how ready are you for aging?

Coping with Worry and Living with Uncertainty

April 4th, 12:00 pm

Cancer survivorship can sometimes feel like an emotional roller coaster! From managing uncertainty and physical limitations, to addressing role changes and staying connected with loved ones, there are many twists and turns along the way. This presentation by, Alissa Banyasz, Ph.D., will provide helpful strategies for coping with common concerns related to the emotional impact of cancer, while helping you to identify ways to foster meaning and purpose in your life right now.

Natural Living Series

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

March 14th, Toss your Toxins:

Spring cleaning time! Come find out what works great and common toxic chemicals to avoid. You won't want to miss this class!

Support provided by



Special Events

Mark your calendars and join us for these special events.

Soul Session at The Journey

March 15, Noon

World renowned musicians and singer/songwriters Lisa Ferraro and Erika Luckett will guide us on a journey through sacred music, song, and poetry. The inspirational song and sound create an acoustic cocoon, ideal for relaxation and meditation. The songs and music are delivered in such a way as to gently open the heart and mind, allowing joy to expand within, around, and about us. All are welcome.

Jonna's Body, Please Hold: A Cancerous Dark Comedy

April 12, Noon

Join us for a screening of this award-winning movie! A sassy receptionist sits at a busy switchboard, fielding calls from irate tenants, covering for an absent boss, and trying to fend off two nasty killers who are determined to move in. Sound like the office building from hell? It's not. It's "Jonna's Body, Please Hold," the emotionally riveting, outrageously funny chronicle of Jonna's cancer trip (Hodgkin's Disease, Large-Cell Lymphoma, Breast Cancer).



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 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 April 17th.
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 will lead a support group centered around topics related to prostate cancer.

Next class begins March 1st.

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



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



Cancer Support Community is partnering with Hilltop Community Worship Center. Our Drumming Circle will follow

dinner at the Community Kitchen. Dinner is served from 6:00 - 8:00 pm, and the Drumming Circle will begin at 7:00 pm every 3rd Wednesday of the month.

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

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Official Media Sponsors



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Outreach

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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)



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



SAVE THE DATE: Charity Golf Classic – May 14, 2018

- First-class event that draws 180 golfers.
- Play the championship course at Medallion Club.
- NEW: Premium Adidas golf item for every golfer!
- Lunch, dinner, awards, silent and live auctions and much more.
- Entertain clients or reward employees
- Register: www.CSCgolf.org.
- Proceeds benefit Cancer Support Community's programs for people affected by cancer.




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ORGANIC COFFEE

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

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

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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.



ViaVecchiaWinery.com

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