



# CANCER SUPPORT COMMUNITY

CENTRAL OHIO

## Newsletter & Program Calendar

January/February 2016

### *Facing Cancer Together*

Cancer Support Community provides hope with, through and beyond cancer.

Read more inside

#### **Yoga Nidra**

**Experience deepest possible state of relaxation while still maintaining full consciousness**

January 16th, 11:30 am

#### **LGBTQ Cancer Support Group**

**A safe, confidential, and respectful place to connect with others on this journey**

Every 4th Thursday, Call to register

#### **Valentines Party**

**See inside for more details!**

February 10th, 6:30 pm



# Facing Cancer Together

## Our Program Is Always

- At no cost
- Available to people with Cancer and their loved ones at any stage, from diagnosis through survivorship
- Evidence-based and backed by clinical research
- Led by licensed and skilled professionals
- Offered in a warm, supportive, homelike environment

## Our Program Includes

### Support Groups and Counseling

- Educational Workshops
- Cooking and Nutritional Classes
- Exercise and Mind Body Classes
- Social Activities
- Community Information and Referral to Resources



## Did You Know

Research has found that if a person has an effective social network, their immune system's abilities are effectively increased. In fact, group therapy has been associated with significant reductions in Serum Cortisol (stress hormone) levels in Cancer patients in as little as 10 weeks (Andersen. et al., 1998).

## Are you new to Cancer Support Community?

We invite you to learn more by attending a Welcome to Wellness meeting, held on Tuesdays at noon or Wednesdays at 5:30 pm. These sessions introduce you, your family and friends to our programs. Call us at 614-884-HOPE (4673) or email [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org) to register or for further information.

## Crimson Cup #1 National Roaster Award Grounds for Hope Coffee

Crimson Cup is proud to partner with Cancer Support Community through the award-winning coffee. Grounds for Hope program was created to raise awareness and funding for all people affected by cancer. All coffee is carefully roasted in Columbus, Ohio to ensure peak quality and flavor, and sold exclusively at Giant Eagle grocery stores.

Long-standing Columbus, Ohio Coffee Roaster Crimson Cup Coffee & Tea has taken top honors in Roast Magazine's Roaster of the Year competition. This is the first Ohio-based winner in the award's 12-year history.

Roast Magazine presents the award annually to North America's top roaster of at least 100,000 pounds of coffee. The magazine's editorial board selects winners that produce coffees of superior quality, exemplify a dedication to sustainability, promote employee and community education, and demonstrate a strong commitment to the coffee industry. Purchase your Grounds for Hope coffee today, make a difference! Congratulations!



# Nutrition & Cooking. Join Us!



## Cancer Smart Cooking in the *Giant Eagle Community Kitchen* at Cancer Support Community

- January 21st 6pm – Super Foods for the Super Bowl – learn how to make your Super Bowl party a nutritional score by incorporating super foods into your menu
- February 18th 6pm – You Don't Know Beans – beans come in so many shapes and varieties, come learn about the benefits of beans and some delicious ways to add them to your meal



## Cooking for Wellness at Market District

Please Join us and Paula Gallagher, RD

- January 28th, 6pm – Creative and Healthy Winter Cooking with Frozen and Canned Foods
- February 25th, 6pm – Heart Healthy Cooking for Cancer Prevention



## Daytime Columbus NBC 4

Hosted by Robyn Haynes and Paula Gallagher, RD



- January 27th, 11:30am – Tips on making frozen and canned food tasty during the winter months
- February 24th, 11:30am – Tips on Heart Healthy Cooking for Cancer Prevention

*For complete recipes and videos go to [www.cancersupportohio.org/blog](http://www.cancersupportohio.org/blog).*

## Share the Love!

Valentine's Party February 10th, 6:30pm

Love comes in many forms. Philos love is brotherly love or the love of friends. This is the type of love that is in abundance every day at Cancer Support Community. We are so grateful to be a part of this great community, and invite you to share a special dinner with us. Open to friends and family. Dinner is generously sponsored by our friends at Avella Specialty Pharmacy. We will pay it forward by making Valentine's Day cards to make Valentine's Day special for seniors involved in Jewish Family Services senior programs. Dinner is hosted at Cancer Support Community.



A rich history of changing lives.

## Dark Chocolate, Super Food, Super Fun

According to The American Institute for Cancer Research, first organization to focus research on the link between diet and cancer and translate the results into practical information for the public, researchers have investigated whether chocolate may play a role in cancer prevention. The studies in cancer prevention are still emerging, however, there are many health benefits of dark chocolate already proven. Here are a few:

- Increases the antioxidants in our blood
- Helps reduce the risk of cancer and heart disease
- Reduces bad cholesterol
- Lowers blood pressure
- Improves brain function
- Makes you happy!



# 2016 January

★ Special Dates

🏠 Offsite Activities

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<b>1</b> New Year's Day Offices Closed	<b>2</b> 11am Tai Chi Workshop
<b>4</b> 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	<b>5</b> 12pm -Welcome to Wellness -Wellness Workout 6:30pm Breast Cancer Networking Group	<b>6</b> 12pm Lunch and Learn 4pm Gentle Yoga 5:30pm Welcome to Wellness 6:30pm Cancer! Now What?	<b>7</b> 10:30am Qigong 6:30pm FORCE	<b>8</b> 1pm Tai Chi	<b>9</b> 9:30am Gentle Yoga
<b>11</b> 11am Gentle Yoga 6pm Tai Chi Basic	<b>12</b> 10am Mindfulness Meditation 12pm -Welcome to Wellness - Wellness Workout 6pm Mindfulness Meditation 7pm Yoga Mudra	<b>13</b> 4pm Gentle Yoga 5:30pm Welcome to Wellness 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	<b>16</b> 9:30am Gentle Yoga 11:30am Yoga Nidra
<b>18</b> Martin Luther King Day 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	<b>19</b> 12pm -Welcome to Wellness -Wellness Workout 6:30pm Hoping and Coping 🏠 6:30pm Multiple Myeloma	<b>20</b> 4pm Gentle Yoga 5:30pm Welcome to Wellness 6:30pm Cancer! Now What?	<b>21</b> 10:30am Qigong 12pm Brown Bag Book Club 6pm Cancer Smart Cooking MARKET DISTRICT GIANT EAGLE	<b>22</b> 1pm Tai Chi	<b>23</b> 9:30am Gentle Yoga
<b>25</b> 11am Gentle Yoga 6pm Tai Chi Basic	<b>26</b> 12pm -Welcome to Wellness -Wellness Workout 6pm Renal Cancer Networking Group	<b>27</b> 11:30am Daytime Columbus on NBC 4 GIANT EAGLE 4pm Gentle Yoga 5:30pm Welcome to Wellness	<b>28</b> LGBTQ Support Group* 10:30am Qigong 6pm Cooking for Wellness MARKET DISTRICT 🏠	<b>29</b> 1pm Tai Chi	<b>30</b> 9:30am Gentle Yoga

\* Pre-registration required: Welcome to Wellness, LGBTQ Support Group



# 2016 February

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Tai Chi Intermediate

**2**  
**12pm**  
 -Welcome to Wellness  
 -Wellness Workout  
**6:30pm**  
 Breast Cancer Networking Group

**3**  
**12pm** Lunch and Learn  
**4pm** Gentle Yoga  
**5:30pm** Welcome to Wellness  
**6:30pm** Cancer! Now What?

**4**  
**10:30am** Qigong  
**6:30pm** FORCE

**5**  
**12pm** Laughter Therapy  
**1pm** Tai Chi Basic

**6**  
**9:30am** Gentle Yoga

**8**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**9**  
**10pm** Mindfulness Meditation  
**12pm**  
 -Welcome to Wellness  
 -Wellness Workout  
**6pm** Mindfulness Meditation  
**7pm** Yoga Mudra

**10**  
**4pm** Gentle Yoga  
**5:30pm** Welcome to Wellness  
**6:30pm**  
**Valentine's Party**

**11**  
**10:30am** Qigong  
**12pm** The Journey  
**6:30pm** Metastatic Support Group

**12**  
**1pm** Tai Chi Basic

**13**  
**9:30am** Gentle Yoga  
**11:30am** FORCE

**15**  
**Presidents' Day**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Tai Chi Intermediate

**16**  
**12pm**  
 -Welcome to Wellness  
 -Wellness Workout  
**6:30pm** Hoping and Coping 🏠  
**6:30pm** Multiple Myeloma

**17**  
**4pm** Gentle Yoga  
**5:30pm** Welcome to Wellness  
**6:30pm** Cancer! Now What?

**18**  
**10:30am** Qigong  
**11:45am** Brown Bag Book Club  
**6pm** Cancer Smart Cooking  

**19**  
**1pm** Tai Chi Basic

**20**  
**9:30am** Gentle Yoga  
**11:30am** Yoga Nidra

**22**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic

**23**  
**12pm**  
 -Welcome to Wellness  
 -Wellness Workout  
**6pm** Renal Cancer Networking Group

**24**  
**11:30am** Daytime Columbus on    
**4pm** Gentle Yoga  
**5:30pm** Welcome to Wellness

**25**  
 LGBTQ Support Group\*  
**10:30am** Qigong  
**6pm** Cooking for Wellness  🏠

**26**  
**1pm** Tai Chi Basic

**27**  
**9:30am** Gentle Yoga

**29**  
**11am** Gentle Yoga  
**6pm** Tai Chi Basic  
**7pm** Tai Chi Intermediate



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



# What's Happening at Cancer Support Community

## New Groups in Delaware County

Cancer Support Community has partnered with Sawmill Baptist Church to provide a monthly support group on the third Tuesday of each month at 6:30pm. Hoping & Coping was created to help those in the greater community to cope, process, ask questions, get support, and most importantly find hope! This group is open to anyone who has been touched by cancer, whether you are a person who has been diagnosed, a caregiver or support person. Attending this group provides you with a safe environment to connect with others also going through the cancer journey.

## New Lunch and Learn Series Launching in 2016

Beginning in January, Cancer Support Community will be hosting a monthly Lunch and Learn featuring a variety of topics. Each Lunch and Learn will include a presentation by a professional and lunch will be provided by a community sponsor. It will be a great time to connect with others and learn new information to utilize for your wellbeing. Lunch and Learn will be held on the first Wednesday of each month at 12pm and will include topics such as Patient Advocacy, Green Cleaning, Sleep Hygiene, and other informative topics. You can check out our website to learn more. Please register online or by calling 614-884-4673.



## Guided Patient Services

January: Annette Ticoras, owner of Guided Patient Services, will be here to discuss health advocacy and navigation. She will define the roles of patient advocates and navigators, discuss how to determine if you want or need one, and provide information on hiring a private health advocate.

February: There's no place like home! In February, learn about your options for home health care. What help is available to you? How do you receive it? What will it cost? Join Debbie Ayers and Lisa Mattevi for answers to these questions and more!

You can check out the website for more information. Please register online or by calling 614-884-HOPE (4673).

## Hereditary Cancer: What You Need to Know

Cancer is a common disease. We don't know the cause of most cancers, but experts believe that about 10% of most cancers are due to inherited gene changes. When cancer occurs due to an inherited gene mutation, it is referred to as "hereditary cancer." BRCA1 and BRCA2 are the most common hereditary cancer mutations. BRCA stands for BREast CAncer; however, this is misleading because women who carry one of these mutations are, in fact, at significantly increased risk for both breast and ovarian cancer. Men who carry one of these mutations are at increased risk of prostate, pancreatic and male breast cancer.

Men and women with a hereditary cancer mutation have a 50% chance of passing it on to their children—both sons and daughters. It is important to note that several different hereditary cancer syndromes have been identified, each with a specific set of traits. If you think the cancer in your family may be hereditary, consulting with a genetics expert should be your first step. Knowledge of an inherited genetic mutation can inform cancer risk, additional/increased cancer screenings, preventative measures and targeted cancer therapies.

**FORCE** (Facing Our Risk of Cancer Empowered) is a national nonprofit providing support, education and awareness to help those affected by hereditary cancer syndromes know their healthcare options and make informed decisions. FORCE will be making its new home at Cancer Support Community Central Ohio. Monthly support group meetings will be held the first Thursday of every month at 6:30 pm.

Check out our blog to learn about signs of a hereditary breast-ovarian cancer syndrome:

<http://cancersupportohio.org/about-us/blog/>

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Roxane Laboratories



## Official Media Sponsors



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### AARP Foundation Work Search Program:

Pamela McArver Jones, Julie Sagstetter

## 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.

## Board of Directors

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# 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

## CANCER FACT:

The average woman has about a 1.5% chance of ovarian cancer and a 12% chance of developing breast cancer in her lifetime. In contrast, those with BRCA mutations face a lifetime risk of up to 60% for ovarian cancer and 80% for breast cancer. Certain populations are affected by hereditary cancers in greater numbers. Ashkenazi Jewish descents are 10 times more likely to carry a BRCA mutation compared to the general population.



**CANCER SUPPORT  
COMMUNITY**  
CENTRAL OHIO  
Providing Rays of Hope for all people affected by cancer

**GROUNDS  
FOR HOPE**  
Limited Time Only  
*Seasonal*  
**BLEND**  
Perfect as a gift or for family gatherings.  
Other Blends Available:  
House • Dark • Decaf

**\$3** from every bag benefits the Cancer Support Community [www.cancersupportohio.org](http://www.cancersupportohio.org)

## Ways to Support Us

- Purchase any Drango product online through [www.cancersupportohio.org](http://www.cancersupportohio.org) and Cancer Support Community receives \$5 and you receive a 20% discount!
- Share this newsletter to someone affected by cancer.
- Join the Circle of Hope Monthly Giving Club.
- Sign up to volunteer at Cancer Support Community.
- Purchase our Grounds for Hope organic coffee.
- Purchase our new Chocolate Card, exclusively at 



**GIANT EAGLE** 

**So No One Faces Cancer Alone**

\$ .25 per card goes to:

**CANCER SUPPORT  
COMMUNITY**  
CENTRAL OHIO

Exclusively available  
at all Central OH



Roasted locally by:  
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