



## Newsletter & Program Calendar

July/August 2016

### *Having a Voice Through Technology*

Technology is expanding at Cancer Support Community Central Ohio. We have three unique ways to connect with the community.

Read more inside on page 1

### JOIN US!

**Frankly Speaking About Cancer: Clinical Trials**  
August 4th, 6:30pm

### NEW: OFFSITE PROGRAMMING

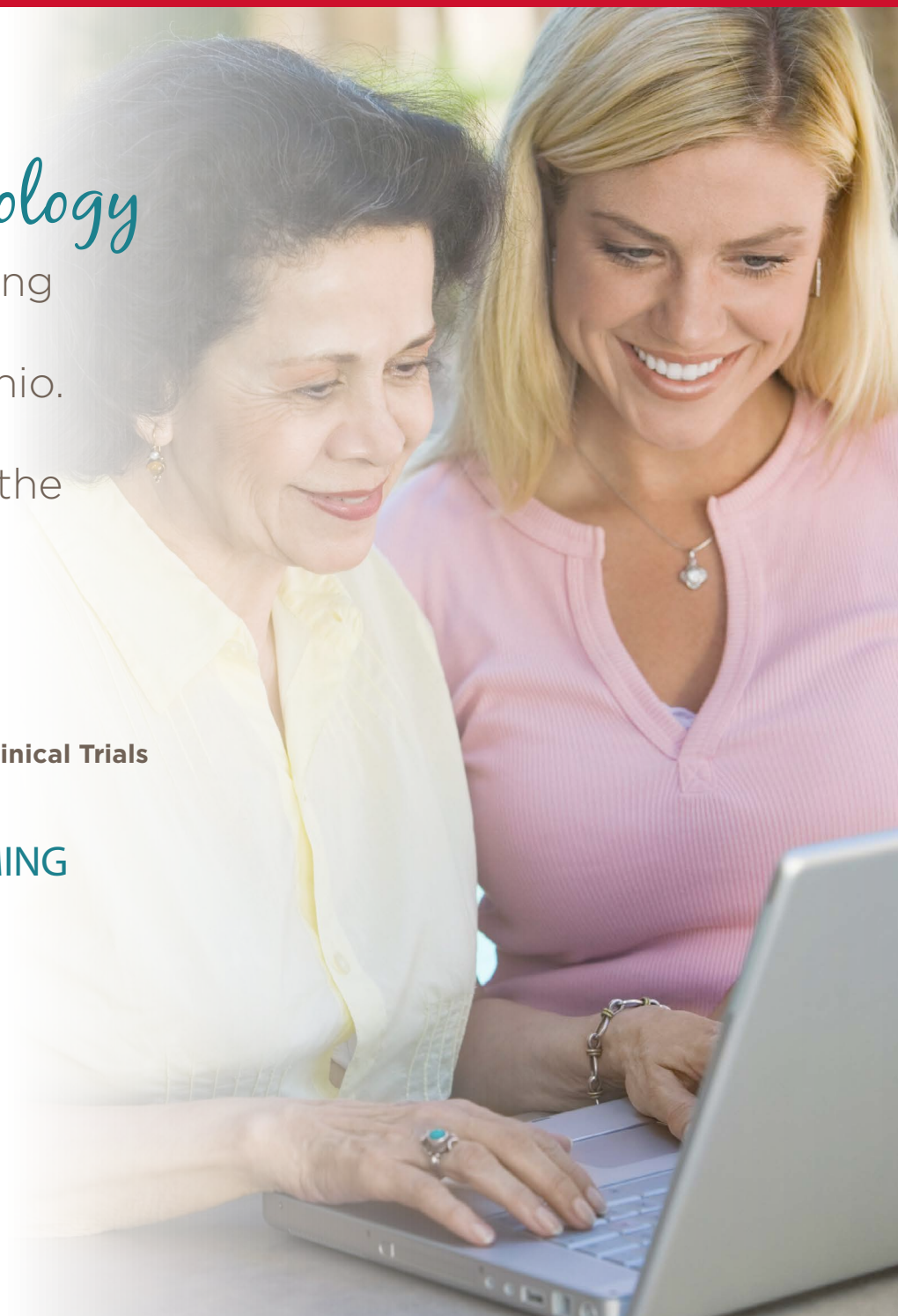
Read more inside on page 5

### SAVE THE DATE:

**Night of Chocolate**  
September 16th

### NOW OPEN!

**Cancer Support Community  
at Fairfield Medical Center**



# Having a Voice Through Technology

Technology is expanding at Cancer Support Community Central Ohio. We have three unique ways to connect with the community.

We are happy to introduce personal portals on our website. Everyone is able to customize their portal. If you are a participant, volunteer or donor, you can update your personal information, RSVP for a program or special event, and sign up for our newsletters. This technology provides up-to-date news about our community. To create your own portal page, logon to [www.cancersupportohio.org](http://www.cancersupportohio.org). Questions? Call 614-884-4673.

## CANCER SUPPORT SOURCE

A PROGRAM of the CANCER SUPPORT COMMUNITY

CancerSupportSource™ is a comprehensive program that not only leverages technology to screen patients for social and emotional concerns, but also provides referral and follow-up care personalized for each individual. Cancer Support Source™ asks patients a series of questions to help identify their level of distress and key areas of concern, such as paying for care, communicating with their health care team and others. The program takes less than 10 minutes to complete and is totally confidential.

## CANCER EXPERIENCE REGISTRY

A PROGRAM of the CANCER SUPPORT COMMUNITY

The Cancer Experience Registry is a unique online community. By joining the Registry and sharing your story, you can help the cancer community gain knowledge and insights about the social and emotional needs of cancer patients, families and caregivers throughout the cancer journey. The Cancer Experience Registry is open to anyone impacted by a diagnosis of cancer, at any stage of their journey—patients and caregivers. To join in the conversation, visit [www.cancerexperienceregistry.org](http://www.cancerexperienceregistry.org).



# Golf Outing Sets New Fundraising Record

Presenting Sponsor Rocky Brands welcomed a sold out field of 180 golfers and a record number of sponsors at the 11th annual Charity Golf Classic, resulting in a new high in dollars raised for our programs. Thank you to our sponsors, golfers and volunteers who made this event so successful.

**Presenting Sponsor:** Rocky Brands

**Birdie Sponsor:** Atlas Butler

**Feature Sponsors:** The Arlington Bank, Avella Specialty Pharmacy, The Basement Doctor, ComDoc, Civista Bank, G&J Pepsi, Murphy Development Company, NBC4, Nourse Chillicothe Automall, Park National Bank, SEA and Yuengling.

**Media partners:** NBC4, iHeartMedia, Lamar Advertising, Buckeye Lifestyle.

**Community Sponsors:** Giant Eagle, Market District, West-Ward Pharmaceuticals, Ohio Corn & Wheat and Anthem Blue Cross Blue Shield Foundation.



Second from right: David Sharp, President & CEO, Rocky Brands, Inc., at the 2016 Charity Golf Classic.

# Cooking for Wellness

Presented by



## July 27th, 11:30am, “Daytime Columbus” with Robyn Haines

Tune in and learn about fresh salsas. Summer’s produce is bountiful, colorful and delicious. This month, learn how to make your own salsa by incorporating in-season fruits and vegetables. These low-sodium salsas are the perfect toppings for fish, chicken and tortilla chips!



## July 28th, 6:30pm, at Cancer Support Community

1200 Old Henderson Rd, Columbus, OH 43220

Join us and party in the parking lot with special guest chef Ron Greenbaum, The Basement Doctor! Learn how to grill outside without adding carcinogens to your food! We will be creating roasted fruits and vegetables that will be a hit in the salsas that will be made this month. Create your own stand-out salsa to take home!



## August 24th, 11:30am, “Daytime Columbus” with Robyn Haines

This segment will provide time-saving tips and a peek at ways to savor the harvest beyond the season. Learn some tips and tricks for pickling and canning.



## August 25th, 6:30pm, at Kingdale Market District

3061 Kingsdale Center  
Columbus, OH 43221

Tomatoes and cucumbers are in peak season! Join us for a canning demonstration, and learn how to capture the freshness of the season and save it for those cold winter months. We’ll also be making tasty recipes featuring these key ingredients.











# Making an Impact One Person at a Time – Treating the Whole Person

The Anthem Blue Cross Blue Shield Foundation awarded Cancer Support Community a grant to provide screening and support for cancer survivors who are at high risk for serious psychosocial distress. This grant-funded project has allowed us to utilize Cancer Support Source™, a validated distress screening program, to impact over 100 participants. Participants complete a Cancer Support Source™ web-based survey and then meet with a licensed social worker to create an Individual Wellness Plan. The survey identifies areas in a person’s life that have the highest distress, and the plan links the person to evidenced-based programs that would be most beneficial to meet their needs and improve quality of life.

According to the Institute for Medicine, more than one half of those diagnosed with cancer report significant social and emotional distress. Our goal is that all survivors, caregivers and families have access to programs and services to help cope with the social and emotional impacts of cancer. Thank you, Anthem Blue Cross Blue Shield Foundation, for helping us broaden our reach and impact even more people affected by cancer! If you or someone you know could benefit from a customized care plan, contact Angie Santangelo at [asantangelo@cancersupportpjh.org](mailto:asantangelo@cancersupportpjh.org) or 614-844-4673 to schedule an appointment.





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 1pm Tai Chi Basic	<b>2</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga	<b>1</b> 11am Gentle Yoga 1:30pm Chef Thom at The Ohio State fair ★🏠 6pm Tai Chi Basic 7pm Tai Chi Intermediate	<b>2</b> 10am Yoga Mudra 12pm Newcomer Welcome* 12pm Wellness Workout 5:30pm Chef Thom at The Ohio State fair ★🏠 6:30pm Breast Cancer Networking group	<b>3</b> 12pm Lunch and Learn: Following Doctors Orders* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Cancer! Now What?	<b>4</b> 10:30am Qigong 6:30pm FORCE 6:30pm Frankly Speaking About Cancer: Clinical Trials ★	<b>5</b> 1pm Tai Chi Basic 5:30pm Chef Thom at The Ohio State fair ★🏠	<b>6</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga
<b>4</b> 6pm Tai Chi Basic 7pm Tai Chi Intermediate  Independence Day ★ 	<b>5</b> 10am Yoga Mudra 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Breast Cancer Networking group	<b>6</b> 12pm Lunch and Learn: Hospice 101* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Cancer! Now What?	<b>7</b> 10:30am Qigong 6:30pm FORCE	<b>8</b> 1pm Tai Chi Basic	<b>9</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga 12pm Tai Chi Workshop ★	<b>8</b> 11am Gentle Yoga 3:30pm Prostate Cancer Networking Group 6pm Tai Chi Basic Heart of Ohio Family Health Center 🏠 8:00am to 12pm Whitehall	<b>9</b> 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Mindfulness Meditation 7pm Yoga Mudra	<b>10</b> 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Write to Heal: Journaling Workshop	<b>11</b> 10:30am Qigong 12pm The Journey 6:30pm Metastatic Support Group	<b>12</b> 1pm Tai Chi Basic	<b>13</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga
<b>11</b> 11am Gentle Yoga 6pm Tai Chi Basic  Heart of Ohio Family Health Center 🏠 8:00am to 12pm Whitehall	<b>12</b> 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Mindfulness Meditation 7pm Yoga Mudra	<b>13</b> 12pm Lunch & Learn: Shaking Up Your Mealtime* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Write to Heal: Journaling Workshop	<b>14</b> 10:30am Qigong 12pm The Journey 6:30pm Metastatic Support Group	<b>15</b> 1pm Tai Chi Basic	<b>16</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga 11:30am Yoga Nidra	<b>15</b> 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	<b>16</b> 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Hoping and Coping 🏠 6:30pm Multiple Myeloma	<b>17</b> 12pm Lunch and Learn: Happy to 102! 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Cancer! Now What?	<b>18</b> 10:30am Qigong 12pm Brown Bag Book Club 6:30pm Siblings Art Group* LGBTQ Support Group*	<b>19</b> 1pm Tai Chi Basic	<b>20</b> 8:30am Walk With a Doc 🏠 9:30am Gentle Yoga 11:30am Yoga Nidra
<b>18</b> 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	<b>19</b> 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Hoping and Coping 🏠 6:30pm Multiple Myeloma	<b>20</b> 12pm Lunch & Learn: Mount Carmel Health and Fitness* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Cancer! Now What?	<b>21</b> 10:30am Qigong 12pm Brown Bag Book Club 6:30pm Siblings Art Group* LGBTQ Support Group*	<b>22</b> 1pm Tai Chi Basic	<b>23</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga	<b>22</b> 11am Gentle Yoga 6pm Tai Chi Basic	<b>23</b> 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Renal Cancer Networking Group	<b>24</b> 11:30am Daytime Columbus on   4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Young Survivor Coalition	<b>25</b> 10:30am Qigong 12pm Pathways to Wellness 6pm Cooking for Wellness* 🏠  	<b>26</b> 1pm Tai Chi Basic	<b>27</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga
<b>25</b> 11am Gentle Yoga 6pm Tai Chi Basic	<b>26</b> 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Renal Cancer Networking Group	<b>27</b> 11:30am Daytime Columbus on   4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Young Survivor Coalition	<b>28</b> 10:30am Qigong 12pm Pathways to Wellness 6pm Cooking for Wellness* 	<b>29</b> 1pm Tai Chi Basic	<b>30</b> 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga	<b>29</b> 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	<b>30</b> 12pm Newcomer Welcome* 12pm Wellness Workout	<b>31</b> 10am Gentle Yoga 12pm Newcomer Welcome*			

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



Lunch and Learn Series

**Hospice 101**  
**July 6th, Noon:** Join us and learn the history and philosophy of hospice. Explore common myths, and understand the purpose of hospice. Learn who is an appropriate hospice patient and how to initiate hospice care. Medicare reimbursement for hospice and the relevance of advance directives and DNR will be reviewed as well. Come prepared with questions as we learn more about hospice. LeeAnna Castle from Vitas Healthcare will be our presenter and lunch sponsor.

**Shaking Up Your Mealtime**  
**July 13th, Noon:** With busy lifestyles you won't want to miss this program. It's important to get the proper nutrients and fuel our bodies when we don't feel like eating anything. Learn about easy and affordable shakes you can make in just minutes. Join nutritionist Laurie Groves and health educator Debbie Hiles for a fun and educational way to Shake Up Your Mealtime.

**Following the Doctor's Orders**  
**August 3rd, Noon:** You will want to hear about the importance of medication adherence, especially as it applies to oral chemotherapy. You will leave with information about tools and resources that can help you and your loved ones follow the doctor's orders to ensure your treatment plan is working, manage side effects and avoid drug interactions. Chris Calagis, National Sales Director for Oncology at Avella Specialty Pharmacy, will lead the discussion and answer questions.

**Happy to 102**  
**August 17th, Noon:** Have you heard the quote "growing old ain't for sissies"? Join Lori Wengerd from Home Care Assistance as she introduces strategies for healthier longevity and gives simple, practical tips that will inspire you to take more control of your physical and mental well-being!

Frankly Speaking About Cancer: Clinical Trials

**Aug 4th, 6:30pm:** Clinical trials have led to major advances in the field of oncology today by validating the benefits of new and improved cancer treatments. This workshop will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but everyone should be aware that a clinical trial may be a treatment option. Our presenter will be Maryam Lustberg, MD, MPH, The OSU Wexner Medical Center Stefanie Spielman Comprehensive Breast Center.

Serving More People! Join Us At One Of Our Offsite Locations

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Second Monday each month  
Cancer Support Community at Whitehall Family Health Center offering support, resources and education.  
882 S Hamilton Rd, Whitehall, OH 432133  
www.heartofohiofamilyhealth.org
- 

Every Tuesday, 9am-5pm  
Cancer Support Community at Fairfield Medical Center, offering resources, support and education. Our social worker will be onsite to help create individualized wellness care plans.  
401 N Ewing St, Lancaster, OH 43130  
www.fmchealth.org
- 

First Monday each month, 3:30pm  
Prostate Cancer Networking Group open to survivors and caregivers. Share experiences, knowledge, and be inspired by others dealing with prostate cancer.  
701 Tech Center Dr. Suite 100, Gahanna, OH 43230  
www.centralohiourology.com
- 

Third Tuesday each month, 6:30pm  
Hoping & Coping is a monthly support group in Delaware County. This group is open to anyone who has been touched by cancer, whether you are a person who has been diagnosed or a support person. Attending this group provides you with a safe environment to connect with others also going through the cancer journey.  
All Life Center  
123 Hyatts Rd, Delaware, Ohio 43015  
www.alllifecenter.org

Night of Chocolate

September 16, 2016 - 7:30 P.M.

Presented by 

Set sail with us on the Night of Chocolate cruise presented by Hollywood Casino Columbus - an excursion you simply won't forget. The hallmark of any cruise is service and our ship's crew will greet you in tuxedos and white gloves with award-winning service.



Our passengers will taste delectable international cuisine on our world buffet created by the casino's top chefs. Your cruise package will include exquisite chocolate delicacies from premiere chocolatiers at Hollywood Casino and Giant Eagle along with local, regional and international chocolatiers. You will sip signature spirits and wine, and your personal passport will include star-studded silent and live auctions full of treasures, including dream vacations, entertainment packages, and much more, sponsored by Farmers Insurance. This night promises to be an outstanding experience for all our passengers. For your boarding pass, sponsorships or to volunteer, contact Debbie Beyer, 614-884-HOPE (4673) or dbeyer@cancersupportohio.org.

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Official Media Sponsors



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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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A Tribute to Joyce Garver Keller

Cancer Support Community remembers esteemed fellow board member of 11 years, Joyce Garver Keller, who passed away suddenly on Monday, May 2.

Joyce's genuine heart and commitment for our organization was always top-of-mind, advocating for funding and programs, and helping us ensure our mission: that no one faces cancer alone. Outside of Cancer Support Community, Joyce dedicated 25 years to serving as the beloved director of Ohio Jewish Communities, where she played an essential role in creating the Ohio Holocaust and Liberator's Memorial. Joyce leaves behind an unparalleled legacy of an extraordinary leader who was devoted to strengthening Ohio communities. Her compassion, integrity and spirit will be sadly missed.





# 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

## Ways to Support Us

- Share this newsletter with someone affected by cancer.
- Join the Circle of Hope Monthly Giving Club
- Sign up to volunteer at [www.cancersupportohio.org](http://www.cancersupportohio.org).

Purchase a Chocolate Card, exclusively at



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