



Newsletter & Program Calendar

May/June 2017

Let's Get Social

Research shows that social support has real benefits for people living with cancer.

See page 1 for full story

Be Inspired: Embracing Blindness to Achieve Vision

Thursday, May 18th, at 6:30 PM

See page 5 for more details

Join Us for Cancer Survivors Day Celebration

Friday, June 9th, at 11:00 AM

See page 1 for more details

**TAKE
ON** CANCER
TOGETHER

JOIN. GIVE. ACT.



Social Connections Have Real Benefits

Social connections are important to having a well-balanced life and can influence long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. According to Harvard Health Publications, people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer. Other research shows that regular face-to-face social contact is important in lowering the risk of future depression and anxiety.

Studies have identified a range of activities that qualify as social support, from offers of help or advice to expressions of affection. In addition, evidence suggests that the life-enhancing effects of social support extend to giver as well as to receiver.

Caring involvement with others may be one of the easiest health strategies to access. It's inexpensive, it requires no special equipment, and we can engage in it in many ways.

A cancer diagnosis can upset life's balance. Sometimes people with cancer feel isolated even among a group of people who care about them. They may feel separated from the usual work or social activities because the illness or treatment interferes with normal life. These feelings can occur during treatment and even after treatment ends. But you don't need to feel alone.



"Cancer Support Community provides a place to have fun, relax and know that you won't have to explain your situation," said Angie Santangelo, clinical program director. "Everyone here is affected by cancer in some way. No matter if you are newly diagnosed, in treatment or a long-term survivor, our social events and programs are open to your family and friends."

Family potluck dinners, an "ugly sweater" holiday party, and Cancer Survivors Day celebrations are activities we have hosted that are intended to help you regain balance, reduce feelings of isolation, and find a sense of community.

Remember, you are not alone. We are here to support you through every step of your cancer journey!

Cancer Survivors Day: Taste, Sip and Chop! *A Fabulous Day Just for You!*

Cancer Survivors Day is a time to celebrating life. It's a gathering of support for survivors, their families and friends, to show that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring.

Our celebration will focus on our cooking and nutrition program, Cooking for Wellness.



- 11:00 AM: Presentation and tasting by Chef Ryan Callahan, award-winning author of "Cooking for Chemo... and After!"
- 2:30 PM: Traditional British High Tea, presented by Cancer Support Community Executive Chef Thom Stevenson.
- 5:30 PM: Chopped-style competition, featuring well-known local chefs.

In addition, you can visit the Community Fair and Open House throughout the entire day. Overall, it will be a fun, educational day you'll long remember!

Join us on Friday, June 9th, starting at 11:00 AM, at 1200 Old Henderson Rd., Columbus, Ohio 43220. For more information and to RSVP, call 614-884-4673 or email asantangelo@CancerSupportOhio.org.

Cooking for Wellness Schedule

Featuring Executive Chef Thom Stevenson

Presented by



Take a Trip to the Mediterranean!

May 25th, 6:00pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

The Mediterranean diet has numerous health benefits. Join us, and let your taste buds experience a trip to the beautiful Mediterranean with these delicious and healthy recipes.

What's Your Favorite Way to Eat YOGURT?

June 22nd, 6:00pm, at Kingdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

Yogurt isn't just for breakfast or snacks anymore.

Be amazed as we use it in savory and sweet dishes!

All classes include recipe cards and samples of each delicious recipe!

Please RSVP by calling 614-884-HOPE (4673).



Anthem Blue Cross and Blue Shield Foundation

Anthem BlueCross BlueShield Foundation is Making a Difference!

Cancer Support Community is proud to announce the continuation of our partnership with Anthem BlueCross Blue Shield Foundation. The Foundation is committed to enhancing the health and well-being of individuals and families in central Ohio through our distress screening program.

"The proven success of our distress screening program is a pivotal first step in the integration of psychosocial care into routine cancer care, leading to better quality of life, improved treatment adherence and individualized care planning," offered Bev Soult, president and CEO, Cancer Support Community Central Ohio.

"At Anthem, we believe that the integration of clinical care and behavioral health is essential," said Dr. Elizabeth Bonano, Behavioral Health Medical Director for Anthem Blue Cross Blue Shield in Ohio. "For more than 75 years, we have been a leader in delivering innovative and affordable health benefits solutions that help address our health system's challenges. Supporting organizations like Cancer Support Community helps everyone in our community live healthier lives."

Distress screening, referral and follow-up have become an integral part of Cancer Support Community programming because there has never been a more critical time for people with cancer to have tools to help identify and reduce the distress that cancer brings to their lives.

We Ask the Expert: What effect does Androgen Deprivation Therapy (ADT) have on Bone Health?

As men age, they lose a small amount of bone per year. Unfortunately, ADT greatly speeds up that process. The condition of moderately weakened bone is called osteopenia, and more severely weakened bone ("brittle bone") is called osteoporosis. This can make a man vulnerable to fractures, particularly of the hips and long bones. The good news is that there are steps that can be taken to prevent, and even reverse, the bone loss process. Weight-bearing exercises help maintain strength. Calcium and vitamin D help restore minerals. There are medicines that help rebuild the bone. With proper precautions, the side effects of ADT can be mitigated. -Benjamin Martin, MD, Central Ohio Urology Group



2017 May



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>11am Gentle Yoga</div> <div>6pm Tai Chi Basic</div>	<div>2</div> <div>10am Yoga Mudra</div> <div>12pm NIA DANCE</div> <div>6:30pm Breast Cancer Networking Group</div>	<div>3</div> <div>12pm Lunch and Learn ✓</div> <div>4pm Gentle Yoga</div> <div>5:15pm Newcomer Welcome ✓</div> <div>6:30pm Caregivers Support Group</div> <div>6:30pm People Living With Cancer</div>	<div>4</div> <div>10:30am Qigong</div> <div>6:30pm FORCE</div>	<div>5</div> <div>10am Zumba Gold</div> <div>1pm Tai Chi Basic</div>	<div>6</div> <div>8:30am Walk With a Doc</div> <div>9:30am Gentle Yoga</div>
<div>8</div> <div>11am Gentle Yoga</div> <div>6pm Tai Chi Basic</div>	<div>9</div> <div>10am Mindfulness Meditation</div> <div>12pm NIA DANCE</div> <div>6pm Mindfulness Meditation</div> <div>7pm Yoga Mudra</div>	<div>10</div> <div>4pm Gentle Yoga</div> <div>5:15pm Newcomer Welcome ✓</div> <div>6:30pm Write To Heal: Journaling Workshop</div>	<div>11</div> <div>10:30am Qigong</div> <div>12pm The Journey</div> <div>2:30pm Drumming Circle</div> <div>6:30pm Metastatic Cancer Support Group</div>	<div>12</div> <div>10am Zumba Gold</div> <div>1pm Tai Chi Basic</div>	<div>13</div> <div>8:30am Walk With a Doc</div> <div>9:30am Gentle Yoga</div>
<div>15</div> <div>9:30am Charity Golf Classic</div> <div>11am Gentle Yoga</div> <div>6pm Tai Chi Basic</div>	<div>16</div> <div>12pm NIA DANCE</div> <div>6:30pm Multiple Myeloma Networking Group</div>	<div>17</div> <div>4pm Gentle Yoga</div> <div>5:15pm Newcomer Welcome ✓</div> <div>6:30pm Caregivers Support Group</div> <div>6:30pm People Living With Cancer</div>	<div>18</div> <div>10:30am Qigong</div> <div>12pm Brown Bag Book Club</div> <div>6:30pm Radical Vision with Brian Wagner ✓✱</div>	<div>19</div> <div>10am Zumba Gold</div> <div>1pm Tai Chi Basic</div>	<div>20</div> <div>8:30am Walk With a Doc</div> <div>9:30am Gentle Yoga</div> <div>11:30am Yoga Nidra</div>
<div>22</div> <div>11am Gentle Yoga</div> <div>6pm Tai Chi Basic</div>	<div>23</div> <div>10am Mindfulness Meditation</div> <div>12pm NIA DANCE</div>	<div>24</div> <div>4pm Gentle Yoga</div> <div>5:15pm Newcomer Welcome ✓</div> <div>6:30pm Young Survivors Coalition</div>	<div>25</div> <div>10:30am Qigong</div> <div>12pm Pathways to Wellness</div> <div>2:30pm Drumming Circle</div> <div>6pm Cooking for Wellness At Cancer Support Community ✓ </div>	<div>26</div> <div>10am Zumba Gold</div> <div>1pm Tai Chi Basic</div>	<div>27</div> <div>8:30am Walk With a Doc</div> <div>9:30am Gentle Yoga</div>
<div>28</div> <div>Memorial Day Office Closed</div>	<div>29</div> <div>12pm NIA DANCE</div>	<div>31</div> <div>4pm Gentle Yoga</div> <div>5:15pm Newcomer Welcome ✓</div>	<div></div>		
<div> RSVP required</div> <div><div>✱</div>Special Event</div> <div><div></div>Offsite Activities</div>					

- RSVP required**
- Special Event**
- Offsite Activities**

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

2017 June

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

In Memory of

William C. Kraner

and his daughter

Sheryl L. Kraner



Purchase your ovarian cancer license plate and support Cancer Support Community

5

11am Gentle Yoga

6pm Tai Chi Basic

6

10am Yoga Mudra

12pm NIA DANCE

6:30pm Breast Cancer Networking Group

7

12pm Lunch and Learn ✓

4pm Gentle Yoga

5:15pm Newcomer Welcome ✓

6:30pm Caregivers Support Group

6:30pm People Living With Cancer

8

10:30am Qigong

12pm The Journey

2:30pm Drumming Circle

6:30pm Metastatic Cancer Support Group

9

National Cancer Survivors Day Celebration:

Taste, Sip and Chop!

* ✓

10

8:30am Walk With a Doc

9:30am Gentle Yoga

12

11am Gentle Yoga

6pm Tai Chi Basic

13

10am Mindfulness Meditation

12pm NIA DANCE

6pm Mindfulness Meditation

7pm Yoga Mudra

14

4pm Gentle Yoga

5:15pm Newcomer Welcome ✓

6:30pm Write To Heal: Journaling Workshop

15

10:30am Qigong

12pm Brown Bag Book Club

4:00pm Cooking for Wellness at Central Ohio Urology ✓



Providing Excellence in Patient Care

16

10am Zumba Gold

1pm Tai Chi Basic

17

8:30am Walk With a Doc

19

11am Gentle Yoga

6pm Tai Chi Basic

20

12pm NIA DANCE

6:30pm Multiple Myeloma Networking Group

21

4pm Gentle Yoga

5:15pm Newcomer Welcome ✓

6:30pm Caregivers Support Group

6:30pm People Living With Cancer

22

10:30am Qigong

12pm Pathways to Wellness

2:30pm Drumming Circle

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



23

10am Zumba Gold

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

12pm NIA DANCE

28

4pm Gentle Yoga

5:15pm Newcomer Welcome ✓

6:30pm Young Survivors Coalition

29

10:30am Qigong

30

10am Zumba Gold

1pm Tai Chi Basic

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 for your complimentary lunch!

It's Your Estate, Are You In Control? - May 3rd, Noon:

Estate planning is not just about taxes and how to reduce them. It's also about making sure that your assets are distributed as you wish and to whom you wish. Learn more from our friends at Prudential.

The Importance of Super Foods - May 17th, Noon:

Eating super foods may reduce the risk of chronic disease, prolong life, and will foster an overall healthier lifestyle. Chelsea Shaefer, Licensed Dietitian at The Forum at Knightsbridge, will share the newly released list of super foods and how you can incorporate them into your daily meals.

Water: Nutritious and Delicious - June 7th, Noon:

Water is essential to being healthy; it composes up to 60% of your body weight. We need ample water and nutrition to not only survive, but survive longer and healthier.

Nutrition is the process of consuming food and having the body use it as raw materials for growth, fuel, and function. We will have an open discussion on what you are eating, how we can drink more water, and tips on maintaining a healthy weight.

FORCE: Facing Our Risk Of Cancer Empowered

FORCE exists to help improve the lives of individuals and families affected by hereditary breast, ovarian, and related cancers. **FORCE** meets on the first Thursday of every month at 6:30 pm at Cancer Support Community. Join us for two special events coming up:

May 4th: Ask The Expert with Alexandra Ilacqua, MS, LGC, Licensed Genetic Counselor at Mount Carmel Cancer Genetics Program

June 1st: Ask The Expert with Robert Pilarski, MS, LGC; MSW, Licensed Genetic Counselor and Associate Professor, Clinical Internal Medicine at The Ohio State University Comprehensive Cancer Center

Embracing Blindness to Achieve Vision



Although a crippling genetic disease caused his loss of sight, the experience has given Brian Wagner the ability to see the world through a new lens. Each of us faces adversity daily in our work and personal lives, but Brian believes that the way we respond to adversity dictates our future. His goal is to help others recognize and embrace their personal adversity and "go blind," then respond by "gaining vision."

Learn first-hand how you can be inspired to set your own vision and achieve more once you're able to eliminate your self-limiting beliefs.

Brian will be at Cancer Support Community to share his vision with you on Thursday, May 18th, at 6:00 PM. Please call 614-884-HOPE (4673), or email asantangelo@cancersupportohio.org to RSVP.

Offsite Locations: Serving More People!



Fairfield
Medical Center

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



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Providing Excellence in Patient Care

Healthy Lifestyles for Prostate Cancer

Join Executive Chef Thom Stevenson 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.

The Cooking for Wellness session will begin at 4:00 followed by the presentation at 6:30 PM. Cooking for Wellness will be held at 620 Morrison Road, Suite B. Gahanna, OH 43220 and dates are as followed:

- Thursday, April 20th, 2017
- Thursday, June 15th, 2017
- Thursday, August 17th, 2017
- Thursday, September 21st, 2017
- Thursday, October 19th, 2017
- Thursday, December 7th, 2017

To RSVP, please call Jody Linson at 614-396-2484.

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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 15, 2017

- 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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