



Newsletter & Program Calendar

March/April 2016

Community *A Key to Living Healthy*

People who stay socially interconnected often are more likely to engage in activities that help to prevent disease.

Read more inside on page 1

NEW LOOK! *Cooking for Wellness,* Healthy Lifestyle Program

Meet Thom Stevenson, Executive Chef, and Paula Gallagher, Giant Eagle Dietitian, at our Giant Eagle Community Kitchen at Cancer Support Community and also at Kingsdale Market District.

See page 2

SAVE THE DATE:

Charity Golf Classic
Monday, May 16th



Community A Key to Living Healthy

What is it that makes Cancer Support Community so unique?

“It’s the COMMUNITY we create,” explains Angie Santangelo, Clinical Program Director. “Social support is woven through our education, wellness, and support/networking programs here at Cancer Support Community. When participants gather to take part in yoga, Tai Chi or Qi Gong, for instance, they begin to experience the camaraderie that occurs when sharing similar interests. We make it personal by creating a supportive and caring community, while providing the highest quality programming.”

Cancer Support Community’s menu of programs provides opportunities for participants to connect socially, bond, and to learn from one another, thus increasing opportunities for improved health and overall well-being. Social supports directly and indirectly affect health, according to Bert Uchino in the *Journal of Behavioral Medicine*. People who stay socially interconnected often are more likely to engage in activities that help to prevent disease and increase wellness, such as exercise and nutritional eating.

In 2008, Barbara Andersen, PhD, of The Ohio State University, published her seminal study demonstrating that breast cancer patients who received a social and emotional support intervention had lower rates of recurrence and longer life expectancy than those who do not. Andersen’s study provided evidence for what every person facing cancer knows: having cancer is not just a physical experience—it is one that affects, and often transforms, a person’s entire life.



Community Partnership Supports Cancer Programming

Cancer Support Community is unbelievably honored to have the continuing partnership of Roxane Laboratories, Inc., in 2016. Roxane, which manufactures and sells more than 200 medications, is committed to improving the health and wellbeing of people with chronic diseases with its products and through its community involvement.

“Corporate citizenship is an integral part of our culture, giving back to the community where we live and work,” offered Keri Butler, Public Affairs and Communications, Boehringer Ingelheim Roxane. “Our commitment is through funding programs that make a difference in people’s lives.”

“Support from Roxane allows us to provide the evidence-based education and support programs that are so important for those facing cancer and their families, including our Kid Support™ educational materials that focus on children,” said Bev Soult, President/CEO at Cancer Support Community. “We truly value Roxane Laboratories’ ongoing commitment to supporting our mission – it makes a difference in thousands of lives.”

Thank you! Thank you! Thank you!

Roxane Laboratories

Cooking for Wellness

Featuring Executive Chef Thom Stevenson and Giant Eagle Dietitian Paula Gallagher, RD, LD



March 23rd, 11:30am, “Daytime Columbus” with Robyn Haynes



A sneak peek of how easy poaching can be and how it can freshen up your weeknight cooking.



**March 24th, 6:30pm, at Cancer Support Community
1200 Old Henderson Rd, in the Giant Eagle Community Kitchen**



“Healthy Spring Cooking on a Budget” Get hands-on, and experience how easy poaching really is! We’ve got some good news for both your wallet and your waistline: Paula offers smart, penny-pinching strategies.



April 27th, 11:30am, “Daytime Columbus” with Robyn Haynes



Spring has sprung and it’s time to start thinking about spring cleaning in your kitchen. Paula will feature some versatile, dietitian-favorite pantry staples, and Chef Thom will let you know exactly how long they can last and how you can use them in cooking.



**April 28th, 6:30pm, at Kingsdale Market District,
3061 Kingsdale Center
Columbus, OH 43221**



“Spring Cleaning Your Body and Your Pantry”

Do you ever wonder how long you should keep those spices and canned goods? What are the healthiest staples to keep on hand? In this class you will learn the best canned goods to keep on your shelf along with light and delicious sauce recipes, adding flavor to a meal without the hidden calories.



Study Suggests Home Cooking is a Main Ingredient in Healthier Diet

People who frequently cook meals at home eat healthier and consume fewer calories than those who cook less, according to new Johns Hopkins Bloomberg School of Public Health research. “When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less,” says Julia A. Wolfson, MPP, a CLF-Lerner Fellow at the Johns Hopkins Center for a Livable Future.

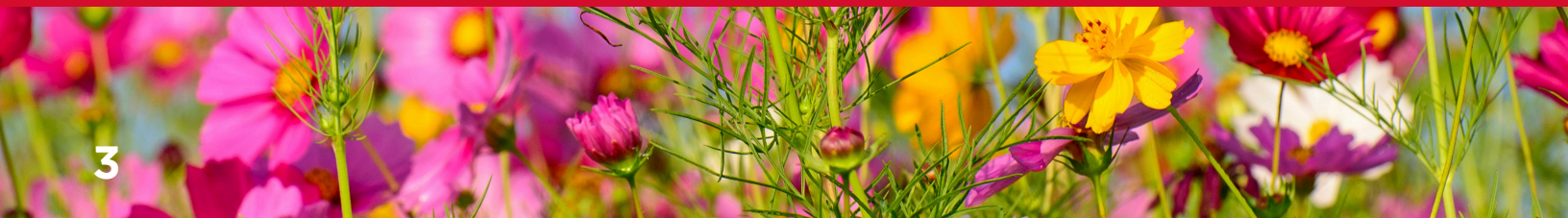
The findings also suggest that those who frequently cooked at home – six-to-seven nights a week – also consumed fewer calories on the occasions when they ate out. Wolfson states, “The evidence shows people who cook at home eat a more healthy diet. Moving forward, it’s important to educate the public about the benefits of cooking at home and identify strategies that encourage and enable more cooking at home.”

2016 March

* Pre-registration required
 ★ Special Dates
 ➡ Offsite Activities



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am Yoga Mudra 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Breast Cancer Networking Group	2 12pm Lunch and Learn* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Cancer! Now What?	3 10:30am Qigong 6:30pm FORCE	4 1pm Tai Chi	5 9:30am Gentle Yoga
7 11am Gentle Yoga 6pm Tai Chi Basic	8 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Mindfulness Meditation 7pm Yoga Mudra	9 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Write to Heal: Journaling Workshop	10 10:30am Qigong 12pm The Journey 6:30pm Metastatic Support Group	11 1pm Tai Chi	12 9:30am Gentle Yoga
14 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate Heart of Ohio Family Health Center ➡ 8:00am to 12pm - Whitehall 1:00pm to 5pm - Capital Park	15 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm ➡ Coping and Coping 6:30pm Multiple Myeloma	16 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Cancer! Now What?	17 10:30am Qigong 12pm Brown Bag Book Club LGBTQ Support Group*	18 1pm Tai Chi	19 9:30am Gentle Yoga 11am Yoga Nidra*
21 11am Gentle Yoga 6pm Tai Chi Basic	22 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Renal Cancer Networking Group	23 11:30am Daytime Columbus on NBC 4 4pm Gentle Yoga 5:30pm Newcomer Welcome*	24 10:30am Qigong 12pm Pathways to Wellness 6:30pm Cooking for Wellness 	25 1pm Tai Chi	26 9:30am Gentle Yoga
28 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate Heart of Ohio Family Health Center ➡ 8:00am to 12pm - Whitehall 1:00pm to 5pm - Capital Park	29 12pm Newcomer Welcome* 12pm Wellness Workout 6pm End of Life Planning Seminar*	30 4pm Gentle Yoga 5:30pm Newcomer Welcome*	31 10:30am Qigong		



2016

April

Esophageal
Cancer
AwarenessHead
and Neck
Cancer
AwarenessTesticular
Cancer
Awareness

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

1pm Tai Chi Basic

28:30am Walk With
a Doc 9:30am Gentle
Yoga**4**11am Gentle Yoga
6pm Tai Chi Basic**5**12pm Newcomer
Welcome*
12pm Wellness
Workout
6:30pm
Breast Cancer
Networking Group**6**12pm Lunch and
Learn*
4pm Gentle Yoga
5:30pm Newcomer
Welcome*
6:30pm Cancer!
Now What?**7**10:30am Qigong
6:30pm FORCE**8**

1pm Tai Chi Basic

98:30am Walk With
a Doc
9:30am Gentle
Yoga**11**11am Gentle Yoga
6pm Tai Chi Basic
7pm Tai Chi
Intermediate
Heart of Ohio Family
Health Center
8:00am to 12pm -
Whitehall
1:00pm to 5pm-
Capital Park**12**10am Mindfulness
Meditation
12pm Newcomer
Welcome*
12pm Wellness
Workout
6pm Mindfulness
Meditation**13**4pm Gentle Yoga
5:30pm Newcomer
Welcome*
6:30pm Write to
Heal: Journaling
Workshop**14**10:30am Qigong
12pm The Journey
6:30pm Metastatic
Support Group**15**

1pm Tai Chi Basic

168:30am Walk With
a Doc
9:30am Gentle
Yoga
11am Yoga Nidra***18**11am Gentle Yoga
6pm Tai Chi Basic**19**12pm Newcomer
Welcome*
12pm Wellness
Workout
6:30pm Hope
and Coping
6:30pm Multiple
Myeloma**20**4pm Gentle Yoga
5:30pm Newcomer
Welcome*
6:30pm Cancer!
Now What?**21**10:30am Qigong
12pm Brown Bag
Book Club
LGBTQ Support
Group***22**

1pm Tai Chi Basic

238:30am Walk With
a Doc
9:30am Gentle
Yoga**25**11am Gentle Yoga
6pm Tai Chi Basic
7pm Tai Chi
Intermediate
Heart of Ohio Family
Health Center
8:00am to 12pm -
Whitehall
1:00pm to 5pm-
Capital Park**26**10am Mindfulness
Meditation
12pm Newcomer
Welcome*
12pm Wellness
Workout
6pm Renal Cancer
Networking Group**27**11:30am Daytime
Columbus NBC 4

4pm Gentle Yoga
5:30pm Newcomer
Welcome***28**10:30am Qigong
12pm Pathways to
Wellness
6:30pm Cooking
for Wellness @
Kingsdale Market
District* **29**

1pm Tai Chi Basic

308:30am Walk With
a Doc
9:30am Gentle
YogaFor class/program information or to register visit www.cancersupportohio.org/calendar/

Lunch and Learn Series

Join us on the first Wednesday of each month at 12pm for a free educational presentation and lunch provided by a community sponsor. Check out March and April's topics below, and visit our website for information about future ones. Please register online or by calling 614-884-4673.

Exploring Essential Oils

March 2nd: Our presenter will be Lisa Tharp, from Young Living Essential Oils. Breathe deeply while essential oils and oil blends take you on a sensory journey that can instantly soothe, enliven, or balance both body and mind. Lisa will have various essential oils for you to smell or sample.

Green Cleaning 101

April 6th: Suzanne Polsinelli, Founder & CEO of Edge Green Cleaning, will explain your body's response to chemical exposure and take you through some easy action steps that will help you to shift your home and office to a healthier environment. Participants will have a chance to leave with an action plan and support tools that will assist in making positive changes in their lives.

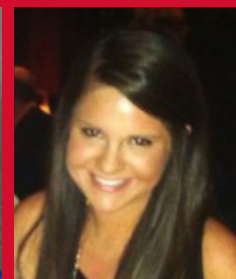
End of Life Planning Seminar Tuesday March 29th at 6pm.

End of life planning is so important and yet often overlooked. Bring your family and join us to learn how to start the process. Multiple topics will be discussed including: next of kinship and who by law will be left to handle funeral and financial affairs after a death, funeral arrangements, body donation, organ and tissue donation, estate settling and the importance of doing so. Prearranging end-of-life arrangements comes with many benefits, and we will discuss how it positively affects your family and provides peace of mind and knowledge of what's to come. Our presenter, Rusty Garrett, is from Neptune Society, the oldest and largest cremation service in the United States.

New Faces at Cancer Support Community

We are pleased to welcome two new employees to our staff and community. Debbie Beyer joined us as Director of Development and Marketing. She has more than 20 years of marketing and communications experience, and has worked with nonprofits on fundraising, marketing and strategic planning for more than 15 years.

Our new Marketing and Events Coordinator is Nicole Weiss. After graduating from college, Nicole wanted to start her career with an organization that makes a positive impact on many people – which is why we think she's a perfect fit! Stop by and say hello to Nicole and Debbie.



Golf “Fore” A Cause

Rocky Brands Returns for Third Year as Presenting Golf Sponsor

Rocky Brands, manufacturer of innovative and comfortable footwear and apparel, is giving cancer “the boot.” They have returned for the third consecutive year as Presenting Sponsor of the 2016 Charity Golf Classic, to be held on May 16, at The Medallion Club. The Charity Golf Classic carries a tradition of establishing a premium charity golf outing with all net proceeds benefitting Cancer Support Community Central Ohio. The event will provide a full day of fun on the course, an awards dinner, silent and live auctions, celebrities and much more. For SPONSORSHIP opportunities and to REGISTER to support a great cause, **visit our website at www.cscgolf.org**



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Nicole Weiss

Development Assistant:

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AARP Foundation Work Search Program:

Margaret Boland

Pamela McArver Jones

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
614.884.HOPE (4673)



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

The Charity Golf Classic

SAVE THE DATE: May 16th

The Charity Golf Classic is one of our signature fundraising events that draws 180 golfers to The Medallion Club's breathtaking 27-hole championship course, which is designed to offer challenge and beauty for golfers of every level. To register for the 2016 Charity Golf Classic on Monday, May 16th, go to www.cscgolf.org. This is your chance to entertain your most valuable clients, prospective customers and colleagues while supporting a great organization.



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