

# Newsletter & Program Calendar

May/June 2019

Volume 13, Issue 3



## Your Health After Cancer Treatment

Life after cancer treatment can bring on a mix of emotions.  
A customized care plan can help.

*See page 1 for full story*

### Save the Date:

Charity Golf Classic

May 20, 2019

*See Back Cover for Details*

### Evidence Based Nutrition for Cancer Survivors

Wednesday, May 1, 6:30 pm

*See page 5 for more details*

### A Light on the Path

Wednesday, June 19, 9 am

*See page 5 for more details*

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

## Your Health After Cancer Treatment

Once cancer treatment ends, a new chapter of life begins. You may feel excited and hopeful about the future, relief that treatment is over, and ready to put the experience behind you. Yet at the same time, you may feel sad or angry about the way cancer has affected your life or concerned about whether the cancer will come back and what you should do after treatment.

This rollercoaster of emotions can be confusing but it's not uncommon. Whatever you're experiencing, don't ignore it. You can find support at Cancer Support Community, starting with a customized care plan.

Developing a care plan starts with answering a series of questions to identify your unique concerns and then meeting with one of our social workers. Your care plan will be tailored just for you and will include referrals to programs at Cancer Support Community that can address your specific concerns - both during treatment and after cancer treatment is finished.

Anthem Blue Cross Blue Shield Foundation has provided a significant grant that supports this program and allows us to offer it at no cost to our participants. Our community greatly appreciates Anthem Blue Cross Blue Shield Foundation's inherent commitment to enhance the well-being of individuals and families. We are privileged to deliver this quality program with Anthem's support and appreciate the significant difference it is making as a national leader in health benefits.

"At Anthem, we believe the integration of clinical care and behavioral health is essential," said Dr. Elizabeth Bonanno, behavioral health medical director for Anthem Blue Cross and Blue Shield in Ohio. "Supporting the whole health of the individual is central to our mission of providing affordable access to high quality care. Innovative partnerships among health care organizations, like ours with the Cancer Support Community, are the key to supporting all aspects of health."

To receive a customized care plan please contact Angie Santangelo, LISW-S at [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org) or call 614-884-4673.



## Tips to Maintain a Healthy Lifestyle

As you move beyond cancer, it is important to continue to maintain a healthy lifestyle. What does this mean?

- Get proper nutrition. A healthy diet will help keep off the pounds. This is important because studies have shown that gaining weight after completing cancer treatment may increase your risk of a cancer recurrence.
- Exercise. Keep moving. Walk. Do yoga. Swim. Garden. Being active will help you reduce fatigue and anxiety, improve mood and sleep.
- Pay attention to your emotional health. Life after cancer treatment isn't always easy. If you need to, talk to a social worker or join a support group at Cancer Support Community.
- Don't smoke. If you smoke, talk to your doctor about quitting.
- Use sunscreen. Stay safe in the sun, apply and reapply every day, all year long.
- Stay connected. Make sure you attend follow up appointments and testing as recommended by your oncology team.



# COOKING FOR WELLNESS

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

Featuring The Cancer Support Community Culinary Team

## The Perfect Mediterranean Meal

May 9, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

Touted as one of the healthiest eating plans, you'll learn the benefit of the Mediterranean diet. Seasonal and colorful vegetables are packed with phytochemicals, which help our bodies fight cancer. We will make the perfect meal with a baked veggie soup, miso salmon and a tasty fruit and yogurt dessert.

## Bowls: Nutrition-Packed Comfort Food

May 23, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

Bowls are the latest food trend and for a good reason: they can be power-packed with nutrition and can be fun to create. There are a million possibilities, from a broth bowl or poke bowl, to a smoothie bowl or yogurt bowl. Bowls can be a great way to stretch ingredients and an excellent way to get extra veggies into your diet. We will make breakfast, lunch and dinner bowls.

## Dressings and Sauces in the Grocery Aisle

June 13, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

We all have those nights when we need something quick and easy. Having sauces and pastas in the pantry and veggies in the freezer can make the difference between grabbing fast food and having a nutritious meal. We will be pulling pantry staples and making a tasty meal. Dietitian Rosemary will be on hand to help us read the labels and find the best options.

## Jazzing Up Vegetables!

June 27, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

Adding the perfect sauce or dressing can transform boring, everyday ingredients into a gourmet meal. Chef Jason will create a vegetarian feast while exploring the use of various dressings. A tasty and educational night is on the menu!

*All classes are led by our chef and dietitian and include a sampling of the scrumptious recipes. Recipe cards will be provided to make notes and take home. Please RSVP by the Monday before class by calling 614-884-HOPE (4673).*



## Clinical Trials for Prostate Cancer Now Available ASK THE EXPERT

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

At Central Ohio Urology Group, we are currently treating the full spectrum of prostate cancer, which now includes a clinical trial for newly diagnosed prostate cancer patients who have chosen active surveillance as their treatment. In collaboration with Aventiv Research, we have started to enroll patients in the trial, ProVent, to look at the effectiveness of the immunotherapy sipuleucel-T (Provenge) in early stage cancer. Patient participation in trials like this will help increase our knowledge about prostate cancer and further advance our treatment protocols.

**For more information, please contact Jenny Rusnak, RN, BSN, at 614-396-2582. Join us for Cooking for Wellness at COUG. See details on page 5.**





2019 *May*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

- ✓ **RSVP required**
- \* **Special Event**
- 🏠 **Offsite Activities**
- 👥 **Group On New Night**

**1**  
**9am** Mindfulness Hour  
**12pm** Lunch and Learn ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Evidence Based Nutrition Workshop ✓

**2**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**4pm** Cooking for Wellness at COUG ✓  
**6:30pm** FORCE

**3**  
**1pm** Tai Chi Basic

**4**  
**8:30am** Walk with the Doc 🏠  
**9:30am** Gentle Yoga

**6**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**7**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Breast Cancer Networking Group

**8**  
**12pm** Natural Living Series  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**9**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**12pm** The Journey  
**2:30pm** Drumming Circle  
**6pm** Cooking For Wellness at Giant Eagle Market District ✓ 🏠

**10**  
**11:30am** Crocheting and Knitting  
**1pm** Tai Chi Basic

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

**13**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**14**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** 20s & 30s with Cancer

**15**  
**9pm** Mindfulness Hour  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**16**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**12pm** Brown Bag Book Club  
**6:30pm** Friends and Family Support Group  
**6:30pm** Metastatic Cancer Support Group

**17**  
**1pm** Tai Chi Basic

**18**  
**8:30am** Walk with the Doc 🏠  
**9:30am** Gentle Yoga  
**11:30am** Yoga Nidra

**20**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**21**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Multiple Myeloma

**22**  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Young Survival Coalition

**23**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**2:30pm** Drumming Circle  
**6pm** Cooking for Wellness at Cancer Support Community ✓

**24**  
**11:30am** Crocheting and Knitting  
**1pm** Tai Chi Basic

**25**  
**8:30am** Walk with the Doc 🏠  
**9:30am** Gentle Yoga

**27**  
**Office Closed**



**28**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Blood Cancer Support Group

**29**  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**30**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong

**29**  
**1pm** Tai Chi Basic

For class/program information or to register visit [www.cancersupportohio.org/calendar/](http://www.cancersupportohio.org/calendar/)



# 2019 June

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

**1**  
**8:30am** Walk with the Doc 🏠  
**9:30am** Gentle Yoga

**3**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**4**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** Breast Cancer Networking Group

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

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

**7**  
**11am** Cancer Survivors Day

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

**10**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**11**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** 20s & 30s with Cancer

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

**13**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**12pm** The Journey  
**2:30pm** Drumming Circle  
**6pm** Cooking For Wellness at Giant Eagle Market District ✓ 🏠

**14**  
**11:30am** Crocheting and Knitting  
**1pm** Tai Chi Basic

**15**  
**8:30am** Walk with the Doc 🏠  
**9:30am** Gentle Yoga  
**11am** Passport to Wellness: Weight Loss Challenge ✓

**17**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**18**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** Multiple Myeloma

**19**  
**9pm** Mindfulness Half Day Retreat  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**20**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**12pm** Brown Bag Book Club  
**6:30pm** Friends and Family Support Group  
**6:30pm** Metastatic Cancer Support Group

**21**  
**1pm** Tai Chi Basic

**22**  
**8:30am** Walk with the Doc 🏠  
**9:30am** Gentle Yoga

**24**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**25**  
**9am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** Blood Cancer Support Group

**26**  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Young Survival Coalition

**27**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**2:30pm** Drumming Circle  
**6pm** Cooking for Wellness at Cancer Support Community ✓

**28**  
**11:30am** Crocheting and Knitting  
**1pm** Tai Chi Basic

**29**  
**8:30am** Walk with the Doc  
**9:30am** Gentle Yoga  
**11am** Passport to Wellness: Weight Loss Challenge ✓

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!

### Chiropractic Care and the Digestive System

Wednesday, May 1, Noon

Artificial coloring, sweeteners, preservatives, and toxic chemicals are overloading our immune system and destroying the environment in our gut. Hundreds of thousands of bacteria call our large intestines home and without them, we get sick. In this seminar, presented by Dr. Winchester of Winchester Institute, you will learn what ingredients to avoid in packaged, processed food and the connection between harmful ingredients and common ailments

### Stress Management

Wednesday, June 5, Noon

Dr. L. Mark Hensley, VITAS Healthcare Bereavement Manager, will present information to deal with stress, both at work and in our personal lives. He will define stress and its physical, emotional, and mental effects on caregivers and offer a stress test and individual "stress-buster" plan to guide and teach self-care.



## Special Programs

### Evidence-Based Nutrition for Cancer Prevention and Survivorship

Wednesday, May 1, 6:30pm

Emily Hill and Ashlea Braun, Registered Dietitians and Nutritionists, from The Ohio State University, will speak on the importance of adhering to evidence-based nutrition guidelines for cancer prevention. Emily will discuss how to evaluate research effectively, how recommendations are developed and why they are important. Ashlea will present evidence-based strategies for behavioral change, common challenges associated with these changes in survivorship, overcoming hurdles, and common myths surrounding these diet and physical activity-related behaviors. A nutritious cancer fighting meal will be provided by the Lymphoma & Leukemia Society.

RSVP by April 25 to Angie Santangelo, LISW-S at [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org) or call 614-884-4673.

### A Light on the Path

Wednesday, June 19, 9am- Noon

Join us for a half-day retreat for cancer survivors, caregivers and anyone impacted by cancer. The intention of the day is to provide an opportunity for refuge, calm, and healing, drawing from teachings and practices rooted in the ancient and timeless tradition of mindfulness. All can benefit from this day, whether new to mindfulness or firmly established as a mindfulness practitioner.

In this offering, you will:

- Learn about the ancient and timeless practice of mindfulness.
- Hear research findings on cancer, stress, caregiver burnout, and how mindfulness practice can be curative.
- Experience several mindfulness practices and feel the impact.

This program will be led by Kevin Kraska, MSW, LISW-S, founder of Mindful Navigators. Kevin is a mindfulness clinician, facilitator, and practitioner based in Columbus, Ohio. We will be working with the body, breath, mind, and heart to open, create spaciousness within, and provide restorative healing.

**Please wear loose-fitting clothing for mindful movement and bring a blanket. RSVP by June 17 to Angie Santangelo, LISW-S, at [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org) or call 614-884-4673.**

### Passport to Wellness: Weight Loss Challenge

New Session Begins June 15

Passport to Wellness: Weight Loss Challenge will motivate you to meet your personal goals and keep you accountable with the help of a health coach and the support of the group. Led by health coach Shawna Partin, Passport to Wellness will have bi-weekly meetings. There also will be weekly check-ins with Shawna. This challenge is limited to eight people, so make sure you call to sign up today!

Contact Angie Santangelo for more information at 614-884- HOPE (4673) [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org).

## 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:**

#### **May 2, Vibrant Mediterranean Recipes**

There are many health benefits to the Mediterranean diet and our dietitian Kaleigh will explore this nutrition packed diet. Chef Jason will create dishes inspired by the area including grilled peach salad, pasta primavera, and strawberry-rhubarb quinoa pudding.

#### **June 6, Dress it Up, Sauce it Down!**

Making salad dressing at home is simple, delicious, and healthy for you. Making a basic vinaigrette and a homemade pasta sauce are great skills for every home cook to have in his or her repertoire. We will teach the basics and add some flair with a Thai peanut sauce, too!

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

701 Tech Center Drive  
Gahanna, Ohio 43230



### **Tai Chi Delaware New Classes Starting May 2**

We are happy to announce a new, ongoing Tai Chi class in Delaware County, hosted by Grace Clinic. Restore your health, increase your energy and prolong your life with this ancient art. The secrets of Tai Chi are profound, but easy to learn by anyone regardless of age, experience or physical condition. Find out why millions of people around the world include Tai Chi every day as part of an overall wellness plan.

**Classes will be led by Cathy Brenner and John Houston  
Thursdays at 10 am**

Grace Clinic Delaware  
40 S Franklin Street  
Delaware, Ohio 43015



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## Official Media Sponsors



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**Debbie Beyer** Director of Development and Marketing  
**Mary Sheskey MSW, LSW** Clinical Program Coordinator  
**Carolyn Appelhans** Events and Marketing Coordinator  
**Andrea Oldham** Development Coordinator  
**Brenda Heuing** Office Manager

### Support Team:

**Pete Granger** Volunteer Coordinator  
**Jasmine I. Lambert** Law Fellow  
 The Ohio State University Moritz College of Law

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.

### Board of Directors

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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 20, 2019

Ron Greenbaum, The Basement Doctor, Honorary Chairman

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

Presented by



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