

Newsletter & Program Calendar

September/October 2018

Volume 11, Issue 5



American Institute of Cancer Research Healthy Kids!

What if you could protect your child from developing cancer later in life? YOU CAN — starting with their next meal!

See page 1 for full story

Biden Cancer Community Summit

September 21

Time to be announced

See page 5 for more details

Night of Chocolate 2018

Reserve your table today!

September 21, 7:30 pm

Hollywood Casino Columbus

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

AICR Healthy Kids

Healthy habits for lifelong cancer protection

HEALTHY EATING TIPS



Let children serve themselves—it allows them to learn portion sizes.



It may take up to 12 times to convince a child to try a new food.



Cook with your kids and enjoy family dinner night.



Kids who drink one or more sugary beverages per day have 55% greater odds of being overweight or obese. Serve water or milk instead.

HEALTHY ACTIVITY TIPS



Find creative ways for kids to be active for at least 60 minutes each day.



Try: an organized sport like soccer or a game of tag.



Try: push ups, hanging on the monkey bars or climbing a jungle gym.



Limit inactivity such as screen time. Kids older than 2 should be restricted to just 1-2 hours a day.

Kids with healthy habits are at lower risk for these health issues later in life:



cancers



obesity



heart disease



type 2 diabetes



stroke



osteoarthritis

Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.

For more information on AICR healthy kids, including activities, tips and recipes, visit aicr.org/healthykids.

Healthy Kids Today – Prevent Cancer Tomorrow



Cancer Support Community Central Ohio is excited to announce a new wellness program for school-age children and their parents! What if you could protect your child from developing cancer later in life? YOU CAN — starting with their next meal! Join us in the Jackets Korner and find out how.

Preventing Cancer Begins with YOU!

Healthy Kids Today – Prevent Cancer Tomorrow equips parents with the tips and skills needed to teach their children how to choose the healthiest foods and move toward a lifetime of good health. The best way to create healthy habits is to lead by example and make it a family activity. Modeling healthy behavior can:

- Motivate your children,
- Provide children with the confidence to make healthy choices, and
- Strengthen existing healthy habits.

Give Them the Best Protection

In the Jackets Korner, the Healthy Kids Today — Prevent Cancer Tomorrow program will provide step-by-step tools for healthy eating, including:

- Quick, easy, tasty and kid-approved food combos and snacks for busy schedules,
- Ways to make healthy foods appealing using colors, activities and yummy healthy recipes,
- Budget-wise tips for shopping and meals.

These interactive sessions will provide practical ideas on how to be more physically active, such as:

- Playing with your child instead of watching from the sidelines,
- Turning off the TV and encouraging fun projects and games,
- Rewarding your children with healthy, non-food activities,
- Using free printable activities and crafts for the kitchen and garden.

Reprinted in part from <http://www.aicr.org/assets/docs/pdf/healthykids/parent-power.pdf>

This six-session program is designed for kids ages 5 – 12; parents are encouraged to attend. The classes will be held monthly, beginning on Wednesday, October 10, 2018, at 6:30 pm. Subsequent class dates are: 11/7, 12/5, 1/9, 2/13 and 3/13. To pre-register, call 614-884-HOPE (4673) or email Kate at kgilligan@cancersupportohio.org. Space is limited; call today to reserve your spot in the Jackets Korner!

Lead funding provided by

Support provided by



COOKING FOR WELLNESS

Featuring Cancer Support Community Culinary Team

Presented by



Middle Eastern Food and Delicacies

September 13, 6:00 pm, at Kingsdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

We will be creating tasty, authentic Middle Eastern recipes. You'll discover a cuisine rich in history and tradition that is one of the most popular and fastest growing ethnic cuisines in the US. Please RSVP by Monday, 9/10/18.

Kitchen Essential: Must-Have Kitchen Tools and Don't Bothers

September 27, 6:00 pm, at Cancer Support Community

PLEASE RSVP by Monday, 7/23/18

1200 Old Henderson Rd, Columbus, Ohio 43220

We are sure this class will be useful and may even introduce you to something new. We'll be sautéing, stirring and slicing using a cast iron skillet, a Silpat, silicone baking mat and mandolin slicer. Delicious ingredients and recipes include a frittata, Julienne Vegetable Sauté and yes...fruit roll-ups! Please RSVP by 9/24/18 at noon.

Enjoying the Harvest

October 11, 6:00 pm, at Kingsdale Market District

3061 Kingsdale Center, Columbus, Ohio 43221

Learn how to use Fall Harvest Vegetables to make creative Fall inspired salads with tasty dressings. Recipes include: Fall Green Salad with Pumpkin Seeds and Asiago with Apple Cider Vinaigrette, Roasted Butternut Squash Salad with Maple Dijon Dressing and Fall Faro Salad with Roasted Brussel Sprouts and Cranberries. Please RSVP by 10/08/18 at noon.

Preserving the Harvest: Enjoy the Garden's Bounty All Year

October 25, 6:00 pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

Make January taste better! Come learn tips and tricks to help you preserve the fresh produce for the long winter months. What's best, canning or freezing? Join us to find out! Please RSVP by 10/22/18 at noon.

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

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



Key Findings from the Cancer Experience Registry

Benjamin Martin, MD, Central Ohio Urology Group

The Cancer Experience Registry was developed to better understand patients' cancer experiences. The Prostate Cancer Specialty Registry Report 2017 presents analysis from 220 prostate cancer survivors from August 2015 to December 2016. The analysis revealed 58% of survivors rate their overall health as very good or excellent, 38% are at risk for clinical depression, and 51% are concerned about sexual intimacy and function. Only 48% felt fully prepared to make a treatment decision and 68% were not satisfied with their doctor's communication regarding cost of care. Join the registry and provide input on your experiences to help improve care for people with cancer and their caregivers!



2018 September

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



3
Labor Day

Office Closed

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

5
9am Mindfulness Hour
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Friend, Family and Caregiver Series

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

7
1pm Tai Chi Basic

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

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

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

19
9am Mindfulness Hour
12pm Passport to Wellness
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

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
11am Gentle Yoga
6pm Tai Chi Basic

25
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Blood Cancer Support Group

26
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Young Survival Coalition

27
10:30am Qigong
12pm Pathways to Wellness
2:30pm Drumming Circle
6pm Cooking for Wellness at CSC ✓

28
11:30am Crocheting
1pm Tai Chi Basic
4:30pm Yoga Nidra
6pm Pumpkin Painting Party ✓🏠

29
8:30am Walk With a Doc 🏠
9:30am Gentle Yoga

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



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

11am Gentle Yoga
6pm Tai Chi Basic

2

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

3

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

4

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

5

10am Yoga Mudra
1pm Tai Chi Basic

6

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

8

11am Gentle Yoga
6pm Tai Chi Basic

9

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

10

12pm Natural Living Workshop
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Jackets Korner ✓

11

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

12

10am Yoga Mudra
11:30am Crocheting
1pm Tai Chi Basic

13

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

15

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

16

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

17

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

18

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

19

10am Yoga Mudra
1pm Tai Chi Basic
4:30pm Yoga Nidra

20

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

22

11am Gentle Yoga
6pm Tai Chi Basic

23

11am Workout with Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Blood Cancer Support Group

24

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

25

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

26

10am Yoga Mudra
11:30am Crocheting
1pm Tai Chi Basic

27

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

29

11am Gentle Yoga
6pm Tai Chi Basic

30

11am Workout with Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Poetry Reading with Pat Hurley

31

4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

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



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

All of our programs are LGBTQ friendly.



What's Happening at Cancer Support Community

Lunch and Learn Series (Lunch provided to those who RSVP)

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

Funeral Pre-Planning. Plan Ahead. Do it Your Way

September 5, Noon

Join Michael Schoedinger, President of Schoedinger Funeral and Cremation Service in Columbus, to understand the importance of funeral pre-planning and the value of having your affairs in order. Get the facts about Ohio laws and what to look for when selecting a funeral provider.

What You Need to Know About Oncology Massage

September 26, Noon

Massage can make your cancer journey easier...but not just any massage: an oncology massage. Many of the body's responses to cancer and cancer treatment require a different approach to massage. Join Caitlyn Shaver, LMT, RYT, and learn the affect stress has on your health, the benefits of therapeutic massage, and the importance of safety for oncology massage. Our class bonus will be guided meditation.

The Lymphedema 411

October 3, Noon

Lymphedema can occur when lymph nodes are removed or traumatized as a result of cancer treatment. Join Karen Hock, PT, MS, CLT-LANA, to discover causes of lymphedema onset and presentation. We'll also learn about Complete Decongestive therapy, risk reduction strategies, surgical interventions and current research.

New Class and Special Events

Mindfulness Hour

Every first and third Wednesday, starting September 5, 9 am

NEW mindfulness class with teacher Kevin Kraska, LISW-S. Each session will include a blend of practices for beginners and experienced practitioners, including breath awareness, bodyscan, meditation and mindful movement. We will also contemplate wisdom from leading mindfulness teachers and explore how applied mindfulness can enhance our lives.

Breast Cancer in the LGBTQ Community: What You Need to Know

September 12, 6:30 pm

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

Current research suggests that lesbians and transgender individuals have an increased risk of being diagnosed with breast cancer. The LGBTQ community also is less likely to receive preventative cancer care. Join us to learn what you need to know about preventing breast cancer, what to do and where to go if you are diagnosed. Thank you to the Legacy Fund of the Columbus Foundation for support of this program.

Biden Cancer Community Summit

September 21, time to be announced



Vice President Joe Biden and Dr. Jill Biden are hosting a national summit to focus on the patient's journey, from prevention through a cancer diagnosis, treatment through survivorship, and determine what we must do to accelerate progress. Leaders from across sectors and disciplines will converge in Washington, D.C., to change the culture of cancer care and research. Simultaneously, a Biden Cancer Community Summit will take place at our facility. Join us as we tap into the activity and discussions happening live in Washington.

We Are Having a Painted Pumpkin Party - You're Invited!

September 28, 6 - 8 pm

Wendy Weiler, owner of Ace Hardware, Westerville, will lead this DIY class. Use your imagination! Pumpkins and all supplies included. No special skills needed. Class to be held at Ace Hardware, 1220 County Line Rd, Westerville, Ohio 43081. Free parking. RSVP required. Call today to register by 9/21/18 614-884-HOPE (4673).



Hard to Swallow, Poetry Reading

October 30, 6:30 pm

Join Pat Hurlley as she reads from her collection of poems, Hard to Swallow, co-authored by her late husband and poet, Bill, who had esophageal cancer. The poems, written from the distinct perspectives of caregiver and patient throughout Bill's journey, will evoke both sadness and laughter. You'll truly be inspired!

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:

Sept. 6 - Healthy Casseroles

Oct. 4 - Preserving the Harvest

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.

Wornstaff Library

Wednesdays, Sept 5 - Oct 24, 11:00AM
302 E. High Street, Ashley, OH 43003

Visitor Center at Deer Haven Park (Preservation Parks)

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

Oakhurst Place

Mondays, Oct 15 - Dec 3, 9:00AM
2178 Bruce Road, Delaware, OH 43015

Community Sponsors



Anthem Blue Cross and Blue Shield Foundation



Official Media Sponsors



Staff

Bev Soult
President/CEO

Angie Santangelo, LISW-S
Clinical Program Director

Debbie Beyer
Director of Development and Marketing

Kate Gilligan, MSW, LSW
Clinical Program Coordinator

Carolyn Appelhans
Events and Marketing Coordinator

Brenda Heuing
Office Manager

Support Team:

Trish Mayhorn
Development

Pete Granger
Volunteer Coordinator

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

Craig Lerner, Board Chairman
President, Involve, LLC

Steve Weyl, Immediate Past Chairman
Partner, Sandler Sales System
Founder & Past CEO, Able Roofing

Skip Weiler, Past Chairman
President, The Robert Weiler Co.

Mark Swepston, Past Chairman
President, Atlas Butler Heating & Cooling

Ken Pritchett, Vice Chairman
President - Retired, Midwest Retail Services, Inc.

Terry Weisenstein, Treasurer
CPA - Retired

Julie Shane, Secretary
Assistant VP, Product Program Leader
Grange Insurance

Chris Avondet
General Manager, Lamar Advertising

Sujoy Brahma
Vice President of Food and Beverage
Hollywood Casino Columbus

Steve Brooks
President, FST Logistics

Catherine Burgett
Attorney, Frost Brown Todd, LLC

Frank Carson
Assistant Attorney General
Ohio Attorney General

Devra Cornell
PHR, SHRM-CP
Vice President, Human Resources
Corporate Giving and Philanthropy
Bob Evans Farms, Inc.

Michael Elmer
Co-Creator, Via Vecchia Winery

Ken Freedman
Vice President & General Manager
NBC4/WCMH-TV

Barry Gasaway
Consultant

Susan Haller
Principal, Susan Haller & Associates

Paul Hurd
Assistant VP, Corporate Research
Grange Insurance

Judith Kimchi-Woods
Campus President, Chamberlain College of Nursing

Lisa King
President and Founder
Brownie Points, Inc.

Thomas J. Lesko, JD
VP & Senior Consultant, Manning & Napier

Pete Maravich
Regional Business Leader, Giant Eagle

Michael H. Murphy
Chairman/Owner
Murphy Development Company

Emily Nash Smyth, PharmD
Research Scientist, Eli Lilly

Damon Owens, JD
Director, Business Insights & Strategy
Innovation Division
Worthington Industries

Frank Pacetta
Regional President
ComDoc

Chuck Peirano
Senior Vice President, Corporate
Enterprise Fraud Program Director
Huntington National Bank

Mike Plessinger
President, Slate Run Pharmaceuticals

Arlene Reitter
Managing Director, Development and Communications
Alvis

Dean C. Ringle
Executive Director, County Engineers
Association of Ohio

Dennis Shaffer
President & CEO, Civista Bank

Ryan Szymanski
President, Edwards Communities
Development Company

Jasmin Tucker
President, Advantage Media

Greg Ubert
Founder & CEO, Crimson Cup Coffee & Tea

Kevin Walsh
Senior VP - Investments, The Walsh Group, Merrill Lynch



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 21, 2018, 7:30 pm

Presented by Hollywood Casino Columbus

The mystery and intrigue of the Phantom of the Opera will envelope guests who attend this one-of-a-kind gala. 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, featuring Giant Eagle, Hollywood Casino, and Brownie Points. The silent and live auctions will be full of treasures, entertainment packages and much more.

To reserve your table, ticket package, sponsorship or to volunteer, contact Debbie Beyer, 614-884-HOPE (4673), or dbeyer@cancersupportohio.org.



HOLLYWOOD
Casino
COLUMBUS, OH

FARMERS
INSURANCE

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:

CRIMSONCUP
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.

**CANCER SUPPORT
COMMUNITY**
CENTRAL OHIO

Official Media Partners: **NBC 4** **iHeart MEDIA** **LAMAR** **BUCKEYE LIFESTYLE**

GIANT EAGLE **MARKET DISTRICT**

Via Vecchia Winery
ViaVecchiaWinery.com

Advertisement paid for by Cancer Support Community of Central Ohio