



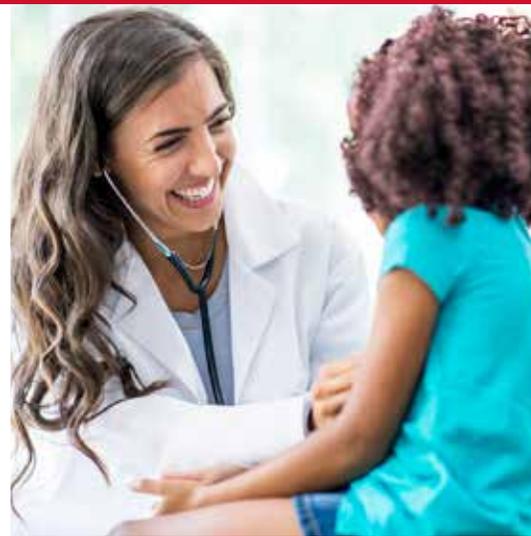
# CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

## Newsletter & Program Calendar

September/October 2018

Volume 11, Issue 5



## American Institute of Cancer Research Healthy Kids!

What if you could protect your child from developing cancer later in life? YOU CAN — starting with their next meal!

*See page 1 for full story*

### **Biden Cancer Community Summit**

September 21

Time to be announced

*See page 5 for more details*

### **Night of Chocolate 2018**

**Reserve your table today!**

September 21, 7:30 pm

Hollywood Casino Columbus

**TAKE  
ON CANCER  
TOGETHER**

JOIN. GIVE. ACT.

# AICR Healthy Kids

## Healthy habits for lifelong cancer protection

### HEALTHY EATING TIPS



Let children serve themselves—it allows them to learn portion sizes.



It may take up to 12 times to convince a child to try a new food.



Cook with your kids and enjoy family dinner night.



Kids who drink one or more sugary beverages per day have 55% greater odds of being overweight or obese. Serve water or milk instead.

### HEALTHY ACTIVITY TIPS



Find creative ways for kids to be active for at least 60 minutes each day.



Try: an organized sport like soccer or a game of tag.



Try: push ups, hanging on the monkey bars or climbing a jungle gym.



Limit inactivity such as screen time. Kids older than 2 should be restricted to just 1-2 hours a day.

Kids with healthy habits are at lower risk for these health issues later in life:



cancers



obesity



heart disease



type 2 diabetes



stroke



osteoarthritis

Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.

For more information on AICR healthy kids, including activities, tips and recipes, visit [aicr.org/healthykids](http://aicr.org/healthykids).

Healthy Kids Today – Prevent Cancer Tomorrow



Cancer Support Community Central Ohio is excited to announce a new wellness program for school-age children and their parents! What if you could protect your child from developing cancer later in life? YOU CAN — starting with their next meal! Join us in the Jackets Korner and find out how.

### Preventing Cancer Begins with YOU!

Healthy Kids Today – Prevent Cancer Tomorrow equips parents with the tips and skills needed to teach their children how to choose the healthiest foods and move toward a lifetime of good health. The best way to create healthy habits is to lead by example and make it a family activity. Modeling healthy behavior can:

- Motivate your children,
- Provide children with the confidence to make healthy choices, and
- Strengthen existing healthy habits.

### Give Them the Best Protection

In the Jackets Korner, the Healthy Kids Today – Prevent Cancer Tomorrow program will provide step-by-step tools for healthy eating, including:

- Quick, easy, tasty and kid-approved food combos and snacks for busy schedules,
- Ways to make healthy foods appealing using colors, activities and yummy healthy recipes,
- Budget-wise tips for shopping and meals.

These interactive sessions will provide practical ideas on how to be more physically active, such as:

- Playing with your child instead of watching from the sidelines,
- Turning off the TV and encouraging fun projects and games,
- Rewarding your children with healthy, non-food activities,
- Using free printable activities and crafts for the kitchen and garden.

Reprinted in part from <http://www.aicr.org/assets/docs/pdf/healthykids/parent-power.pdf>

This six-session program is designed for kids ages 5 – 12; parents are encouraged to attend. The classes will be held monthly, beginning on Wednesday, October 10, 2018, at 6:30 pm. Subsequent class dates are: 11/7, 12/5, 1/9, 2/13 and 3/13. To pre-register, call 614-884-HOPE (4673) or email Kate at [kgilligan@cancersupportohio.org](mailto:kgilligan@cancersupportohio.org). Space is limited; call today to reserve your spot in the Jackets Korner!

Lead funding provided by

Support provided by



Featuring Cancer Support Community Culinary Team

Presented by



## Middle Eastern Food and Delicacies

**September 13, 6:00 pm, at Kingsdale Market District**

3061 Kingsdale Center, Columbus, Ohio 43221

We will be creating tasty, authentic Middle Eastern recipes. You'll discover a cuisine rich in history and tradition that is one of the most popular and fastest growing ethnic cuisines in the US. Please RSVP by Monday, 9/10/18.

## Kitchen Essential: Must-Have Kitchen Tools and Don't Bothers

**September 27, 6:00 pm, at Cancer Support Community**  
**PLEASE RSVP by Monday, 7/23/18**

1200 Old Henderson Rd, Columbus, Ohio 43220

We are sure this class will be useful and may even introduce you to something new. We'll be sautéing, stirring and slicing using a cast iron skillet, a Silpat, silicone baking mat and mandolin slicer. Delicious ingredients and recipes include a frittata, Julienne Vegetable Sauté and yes...fruit roll-ups! Please RSVP by 9/24/18 at noon.

## Enjoying the Harvest

**October 11, 6:00 pm, at Kingsdale Market District**

3061 Kingsdale Center, Columbus, Ohio 43221

Learn how to use Fall Harvest Vegetables to make creative Fall inspired salads with tasty dressings. Recipes include: Fall Green Salad with Pumpkin Seeds and Asiago with Apple Cider Vinaigrette, Roasted Butternut Squash Salad with Maple Dijon Dressing and Fall Faro Salad with Roasted Brussel Sprouts and Cranberries. Please RSVP by 10/08/18 at noon.

## Preserving the Harvest: Enjoy the Garden's Bounty All Year

**October 25, 6:00 pm, at Cancer Support Community**

1200 Old Henderson Rd, Columbus, Ohio 43220

Make January taste better! Come learn tips and tricks to help you preserve the fresh produce for the long winter months. What's best, canning or freezing? Join us to find out! Please RSVP by 10/22/18 at noon.

*All classes include sampling of all the scrumptious recipes and recipe cards to take with you.*

*Please RSVP by calling 614-884-HOPE(4673).*



## Key Findings from the Cancer Experience Registry

**Benjamin Martin, MD, Central Ohio Urology Group**

The Cancer Experience Registry was developed to better understand patients' cancer experiences. The Prostate Cancer Specialty Registry Report 2017 presents analysis from 220 prostate cancer survivors from August 2015 to December 2016. The analysis revealed 58% of survivors rate their overall health as very good or excellent, 38% are at risk for clinical depression, and 51% are concerned about sexual intimacy and function. Only 48% felt fully prepared to make a treatment decision and 68% were not satisfied with their doctor's communication regarding cost of care. Join the registry and provide input on your experiences to help improve care for people with cancer and their caregivers!



# 2018 September

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**3**  
Labor Day

**Office Closed**

**4**  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Breast Cancer Networking

**5**  
**9am** Mindfulness Hour  
**12pm** Lunch and Learn ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Friend, Family and Caregiver Series

**6**  
**10:30am** Qigong  
**4pm** Cooking for Wellness at COUG ✓🏠  
**6:30pm** FORCE

**7**  
**1pm** Tai Chi Basic

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

**10**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**11**  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** We Got This!

**12**  
**12pm** Natural Living Workshop  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6pm** Breast Cancer in the LGBTQ Community ✓🏠

**13**  
**10:30am** Qigong  
**12pm** The Journey  
**2:30pm** Drumming Circle  
**6pm** Cooking for Wellness at Giant Eagle Market District ✓🏠

**14**  
**11:30am** Crocheting  
**1pm** Tai Chi Basic

**15**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

**17**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**18**  
**11am** Workout with Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Multiple Myeloma

**19**  
**9am** Mindfulness Hour  
**12pm** Passport to Wellness  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

**20**  
**10:30am** Qigong  
**12pm** Brown Bag Book Club  
**6:30pm** Metastatic Cancer Support Group

**21**  
**1pm** Tai Chi Basic

**22**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

**24**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**25**  
**11am** Workout With Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Blood Cancer Support Group

**26**  
**12pm** Lunch and Learn ✓  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Young Survival Coalition

**27**  
**10:30am** Qigong  
**12pm** Pathways to Wellness  
**2:30pm** Drumming Circle  
**6pm** Cooking for Wellness at CSC ✓

**28**  
**11:30am** Crocheting  
**1pm** Tai Chi Basic  
**4:30pm** Yoga Nidra  
**6pm** Pumpkin Painting Party ✓🏠

**29**  
**8:30am** Walk With a Doc 🏠  
**9:30am** Gentle Yoga

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



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**

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

**2**

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**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Breast Cancer Networking

**3**

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**5:30pm** Newcomer Welcome ✓

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**4pm** Cooking for Wellness at COUG ✓🏠  
**6:30pm** FORCE

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**10am** Yoga Mudra  
**1pm** Tai Chi Basic

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**9:30am** Gentle Yoga

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**6pm** Tai Chi Basic

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**12pm** Nia Dance  
**6:30pm** We Got This!

**10**

**12pm** Natural Living Workshop  
**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓  
**6:30pm** Jackets Korner ✓

**11**

**10:30am** Qigong  
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**2:30pm** Drumming Circle  
**6pm** Cooking For Wellness at Giant Eagle Market District ✓🏠

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

**30**

**11am** Workout with Friends  
**12pm** Newcomer Welcome ✓  
**12pm** Nia Dance  
**6:30pm** Poetry Reading with Pat Hurley

**31**

**4pm** Gentle Yoga  
**5:30pm** Newcomer Welcome ✓

✓ RSVP required  
✳ Special Event  
🏠 Offsite Activities  
📅 Group On New Night



Purchase your breast cancer license plate and support Cancer Support Community. BCFOhio.org

All of our programs are LGBTQ friendly.



# What's Happening at Cancer Support Community

## Lunch and Learn Series (Lunch provided to those who RSVP)

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

### Funeral Pre-Planning. Plan Ahead. Do it Your Way

September 5, Noon

Join Michael Schoedinger, President of Schoedinger Funeral and Cremation Service in Columbus, to understand the importance of funeral pre-planning and the value of having your affairs in order. Get the facts about Ohio laws and what to look for when selecting a funeral provider.

### What You Need to Know About Oncology Massage

September 26, Noon

Massage can make your cancer journey easier...but not just any massage: an oncology massage. Many of the body's responses to cancer and cancer treatment require a different approach to massage. Join Caitlyn Shaver, LMT, RYT, and learn the affect stress has on your health, the benefits of therapeutic massage, and the importance of safety for oncology massage. Our class bonus will be guided meditation.

### The Lymphedema 411

October 3, Noon

Lymphedema can occur when lymph nodes are removed or traumatized as a result of cancer treatment. Join Karen Hock, PT, MS, CLT-LANA, to discover causes of lymphedema onset and presentation. We'll also learn about Complete Decongestive therapy, risk reduction strategies, surgical interventions and current research.

## New Class and Special Events

### Mindfulness Hour

Every first and third Wednesday, starting September 5, 9 am

NEW mindfulness class with teacher Kevin Kraska, LISW-S. Each session will include a blend of practices for beginners and experienced practitioners, including breath awareness, bodyscan, meditation and mindful movement. We will also contemplate wisdom from leading mindfulness teachers and explore how applied mindfulness can enhance our lives.

### Breast Cancer in the LGBTQ Community: What You Need to Know

September 12, 6:30 pm

Equitas Health Clintonville, 4400 N High St #300, Columbus, OH 43214

Current research suggests that lesbians and transgender individuals have an increased risk of being diagnosed with breast cancer. The LGBTQ community also is less likely to receive preventative cancer care. Join us to learn what you need to know about preventing breast cancer, what to do and where to go if you are diagnosed. Thank you to the Legacy Fund of the Columbus Foundation for support of this program.

### Biden Cancer Community Summit

September 21, time to be announced



Vice President Joe Biden and Dr. Jill Biden are hosting a national summit to focus on the patient's journey, from prevention through a cancer diagnosis, treatment through survivorship, and determine what we must do to accelerate progress. Leaders from across sectors and disciplines will converge in Washington, D.C., to change the culture of cancer care and research. Simultaneously, a Biden Cancer Community Summit will take place at our facility. Join us as we tap into the activity and discussions happening live in Washington.

### We Are Having a Painted Pumpkin Party - You're Invited!

September 28, 6 - 8 pm

Wendy Weiler, owner of Ace Hardware, Westerville, will lead this DIY class. Use your imagination! Pumpkins and all supplies included. No special skills needed. Class to be held at Ace Hardware, 1220 County Line Rd, Westerville, Ohio 43081. Free parking. RSVP required. Call today to register by 9/21/18 614-884-HOPE (4673).



### Hard to Swallow, Poetry Reading

October 30, 6:30 pm

Join Pat Hurlley as she reads from her collection of poems, Hard to Swallow, co-authored by her late husband and poet, Bill, who had esophageal cancer. The poems, written from the distinct perspectives of caregiver and patient throughout Bill's journey, will evoke both sadness and laughter. You'll truly be inspired!

## Offsite Locations: Serving More People!



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

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

Upcoming Topics:

Sept. 6 - Healthy Casseroles

Oct. 4 - Preserving the Harvest

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

701 Tech Center Drive  
Gahanna, Ohio 43230



We are bringing Tai Chi for Fall Prevention to Delaware County residents! Additional classes are being added with the generous support of Healthcare Foundation of Delaware County.

- Eight-week series of classes
- Open to anyone affected by cancer including those diagnosed, family, friends, caregivers and bereaved.

Call 614-884-HOPE (4673) for class schedule.

### **Wornstaff Library**

Wednesdays, Sept 5 - Oct 24, 11:00AM  
302 E. High Street, Ashley, OH 43003

### **Visitor Center at Deer Haven Park (Preservation Parks)**

Thursdays, Oct 4 - Nov 29, 1:00PM  
4183 Liberty Road, Delaware, OH 43015

### **Oakhurst Place**

Mondays, Oct 15 - Dec 3, 9:00AM  
2178 Bruce Road, Delaware, OH 43015

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### Support Team:

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Development

**Pete Granger**

Volunteer Coordinator

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

## Night of Chocolate

September 21, 2018, 7:30 pm  
Presented by Hollywood Casino Columbus

The mystery and intrigue of the Phantom of the Opera will envelope guests who attend this one-of-a-kind gala. You will sip signature spirits and wine, while dining on elegant cuisine created by top chefs at the casino. Savor exquisite chocolate delicacies from local, regional and international chocolatiers, featuring Giant Eagle, Hollywood Casino, and Brownie Points. The silent and live auctions will be full of treasures, entertainment packages and much more.

To reserve your table, ticket package, sponsorship or to volunteer, contact Debbie Beyer, 614-884-HOPE (4673), or [dbeyer@cancersupportohio.org](mailto:dbeyer@cancersupportohio.org).



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

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CENTRAL OHIO

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**AVAILABLE AT**  
select Giant Eagle and  
all Market District locations



# Hope

**MALBEC**

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A portion of proceeds benefit  
**Cancer Support Community of  
Central Ohio.**



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