

Newsletter & Program Calendar

November/December 2018

Volume 11, Issue 6



MyLifeLine is a New Service of Cancer Support Community.

We believe a strong support community is critical to healing and recovery. That's why we have added an innovative support network to easily connect with friends and family throughout the cancer journey. Build your community at mylifeline.org

See page 1 for full story

Caregiver Appreciation Day

November 2, 6:30 pm
See page 5 for more details

Frankly Speaking about Immunotherapy

December 12, 6:30 pm
See page 1 for more details

Frankly Speaking about Multiple Myeloma

December 18, 6:30 pm
See page 1 for more details

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

MyLifeLine has become part of the CSC family

Cancer Support Community and MyLifeLine announced a major step forward for cancer patients. This alliance positions us to deliver expanded digital services in an innovative, groundbreaking way. Our mission is to ease the burden of cancer through support, inspiration, and encouragement so patients and caregivers can focus on what is most important – healing. Research shows that outcomes for cancer patients can be improved when they have a strong support community.



MyLifeLine helps simplify life by easily connecting cancer patients and caregivers with their family and friends for social and emotional support. MyLifeLine includes features such as:

- A helping calendar for coordination of meals, transportation, errands, child care, pet care, and other essentials
- Assigning family or friends as Care Coordinators to help with management of the site, updates and organization of volunteers
- A Living with Cancer link that reviews valuable resources on financial issues, health insurance, treatment options, nutrition, and clinical trials

Privacy controls keep your cancer experience personal and ensure the right people have access to your site. You will be joining the more than 200,000 already registered cancer patients, caregivers, and their family and friends!

MyLifeLine has been an encouragement to many... these are words from our community of friends...

“I can honestly say that MyLifeLine was critical to my survival.” – Dave, Colon Cancer

“MyLifeLine was the way we communicated with people. They looked forward to the updates.” – Debbie, Caregiver

“MyLifeLine was the only way to express myself and work through my emotions.” – Paige, Squamous Cell Carcinoma

Start your MyLifeLine community today to receive encouragement and inspiration, and experience hope in the face of adversity. Registration is fast, easy and free! Visit MyLifeLine.org to register or call 614.884.4673 (HOPE) for more information.

**FRANKLY
SPEAKING**
ABOUT CANCER

Frankly Speaking About Cancer® is Cancer Support Community's landmark cancer education series that provides trusted information on a variety of topics important to people affected by cancer. Reserve your seat early. RSVP by 12/6/18; 614.884.4673 (HOPE) or email asantangelo@cancersupportohio.org.

Frankly Speaking about Immunotherapy

Wednesday, December 12, 6:30 pm

This workshop, presented by, Robert Wesolowski, MD, Assistant Professor, Division of Medical Oncology, The Ohio State University Comprehensive Cancer Center, offers information on one of the most exciting new discoveries and treatments for cancer, immunotherapy. Patients and their loved ones are invited to join us as we learn how the immune system interacts with cancer, treatments that are currently available as well as treatments that are being developed, and tips to manage common side effects. In addition, participants will learn about ways to cope with the social and emotional challenges of a cancer diagnosis.

Frankly Speaking About Multiple Myeloma

Tuesday December 18, 6:30 pm

This workshop, presented by, Ashley Rosko, MD, Associate Professor Hematology, The James, offers information on Multiple Myeloma. We will discuss treatment options, side-effects, the cost of care, and navigating life with the disease. In addition, participants will learn about ways to cope with the social and emotional challenges of a Multiple Myeloma diagnosis.

Featuring Cancer Support Community Culinary Team

Presented by



TRY Something New!

November 8, 6pm, at Kingsdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

This Italian-inspired warm roasted cauliflower and chickpea salad makes a remarkable, hearty, vegetarian main course salad or the perfect side dish for grilled meat, poultry or seafood, that is quick and easy. Spanish-inspired Chichilo Mole Sauce and Cast-Iron Paella are also on the menu.

Special Holiday Cooking Program! Italian Bread Making Class with Chef Mike Frank

Monday, December 3, 2018, 6pm

Savior Food and Wine, 28 N Liberty St, Powell, OH 43065

In this hands-on class you will make four different breads from scratch including: Rosemary Focaccia, ciabatta, Italian loaf with roasted garlic, gluten free flat bread. Everyone will go home with a starter and dough, so you will be able to treat your family and friends with a special gift of homemade bread for the holiday season! Be prepared to get your hands in the dough! This class will require standing during the preparation time. You "knead" to RSVP early for this class as class size is limited. Call 614-884-HOPE (4673).

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



ASK THE EXPERT

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

Treatment options for prostate cancer

Prostate cancer is the most common non-skin cancer in men. Approximately 240,000 men are diagnosed with prostate cancer in the United States every year. Fortunately, most are found early and are successfully cured. Unfortunately, some cancers are found too late and a cure is not possible. Others are treated appropriately, but the cancer returns. No matter your situation, there are treatment options.

In the past few years, new treatments have been developed that offer great hope and have minimal side effects. The ideal goal is to put the cancer into remission, or, at the very least, to slow it down. A corresponding goal is to continue a good quality of life. Because cancer involves mutated cells, and they continue to mutate as time progresses, treatments are not expected to last forever or to cure the cancers outright. Most patients require a combination of some or all of the treatments available. The proper sequence of treatments is individualized for each patient. There are always new treatments on the horizon and we hope to add these to our arsenal in the future.



2018 November

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

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

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

2
6:30pm Caregiver Appreciation Coffee House

3
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

5
11am Gentle Yoga
6pm Tai Chi Basic

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

7
9am Mindfulness Hour
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Jacket's Korner ✓

8
10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
6pm Cooking For Wellness at Giant Eagle Market District ✓🏠

9
11:30am Crocheting
1pm Tai Chi Basic

10
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

12
11am Gentle Yoga
6pm Tai Chi Basic

13
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm We Got This!

14
12pm Natural Living Workshop ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Lung Cancer in the LGBTQ Community ✓🏠

15
10:30am Qigong
12pm Brown Bag Book Club
6:30pm Metastatic Cancer Support Group

16
1pm Tai Chi Basic
4:30pm Yoga Nidra

17
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

19
11am Gentle Yoga
6pm Tai Chi Basic

20
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Multiple Myeloma

21
9am Mindfulness Hour

22
Administrative Office Closed
Thanksgiving Day



23
Administrative Office Closed
1pm Tai Chi Basic

24
9:30am Gentle Yoga

26
11am Gentle Yoga
6pm Tai Chi Basic

27
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Blood Cancer Support Group

28
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

29
10:30am Qigong

30
1pm Tai Chi Basic

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



HAPPY Hanukkah

1
8:30am Walk With a Doc

9:30am Gentle Yoga

3
11am Gentle Yoga
6pm Tai Chi Basic

4
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Breast Cancer Networking Group

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

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

6:30pm FORCE

7
1pm Tai Chi Basic
4:30pm Yoga Nidra

8
8:30am Walk With a Doc

9:30am Gentle Yoga

10
11am Gentle Yoga
6pm Tai Chi Basic

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

12
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Frankly Speaking About Immunotherapy ✓

13
10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
6pm Cooking For Wellness at Giant Eagle Market District

14
11:30am Crocheting
1pm Tai Chi Basic

15
8:30am Walk With a Doc

9:30am Gentle Yoga

17
11am Gentle Yoga
6pm Tai Chi Basic
7pm Passport to Wellness

18
11am Workout with Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Frankly Speaking About Multiple Myeloma ✓

19
9am Mindfulness Hour
4pm Gentle Yoga
6pm Holiday Sing-a-long and Potluck ✓

20
10:30am Qigong
12pm Brown Bag Book Club
6:30pm Metastatic Cancer Support Group

21
1pm Tai Chi Basic

22
8:30am Walk With a Doc

9:30am Gentle Yoga

24
Administrative Office Closed

25
Administrative Office Closed
Christmas Day



26
Administrative Office Closed

27
Administrative Office Closed

28
Administrative Office Closed
1pm Tai Chi Basic

29
8:30am Walk With a Doc

All of our programs are LGBTQ friendly.

What's Happening at Cancer Support Community

Lunch and Learn Series (Please RSVP for Complimentary Lunch)

RSVP to 614-884-4673(HOPE) by Monday the week of the event.

Caring for the Caregivers

Wednesday, November 7, Noon

As caregivers, we often have questions about what the next logical step should be while caring for a loved one. This presentation, by Wesley Hospice, assists caregivers in understanding what future decisions they will have to make for their loved ones, from uncovering what documents will be required for your loved one's care, to understanding when to seek professional help and increase levels of care.

And to All A Good Night....

Wednesday, December 5, Noon

Sleep disturbances affects one-third to one-half of those with cancer. Join Erin Dickman, MS, RN, OCN, and Lisa Francisco, MSN, RN, OCN, from the Columbus Chapter of the Oncology Nursing Society, to learn about the potential causes of sleep disturbances and ways to manage them.

UPCOMING SPECIAL PROGRAMMING

Acoustic Night at Cancer Support Community

Caregiver Appreciation Concert

Friday, November 2, 6:30 pm

This night is to celebrate and to show our appreciation to our caregivers and support network who provide physical, moral, emotional and spiritual support to those diagnosed with cancer. Come listen to some great music, grab a cup of Grounds for Hope coffee and enjoy an evening out! Bring a friend, family or invite someone new and join us for a night of acoustic music. Sponsored by Homecare Assistance.

RSVP by October 25 by calling 614-884-4673 or emailing asantangelo@cancersupportohio.org.

Lung Cancer in the LGBTQ Community

Wednesday November 14, 6pm

Equitas Health Clintonville, 4400 N High St #300, Columbus, OH 43214

Did you know that nearly 33% of LGBTQ adults smoke, a rate that is 68% higher than other adults? Smoking is the primary cause of lung cancer and the leading cause of preventable disease and death in the U.S. which means LGBTQ adults are likely to have higher rates of smoking-related cancers, including lung cancer. Join us to learn what you need to know about preventing lung cancer, what to do and where to go if you are diagnosed with cancer. Thank you to the Legacy Fund of the Columbus Foundation for support of this program. Dinner will be provided. Kindly RSVP by Monday, November 12, at 5 pm.

Body Language: Deciphering Your Body's Clues so You Can Heal

Thursday, November 29, Noon

Whether you are dealing with pain or illness now or simply want to unravel the connection between your mind, life, and health, this session will amaze and empower you. Join medical intuitive and internationally-published author Tara Meyer-Robson as she transforms your understanding of illness and pain and trains you to become a "medical detective" in your own life, allowing you to take back control and restore wellbeing. A truly interactive session, she will also "wow" you with on-the-spot medical intuitive readings of audience volunteers. This session will change your life forever.

In addition, Tara will be raffling a 6-session coaching package (\$999 value). Everyone in attendance is entered to win!

Caroling

Friday, December 7, 2pm

Wesley Ridge Retirement Community

2225 Taylor Park Dr, (Bishop Place) Reynoldsburg OH 43068

This holiday season we are taking our voices and community spirit on the road. We will be visiting those who are unable to visit us by having an afternoon of caroling. No singing skills are required...we want you to please join us and sing!

Meet at 1:15 at Cancer Support Community to carpool or at Wesley Ridge at 1:45pm.

Holiday Sing-A-Long and Potluck

Wednesday, December 19, 6pm

Bring on the cheer, the holidays are near! Join us for a potluck and a sing-a-long, led by Abby Dorn, our amazing Yoga Instructor. Dress in your favorite holiday outfit, bring your singing voice and your favorite holiday dish to share, and come hungry! Please RSVP and the potluck dish you will be bringing by Monday, December 17.

Offsite Locations: Serving More People!



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.

Upcoming Topics:

November 1 - Trying New Food

December 6 - Homemade Holiday Treats

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

701 Tech Center Drive
Gahanna, Ohio 43230



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

Oakhurst Place

Wednesdays, October 24 - December 19, 5:30pm
4183 Liberty Road, Delaware, OH 43015

Visitor Center at Deer Haven Park (Preservation Parks)

Thursdays, Oct 4-Nov 29, 1:00PM
4183 Liberty Road, Delaware, OH 43015

Community Library in Sunbury

44 Burrer Dr, Sunbury, OH 43074
Wednesdays, October 24 - December 19, 5:30pm
No class on November 21



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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

Bravo! Fabulous Night of Chocolate!

This year's Phantom of the Opera-themed gala was amazing! Thanks to everyone who made this year the best year ever! A special thank you to Hollywood Casino Columbus, Presenting Sponsor; Farmers, Title and Silent Auction Sponsor; Brownie Points, Premier Chocolate Sponsor; Pfizer, Survivor Spotlight Sponsor; Feazel Roofing, Live Auction Sponsor; Oakley Foundation; NBC4; Lamar Advertising; Buckeye Lifestyle Magazine; iHeart Radio; RJ Weiler Company; Atlas Butler; Giant Eagle, Grange Insurance; and Minka's Furs. Thank you to our chocolatiers who provided more than 50,000 pieces of decadent chocolate and to our in-kind supporters: Crimson Cup, Heidelberg Distributing, G&J Pepsi Cola Bottling Company, Superior Beverage, Worthington Jewelers, Gregory-Fowler Media, Buckeye Media Services, Visual House Media, The Columbus Symphony Orchestra and MarshAgent. A heart-felt thank you goes to all the guests who attended and our scores of volunteers who helped make the event memorable.



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**

MARKET DISTRICT

Directly Benefits

CANCER SUPPORT COMMUNITY
CENTRAL OHIO

New Look!

Same great cause!
Same great coffee.

Roasted locally by:
CRIMSON CUP
EST. 1991 COLUMBUS, OH

The Perfect Brew: NBC4 Today and Grounds for Hope Coffee

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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