



Newsletter & Program Calendar

November/December 2016

Why Join the Cancer Experience Registry™?

Help transform and improve
the experience for other people
impacted by cancer

Full story page 6

Your Voice Counts Celebrate with Us!

November 9th, 6 PM

See page 5 for more details

Social Connections

Ugly Holiday Sweater Potluck!

December 7th, 6 PM

See page 5 for more details



Cancer Support Community at Fairfield Medical Center



At Fairfield Medical Center, we are proud to offer an accredited, comprehensive cancer care program in which board-certified medical oncologists, radiation oncologists, highly-trained surgeons and other cancer care team members work together to provide a tailored treatment plan for each patient. Recently, FMC has partnered with Cancer Support Community Central Ohio, the leader in providing psychosocial support, to deliver evidence-based social and emotional support services to patients and families affected by cancer.

Angie Santangelo, MSW, LISW-S, Cancer Support Community's clinical program director, will be at the newly renovated Cancer Care & Infusion Center every Tuesday, from 9 AM-2 PM, to meet patients and their families, caregivers, physicians, nurses and staff. To schedule an appointment, call 740-687-6900. (Walk-ins accepted if no appointment is scheduled).

Cancer Support Community is often the first place people look to when cancer enters their lives and is a natural partner for the FMC Cancer Care Program. From educational resources that help patients feel empowered and prepared to supportive services in-person or over the phone, the programs and services offered at no cost will help people in every stage of their cancer journey.

We're excited about our partnership with Cancer Support Community. By adding these unparalleled care and educational components, FMC's Cancer Care Program will provide a patient-centered system of care to improve the outcomes of people impacted by cancer. If you have questions regarding the new programs and services, please contact us at 740-687-6900.



Norma receiving chemo in the new chemo bays

Cancer Support Community programs and services for patients, caregivers and family members include:

Support: Weekly Cancer Support Group meets on Tuesdays, 3-4:30PM.

Education: On site Cancer Education and Resource Library with Frankly Speaking About Cancer® educational materials.

Distress Screening: Schedule an appointment for your screening and Individual Wellness Plan.

Open to Options®: Schedule an appointment to create a clear, comprehensive list of questions for your next health care appointment.

Cancer Experience Registry: Register and make your voice heard for all cancer patients, all information is confidential.

Night of Chocolate – Record Year!

Heartfelt thanks to everyone who supported our event especially Hollywood Casino Columbus and their staff, media partners: NBC4, iHeart Media, Lamar Advertising, Buckeye Lifestyle Magazine, major sponsors, Giant Eagle, Market District, Franklin County Board of Commissioners, West-Ward, Ohio Corn & Wheat, Smucker's, Crimson Cup Coffee & Tea, The Basement Doctor, Farmers Insurance, Lilly, Oakley Foundation, Grange, The Robert Weiler Company, Atlas Butler Heating & Cooling, Minka's Furs & Jewelry, Heidelberg, Superior Beverage Group, Marshagnt, our Board of Directors, staff, volunteers, Ritter Sport and all the fabulous chocolatiers who truly make this night the sweetest night of the year.



Cooking for Wellness Schedule

Featuring Executive Chef Thom Stevenson and introducing Giant Eagle Dietitian Karli Lutton, RD, LD

Presented by



November 16th, 11:30 AM, “Daytime Columbus” with Robyn Haines

Spice up the holiday by adding a little culture to the table. Tune in to learn to create Chef Thom’s favorite ethnic dish! Plus Karli tells how adding new ingredients can be a nutritional boost!



November 17th, 6 PM, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220

Ethnic Holiday Dishes

Chef Thom will be preparing Mexican inspired dishes while Karli provides nutrition facts about the ingredients, including cilantro.



December 14th, 11:30 AM, “Daytime Columbus” with Robyn Haines

Join us to recap 2016! We will highlight the most popular cooking tips of the year. Did you add more greens to your diet but forget why? We will review the nutrition goldmine available in our favorite recipes.



December 15th, 6 PM, at Cancer Support Community

1200 Old Henderson Rd.

Columbus, Ohio 43220 ***Location Change***

Best of 2016, Preview of 2017

We loved the recipes from this year so much that we wanted to share them again! Join us for a recap of our favorite dishes from 2016 and get a preview of what’s to come in the new year.



Thank you, Franklin County Board of Commissioners, for Extraordinary Public Service!

We are so grateful for the Commissioners’ partnership in our mission of providing high-quality programs to anyone impacted by cancer, playing a vital role in people’s lives as they navigate their cancer experience. The Commissioners are committed to improving lives and provide dollars to us that are essential for support and education programs and services that research has found increase quality of life, improve ability to cope with stress and better manage the impact of cancer.

Commissioners’ tremendous commitment and tireless work to secure lasting and meaningful improvements in the lives of Franklin County residents by addressing poverty and disparate health outcomes among residents, as well as the investments they have made in public safety, economic development and environmental protection.

At Cancer Support Community, participants find they’re not alone; they can regain a sense of control, and learn there is always hope. We serve anyone impacted by cancer – individuals, family and friends – and we do it all at no cost. It’s what we do all the time. Thank you, Commissioners, for helping make it possible.



“I just didn’t know how much I needed to talk to someone. Thank you from the bottom of my heart for being there, listening and giving me hope!”

-Cancer Support Community Participant



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

* **Pre-registration required**

★ **Special Dates**

🏠 **Offsite Activities**
1
10am Yoga Mudra

12pm Newcomer Welcome*

12pm Wellness Workout

6:30pm Breast Cancer Networking Group

2
12pm Lunch and Learn*

4pm Gentle Yoga

5pm Newcomer Welcome*

6:30pm Caregivers Support Group

6:30pm People Living With Cancer

3
10:30am Qigong

6:30pm FORCE

4
1pm Tai Chi Basic

5
8:30 am Walk With a Doc 🏠➡️

9:30am Gentle Yoga

7
11am Gentle Yoga

6pm Tai Chi Basic

7pm Tai Chi Intermediate

8
10am Mindfulness Meditation

12pm Newcomer Welcome*

12pm Wellness Workout

6pm Mindfulness Meditation

7pm Yoga Mudra

9
4pm Gentle Yoga

5pm Newcomer Welcome*

6:30pm YOU are the Voice Party!* ★

10
10:30am Qigong

12pm The Journey

6:30pm Metastatic Cancer Support Group

11
8:30am Coffee and Conversation

1pm Tai Chi Basic

12
8:30 am Walk With a Doc 🏠➡️

9:30am Gentle Yoga

14
9:00am to 1pm

Heart of Ohio Family 🏠➡️ Health Center Whitehall

11am Gentle Yoga

6pm Tai Chi Basic

15
12pm Newcomer Welcome*

12pm Wellness Workout

6:30pm Hoping and Coping 🏠➡️

6:30pm Multiple Myeloma

16
11:30am Daytime Columbus on

12pm Lunch and Learn*

4pm Gentle Yoga

5pm Newcomer Welcome*

6:30pm Caregivers Support Group

6:30pm People Living with Cancer

17
10:30am Qigong

12pm Brown Bag Book Club

6pm Cooking for Wellness

18
1pm Tai Chi Basic

19
8:30 am Walk With a Doc 🏠➡️

9:30am Gentle Yoga

11:30am Yoga Nidra

21
11am Gentle Yoga

6pm Tai Chi Basic

7pm Tai Chi Intermediate

22
10am Mindfulness Meditation

12pm Newcomer Welcome*

12pm Wellness Workout

23
4pm Gentle Yoga

5pm Newcomer Welcome*

24

HAPPY THANKSGIVING!

OFFICE CLOSED

25
1pm Tai Chi Basic

OFFICE CLOSED

26

OFFICE CLOSED

28
11am Gentle Yoga

6pm Tai Chi Basic

29
12pm Newcomer Welcome*

12pm Wellness Workout

30
4pm Gentle Yoga

5pm Newcomer Welcome*

2016 December

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Grounds for Hope:
The perfect
holiday gift!



1
10:30am Qigong
6:30pm FORCE

2
1pm Tai Chi Basic

3
8:30 am Walk With
a Doc
9:30am Gentle Yoga

5
11am Gentle Yoga

6pm Tai Chi Basic

7pm Tai Chi
Intermediate

6
10am Yoga Mudra

12pm Newcomer
Welcome*

12pm Wellness Workout

6:30pm Breast Cancer
Networking Group

7
12pm Lunch and
Learn*

4pm Gentle Yoga

6pm Ugly Holiday
Sweater Party*★

8
10:30am Qigong

12pm The Journey

6:30pm Metastatic
Cancer Support Group

9
8:30am Coffee and
Conversation

1pm Tai Chi Basic

10
8:30 am Walk With
a Doc
9:30am Gentle Yoga

12
9:00am to 1pm
Heart of Ohio Family
Health Center Whitehall
11am Gentle Yoga
6pm Tai Chi Basic

13
10am Mindfulness
Meditation

12pm Newcomer
Welcome*

12pm Wellness Workout

6pm Mindfulness
Meditation
7pm Yoga Mudra

14
11:30am Daytime
Columbus on
4pm Gentle Yoga

5pm Newcomer
Welcome*

6:30pm Write to Heal:
Journaling Workshop

15
10:30am Qigong

12pm Brown Bag
Book Club

6pm Cooking for
Wellness*

16
1pm Tai Chi Basic

17
8:30am Walk With
a Doc
9:30am Gentle Yoga
11:30am Yoga Nidra

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11am Gentle Yoga
6pm Tai Chi Basic

7pm Tai Chi
Intermediate

20
12pm Newcomer
Welcome*

12pm Wellness Workout

6:30pm Hoping and
Coping

6:30pm Multiple Myeloma

21
4pm Gentle Yoga

5pm Newcomer
Welcome*

6:30pm Caregiver Support
Group
6:30pm People Living
with Cancer

22
10:30am Qigong

23

24



OFFICE CLOSED

OFFICE CLOSED

26



OFFICE CLOSED

27

OFFICE CLOSED

28



OFFICE CLOSED

29

OFFICE CLOSED

30

OFFICE CLOSED

31



OFFICE CLOSED

All of our programs are LGBTQ friendly.



What's Happening at Cancer Support Community

Lunch and Learn Series

RSVP to 614-884-4673 for your complimentary lunch

Medicare Open Enrollment, November 2, Noon:

Medicare open enrollment is October 15th to December 7th. Learn to navigate through the process. Review Medicare basics, coverage updates, and discuss how to make an informed decision about both your health plan and your Part D drug plan for 2017. Sponsored by Capital Health Home Care Concierge.



Alternative Remedies To Medicine, November 16th, Noon:

Perhaps you have seen a bottle of herbal medicine and wondered if it might help get rid of your cold. Or you have thought about going to a chiropractor to treat your back pain. We will discuss different remedies and how you can use a natural approach with many ailments. Sponsored by Caregiver USA.



Understanding Prescription Benefits, December 7, Noon:

Overwhelmed by the high cost of prescription drugs? Learn ways to navigate the high prices. Explore financial aid, while gaining information on coordination of benefits, Medicare, and commercial insurance. Sponsored by Avella Specialty Pharmacy.



YOU Are The Voice Party! November 9th, 6 PM:

We have had a campaign over the last several months to "Be The Voice!" We are celebrating all those who have made their voice known! We will have food, fun and a raffle prizes! We will be raffling off a \$100 Amazon gift card; you must be present to win. Mark your calendars and bring your family and friends.

Ugly Holiday Sweater Potluck! December 7, 6 PM-8 PM:



Come celebrate the holiday season with us! Wear your ugliest sweater and bring a favorite dish to share. Prizes will be awarded, so start looking for that special outfit to dazzle everyone. All are welcome, so don't forget to invite your loved ones to this family-friendly event.



Race for Hope, November 6th:

Mark your calendars; because the Race for Hope's annual Derrière Dash is coming up on Sunday, November 6th! This year's 5k Run/1 mile Walk will be held in Upper Arlington, OH at 11:00 AM. Registration will be \$25 up until one week before the event, October 31. At this point, ticket costs will increase to \$35. Join us as we race to beat colon cancer - don't get left behind! See www.raceforhope.com for more information.

Offsite Locations: Serving More People!



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, 9 PM-5 PM
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 431
www.fmchealth.org



Third Tuesday each month, 6:30 PM
This monthly, professionally-facilitated
support group in Delaware County is open
to people with cancer and family, friends
and caregivers. Connect with others who
also are going through the cancer journey.

All Life Center
123 Hyatts Rd, Delaware, Ohio 43015
www.alllifecenter.org

*This program is made possible by Delaware
County Foundation*

Why Join the Cancer Experience Registry™?

Cancer Support Community sees cancer patients and caregivers as multidimensional people with diverse values, experiences and desires whose lives extend far beyond their diagnosis. So, it's not surprising that people participate in the Cancer Experience Registry for multiple reasons, including the desire to:

- **Connect and learn from other people with similar experiences who can offer emotional support and insights**
- **Become advocates and active members of the cancer community**
- **Help transform and improve the experience for others impacted by cancer**
- **Hear from patient, caregiver and medical experts about lifestyle changes they may need to make or how to better manage side effects**
- **Give back by offering their own expertise and support**

All of these goals can be accomplished by participating in the Cancer Experience Registry. As the health care system begins to value a more patient-powered approach to care, we believe that providing information and insights to health care providers on the social, emotional and financial aspects of the cancer experience will be of great benefit. Haven't shared your voice yet? Go to www.cancerexperienceregistry.org/cscentralohio

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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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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



Scientific research shows, Tai Chi has been proved to reduce stress and tension; improve posture and balance; increase muscle strength, agility, and flexibility; improve quality of sleep; relieve chronic pain; increase energy and endurance. An estimated 2.5 million Americans are all experiencing the benefits of practicing Tai Chi and nearly 250 million people worldwide are also performing the gentle and slow movements.

The reason so many people participate: Tai Chi is gentle and powerful. Tai Chi is great for all ages and even for people who are suffering from chronic pain. Due to the low impact movements anyone can try Tai Chi and everyone can benefit from it. Join Tai Chi Master Dan Lucas on Mondays at 6 PM or Fridays at 1 PM to try this powerful practice for yourself!



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO

Providing Rays of Hope for all people affected by cancer



GROUNDS
FOR HOPE™

Here's What's Brewing...
Our very own line of distinctive
fresh-ground **Organic** Coffee

- House Blend
- Dark Roast
- Decaf

Limited Time
Only
Seasonal
BLEND

Perfect as a gift or for
family gatherings.



\$3 from every bag benefits the
Cancer Support Community

www.cancersupportohio.org

Exclusively available
at all Central OH



Media
Sponsors:



Roasted locally by: **CRIMSONCUP**

NOW AVAILABLE
at Giant Eagle Market District



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



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO



Via Vecchia
Winery
ViaVecchiaWinery.com