

# Newsletter & Program Calendar

November/December 2017

Volume 9, Issue 6

## Caring for the Caregiver

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*See page 1 for full story*

### Caregiver Appreciation Day

November 10th, 11:30 am  
*RSVP by 11/6/17*

### Race For Hope

November 12th, 10:30 am  
*See page 5 for more details*

**TAKE  
ON** CANCER  
TOGETHER

JOIN. GIVE. ACT.



# Caring for the Caregiver

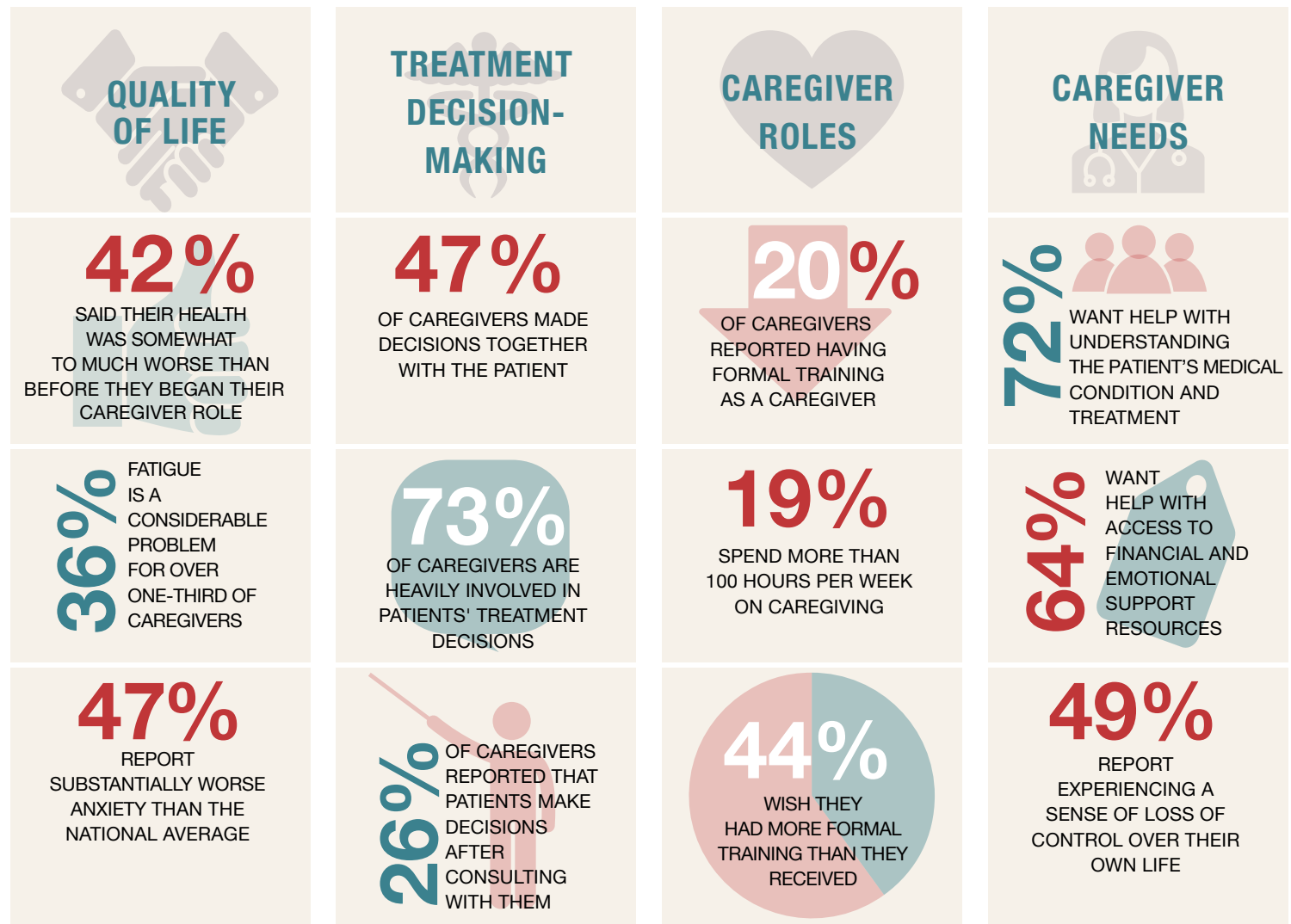
The Cancer Support Community defines a caregiver as anyone who provides physical, emotional, financial, spiritual, or even logistical support to someone affected by cancer. Many caregivers are spouses and loved ones who live with patients, others are non-family members doing paid work. Caregiving activities span a range of day-to-day and long-term tasks, depending on the patient's medical condition, including travel to doctor's appointments, help deciding on treatment options, managing side effects, management of finances, assistance with eating and moving about, and provision of emotional support.

Many people do not anticipate becoming caregivers, and given the immensity of the tasks required to care for a patient, find their physical and emotional health severely impacted by caregiving. The Cancer Support Community Caregiver Specialty Registry, documents the experiences of a cross-section of people who are caring for people affected by cancer. Below are key findings from our 2017 national caregiver report.

Thank you to those caregivers who have shared your experience in the registry. Make your voice known by joining the Caregiver Experience Registry at <https://www.cancerexpericeregistry.org/join/> **CSCCentralOhio**

All caregivers are invited to join us every 1st and 3rd Wednesday at 6:30 pm for our Caregiver Support Group. It is a great opportunity to be with others who understand and to take care of yourself. Joining one of our exercise classes, stress management classes or cooking classes is also a great way to take care of yourself and have fun doing it!

## Insights in the Caregiver Experience





# Cooking for Wellness Schedule

Presented by



## Simple Swaps on Holiday Favorites

November 16th, 6:00pm, at Cancer Support Community

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

Healthy eating doesn't have to go on holiday, give your family and friends the gift of nutritious dishes this season. Lighten up some of the classic Holiday favorites, while still keeping the food delectable! Sign up early for this hands on class!

## Who Said Fruits and Veggies Went on Holiday?

December 6, 6:00pm, at Kingsdale Market District

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

Just because your summer garden is vacant doesn't mean you can't eat fruits and vegetables. Learn creative ways to boost the fruits and vegetables in your dishes by utilizing delicious grocery store items.

*All Classes include recipe cards and samples of each scrumptious recipe! Please RSVP by calling 614-884-HOPE (4673).*



## Thank you, Franklin County Board of Commissioners!

We are so grateful for the Commissioners' partnership in our mission of providing high-quality programs to all people impacted by cancer, playing a vital role in people's lives as they navigate their cancer experience. The Commissioners are committed to improving lives and provide essential dollars to us for support, education, and healthy lifestyle programs that are offered at no cost. Research has proven these programs increase quality of life, improve ability to cope with stress and better manage the impact of cancer.



Commissioner  
Boyce



President O'Grady



Commissioner  
Brown

## We Asked the Expert:

*Benjamin Martin, MD, Central Ohio Urology Group*


### Let's Talk about Kidney Cancer

Kidney cancer is the ninth most common cancer diagnosed in the U.S., affecting 49,000 individuals each year. Signs of kidney cancer are pain, blood in the urine, and the feeling of a mass in the upper abdomen. Most tumors are found accidentally when a patient has a scan for some other condition such as gall bladder or appendix pain. This means that kidney cancers are found earlier, before the symptoms develop, and tumors are smaller. Smaller tumors are more easily treated and cured.

The preferred treatment is surgery, with removal of the cancerous tumor only, saving the remaining kidney. The surgical robot has increased the ease and precision of surgery, with smaller incisions and quicker recovery. For larger tumors, the entire kidney must be removed. A healthy person can live a normal life with just one kidney. In cases where surgery may be riskier, the tumor can be frozen by probe inserted through the back, in a procedure called cryotherapy, and can be done on an outpatient basis. A urologist is the type of surgeon who treats kidney cancer.



# 2017 November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>12pm</b> Lunch and Learn ✓ <b>4pm</b> Gentle Yoga <b>5pm</b> Newcomer Welcome ✓ <b>6:30pm</b> Caregivers Support Group <b>6:30pm</b> People Living With Cancer	<b>2</b> <b>10:30am</b> Qigong <b>6:30pm</b> FORCE	<b>3</b> <b>1pm</b> Tai Chi Basic	<b>4</b> <b>8:30am</b> Walk With a Doc 🏠➡ <b>9:30am</b> Gentle Yoga
<b>6</b> <b>11am</b> Gentle Yoga <b>12:30pm</b> Workout With Friends <b>6pm</b> Tai Chi Basic	<b>7</b> <b>10am</b> Yoga Mudra <b>11am</b> Chair Yoga <b>12pm</b> NIA DANCE <b>6:30pm</b> Breast Cancer Support Group	<b>8</b> <b>12pm</b> Natural Living Workshop ✓ <b>4pm</b> Gentle Yoga <b>5pm</b> Newcomer Welcome ✓ <b>6:30pm</b> Write To Heal: Journaling Workshop	<b>9</b> <b>10:30am</b> Qigong <b>12pm</b> The Journey <b>2:30pm</b> Drumming Circle <b>6:30pm</b> Metastatic Cancer Support Group	<b>10</b> <b>11:30am</b> Caregiver Appreciation Day ✓ ✨	<b>11</b> <b>8:30am</b> Walk With a Doc 🏠➡ <b>9:30am</b> Gentle Yoga <b>11:30am</b> Yoga Nidra
<b>13</b> <b>11am</b> Gentle Yoga <b>12:30pm</b> Workout With Friends <b>6pm</b> Tai Chi Basic	<b>14</b> <b>10am</b> Mindfulness Meditation <b>12pm</b> NIA DANCE <b>6pm</b> Mindfulness Meditation <b>7pm</b> Yoga Mudra	<b>15</b> <b>4pm</b> Gentle Yoga <b>5pm</b> Newcomer Welcome ✓ <b>6:30pm</b> Caregivers Support Group <b>6:30pm</b> People Living With Cancer	<b>16</b> <b>10:30am</b> Qigong <b>12pm</b> Brown Bag Book Club <b>4pm</b> Cooking for Wellness ✓	<b>17</b> <b>1pm</b> Tai Chi Basic	<b>18</b> <b>8:30am</b> Walk With a Doc 🏠➡ <b>9:30am</b> Gentle Yoga
<b>20</b> <b>11am</b> Gentle Yoga <b>12:30pm</b> Workout With Friends <b>6pm</b> Tai Chi Basic	<b>21</b> <b>12pm</b> NIA DANCE <b>6:30pm</b> Multiple Myeloma Networking Group	<b>22</b> <b>No Classes or Programs</b>	<b>23</b> <b>Happy Thanksgiving from Cancer Support Community.</b> <b>Office Closed</b> 	<b>24</b> <b>Office Closed</b> <b>No Classes or Programs</b>	<b>25</b> <b>8:30am</b> Walk With a Doc 🏠➡ <b>9:30am</b> Gentle Yoga
<b>27</b> <b>11am</b> Gentle Yoga <b>12:30pm</b> Workout With Friends <b>6pm</b> Tai Chi Basic	<b>28</b> <b>10am</b> Mindfulness Meditation <b>12pm</b> NIA DANCE	<b>29</b> <b>4pm</b> Gentle Yoga <b>5pm</b> Newcomer Welcome ✓	<b>30</b> <b>10:30am</b> Qigong	✓ <b>RSVP required</b> ✨ <b>Special Event</b> 🏠➡ <b>Offsite Activities</b>	

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

# 2017 December

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Grounds for Hope is a great stocking stuffer or hostess gift for the holiday season!

**1**  
10am Holiday Brunch ✓✱  
1pm Tai Chi Basic

**2**  
8:30am Walk With a Doc ➡  
9:30am Gentle Yoga

**4**  
11am Gentle Yoga  
12:30pm Workout With Friends  
6pm Tai Chi Basic

**5**  
10am Yoga Mudra  
12pm NIA DANCE  
6:30pm Breast Cancer Support Group

**6**  
12pm Lunch and Learn ✓  
4pm Gentle Yoga  
5pm Newcomer Welcome ✓  
6:30pm Caregivers Support Group  
6:30pm People Living With Cancer

**7**  
10:30am Qigong  
4pm Cooking for Wellness ✓➡  
6pm Cooking for Wellness ✓  
6:30pm FORCE ➡

**8**  
1pm Tai Chi Basic

**9**  
8:30am Walk With a Doc ➡  
9:30am Gentle Yoga  
11:30am Yoga Nidra

**11**  
11am Gentle Yoga  
12:30pm Workout With Friends  
6pm Tai Chi Basic

**12**  
10am Mindfulness Meditation  
12pm NIA DANCE  
6pm Mindfulness Meditation  
7pm Yoga Mudra

**13**  
12pm Natural Living Workshop ✓  
4pm Gentle Yoga  
5pm Newcomer Welcome ✓  
6:30pm Write To Heal: Journaling Workshop

**14**  
10:30am Qigong  
12pm The Journey  
2:30pm Drumming Circle  
6:30pm Metastatic Cancer Support Group

**15**  
1pm Tai Chi Basic

**16**  
8:30am Walk With a Doc ➡  
9:30am Gentle Yoga

**18**  
11am Gentle Yoga  
12:30pm Workout With Friends  
6pm Tai Chi Basic

**19**  
No Classes or Programs

**20**  
4pm Gentle Yoga  
5pm Newcomer Welcome ✓  
6:30pm Caregivers Support Group  
6:30pm People Living With Cancer

**21**  
10:30am Qigong  
12pm Brown Bag Book Club

**22**  
No Classes or Programs

**23**  
8:30am Walk With a Doc ➡  
9:30am Gentle Yoga

**25**  
Merry Christmas!  
Office Closed



**26**  
Office Closed  
No Classes or Programs

**27**  
Office Closed  
No Classes or Programs

**28**  
2:30pm Drumming Circle

**29**  
Office Closed  
No Classes or Programs

**30**  
Office Closed  
No Classes or Programs

**1**  
Happy New Year  
Office Closed

All of our programs are LGBTQ friendly.





## Lunch and Learn Series

**RSVP to 614-884-4673(HOPE) by Monday the week of the event for your complimentary lunch!**

### The Conversation

*November 1, Noon*

Led by Lori Wengerd, owner of Home Care Assistance, "The Conversation" is a thought-provoking program that will help the audience understand the decisions that face us all as we age. The presentation also explores how to best communicate your wishes to those who might need to make decisions on your behalf.

### Essential Oils 101

*December 6, Noon*

Essential oils have been around since the beginning of time. Essential oils are used around the world to treat and prevent sickness and to promote a healthy lifestyle. During this Essential Oils 101 class we will cover the history of oils, what oils are, how to use oils in your daily life and the top 10 oils that people use every day. Join Karla Banks for this interactive class that will empower you to use the tools that nature gives us!

## UPCOMING SPECIAL EVENTS!

Mark your calendars and join us for these educational opportunities

### Caregiver Appreciation Day

*November 10th, 11:30 am*

We cordially invite you to join us for a special day on Friday November 10th at 11:30 am to honor of all caregivers. If you are survivor this is a chance to show appreciation to the ones who have walked beside you through your journey. Caregivers and loved ones this is your chance for a bit of pampering! We will have share lunch and special day of caring for the caregiver! This special day is sponsored by Homecare Assistance. Please RSVP by 11/6/17.

### Race for Hope

*November 12th, 11:00 am*

Mark your calendars, Race for Hope's annual 5k is coming up on Sunday, November 12th! This year's 5k Run/1 mile Walk will be held at Upper Arlington High School at 11:00 AM. Pre-race activities will begin at 10:30 AM. Registration will be \$25 for the 5k up until one week before the event. At this point, 5k ticket costs will increase to \$30. For the 1 mile walk, registration will be \$15 until one week before the event. At this point, 1 mile walk ticket costs will increase to \$20. Join us as we race to beat colon cancer – don't get left behind!

### Caregivers, join our study about nutrition, weight change, and cancer!

The Cancer Support Community (CSC) is looking for current cancer caregivers to participate in a new research study. The study goal is to better understand caregiver experiences with patients' cancer, nutrition, and weight change, and how these experiences affect physical and emotional health. Please consider participating if you are a current caregiver to someone with a cancer diagnosis, are at least 18 years old, and can read English. Your participation will involve completing a one-time online survey. Participants who complete the survey will be offered the chance to enter a drawing for a \$50 gift card to Amazon or Walmart. Five gift cards will be awarded for every 100 caregivers who complete the survey.

To participate, please go to the following link:

<http://www.webifymyform.com/NutritionSurvey>

If you have questions about participating, please contact Shauna McManus at [smcmanus@cancersupportcommunity.org](mailto:smcmanus@cancersupportcommunity.org)

or 267-295-3002 for more information. Thank you for your consideration!

## Offsite Locations: Serving More People!



### **Fairfield Medical Center**

A Cancer Support Community social worker is onsite, offering supportive services to individuals, families and caregivers.

### **NEW 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. Tuesdays at 3pm from November 6th to December 12th.



### **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.

- 4:00 PM: Cooking for Wellness
- 6:30 PM: Educational Presentation  
Location: 701 Tech Center Dr.,  
Second Floor, Gahanna, OH  
43230.
- Thursday, December 7th, 2017

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



### **Coming soon!**

Cancer Support Community is partnering with Delaware General Health District to bring Tai Chi for Fall Prevention to Delaware County.

- Eight-week series of classes
- Open to anyone affected by cancer including those diagnosed, family, friends, caregivers and bereaved.

Oct 30 – Dec 18

9am Mondays

Oakhurst Place

2178 Bruce Rd

Delaware, Ohio 43015

Nov 1- December 20

9am Wednesdays

Community Library

44 Burrer Dr

Sunbury, OH 43074

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Anthem Blue Cross and Blue Shield Foundation



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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



## And the Oscar Goes To...

Our generous Night of Chocolate sponsors, we couldn't do it without you! These amazing sponsors help us provide evidence based programming, at no cost, to anyone affected by cancer. Our thanks goes to: Hollywood Casino Columbus, Presenting Sponsor; Farmers, Title Sponsor; Brownie Points, Premier Chocolate Sponsor; Bayer Healthcare, Grand Entrance Sponsor, The Basement Doctor, Volunteer Sponsor; Integrated Pain Solutions; Oakley Foundation; Pfizer; Grange Insurance; Atlas Butler; RJ Weiler Company; and Minka's Furs. We also thank our in-kind supporters: Crimson Cup Coffee & Tea, G&J Pepsi Cola Bottlers, Heidelberg Distributing, Marshagent and Superior Beverage.



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**GIANT EAGLE**  
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**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.

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