

# Newsletter & Program Calendar

May/June 2018

Volume 10, Issue 3



## Exercise Provides Meaningful Improvements for Cancer Patients

Emerging research shows that exercise is safe and helps  
improve outcomes for cancer patients.

*See page 1 for full story*

### Frankly Speaking about CLL

With **Joseph Hofmeister, MD**

May 30, 7 p.m.

*See page 5 for more details*

### Cancer Survivors Day!

June 1, 11 a.m.

*See page 5 for more details*

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

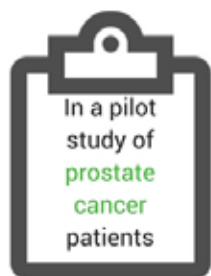
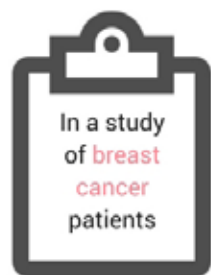
# Exercise Provides Meaningful Improvements for Cancer Patients

According to the American Institute of Cancer Research, studies show that exercise is safe and helps improve outcomes for cancer patients. This research offers new insights into how aerobic and resistance exercise during treatment may prevent or delay many of the physical and mental effects that survivors experience.

It is very important for your health that you try to build more physical activity into your life. Start by being active every day -- in any way you like. If you haven't been active for a while, begin by adding 10 minutes of activity each day and build up to 30 minutes (or more if you can in due course).

## Exercise Among Cancer Patients

Emerging research shows exercise is **SAFE** and may help:



- Increase muscular strength
- Improve cardiovascular functioning
- Improve quality of life

- Increase functional ability
- Reach a healthier body composition
- Increase mobility



Sources: Effects of exercise interventions during different treatments in breast cancer. Fairman CM, Focht BC, Lucas AR, Lustberg MB. J Community Support Oncol. 2016 May;14(5):200-9. Focht, Brian C.; Lucas, Alexander R.; Grainger, Elizabeth; Simpson, Christina; Fairman, Claran M.; Thomas-Ahner, Jennifer; Clinton, Steven K. Medicine & Science in Sports & Exercise. 48(5S):515, May 2016. Effects of a Combined Exercise and Dietary Intervention on Mobility Performance in Prostate Cancer

If you can't manage 30 minutes a day, then get more active in other ways. Start taking walks at lunchtime or going for a swim a couple times a week. As you find that being more active becomes easier, look for other ways to build more physical activity into your life. We offer multiple movement classes including: Gentle Yoga, Tai Chi, Workout with Friends, and Nia Dance. All our class are designed for everyone, whether you are a beginner or a long-time exerciser.

As your level of activity and your physical fitness increases, you'll find that you feel better about a lot of things, including decreased anxiety, more energy, better sleep, improved mood and more. Check our calendar to see when classes are offered; try them all to see which one is your favorite!

## Tai Chi: Medication in Motion

Tai Chi is a gentle form of exercise that can help maintain and re-build strength, flexibility, and balance and could be the perfect activity for the rest of your life. Tai Chi is often described as "meditation in motion," but may just as well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems.

It's easy to get started even if you aren't in top shape or the best of health. Tai Chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

Cancer Support Community is offering a series of Tai Chi classes in connection with the Delaware General Health District. Classes are being offered at several locations.

Check our website at [CancerSupportOhio.org](http://CancerSupportOhio.org) for details.

Support for these programs is provided by:



**Healthcare Foundation  
of Delaware County**

# Cooking for Wellness

Featuring Chef Mike Frank and Chef Liz Keith

Licensed Dietitian Rosemary Riley and Registered Dietitian Jeannine Marcum

Presented by



## Plate Garnishes

May 10, 6 p.m., at Kingsdale Market District

**3061 Kingsdale Center, Columbus, Ohio 43221**

You will master the art of the memorable meal by learning how to make elegant and delicious garnishes. Learn how to turn your plate presentation from ordinary to extraordinary.

## Plate Presentations

May 24, 6 p.m., at Cancer Support Community

**1200 Old Henderson Rd, Columbus, Ohio 43220**

Learn from the experts how to create the perfect plate, a visually stunning “picture on the plate.” It’s simple enough to execute on a busy night, yet stylish and visually appealing to your guests.

## Inflammation Fighting Foods

June 14, 6 p.m., at Kingsdale Market District

**3061 Kingsdale Center, Columbus, Ohio 43221**

We'll look at the best anti-inflammatory foods you can add to your diet and why you should fill up on these nutritious whole foods to nourish your body, stop pain, and ease inflammation.

## Made from Scratch Condiments

June 28, 6 p.m., at Cancer Support Community

**1200 Old Henderson Rd, Columbus, Ohio 43220**

Cooking from scratch doesn't have to be time consuming. This class demonstrates that cooking from scratch can be healthier, save you money, and you'll become an expert at navigating the grocery store.

*All classes include sampling of all the scrumptious recipes and recipe cards to take with you.*

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



## Cooking for Wellness at COUG

Every First Thursday, starting May 3, at 4 p.m., at Central Ohio Urology Group

Every bite counts! No one understands that better than Central Ohio Urology Group's medical team and staff, who are making this monthly cooking and nutrition program a reality for prostate cancer patients and families.

A healthy diet can help you prepare for and recover after cancer treatment. Prostate cancer treatment may affect your appetite and eating habits. It is important to maintain a healthy weight, get essential nutrients, and remain as physically active as possible.

You will learn first-hand how nutritious eating can also reduce the risk of heart disease, high blood pressure, and obesity and improve overall quality of life.

You won't want to miss a single class with our chef and registered dietitian, where you'll learn about the importance of nutrition and how to manage it during and after treatment for prostate cancer.



central ohio  
UROLOGY  
group





# 2018 May

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

- ✓ **RSVP required**
- \* **Special Event**
- 🏠 **Offsite Activities**

**1**  
**10am** Yoga Mudra  
**11am** Workout With Friends  
**12pm** Nia Dance  
**6:30pm** Breast Cancer Networking Group

**2**  
**12pm** Lunch and Learn ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** People Living with Cancer

**3**  
**10:30am** Qigong  
**4pm** Cooking for Wellness at COUG ✓🏠  
**6:30pm** FORCE

**4**  
**1pm** Tai Chi Basic

**5**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

**7**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**8**  
**10am** Mindfulness Meditation  
**11am** Workout With Friends  
**12pm** Nia Dance  
**6pm** Mindfulness Meditation  
**7pm** Yoga Mudra

**9**  
**12pm** Natural Living Workshop ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Write To Heal: Journaling Workshop

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

**11**  
**11:30am** Crocheting  
**1pm** Tai Chi Basic

**12**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

**14**  
**9am** Charity Golf Classic  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**15**  
**11am** Workout With Friends  
**12pm** Nia Dance  
**6:30pm** Multiple Myeloma

**16**  
**12pm** Passport to Wellness  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6pm** Drumming Circle at Hilltop Community Worship Center 🏠  
**6:30pm** Friends and Family Support Group

**17**  
**10:30am** Qigong  
**12pm** Brown Bag Book Club  
**6:30pm** Metastatic Cancer Support Group

**18**  
**1pm** Tai Chi Basic  
**4:30pm** Yoga Nidra ✓

**19**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

**21**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**22**  
**10am** Mindfulness Meditation  
**11am** Workout With Friends  
**12pm** Nia Dance  
**6:30pm** We Got This!

**23**  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Young Survivors Coalition

**24**  
**10:30am** Qigong  
**12pm** Pathways to Wellness  
**2:30pm** Drumming Circle  
**6pm** Cooking for Wellness at CSC ✓

**25**  
**11:30am** Crocheting  
**1pm** Tai Chi Basic

**26**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

**28**  
**Office Closed**



**29**  
**11am** Workout With Friends  
**12pm** Nia Dance

**30**  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**7pm** Frankly Speaking About CLL \* ✓

**31**  
**10:30am** Qigong



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

2018

June

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

**1**

**11am** Cancer Survivors Day

**2**

**8:30am** Walk With a Doc

**9:30am** Gentle Yoga

**4**

**11am** Gentle Yoga

**6pm** Tai Chi Basic

**5**

**10am** Yoga Mudra

**11am** Workout With Friends

**12pm** Nia Dance

**6:30pm** Breast Cancer Networking Group

**6**

**12pm** Lunch and Learn ✓

**4pm** Gentle Yoga

**5:30pm** Newcomer Welcome ✓

**6:30pm** People Living with Cancer

**7**

**10:30am** Qigong

**4pm** Cooking for Wellness at COUG ✓

**6:30pm** FORCE

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**10am** Mindfulness Meditation

**11am** Workout With Friends

**12pm** Nia Dance

**6pm** Mindfulness Meditation

**7pm** Yoga Mudra

**13**

**12pm** Natural Living Workshop ✓

**4pm** Gentle Yoga

**5:30pm** Newcomer Welcome ✓

**6:30pm** Blood Cancer Support Group

**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 a Doc

**9:30am** Gentle Yoga

**18**

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**6pm** Tai Chi Basic

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**5:30pm** Newcomer Welcome ✓

**6pm** Drumming Circle at Hilltop Community Worship Center

**6:30pm** Friends and Family Support Group

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**2:30pm** Drumming Circle

**6pm** Cooking for Wellness at CSC ✓

**29**

**1pm** Tai Chi Basic

**30**

**8:30am** 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 614-884-4673(HOPE) by Monday the week of the event for your complimentary lunch!**

### Stress and Your Health (rescheduled!)

May 2, 12 p.m.

During this workshop, Dr. Dana Winchester, DC, will provide empowering strategies to take control of your life and your health. You will learn that active awareness and personal ownership of our own stressors and diet are the tickets to embracing and managing the healthy benefits of stress. Take this opportunity to start turning your stress into something good for you.

### Canine Companions

June 6, 12 p.m.

Canine Companions for Independence® is a national non-profit organization that enhances the lives of children, adults, and veterans with disabilities by providing expertly trained assistance dogs and ongoing support free of charge. Each of these dogs masters over 40 commands to assist their human partner with daily tasks, such as picking up dropped items, opening and closing doors, turning on and off light switches, pulling manual wheelchairs and so much more. Join us to learn more about Canine Companions' mission of providing Exceptional Dogs for Exceptional People®, and find out how you can get involved. You will leave understanding why Help is a Four-Legged Word™.

## Special Events

Mark your calendars and join us for these special events.

### Frankly Speaking about Chronic Lymphocytic Leukemia

Wednesday, May 30, 7 p.m.

This program, provided by Joseph Hofmeister, MD, will cover an overview of chronic lymphocytic leukemia, staging, treatment options, communicating with your health care team, and the short and long-term side effects of managing CLL. This event is sponsored by Leukemia and Lymphoma Society, and dinner will be provided.

### Launching a New Blood Cancer Support Group

Wednesday, June 13, 6:30 p.m.

This support group, co-sponsored by Leukemia and Lymphoma Society, is the perfect place to talk with other people affected by blood cancers, including patients, family members and caregivers. Find mutual support and an opportunity to discuss anxieties and concerns with others who share the same experiences. Sharing strengthens the family bond and enhances everyone's ability to cope with cancer. This group will meet the second Monday of every month at 7pm.

### Aloha!

### Cancer Survivors Day Celebration!

Friday, June 1, 11 a.m. - 4 p.m.

Cancer Survivors Day is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, and a gathering of SUPPORT for families and friends. Join us for a day-long celebration with delicious food, local heroes, and fun activities. Our luau will be festive, so grab your Hawaiian shirt, and hula on over to Cancer Support Community!

Call **614-884-4673** to RSVP by May 25

## 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 17.**

**Call 614-884-HOPE (4673) now to reserve your spot!**



### **Cooking for Wellness at COUG**

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.

**Beginning May 3, 4 p.m.**

**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 - 8 p.m., and the Drumming Circle will begin at 7 p.m. every 3rd Wednesday of the month.

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



## Community Sponsors



Anthem Blue Cross and Blue Shield Foundation



## Official Media Sponsors



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**Debbie Beyer**  
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### Support Team:

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Development

**Pete Granger**  
Volunteer Coordinator

**Brenda Heuing**  
Administrative Volunteer

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
- Premium golf apparel item for every golfer!
- Lunch, dinner, contests, awards, silent and live auctions, and much more.
- Entertain clients or reward employees.
- Register: [www.CSCgolf.org](http://www.CSCgolf.org)
- Proceeds benefit Cancer Support Community's programs for people affected by cancer.





**GROUND'S FOR HOPE**  
ORGANIC COFFEE

**\$3** from the sale of every 12 oz bag of coffee  
**\$2** from the sale of every single-serve bag

Exclusively available at: **GIANT EAGLE** and **MARKET DISTRICT**

The Perfect Brew: NBC4 Today and Grounds for Hope Coffee

**Directly Benefits**



**CANCER SUPPORT COMMUNITY**  
CENTRAL OHIO

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Same great coffee.

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**CRIMSONCUP**  
EST. 1991 COLUMBUS, OH

**AVAILABLE AT**  
select Giant Eagle and  
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.**



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