



CANCER SUPPORT COMMUNITY

CENTRAL OHIO

Newsletter & Program Calendar May/June 2016

Should I go Organic?

Eating organic lowers your personal exposure to pesticides and helps support a sustainable agriculture system.

Read more inside on page 1

SAVE THE DATE:

Charity Golf Classic

The Medallion Club
Monday, May 16th

JOIN US!

2016 Survivor Day Celebration

June 24th, 3pm-7pm
Grange Insurance Corporate Headquarters
671 S. High Street

Check out our offsite programming!

Read more inside on page 5





Everyone is jumping on the organic bandwagon and for a good reason! Almost a third of the produce the USDA tested had residues from two or more pesticides. Eating organic lowers your personal exposure to pesticides and helps support a sustainable agriculture system. However, the primary goal is to eat a diet rich in fruits and vegetables—ideally five or more servings a day. If organic produce is not available, review the Environmental Working Group “Dirty Dozen” and “Clean Fifteen” list to see which items are safe to buy conventionally. *Check out our blog to see the full list at <http://cancersupportohio.org/about-us/blog>.*

A great way to start eating organically is to plant your own garden. Growing your own food helps you eat healthier and control what comes in contact with your food (Godman, 2012). Not only is gardening good for nutrition, it can also be a stress reliever, social activity, and form of exercise. Organic gardening keeps toxins and chemicals out of the air, soil, water, and most importantly – you! From indoor potted plants to backyard or community gardens, there are many ways to start your own.



Presenting Sponsor of 2016 Charity Golf Classic

Support for the whole family is essential when faced with cancer. David Sharp knows first-hand the impact cancer has on a family. “As someone who lost both parents and a 15-year-old nephew to cancer, I know this disease affects not only the person who is sick but the entire family,” said Sharp, President and CEO of Rocky Brands, Inc.

“It’s important to provide support to all who are touched by the disease,” continued Sharp. “Cancer Support Community Central Ohio does this every day, which is why a partnership with them was an easy YES for Rocky Brands.”

Participants in the Charity Golf Classic, presented by Rocky Brands, will enjoy a wonderful day on the links, made even more meaningful knowing they are raising dollars so individuals with cancer and family members can attend programs and receive services at no cost, so that no one faces cancer alone.

Thank you, Rocky Brands, for your awesome support.



David Sharp
President/CEO,
Rocky Brands, Inc.

Cooking for Wellness Schedule

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



May 25th, 11:30am, "Daytime Columbus" with Robyn Haines

Join us to learn how easy it is to make your own salad dressing. It's a great way to control gluten and sugar as you enjoy the fresh produce of the season!



May 26th, 6:30pm, at Cancer Support Community

1200 Old Henderson Rd, in the Giant Eagle Community Kitchen



Join us for a night full of easy and delicious dishes your whole family will love – gluten-free! Chef Thom and Paula will provide hands-on fun, creating homemade salad dressings to liven up any dish. Bring a friend or your family.



June 22nd, 11:30am, "Daytime Columbus" with Robyn Haines

Tune in... It's grilling time! Learn how to keep grilling healthy and tasty!



June 23rd, 6:30pm, at Kingsdale Market District

3061 Kingsdale Center
Columbus, OH 43221



Meet us in the Demo Kitchen for a fun evening on the grill. Did you know you can grill more than just meat? We will be grilling up fresh veggies and fruit; join us to learn and sample scrumptious new summer recipes. R.S.V.P. Required 614.884.4673.



Organic Fruits & Vegetables

Organically-grown produce is increasingly popular, but how does it differ from regular produce? Giant Eagle® has the facts. Any certified organic plant product must come from fields that have remained free of chemical fertilizers and pesticides for at least three years. Organic growing practices protect the ecosystem and long-term well-being of those who eat the crops.

Organic produce is grown without chemicals, but pesticide residue can drift from conventional farms and contaminated soil. Properly washing produce can help eliminate most pesticide residue. Use a biodegradable, nontoxic produce wash containing ingredients derived from natural sources, such as baking soda and citric acid. Or make your own wash with equal proportions vinegar and water, or put 1 tablespoon lemon juice, 2 tablespoons baking soda, and 1 cup water in a spray bottle.



2016 May

- * Pre-registration required
- ★ Special Dates
- ➔ Offsite Activities



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>2</p> <p>11am Gentle Yoga</p> <p>6pm Tai Chi Basic</p>	<p>3</p> <p>10am Yoga Mudra</p> <p>12pm Newcomer Welcome*</p> <p>12pm Wellness Workout</p> <p>6:30pm Breast Cancer Networking Group</p>	<p>4</p> <p>12pm Lunch and Learn*</p> <p>4pm Gentle Yoga</p> <p>5:30pm Newcomer Welcome*</p> <p>6:30pm Cancer! Now What?</p>	<p>5</p> <p>10:30am Qigong</p> <p>6:30pm FORCE How to discuss your BRCA Results with your family.</p>	<p>6</p> <p>12pm Laughter Yoga</p> <p>1pm Tai Chi</p>	<p>7</p> <p>8:30am Walk With a Doc ➔</p> <p>9:30am Gentle Yoga</p>
<p>9</p> <p>11am Gentle Yoga</p> <p>6pm Tai Chi Basic</p> <p>7pm Tai Chi Intermediate</p> <p>Heart of Ohio Family Health Center ➔</p> <p>8:00am to 12pm – Whitehall</p> <p>1:00pm to 5pm – Capital Park</p>	<p>10</p> <p>10am Mindfulness Meditation</p> <p>12pm Newcomer Welcome*</p> <p>12pm Wellness Workout</p> <p>6pm Mindfulness Meditation</p> <p>7pm Yoga Mudra</p>	<p>11</p> <p>4pm Gentle Yoga</p> <p>5:30pm Newcomer Welcome*</p> <p>6:30pm Write to Heal: Journaling Workshop</p>	<p>12</p> <p>10:30am Qigong</p> <p>12pm The Journey</p> <p>6:30pm Metastatic Cancer Support Group</p>	<p>13</p> <p>1pm Tai Chi</p>	<p>14</p> <p>8:30am Walk With a Doc ➔</p> <p>9:30am Gentle Yoga</p>
<p>16</p> <p>11am Gentle Yoga</p> <p>6pm Tai Chi Basic</p> <p>2016 Charity Golf Classic ★</p>	<p>17</p> <p>12pm Newcomer Welcome*</p> <p>12pm Wellness Workout</p> <p>6:30pm Hoping and Coping ➔</p> <p>6:30pm Multiple Myeloma</p>	<p>18</p> <p>12pm Lunch and Learn*</p> <p>4pm Gentle Yoga</p> <p>5:30pm Newcomer Welcome*</p> <p>6:30pm Cancer! Now What?</p>	<p>19</p> <p>10:30am Qigong</p> <p>12pm Brown Bag Book Club</p> <p>6:30pm Siblings Art Group*</p> <p>LGBTQ Support Group*</p>	<p>20</p> <p>1pm Tai Chi</p>	<p>21</p> <p>8:30 am Walk With a Doc ➔</p> <p>9:30am Gentle Yoga</p> <p>11am Yoga Nidra*</p>
<p>23</p> <p>11am Gentle Yoga</p> <p>6pm Tai Chi Basic</p> <p>7pm Tai Chi Intermediate</p> <p>Heart of Ohio Family Health Center ➔</p> <p>8:00am to 12pm – Whitehall</p> <p>1:00pm to 5pm – Capital Park</p>	<p>24</p> <p>10am Mindfulness Meditation</p> <p>12pm Newcomer Welcome*</p> <p>12pm Wellness Workout</p> <p>6pm Renal Cancer Networking Group</p>	<p>25</p> <p>11:30am Daytime Columbus on </p> <p>4pm Gentle Yoga</p> <p>5:30pm Newcomer Welcome*</p> <p>6:30pm Young Survivor Coalition</p>	<p>26</p> <p>12pm Pathways to Wellness</p> <p>10:30am Qigong</p> <p>6:30pm Cooking for Wellness </p>	<p>27</p> <p>1pm Tai Chi</p>	<p>28</p> <p>8:30 am Walk With a Doc ➔</p> <p>9:30am Gentle Yoga</p>
<p>30</p> <p>Memorial Day Office Closed ★</p> <p>6pm Tai Chi Basic</p>	<p>31</p> <p>12pm Newcomer Welcome*</p> <p>12pm Wellness Workout</p> <p>6:30pm Frankly Speaking about Cancer: Lung Cancer * ★</p>				



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
12pm Lunch and Learn*
4pm Gentle Yoga
5:30pm Newcomer Welcome*
6:30pm Cancer! Now What?

2
10:30am Qigong
6:30pm FORCE

3
1pm Tai Chi Basic

4
8:30am Walk With a Doc
9:30am Gentle Yoga

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

7
10am Yoga Mudra
12pm Newcomer Welcome*
12pm Wellness Workout
6:30pm Breast Cancer Networking Group

8
4pm Gentle Yoga
5:30pm Newcomer Welcome*
6:30pm Write to Heal: Journaling Workshop

9
10:30am Qigong
12pm The Journey
6:30pm Metastatic Cancer Support Group

10
1pm Tai Chi Basic

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

13
11am Gentle Yoga
6pm Tai Chi Basic
 Heart of Ohio Family Health Center
8:00am to 12pm – Whitehall
1:00pm to 5pm – Capital Park

14
10am Mindfulness Meditation
12pm Newcomer Welcome*
12pm Wellness Workout
6pm Mindfulness Meditation
7pm Yoga Mudra

15
4pm Gentle Yoga
5:30pm Newcomer Welcome*
6:30pm Cancer! Now What?

16
10:30am Qigong
12pm Brown Bag Book Club
6:30pm Siblings Art Group*
 LGBTQ Support Group*

17
1pm Tai Chi Basic

18
8:30am Walk With a Doc
9:30am Gentle Yoga
11am Yoga Nidra*

20
11am Gentle Yoga
6pm Tai Chi Basic
7pm Tai Chi Intermediate

21
12pm Newcomer Welcome*
12pm Wellness Workout
6:30pm Hoping and Coping
6:30pm Multiple Myeloma

22
11:30am Daytime Columbus on
4pm Gentle Yoga
5:30pm Newcomer Welcome*
6:30pm Young Survivor Coalition

23
12pm Pathways to Wellness
10:30am Qigong
6:30pm Cooking for Wellness*

24
1pm Tai Chi Basic
3pm Survivor Day *

25
8:30am Walk With a Doc
9:30am Gentle Yoga

27
11am Gentle Yoga
6pm Tai Chi Basic
 Heart of Ohio Family Health Center
8:00am to 12pm – Whitehall
1:00pm to 5pm – Capital Park

28
10am Mindfulness Meditation
12pm Newcomer Welcome*
12pm Wellness Workout
6pm Renal Cancer Networking Group

29
4pm Gentle Yoga
5:30pm Newcomer Welcome*

30
10:30am Qigong

For class/program information or to register visit www.cancersupportohio.org/calendar/



What's Happening at Cancer Support Community

How to Sleep Better Naturally

May 4th: A good night's sleep is priceless. There are simple things you can do to sleep better and feel more awake during the daytime. Join us to learn what you can do to improve your sleep.

How to Discuss your BRCA Results with your Family

May 5th: Join Robert Pilarski, Licensed Genetic Counselor, to learn more about what it means to have a genetic risk for cancer and how to involve your whole family in the discussion about the implications.

CHOICE: Controlling your Healthcare Options In Case of Emergency

May 18th: Advance Directives: The two simple documents that allow us to proactively address the type of care we may want or not want in the future. The documents EVERYONE over 18 should have in place. And important talking points to help you communicate with your family and your physician. Hope Spangler, Elder Care Coordinator at Jarvis Law Office, will be here to provide this valuable information.

Understanding Cancer's Traumatic Impact

June 1st: Chris Nemeth, LISW-S, CEO of Nemeth Counseling, will be here to present on cancer related post-traumatic stress. He will share the etiology of cancer-related PTSD, along with treatment options available for individuals and families. A discussion about coping will be detailed, along with Q&A time. Come prepared with questions and to learn more about cancer-related PTSD.

Survivor Day Celebration 2016

June 24th: 3-7pm at Grange Insurance, 671 S High St, Columbus, OH 43206, on the front lawn. Join us for a fun afternoon of food, activities for the whole family, and inspiring stories from survivors. Save the date, and watch for more details to come! If you'd like to volunteer, contact Angie at 614-884-HOPE (4673).

Serving More People! Join Us At One Of Our Offsite Locations



New Stress Reduction Program at Heart of Ohio Family Health Centers.

2nd and 4th Mondays each month
8am - 12pm at Whitehall Family Health Center, 882 S Hamilton Rd, Columbus, OH 43213
1pm - 5pm at Capital Park Family Health Center 2365 Innis Road Columbus, OH 43224
<http://www.heartofohiofamilyhealth.org/>



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.

Every Tuesday from 9am-5pm
401 N Ewing St, Lancaster, OH 43130
Cancer Support Community at
<http://www.fmchealth.org/our-services/cancer-care/resource-center.aspx>



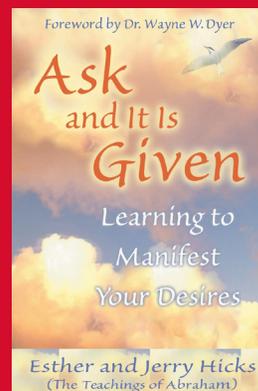
Cancer Support Community Networking Group at Central Ohio Urology. For all cancer survivors and caregivers affected by prostate cancer. Learn and be inspired by others on the same journey.

1st Monday each month, 3:30pm
701 Tech Center Dr. Suite 100, Gahanna, OH 43230
<http://www.centralohiourology.com>

Coming Soon! New location for our Living Healthy With Cancer Program in Delaware County! Made possible in part by a grant from the Delaware County Foundation and the Healthcare Foundation of Delaware County. Check out www.cancersupportohio.org for details.

Pathways to Wellness

Pathways to Wellness is an opportunity to improve body, mind and spirit, and learn simple ways to enhance wellness. This year, we will be discussing the book "Ask and It is Given: Learning Ways to Manifest Your Desires." This class is taught by Survivor and Participant Sue Stillinger. Join us every fourth Thursday at noon.



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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 sells out to 180 golfers at 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 programs for thousands of people impacted by cancer.



Ways to Support Us

- Sign up for Crawl for Cancer on May 28 at www.crawlforcancer.org.
- Share this newsletter with someone affected by cancer.
- Join the Circle of Hope Monthly Giving Club.
- Sign up to volunteer at www.CancerSupportOhio.org
- Purchase our Grounds for Hope™ organic coffee: **\$3 from every 12 oz bag & \$2 from every Single-Serve bag** benefits the Cancer Support Community.
- Sending flowers? Why not add a Chocolate Card!



Organic coffees and Chocolate Card sold exclusively at:



Roasted Locally by:  **CRIMSONCUP**
coffee & tea

