

Newsletter & Program Calendar

September/October 2017

Volume 9, Issue 5

How Breast Cancer is Like a Dandelion

Despite the massive amount of research, no one truly understands why some women get breast cancer and others do not.

See page 1 for full story

Frankly Speaking About Cancer: Clinical Trials

September 26th 6:30pm

See page 5 for more details

Frankly Speaking About Cancer: Metastatic Breast Cancer

September 26th 6:30pm

See page 5 for more details



Save The Date Night of Chocolate

September 22nd 7:30 PM

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

How Breast Cancer is Like a Dandelion

Despite the massive amount of research, no one truly understands why some women get breast cancer and others do not. Sometimes cancer just happens. It happens by chance—like finding a dandelion in your yard. You may be thinking, “How do I know if this is going to happen to me?” That’s a valid question, so let’s get out of the car and step back into your garden. Picture breast tissue as a bag of grass seed for a moment. The skin covering the breast is like the bag, breast tissue is like all of the seeds in the bag, and each seed represents an individual cell. Bags of grass come in all different sizes; some can be loosely packed, while others are packed more firmly with seeds. Regardless of the size, they all contain thousands of seeds, and sometimes a stray dandelion seed may end up in the bag on accident.

This dandelion seed, amidst all of the grass seeds, represents a cancerous cell. This cancerous cell could get planted in your yard or garden by accident. Unfortunately, you cannot tell the difference between the grass seeds and the dandelion seeds, so both get watered and fertilized. If a similar event happens in the breast, a cancer cell may now have the opportunity to grow into a mass. There are well-known situations that can increase the chance of developing breast cancer, similar to having many more dandelion seeds contaminating the bag of grass seed. Patients with these conditions are at a higher risk for developing breast cancer. (pg 27-28)



Dr. Joe
explains™

After seeing patients benefit from his thoughtful explanations demystifying the confusing journey from mammogram to survivorship, board-certified oncologist

and hematologist Dr. Joe Hofmeister decided to put them into a book. Written with board-certified internal medicine and medical oncologist Dr Erin Macrae, How Breast Cancer is Like a Dandelion is full of helpful explanations about medical terminology, procedures, and prognoses, is a great resource to help you understand your cancer journey with breast cancer. Cancer Support Community has limited number of copies available, please stop in and ask for a copy. You can also order a copy on **Amazon.com** or at **drjoeexplains.com**.



Cooking for Wellness Schedule

Featuring Executive Chef Thom Stevenson

Presented by



Tasty Tailgating

September 28th, 6:00pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

Creamy spinach dip, buffalo dip, and chicken satay are a few on the foods you will find hanging out on the tailgate this month. Lighten up the tailgate with healthful swaps while keeping the classic flavor.

Veggie-licious Cooking for All

October 26th, 6:00pm, at Kingdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

Fall in love with these non-traditional ways to use plant-packed proteins! Learn the secrets to substituting veggies for some of your favorite meat dishes without losing the flavor.

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

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



It's Apple Season!

Did you know, apples are an excellent source of Vitamin C and fiber? Giant Eagle® apples are the freshest and finest quality from orchards in our region and around the globe.

Tips on Picking and Preserving:

- Ripe apples should be firm to the touch, fragrant and free of bruises and breaks.
- Wash apples under running water and dry with clean paper towel before eating or peeling
- Refrigerate to slow ripening and maintain flavor; will keep up to six weeks
- Store apples away from strong-smelling foods — they absorb odors easily
- Fresh, firm and crisp apples can be frozen for later use

Join us at our Cooking for Wellness programs or at gianteagle.com to learn more tips for preparing healthy and nutritious meals.

We Asked the Expert:

Benjamin Martin, MD, Central Ohio Urology Group

When should I be screened for Prostate Cancer?

Prostate cancer can often be found early by testing prostate-specific antigen(PSA) levels in the blood and by a digital rectal exam(DRE). Recommendations for early detection have recently been revised by the National Comprehensive Cancer Network(NCCN).

The NCCN recommends:

- Baseline PSA testing at age 45-49
- Retesting at 2-4 year intervals with a level below 1.0 ng/mL
- Annual or biannual retesting with a level of 1.0 ng/mL or higher
- Age 50-70, with a normal DRE and a PSA below 3 ng/mL, retesting every 1-2 years
- PSA >3ng/mL or very suspicious DRE, a biopsy is indicated
- Over age 75, screening only for very select patient groups
- Over age 75 with a PSA >4ng/mL or very suspicious DRE, a biopsy is indicated

Visit www.centralohiourology.com or call 614-396-2484 to make an appointment with a prostate cancer specialist.

Guidelines obtained from NCCN Clinical Practice Guidelines for Prostate Cancer Early Detection, V1.2017, 06/05/17



2017 September

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 1pm Tai Chi Basic	2 8:30am Walk With  a Doc 9:30am Gentle Yoga
4 11am Gentle Yoga 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 6:30pm FORCE	8 1pm Tai Chi Basic	9 8:30am Walk With  a Doc 9:30am Gentle Yoga
11 11am Gentle Yoga 6pm Tai Chi Basic	12 10am Mindfulness Meditation 12pm NIA DANCE 3pm FMC Moving Beyond  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 6pm Tai Chi Basic	19 12pm NIA DANCE 3pm FMC Moving Beyond  6:30pm Multiple Myeloma Networking Group	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 4pm Cooking for Wellness at Central Ohio Urology ✓  	22 1pm Tai Chi Basic 7pm Night of Chocolate 	23 8:30am Walk With  a Doc 9:30am Gentle Yoga
25 11am Gentle Yoga 6pm Tai Chi Basic	26 10am Mindfulness Meditation 12pm NIA DANCE 3pm FMC Moving Beyond  6:30pm Frankly Speaking About Clinical Trials * ✓	27 4pm Gentle Yoga 5pm Newcomer Welcome ✓ 6:30pm Young Survivors Coalition	28 10:30am Qigong 12pm Pathways to Wellness 2:30pm Drumming Circle 6pm Cooking for Wellness ✓ 	29 1pm Tai Chi Basic	30 8:30am Walk With  a Doc 9:30am Gentle Yoga

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

2017 October

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Friday

Saturday

2
11am Gentle Yoga
6pm Tai Chi Basic

3
10am Yoga Mudra
12pm NIA DANCE
3pm FMC Moving Beyond 🏠
6:30pm Breast Cancer Support Group

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

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10:30am Qigong
6:30pm FORCE

6
1pm Tai Chi Basic

7
8:30am Walk With a Doc 🏠
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11am Gentle Yoga
6pm Tai Chi Basic

10
10am Mindfulness Meditation
12pm NIA DANCE
3pm FMC Moving Beyond 🏠
6pm Mindfulness Meditation
7pm Yoga Mudra

11
12pm Natural Living Workshop ✓
4pm Gentle Yoga
5pm Newcomer Welcome ✓
6:30pm Write To Heal: Journaling Workshop

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6:30pm People Living With Cancer

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12pm Brown Bag Book Club
4pm Cooking for Wellness at Central Ohio Urology ✓ 🏠


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12pm NIA DANCE
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4pm Gentle Yoga
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8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

30
11am Gentle Yoga
6pm Tai Chi Basic

31
12pm NIA DANCE

Tanger Outlets
 #tangerPINKmovement
 Shop Tanger Outlets in October and support Cancer Support Community

✓ **RSVP required**
 ✨ **Special Event**
 🏠 **Offsite Activities**

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!

Laughter Yoga

September 6th, Noon:

Laughter yoga (Hasyayoga) is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact and playfulness between participants.

Why Chiropractic?

October 4th, Noon:

Cancer and treatments for cancer can cause stress on the musculoskeletal system; causing pain with movement, loss to flexibility, headaches, poor sleep, low energy levels and diminished quality of life. The Doctors at The Winchester Institute address only the problem areas in the spine, resulting in tailored treatment to meet the individual needs of each patient. Chiropractic care is clinically confirmed to increase mobility, flexibility, strength and function. Research has proven it to improve brain function, lower stress and improve overall well-being.

UPCOMING SPECIAL EVENTS!

Mark your calendars and join us for these educational opportunities

Frankly Speaking About Cancer: Clinical Trials

September 26th, 6:30 pm

This free workshop focuses on building awareness about clinical trials. People impacted by cancer and their loved ones are invited to join us as we learn how these trials are structured, and how to foster an open dialogue with their health care team about the eligibility and the viability of clinical trials as a treatment option. In addition, participants will learn about the importance of shared decision making and will be introduced to resources to help facilitate these conversations.

Frankly Speaking About Cancer: Metastatic Breast Cancer

October 24th, 6:30 pm

This free workshop offers information on the latest treatments for metastatic breast cancer. In addition to learning about treatment options and side effect management, patients and their loved ones will also learn about ways to cope with the social and emotional challenges of this diagnosis.

Natural Living Series:

Second Wednesday of the month at noon. **Feel free to bring your own lunch.**

Sept 13, Organic Skincare: HONEY

Learn about using honey to restore health and balance to the skin with at home facials.

Oct 11, Non-Toxic Homes

Learn about toxic cleaning chemicals + DIY cleaning spray.

Offsite Locations: Serving More People!



Fairfield
Medical Center

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 September 12th to October 17th.



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, September 21st, 2017
- Thursday, October 19th, 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.

What's New?

- Recently diagnosed or recurrent cancer?
- Are you needing to make a decision about treatment options?
- Do you have an appointment scheduled with your doctor?



Cancer Support Community offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost. The goals of this program are to help you communicate clearly with your medical team, ask critical questions about your options and help ensure that your treatment decisions fit your personal hopes and goals. To make an appointment, please call **614-884-HOPE (4673)**

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AARP 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



Night of Chocolate September 22, 2017, 7:30pm

Presented by Hollywood Casino Columbus

You've been nominated to attend this one-of-a-kind Oscar-winning event, and we are rolling out the red carpet just for you. You will sip signature spirits and wine, while dining on elegant cuisine created by top chefs at the casino. Savor exquisite chocolate delicacies from local, regional and international chocolatiers, along with our featured community partners, Giant Eagle and Hollywood Casino. The silent and live auctions are full of treasures, entertainment packages and much more.

To reserve your opening night ticket, an elite sponsorship or volunteer, contact Debbie Beyer, 614-884-HOPE (4673) or dbeyer@cancersupportohio.org.



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

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

Exclusively available at:
GIANT EAGLE
MARKET DISTRICT

Directly Benefits
CANCER SUPPORT COMMUNITY
CENTRAL OHIO

The Perfect Brew:
NBC4 Today and
Grounds for Hope
Coffee

NOW 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.

\$3.20 of every purchase benefits



ViaVecchiaWinery.com

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