



# CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

## Newsletter & Program Calendar

January/February 2017

# Take On Cancer Together

Are you impacted by a cancer diagnosis? You do not have to face the experience alone.

*Full story page 6*

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

Thursday, January 5th at 12:30 PM

*See page 5 for more details*

### **Happy and Healthy New Year!**

Need some recipe inspiration for the New Year? Join us for **Cooking For Wellness**

*See page 2 for more details*

**TAKE  
ON** CANCER  
TOGETHER

JOIN. GIVE. ACT.



# Join Us to Take on Cancer Together

## TAKE ON CANCER TOGETHER

JOIN. GIVE. ACT.

If you or your loved ones are impacted by a cancer diagnosis, you do not have to go through the experience alone. Join Cancer Support Community to **Take on Cancer Together**.

Treating cancer is not only about having the best medical care; it is about treating the whole patient and his/her supporters. At Cancer Support Community, you can take a yoga or cooking class, or you can laugh, share and learn in a support group, all while connecting with other survivors and their loved ones who also are on the cancer journey.

Our programs are always offered at **no cost** and are available to anyone affected by any type of cancer diagnosis, at any stage. All programs are backed by clinical research and led by licensed professionals.

Join us for a Newcomer Welcome meeting so we can **Take on Cancer Together** on Tuesdays at 12 PM and Wednesdays at 5:30 PM. These sessions introduce Cancer Support Community and our programs, including:

- Support Groups and Counseling
- Educational Workshops
- Cooking and Nutrition Programs
- Exercise and Mind-Body Classes
- Social Activities
- Information and Referral to Community Resources



To schedule a meeting, call 614-884-HOPE (4673), or email [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org).

## Crimson Cup and Cancer Support Community Take on Cancer Together

When Greg Ubert founded Crimson Cup Coffee & Tea in 1991, he established a culture of giving as one of the company's core values, in addition to delivering awesome coffee and helping entrepreneurs start and run successful coffee houses.

So when Greg was approached by Cancer Support Community President & CEO Bev Soult about developing a partnership to benefit people impacted by cancer, he did not hesitate, and soon **Grounds for Hope™** coffee was born.

Roasted locally from specialty grade organic coffee beans, **Grounds for Hope** coffee is exclusively sold at Central Ohio Giant Eagle stores. A \$3 donation per bag is made from Crimson Cup and Giant Eagle to support Cancer Support Community programs and services for thousands of Central Ohioans.

"The **Grounds for Hope** coffee partnership is unique and fits perfectly with the company's values of giving back" said Greg, president of the award winning coffee roaster.

"The support from Crimson Cup has been wonderful," offered Bev.

"We truly value their ongoing and very generous commitment. Please look for our **Grounds for Hope** coffee display in Giant Eagle and join us as we take on cancer together!"





# Cooking for Wellness Schedule

At Cancer Support Community in the Giant Eagle Community Kitchen  
Featuring Executive Chef Thom Stevenson

Presented by  

## Slow Cooker Secrets

January 26th, 6:00 PM

Slow cooker recipes are perfect for healthy winter meals. Come learn the secrets to making fool-proof slow cooker meals, and try some new delicious recipes to add to your collection!

## One Potato, Two Potato, Sweet Potato, You!

February 23rd, 6:00 PM

Sweet potatoes are not just for Thanksgiving! They are an extremely versatile super-food, power-packed with nutrients. Join us in celebrating National Sweet Potato Month and learn the benefits of making these tasty treats a part of your healthy eating plan.



## Frankly Speaking About Cancer®

The Cancer Support Community's landmark cancer education series that provides trusted information on a variety of topics important to people affected by cancer. Learn about 49 different types of cancer, treatment options, coping with the cost of care, how to deal with side-effects, tips for caregiving and much more! Our website [www.cancersupportcommunity.org/frankly-speaking-about-cancer](http://www.cancersupportcommunity.org/frankly-speaking-about-cancer) has multiple types of learning opportunities including:



- Print and Digital Publications
- A Weekly Radio Show
- Online Materials
- In-person and Online Workshops
- Webinars

The print publications are available in our library at no cost. You can also order print materials by contacting Angie at [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org).

Frankly Speaking About Cancer workshops at Cancer Support Community Central Ohio are presented by oncologists or health care professionals in a casual setting, allowing an opportunity for questions and answers, so you can be better informed.

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## It's All About You

Cancer Support Community offers several opportunities to guide you through your cancer journey.

**Individual Wellness Plan:** Wondering how to make the best of all programs and classes we offer? Schedule a time to meet with our social worker, and complete a brief screening to highlight what is most important to you. Then, we'll create a plan specifically for you!

**Open to Options:** Are you facing a difficult treatment decision? We can help you sort through your questions about options and organize them in a way that will help you guide the discussion during your next doctor's appointment. You'll walk into the doctor's office feeling more prepared and self-confident and know that your treatment decisions fit your personal hopes and goals. Then, together with your oncologist, you can decide which option is best for you.



A SERVICE of the CANCER  
SUPPORT COMMUNITY 

**The Grounds of Hope Coffee and Tea Station** is open in our Giant Eagle Community Kitchen. Hot coffee and tea are always available. Stop by, sip some brew and enjoy some *you* time.

# 2017 January



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**2**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**3**  
**10am** Yoga Mudra  
**12pm** Wellness Workout  
**6:30pm** Breast Cancer Networking Group

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

**5**  
**10:30am** Qigong  
**12:30pm** Body Language: Deciphering Your Body's Clues ✓ \*  
**6:30pm** FORCE

**6**  
**1pm** Tai Chi Basic

**7**  
**8:30 am** Walk With a Doc  
**9:30am** Gentle Yoga  
**11am** Tai Chi Workshop ✓ \*

Administrative Office Closed

**9**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**10**  
**10am** Mindfulness Meditation  
**12pm** Wellness Workout  
**6pm** Mindfulness Meditation  
**7pm** Yoga Mudra

**11**  
**12pm** Lunch and Learn\*  
**4pm** Gentle Yoga  
**5pm** Newcomer Welcome\*  
**6:30pm** Write To Heal: Journaling Workshop

**12**  
**10:30am** Qigong  
**12pm** The Journey  
**6:30pm** Metastatic Cancer Support Group

**13**  
**1pm** Tai Chi Basic

**14**  
**8:30 am** Walk With a Doc  
**9:30am** Gentle Yoga

**16**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**17**  
**12pm** Wellness Workout  
**6:30pm** Multiple Myeloma

**18**  
**12pm** Lunch and Learn ✓  
**4pm** Gentle Yoga  
**5pm** Newcomer Welcome ✓  
**6:30pm** Caregivers Support Group  
**6:30pm** People Living with Cancer

**19**  
**10:30am** Qigong  
**12pm** Brown Bag Book Club

**20**  
**1pm** Tai Chi Basic

**21**  
**8:30 am** Walk With a Doc  
**9:30am** Gentle Yoga

Martin Luther King Day

**23**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**24**  
**10am** Mindfulness Meditation  
**12pm** Wellness Workout  
**6pm** Renal Cancer Networking Group

**25**  
**4pm** Gentle Yoga  
**5pm** Newcomer Welcome ✓  
**6:30pm** Young Survivors Coalition

**26**  
**10:30am** Qigong  
**6pm** Cooking for Wellness

**27**  
**1pm** Tai Chi Basic

**28**  
**8:30 am** Walk With a Doc  
**9:30am** Gentle Yoga

**30**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**31**  
**12pm** Wellness Workout

✓ RSVP required  
 \* Special Event  
 🏠 Offsite Activities

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

# 2017 February

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

		<p><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</p>	<p><b>2</b>  <b>10:30am</b> Qigong  <b>6:30pm</b> FORCE</p>	<p><b>3</b>  <b>1pm</b> Tai Chi Basic</p>	<p><b>4</b>  <b>8:30 am</b> Walk With a Doc    <b>9:30am</b> Gentle Yoga</p>
<p><b>6</b>  <b>11am</b> Gentle Yoga  <b>6pm</b> Tai Chi Basic</p>	<p><b>7</b>  <b>10am</b> Yoga Mudra  <b>12pm</b> Wellness Workout  <b>6:30pm</b> Breast Cancer Networking Group</p>	<p><b>8</b>  <b>12pm</b> Lunch and Learn ✓  <b>4pm</b> Gentle Yoga  <b>5pm</b> Newcomer Welcome ✓  <b>6:30pm</b> Write To Heal: Journaling Workshop</p>	<p><b>9</b>  <b>10:30am</b> Qigong  <b>12pm</b> The Journey  <b>6:30pm</b> Metastatic Cancer Support Group</p>	<p><b>10</b>  <b>1pm</b> Tai Chi Basic</p>	<p><b>11</b>  <b>8:30 am</b> Walk With a Doc    <b>9:30am</b> Gentle Yoga</p>
<p><b>13</b>  <b>11am</b> Gentle Yoga  <b>6pm</b> Tai Chi Basic</p>	<p><b>14</b>  <b>10am</b> Mindfulness Meditation  <b>12pm</b> Wellness Workout  <b>6pm</b> Mindfulness Meditation  <b>7pm</b> Yoga Mudra              VALENTINE'S DAY</p>	<p><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</p>	<p><b>16</b>  <b>10:30am</b> Qigong  <b>12pm</b> Brown Bag Book Club</p>	<p><b>17</b>  <b>1pm</b> Tai Chi Basic</p>	<p><b>18</b>  <b>8:30 am</b> Walk With a Doc    <b>9:30am</b> Gentle Yoga</p>
<p><b>20</b>  <b>11am</b> Gentle Yoga  <b>6pm</b> Tai Chi Basic</p> PRESIDENT'S DAY	<p><b>21</b>  <b>12pm</b> Wellness Workout  <b>6:30pm</b> Multiple Myeloma</p>	<p><b>22</b>  <b>4pm</b> Gentle Yoga  <b>5pm</b> Newcomer Welcome ✓  <b>6:30pm</b> Young Survivors Coalition</p>	<p><b>23</b>  <b>10:30am</b> Qigong  <b>6pm</b> Cooking for Wellness </p>	<p><b>24</b>  <b>1pm</b> Tai Chi Basic</p>	<p><b>25</b>  <b>8:30 am</b> Walk With a Doc    <b>9:30am</b> Gentle Yoga</p>
<p><b>27</b>  <b>11am</b> Gentle Yoga  <b>6pm</b> Tai Chi Basic</p>	<p><b>28</b>  <b>10am</b> Mindfulness Meditation  <b>12pm</b> Wellness Workout  <b>6pm</b> Renal Cancer Networking Group</p>				

All of our programs are LGBTQ friendly.



# What's Happening at Cancer Support Community

## Lunch and Learn Series

RSVP to 614-884-HOPE (4673) for your complimentary lunch

### Natural Medicine and Treatment Side Effects, January 11th, Noon:

Join two time breast cancer survivor, health coach and doTERRA wellness advocate Susie Schiering as she teaches us how to compliment western medicine by using essential oils for natural wellness. Learn easy ways to manage symptoms of chemotherapy and other side effects of treatment.

### Reclaim Your Greatest Potential, January 18th, Noon:

Cancer and treatments for cancer can cause stress on the musculoskeletal system, causing pain with movement, loss of flexibility, headaches, poor sleep, low energy levels and diminished quality of life. The Winchester Institute provides non-invasive and non-pharmacologic treatment to relieve pain and stiffness in joints and muscles, called the Gonstead technique. Join us to learn more!

### Navigating Through the Healthcare System, February 1st, Noon:

Does navigating healthcare leave you confused, overwhelmed or downright scared? Annette Ticoras, MD, will be presenting information on Guided Patient Services, a company she founded that provides patient advocacy and navigation services. Learn how families struggling, confused and overwhelmed within the healthcare system, can find direction, support and peace of mind.

### Acupuncture, February 8th, Noon:

According to the National Cancer Institute, several studies show that acupuncture can help boost immunity and speed up recovery following cancer treatments. Join acupuncturist Tessa Olson to learn about acupuncture and the many benefits it offers.

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

January 5th, 12:30 PM



Whether you're dealing with pain or illness or simply want to unravel the connection between your mind, life and health, this session will amaze and empower you. Join Health and Happiness Expert 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 also will "wow" you with on-the-spot medical intuitive readings of audience volunteers. This session will change your life forever. Everyone in attendance will receive a free copy of Tara's book, *The Flow Method: 40 Days to Total Life Transformation*. Please call 614-884-HOPE(4673), or email [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org) to RSVP.

## Offsite Locations: Serving More People!



### Cancer Support Community at Fairfield Medical Cancer and Infusion Center

Every Tuesday, 9:00 AM - 5:00 PM  
Our social worker is onsite, offering individual and family counseling, Open to Options and a weekly support group open to both people living with cancer and caregivers. Group meets at 3:00 - 4:30 PM in the Cancer and Infusion Center.

135 N Ewing Street  
Lancaster, Ohio 43130  
740-687-6900  
[www.fmchealth.org](http://www.fmchealth.org)



### Cancer Support Community at Heart of Ohio Family Health Centers

Our social worker will be onsite to provide resources and education in conjunction with the mobile mammogram units. Call to schedule your free mammogram. Whitehall Family Health Center 882 S Hamilton Rd, Whitehall, OH 43213 614-235-5555

Capital Park Family Healthcare Center  
2365 Innis Rd, Columbus, OH 43224  
(614) 416-4325



### Cancer Support Community at All Life Center

Watch the calendar for education AL workshops, exercise classes and stress management opportunities. These programs are open to people living with cancer, as well as their family, friends and caregivers. Programming is made possible by a grant from the Delaware County Foundation.

All Life Center  
123 Hyatts Rd, Delaware, Ohio 43015  
[www.alllifecenter.org](http://www.alllifecenter.org)



# Community Sponsors



Anthem Blue Cross and Blue Shield Foundation



# Official Media Sponsors



## Staff and Support Team

### President/CEO:

Bev Soult

### Clinical Program Director:

Angie Santangelo, LISW-S

### Director of Development and Marketing:

Debbie Beyer

### Director of Administration and Operations:

Karlana Lee

### Marketing and Events Coordinator:

Nicole Weiss

### Development Support:

Morgan Thobe

### Social Work Interns:

Janelle Aguilon

Kim Walker

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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Founder & past CEO, Able Roofing

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# CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

1200 Old Henderson Road  
Columbus, OH 43220

CancerSupportOhio.org  
614.884.HOPE (4673)

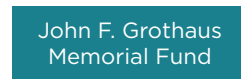


Our thanks and appreciation  
to everyone who supports Cancer Support  
Community Central Ohio

# TAKE ON CANCER TOGETHER

JOIN. GIVE. ACT.

Thank you to these grantors for their support.  
They are working with us to Take on Cancer Together.




**GROUNDS FOR HOPE™**

**\$3** from the sale of every 12 oz bag of coffee

**\$2** from the sale of every single-serve bag

Directly benefits



**CANCER SUPPORT COMMUNITY**  
CENTRAL OHIO

Try our Seasonal Blend

Perfect as a gift or for family gatherings



**NOW AVAILABLE**  
at all Giant Eagle  
and Market Districts



# 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**



Exclusively available at: **GIANT EAGLE**  
Locally roasted by: **CRIMSONCUP**

Media Partners: **NBC 4**, **iHeartMEDIA**, **LAMAR** ADVERTISING COMPANY, **BUCKEYE LIFESTYLE**

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