



## Newsletter & Program Calendar

November/December 2015

### *Rays of Hope Campaign*

“With demand for our programs continuing to climb with each passing year, The Rays of Hope Campaign will allow us to continue carrying out our mission.”

[Read more inside](#)

#### **Metastatic Cancer Support Group**

**Join Us and Find Hope!**

Nov 12th and Dec 13th, 6:30pm

#### **Renal Cancer Networking Group**

**Survivors and Caregivers Welcome!**

Nov 17th, 6pm

#### **“City Themed” Potluck**

**Save the Date! Bring a dish from your favorite city to share.**

**Call 614-884-HOPE (4673) to RSVP!**

Dec 9th, 6pm





# The Rays of Hope Campaign

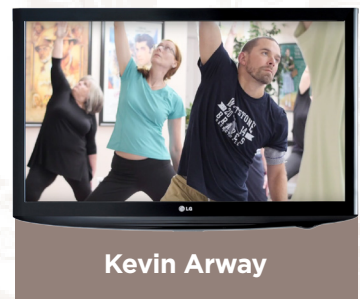
## Cancer Support Community Launches \$1.1 Million Rays of Hope Campaign

At this year's Night of Chocolate, Cancer Support Community Central Ohio publicly launched The Rays of Hope Campaign, a \$1.1 million effort designed to fund long-term cancer survivorship programming, expand programs to underserved areas in Central Ohio and surrounding counties, and retire the debt of our building.

With demand for our programs continuing to climb with each passing year, The Rays of Hope Campaign will allow us to continue carrying out our mission: to ensure that all people affected by cancer are empowered by knowledge, strengthened by action and sustained by community. Beyond that, it will also allow us to hold true to the foundational principle that we provide our programs at no cost to participants, keeping the burden off those who are already faced with expensive, life-threatening illnesses.

Cancer Support Community Central Ohio is well on its way to reaching its goal, having already secured \$425,000 from its board of directors as well as from Giant Eagle, for whom naming rights to our community kitchen have been offered.

We would love for you to consider how you too can leave a lasting legacy by making a difference for all people affected by cancer. Watch your mail for information about upcoming Rays of Hope events or, in the meantime, *visit [www.cancersupportohio.org/raysofhope](http://www.cancersupportohio.org/raysofhope) to learn more about ways to get involved in this important effort.*



## Night of Chocolate – Thank You, Thank You, Thank You!

Presented by Hollywood Casino Columbus and Diamond Hill Capital Mgt., nearly 1,000 people packed Hollywood Casino for our largest fundraising event Night of Chocolate. This year's Willy Wonka-inspired event wowed guests with larger than life mushrooms, giant lollipops, chocolate waterfalls in a variety of flavors and colors, simply over-the-top food buffets, and more than 10,000 pieces of chocolate. Congrats to our Outstanding Corporate Community Award winners above and the Skip Weiler Inspiration Award Winner above.

Thanks to our Board of Directors, media partners, sponsors, chocolatiers, donors, volunteers and guests who pulled out all the stops to make this year the best year ever! The generosity and contributions of so many resulted in the underwriting of more than 94% of our event costs, giving more money to go straight to accomplishing our organization's mission, so no one faces cancer alone!

# Nutrition & Cooking



## Cancer Smart Cooking in the *Giant Eagle Community Kitchen* at Cancer Support Community

- Nov 5th 6 pm - Holiday Treats - Gifts from your kitchen and great ideas for the upcoming holiday season. Special date due to holidays.



## Cooking for Wellness at Market District

- Nov 19th 6 pm - Healthy Holidays the Mediterranean Way - Cooking like a Mediterranean has never been easier - or healthier - this holiday season!
- Dec 17th 6 pm - Healthy Holidays Swaps - Keep your health in check during the holiday season by swapping out less healthful ingredients with more nutrient-dense, antioxidant-packed options!



## Daytime Columbus NBC 4



- Nov 18th 11:30 am - Healthy Holidays the Mediterranean Way - Eating like a Mediterranean has been associated with reduced levels of inflammation.

*For the full story, go to [www.cancersupportohio.org/blog](http://www.cancersupportohio.org/blog)*

## Deep Relaxation with Yoga Nidra

What is Yoga Nidra? Also called yogic sleep, or sleep with awareness, it is a systemic method that supports complete relaxation of mind and body. One hour of Yoga Nidra is said to be the equivalent of four hours of regular sleep.

In the stress of daily life, we accumulate physical, emotional and mental tension that we may not even be aware of. The practice of Yoga Nidra helps us to release these tensions and we experience a deeply relaxed state of restoration and renewal.

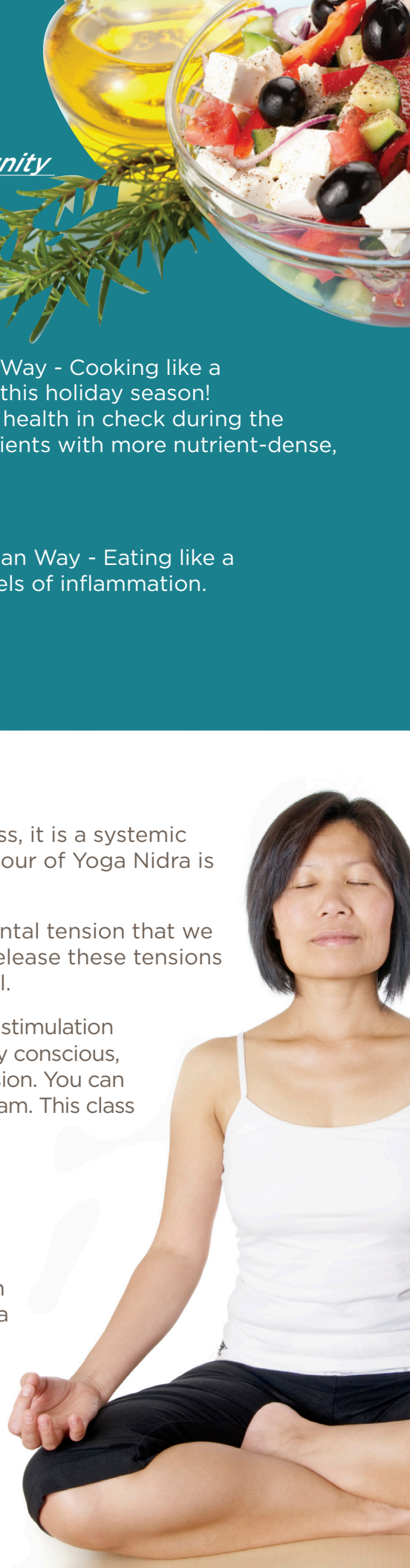
During Yoga Nidra, our awareness is turned inward, away from all of the stimulation around us. While completely physically relaxed, the mind remains gently conscious, listening to the sound of the teacher's voice guiding the Yoga Nidra session. You can experience Yoga Nidra for yourself on Saturday, December 12th at 11:30 am. This class is led by Julie Kusiak, an Integrative Yoga Therapist.

*For the full story, go to [www.cancersupportohio.org/blog](http://www.cancersupportohio.org/blog).*

## Fitness Tip

Physical activity is any movement you do that burns calories — from gardening or walking to stretching during a work break. Exercise is a planned, repetitive form of physical activity that improves fitness — such as swimming laps, bicycling, brisk walking and lifting weights. Remember, exercise doesn't have to be all or nothing — any movement throughout your day helps you get closer to your goals!

*For more fitness tips, visit [www.cancersupportohio.org/blog](http://www.cancersupportohio.org/blog).*



# 2015 November



Special Dates



Offsite Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic	<b>3</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout <b>1pm</b> Laughter Yoga <b>6:30pm</b> Breast Cancer Group	<b>4</b> <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness <b>6:30pm</b> Cancer! Now What?	<b>5</b> <b>10:30am</b> Qigong <b>6pm</b> Cancer Smart Cooking★	<b>6</b> <b>1pm</b> Tai Chi Basic	<b>7</b> <b>8:30am</b> Walk With a Doc ➡ <b>9:30am</b> Gentle Yoga
<b>9</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic <b>7pm</b> Tai Chi Intermediate	<b>10</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout <b>6pm</b> Mindfulness Meditation <b>7pm</b> Yoga Mudra	<b>11</b> <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness <b>6:30pm</b> -Journaling Workshop -FORCE	<b>12</b> <b>10:30am</b> Qigong <b>12pm</b> The Journey <b>6:30pm</b> Mets Support Group	<b>13</b> <b>1pm</b> Tai Chi Basic	<b>14</b> <b>8:30am</b> Walk With a Doc ➡ <b>9:30am</b> Gentle Yoga
<b>16</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic	<b>17</b> <b>12pm</b> Welcome to Wellness <b>12pm</b> Wellness Workout <b>6pm</b> Renal Cancer Group★ <b>6:30pm</b> -Multiple Myeloma Group -Hoping and Coping ➡	<b>18</b> <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness <b>6:30pm</b> Cancer! Now What?	<b>19</b> LGBTQ Support Group <b>10:30am</b> Qigong <b>12pm</b> Brown Bag Book Club <b>6pm</b> Cooking for Wellness ➡ MARKET DISTRICT	<b>20</b> <b>1pm</b> Tai Chi Basic	<b>21</b> <b>9:30am</b> Gentle Yoga
<b>23</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic <b>7pm</b> Tai Chi Intermediate	<b>24</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout	<b>25</b> <b>11:30am</b> Daytime Columbus on NBC 4	<b>26</b> <b>Thanksgiving</b> <b>Offices Closed</b>	<b>27</b> <b>1pm</b> Tai Chi Basic <b>Thanksgiving</b> <b>Offices Closed</b>	<b>28</b> <b>9:30am</b> Gentle Yoga
<b>30</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic					

\* Pre-registration required: Welcome to Wellness, LGBTQ Support Group





# 2015 December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout <b>6:30pm</b> Breast Cancer Group	<b>2</b> <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness <b>6:30pm</b> Cancer! Now What?	<b>3</b> <b>10:30am</b> Qigong	<b>4</b> <b>12pm</b> Laughter Yoga <b>1pm</b> Tai Chi Basic	<b>5</b> <b>9:30am</b> Gentle Yoga
<b>7</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic <b>7pm</b> Tai Chi Intermediate	<b>8</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout <b>6pm</b> Mindfulness Meditation <b>7pm</b> Yoga Mudra	<b>9</b> <b>4pm</b> Gentle Yoga <b>6pm</b> "City Themed" Potluck (call to RSVP)	<b>10</b> <b>10:30am</b> Qigong <b>12pm</b> The Journey <b>6:30pm</b> Mets Support Group	<b>11</b> <b>1pm</b> Tai Chi Basic	<b>12</b> <b>9:30am</b> Gentle Yoga
<b>14</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic	<b>15</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout <b>6:30pm</b> -Multiple Myeloma Group -Hoping and Coping 🏠	<b>16</b> <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness <b>6:30pm</b> Cancer! Now What?	<b>17</b> LGBTQ Support Group <b>10:30am</b> Qigong <b>12pm</b> Brown Bag Book Club <b>6pm</b> Cooking for Wellness 🏠➡️ MARKET DISTRICT	<b>18</b> <b>1pm</b> Tai Chi Basic	<b>19</b> <b>9:30am</b> Gentle Yoga
<b>21</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic <b>7pm</b> Tai Chi Intermediate	<b>22</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout <b>6pm</b> Renal Cancer Group	<b>23</b> <b>11:30am</b> Daytime Columbus on NBC 4 <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness	<b>24</b> <b>CHRISTMAS EVE</b> <b>Offices Closed</b>	<b>25</b> <b>CHRISTMAS</b> <b>Offices Closed</b>	<b>26</b>
<b>28</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic	<b>29</b> <b>12pm</b> -Welcome to Wellness -Wellness Workout	<b>30</b> <b>4pm</b> Gentle Yoga <b>5:30pm</b> Welcome to Wellness	<b>31</b> <b>10:30am</b> Qigong	The Administrative Offices will be closed from Wednesday, December 23rd to Sunday, January 3rd.	

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



# What's Happening at Cancer Support Community

Two new groups have been implemented at Cancer Support Community over the last few months. We are so pleased to be reaching a broader community and meeting more specific needs at the same time.

**Metastatic Support Group** - This group is for anyone who has been diagnosed with metastatic cancer. Metastatic cancer is cancer that has spread from the place where it first started to another place in the body. The type of progression with cancer diagnosis can bring up a distinctive set of issues. Members are encouraged to share their experiences and gain strength and hope from each other. During the first group participants reported leaving group “feeling happy” and “being encouraged.” The group is open to any type of metastatic cancer. Anyone living with metastatic cancer and their support persons are welcome the second Thursday of each month at 6:30pm.

**LGBTQ Support Group** - Cancer Support Community is proud to partner with Stonewall Columbus to provide a LGBTQ cancer support group. This group was created to help members of the LGBTQ community process the effects of living with cancer. This group is for anyone affected by cancer whether you are a person who has been diagnosed or you care for someone who has been diagnosed. Our group will provide a safe, confidential and respectful environment to connect with other LGBTQ community members experiencing the effects of cancer. The group is intended to provide mutual support and a safe space to express those feelings and thoughts that often accompany the cancer journey. Those wishing to participate in the group may call 614-884-4673 to speak to our group facilitator for more information and to register.



## Prostate Screening Saves Lives

I am a prostate cancer survivor, both from 1983 and 1986. That is why in 2012, when my urologist said, “Your PSA went up again. We should do a biopsy,” I didn’t hesitate or procrastinate. I had it done and it was negative. I thanked God and knew that I needed to continue to be proactive in this area. Since I turned 52, PSA testing and checkups have been part of my personal health care process.

If you’re a man 50 or older, make this part of your health care process. If the result shows there is an issue, you will likely have it diagnosed in time for successful treatment and a healthy, fuller life. If the news is that everything is normal, it brings peace of mind for you and your loved ones.

Rev. David W. Nuhfer  
Sawmill Baptist Church  
Powell, OH

*For the full story, go to [www.cancersupportohio.org/blog](http://www.cancersupportohio.org/blog).*

## Introducing our new website

In response to the feedback we received from our participants, we have completely reconstructed our website. These changes were made in order to make it easier for our participants, volunteers, and donors to use.

Our simplified layout makes navigating our website to find programs, events and the cancer information much easier. It also gives users the option to RSVP to our events, register for our programs, and make an online donation at your convenience.

Looking for a way to stay connected online? Check out our blog under the “About Us” section on our website, [www.cancersupportohio.org](http://www.cancersupportohio.org), or sign up for email updates on our main page. A big thanks goes out to Navicor, who showed great generosity and care throughout the website project.

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Roxane Laboratories



## Official Media Sponsors



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### AARP Foundation Work Search Program:

Pamela McArver Jones, Julie Sagstetter

## Our Mission

**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

[www.cancersupportohio.org](http://www.cancersupportohio.org)  
614.884.HOPE (4673)




Our thanks and appreciation to  
everyone who supports Cancer  
Support Community Central Ohio

## Get Ready for Beards for the Boys

If you've been looking for a good excuse to grow a beard, you just found one. Today's Healthy Man ([www.todayshealthyman.com](http://www.todayshealthyman.com)) announces Beards for the Boys campaign to raise awareness of testicular cancer. 1 in 270 men are diagnosed with testicular cancer. We encourage every man whose life has been affected by cancer, especially testicular cancer, to join in on the fun. All proceeds will be donated directly to Cancer Support Community Central Ohio.



## Ways to Support Us

- Give this newsletter to someone who needs it.
- Purchase our Grounds for Hope organic coffee.
- Join the Circle of Hope Monthly Giving Club.
- Sign up to volunteer at Cancer Support Community.
- Purchase our new Chocolate Card, exclusively at 



Organic Coffee



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THE PERFECT BREW:  
NBC4 Today and  
Grounds for Hope  
Coffee



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weekday mornings  
4:26 a.m. - 7:00 a.m.



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*Benefits*

**\$2** from every  
Single-Serve  
bag



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COMMUNITY™**

CENTRAL OHIO

[www.cancersupportohio.org](http://www.cancersupportohio.org)

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