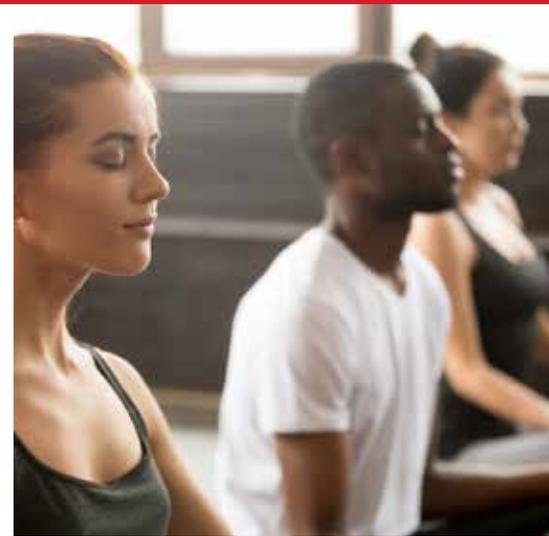


# Newsletter & Program Calendar

September/October 2019

Volume 13, Issue 5



## What is Precision Medicine?

Precision medicine aims to create a treatment plan according to the “precise” molecular aspects of each patient’s cancer to ensure that you get the most effective treatment possible.

*See page 1 for full story*

### Save the Date: Night of Chocolate

September 20, 2019  
*See back cover for details*

### Frankly Speaking About Cancer: Lung Cancer

Wednesday Sept. 18, 6pm  
*See page 5 for more details*

### Race for Hope

Oct 6, 11-1:30pm  
*See page 5 for more details*

**TAKE  
ON** CANCER  
TOGETHER  
JOIN. GIVE. ACT.

## What is Precision Medicine?

**Precision medicine** is an approach to healthcare that considers how different each person's environment, lifestyle, and genes are from one another. In cancer, the genes and proteins in one person's cancer can be very different from another person's cancer, even if they are the same "kind" of cancer.

**How we treat cancer is evolving.** Precision medicine aims to create a treatment plan according to the "precise" molecular aspects of each patient's cancer to ensure that you get the most effective treatment possible. Unlike chemotherapy, which kills all fast-growing cells, precision medicine uses therapies targeted to the biological factors that drive your cancer's growth and spread.

**Our traditional way of thinking about cancer is changing,** based on where the cancer is found in the body. "Breast" cancer or "lung" cancer, for example, are really many different types of cancer. Each type requires different types of treatments. Biomarker testing helps your doctor understand what distinguishes you and your cancer on a molecular level. If you test positive to a clinical biomarker, your doctor may use your biomarker results to match you with a targeted therapy. Biomarkers can also make a prediction about your risk of developing cancer.



**There are limitations to precision medicine and targeted therapies.** Each new targeted therapy tends to benefit only a small group of patients at a time because targeted therapies are made for patients whose cancers share a specific type of gene or protein.

**Biomarker testing can be expensive.** It is important to check with your insurance company in advance to understand which costs will be covered.

For more education about precision medicine, targeted therapies and biomarker testing go to <https://www.cancersupportcommunity.org/precision-medicine>. You will find videos and resources guides to help make decision about your treatment options.

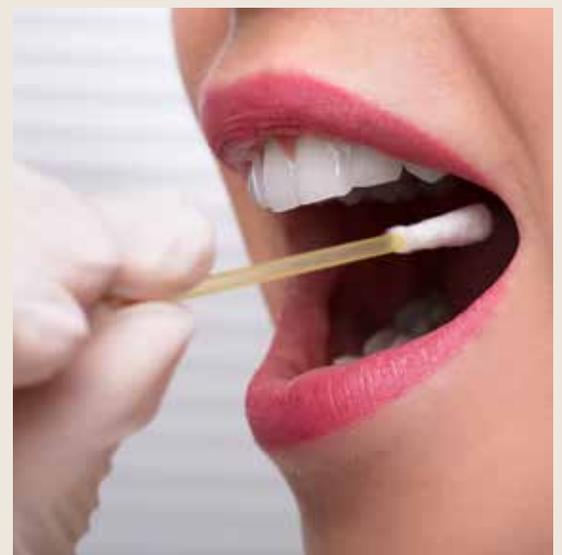
## Our Genetic Makeup

Genes make up our DNA and can be inherited with mutations, which are changes. These changes in the DNA can sometimes cause cancer. Certain types of inherited mutations can raise a person's cancer risk later in life.

**Cancer genes that you inherited from your biological parents can be passed on to your biological children.** These inherited mutations can make it more likely that you get cancer than someone without the mutation and in a few instances (such as in advanced breast or ovarian cancer), knowing whether you have an inherited mutation can help your doctors match your cancer to the right treatment for you.

Testing positive to an inherited genetic mutation **does not mean** you will develop cancer; it means your risk of developing cancer is higher than it is for someone that does not have the genetic mutation.

If you have an inherited genetic mutation and need support and education about what to do next, join Cancer Support Community Central Ohio's FORCE (Facing our Risk of Cancer Empowered) meeting on the second Thursday each month at 6:30 p.m.



# COOKING FOR WELLNESS

Presented by  

Featuring The Cancer Support Community Culinary Team

## Cheese: A perfect accent to a meal

September 12, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

There are hundreds of varieties of cheese and thousands of ways to use cheese in a meal. What type of cheese is best for what kind of dish? Dare to try cheeses you haven't had before. Tickle the imagination of your cheese monger and sample a few types of cheese while chef creates a variety of appetizers perfect for fall gatherings.

## Egg-cellent Meal Ideas!

September 26, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

Eggs are considered one of nature's most complete foods, filled with protein while free of carbs and sugar. When you're trying to eat healthy, eggs are an awesome go-to for breakfast, lunch, dinner, or even as just a snack. The key is to use the eggs in a variety of different ways by adding spices or seasonings and pairing them with loads of wholesome vegetables and grains.

## Fun with Fish: Not Your Mom's Tuna Salad

October 10, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

Traditional Italian puttanesca sauce is highly tasty and has a range of health benefits: the monounsaturated olive oil has a range of well-known benefits. Tomatoes are a great source of the antioxidant lycopene, which has been linked to reduced risk of heart disease. The simple addition of a can of tuna amps up the nutrition and adds a whole new flavor dimension to the dish. One of the most loved fishes is salmon. Try it in a pot pie recipe that uses simple ingredients you have on hand most of the time. It is quick and easy to make and best of all, it's delicious.

## White Meat: Kicking it Up a Notch

October 24, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

White meat is the most recommended meat by dietitians, but too often for the home chef, it is a dry and boring staple. Join chef Jason as he teaches us to kick it up a notch and create some fun dishes like his healthy version of Rangoon. The filling is made with a combination of cheeses, scallions or onion, garlic, and other flavorings. A small amount of the filling is wrapped in each Chinese wonton wrapper. Convenient wonton wrappers make these cute hors d'oeuvres as fun to make as they are to eat.

*All classes are led by our chef and dietitian and include a sampling of the scrumptious recipes. Recipe cards will be provided to make notes and take home. Please RSVP by the Monday before class by calling 614-884-HOPE (4673).*



## What is Palliative Care?

### Ask the Expert

**Benjamin Martin, M.D., Central Ohio Urology Group**

Palliative care is often confused with hospice. Both palliative care and hospice care provide comfort. Palliative care can begin at diagnosis, and at the same time as treatment. Hospice care begins after treatment of the disease is stopped and when it is clear that the person is not going to survive the illness.

Often patients struggle with the effects of serious illness and have a desire to continue curative treatment. Community Based Palliative Care Program helps physicians manage the patient's pain and symptoms while providing consultation for advanced care planning and support.

The Palliative Care Team (physician, APP, registered nurses, and social worker) will provide expert symptom management and recommendations for care and orders on an ongoing basis. The goal is providing the highest quality of life for both the patient and their family.

### Benefits of Palliative Care:

- Time to devote to intensive family meetings and patient/family counseling
- Expert advice in managing complex physical and emotional symptoms
- Communication and support in resolving patient/family/physician questions concerning goals of care
- Coordination in making care transitions across health care settings



# 2019 September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>LABOR DAY</b>  <b>Office Closed</b>	<b>3</b> <b>9:30am</b> Belly Dancing <b>11am</b> Workout With Friends <b>12pm</b> Newcomer Welcome ✓ <b>12pm</b> Nia Dance <b>6:30pm</b> Breast Cancer Networking Group	<b>4</b> <b>9am</b> Mindfulness Hour <b>12pm</b> Lunch and Learn ✓ <b>4pm</b> Gentle Yoga <b>5:30pm</b> Newcomer Welcome ✓ <b>6:30pm</b> Men's Mindfulness Hour ✓	<b>5</b> <b>10am</b> Tai Chi Delaware ↑ <b>10:30am</b> Qigong <b>12pm</b> The Journey <b>4pm</b> Cooking for Wellness at COUG ✓ ↑ <b>6:30pm</b> Feel Better Mom's Support Group	<b>6</b> <b>1pm</b> Tai Chi Basic	<b>7</b> <b>9:30am</b> Gentle Yoga
<b>9</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic	<b>10</b> <b>9:30am</b> Belly Dancing <b>11am</b> Workout With Friends <b>12pm</b> Newcomer Welcome ✓ <b>12pm</b> Nia Dance <b>6:30pm</b> 20s & 30s with Cancer	<b>11</b> <b>10am</b> Working In Workshop ✓ ↑ <b>12pm</b> Natural Living Series ✓ <b>4pm</b> Gentle Yoga <b>5:30pm</b> Newcomer Welcome ✓	<b>12</b> <b>10am</b> Tai Chi Delaware ↑ <b>10:30am</b> Qigong <b>12pm</b> The Journey <b>2:30pm</b> Drumming Circle <b>6pm</b> Cooking For Wellness at Giant Eagle Market District ✓ ↑ <b>6:30pm</b> FORCE 📺	<b>13</b> <b>11:30am</b> Crocheting <b>1pm</b> Tai Chi Basic	<b>14</b> <b>9:30am</b> Gentle Yoga <b>12pm</b> Kids Korner ✓
<b>16</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic	<b>17</b> <b>9:30am</b> Belly Dancing <b>11am</b> Workout With Friends <b>12pm</b> Newcomer Welcome ✓ <b>12pm</b> Nia Dance <b>6:30pm</b> Multiple Myeloma Networking Group	<b>18</b> <b>9pm</b> Mindfulness Hour <b>12pm</b> Natural Living Series ✓ <b>4pm</b> Gentle Yoga <b>5:30pm</b> Newcomer Welcome ✓ <b>6:30pm</b> Frankly Speaking About Lung Cancer ✓	<b>19</b> <b>10am</b> Tai Chi Delaware ↑ <b>10:30am</b> Qigong <b>12pm</b> Brown Bag Book Club <b>6:30pm</b> Friends and Family Support Group <b>6:30pm</b> Metastatic Cancer Support Group	<b>20</b> <b>1pm</b> Tai Chi Basic <b>7:30pm</b> Night of Chocolate ✓ ↑	<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> Feel Better Mom Grief Support Group	<b>24</b> <b>9:30am</b> Belly Dancing <b>11am</b> Workout With Friends <b>12pm</b> Newcomer Welcome ✓ <b>12pm</b> Nia Dance <b>6:30pm</b> Blood Cancer Support Group	<b>25</b> <b>10am</b> Passport to Wellness Delaware ✓ ↑ <b>4pm</b> Gentle Yoga <b>5:30pm</b> Newcomer Welcome ✓ <b>6:30pm</b> Young Survival Coalition	<b>26</b> <b>10am</b> Tai Chi Delaware ↑ <b>10:30am</b> Qigong <b>2:30pm</b> Drumming Circle <b>6pm</b> Cooking for Wellness at Cancer Support Community ✓	<b>27</b> <b>11:30am</b> Crocheting <b>1pm</b> Tai Chi Basic	<b>28</b> <b>9:30am</b> Gentle Yoga
<b>30</b> <b>11am</b> Gentle Yoga <b>6pm</b> Tai Chi Basic <b>7pm</b> Feel Better Mom Grief Support Group				 <p>TANGEROUTLETS.COM/RACE</p> <p><b>Tanger FIT</b></p> <p><b>5K</b></p> <p>2019 RUN/WALK</p> <p><b>OCTOBER 13</b></p> <p><b>9AM RACE</b></p> <p>BENEFITTING</p> <p>CANCER SUPPORT COMMUNITY</p> <p>CENTRAL OHIO</p>	

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**  
**9:30am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Breast Cancer Networking Group

**2**  
**9am** Mindfulness Hour  
**10am** Passport to Wellness Delaware ✓🏠  
**12pm** Lunch and Learn ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6pm** Knitting and Crocheting Night

**3**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**4pm** Cooking for Wellness at COUG ✓🏠  
**6:30pm** Feel Better Mom Support Group

**4**  
**1pm** Tai Chi Basic

**5**  
**9:30am** Gentle Yoga  
**11:30am** Yoga Nidra 🏠

**7**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Feel Better Mom Grief Support Group

**8**  
**9:30am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** 20s & 30s with Cancer

**9**  
**10am** Passport to Wellness Delaware ✓🏠  
**12pm** Natural Living Series ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**10**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**12pm** The Journey  
**2:30pm** Drumming Circle  
**6pm** Cooking For Wellness at Giant Eagle Market District ✓🏠  
**6:30pm** FORCE

**11**  
**11:30am** Crocheting  
**1pm** Tai Chi Basic

**12**  
**9:30am** Gentle Yoga  
**12pm** Kids Korner ✓

**14**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Feel Better Mom Grief Support Group

**15**  
**9:30am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** Multiple Myeloma Networking Group

**16**  
**9am** Mindfulness Hour  
**10am** Passport to Wellness Delaware ✓🏠  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**17**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**12pm** Brown Bag Book Club  
**6:30pm** Friends and Family Support Group  
**6:30pm** Metastatic Cancer Support Group

**18**  
**1pm** Tai Chi Basic

**19**  
**9:30am** Gentle Yoga

**21**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Feel Better Mom Grief Support Group

**22**  
**9:30am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga  
**6:30pm** Blood Cancer Support Group

**23**  
**10am** Passport to Wellness Delaware ✓🏠  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Young Survival Coalition

**24**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong  
**2:30pm** Drumming Circle  
**6pm** Cooking for Wellness at Cancer Support Community ✓

**25**  
**11:30am** Crocheting  
**1pm** Tai Chi Basic

**26**  
**9:30am** Gentle Yoga

**28**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Feel Better Mom Grief Support Group

**29**  
**9:30am** Belly Dancing  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**1pm** Seasonal Yoga

**30**  
**10am** Passport to Wellness Delaware ✓🏠  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**31**  
**10am** Tai Chi Delaware 🏠  
**10:30am** Qigong



Order at  
[www.bmv.ohio.gov/vr-sp-organization](http://www.bmv.ohio.gov/vr-sp-organization)

- ✓ RSVP required
- \* Special Event
- 🏠 Offsite Activities
- 📅 Group On New Night

All of our programs are LGBTQ friendly.



# What's Happening at Cancer Support Community

## Lunch and Learn Series

RSVP to 614-884-HOPE (4673) by Monday the week of the event to ensure your complimentary lunch!

### How to Eat Healthy and Cheap with a Busy Schedule: You Don't Have to Sacrifice Nutrition or Your Bank Account

September 4, noon

We all feel better when we are properly nourished. The good news is there are things you can do to have a healthy diet on a budget even if you have an incredibly busy life. Having a few tools to help the healthy eating plan survive can make all the difference! Join Laurie Coleman RD, LD, to discuss a few "go-to" options to keep you feeling your best!

### MyLifeLine.org

October 2, noon

MyLifeLine is a unique, state of the art online communication platform to easily connect cancer patients and caregivers with their support community. Join us for a demonstration and learn about all the key features to keep your personal community updated and to document your journey, plus a calendar to coordinate volunteers to help with meals, rides to treatment, errands, childcare and more. Additionally, you can join in the conversation on our discussion boards to connect to others like you, receive support, and share stories.

## Special Programs

### Frankly Speaking About Cancer: Lung Cancer

Wednesday, September 18, 6:30pm

Cancer Support Community invites people affected by lung cancer to a free workshop that provides fundamental information about lung cancer. Dr. Joseph Hofmeister will educate us about the most current treatments, strategies for symptom and side-effect management, tools for survivorship, and maintaining a high quality of life. Everyone will receive a complimentary book, Frankly Speaking About Cancer: Lung Cancer. Dinner will be provided. Please RSVP by September 12.

### Feel Better Mom: Grief Support Group

Mondays, September 23 - October 28, 7pm

Cancer Support Community Central Ohio and Feel Better Moms are collaborating to provide a support group for moms of children who have passed away from pediatric cancer. This support group will meet weekly for six weeks on Mondays, at 7 pm, starting July 22. RSVP to [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org) call 614.884.4673.

### Passport to Wellness Delaware County

#### Working-In Workshop

Wednesday, September 11, 10am

#### Ongoing Exercise Sessions

Wednesdays at 10am, September 25- October 30

Elite Physiques, 350 East Orange Road, Lewis Center, OH 43035

Cancer Support Community Central Ohio is partnering with Elite Physiques for our next installment of Passport to Wellness. We will begin with a special educational workshop and then six weeks of personalized exercise classes, led by Sherry MacDonald, owner and personal trainer of Elite Physiques. We all need to move, but the wrong exercise can put stress on your body and break it down further. Work-in exercises increase the amount of energy in the body rather than using up energy. We produce energy with movement; a work-in exercise is one that uses less energy than is being created. When we perform work-in exercises, the slower you move your body, the faster the Chi energy flows.

These classes are for those who have completed treatment or are on maintenance therapy. Class size is limited to 12 people; you must attend the workshop to be eligible for the program. RSVP to Angie Santangelo, LISW-S, at 614-884-HOPE(4673) or [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org).

### Knitting and Crochet Night

#### Make Our Fiber Dreams Come True

Wednesday, Oct 2, 6pm

ALL CALL for knitters & crocheters to make ornaments for our tree. Come, bring your favorite pattern and yarn and get busy for the evening! We'll provide ideas, fun and coffee, you will be providing holiday cheer for all to share.

## Offsite Locations: Serving More People!



### **Cooking for Wellness at COUG**

Join us for a special Cooking for Wellness series tailored to the specific needs of anyone affected by a cancer diagnosis.

#### **Upcoming Topics:**

#### **Sept 5, Healthier Way To Cook Cheese and Eggs**

- Avocado Egg Salad Toast
- Brown Rice and Goat Cheese Cakes
- Creamy Gorgonzola Polenta with Summer Squash

#### **October 3, What is Sustainable Seafood?**

- Tuna, Cauliflower, & White Bean Salad
- Tilapia with Chunky Tomato Sauce

To RSVP, please call Jody Pinkerton, Central Ohio Urology Group, at 614-396-2484.

701 Tech Center Drive  
Gahanna, Ohio 43230

### **Tai Chi Delaware**

#### **Thursdays 10am**

Restore your health, increase your energy and prolong your life with this ancient art. The secrets of Tai Chi are profound, but easy to learn, by anyone regardless of age, experience or physical condition. Find out why millions of people around the world include Tai Chi every day as part of an overall wellness plan. Join us weekly at our partner Grace Clinic.



### **Race for Hope Derriere Dash**

**Oct 6, 2019 11-1:30pm**

This 5k and 1-mile race brings attention to the increase of colorectal cancer in young adults. A portion of proceeds from the race come to Cancer Support Community.

Register at <https://racepenguin.com/events/raceforhope5k/>



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**Jasmine I. Lambert** Law Fellow  
 The Ohio State University Moritz College of Law

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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