



CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

Newsletter & Program Calendar

September/October 2016

Wheat provides vital nutrients for a healthy diet

Ohio is home to thousands of farms that raise wheat, providing an essential part of a nutritious diet.

Read more inside on page 1

COME SAIL AWAY!

Night of Chocolate 2016

Friday, September 16, 7:30 PM

TURNING TRAGEDY INTO TRIUMPH

TEDx Speaker Michael Russer

October 20th, 7 PM



Wheat Provides Vital Nutrients for a Healthy Diet

Ohio is home to thousands of farms that raise wheat along with other crops and livestock. In late May or early June, the fully mature wheat begins to dry, creating amber waves across the countryside. Farmers harvest the wheat and bring it to mills that grind the wheat kernels into flour.

There are six varieties of wheat grown in the United States, all with their own characteristics that make them ideal for certain wheat products.

Ohio's weather is best-suited for growing soft red winter wheat, which is planted in the fall and harvested in the spring. Soft wheat flours are used for crackers, cookies, cereals, cakes, breading and pastries.

Wheat is an essential part of many people's diets worldwide. Grains, both enriched and whole, provide vital nutrients for a healthy diet.

The 2010 Dietary Guidelines for Americans recommend that everyone eat six one-ounce servings of grains each day for optimum health, with at least half of those servings from whole-grains products. Wheat products are a great source of fiber, iron, B vitamins, folic acid and complex carbohydrates.

Wheat is a healthy and easy choice for every meal. Visit WheatFoods.org for quick and easy wheat recipes.



Fast and Healthy Facts About Wheat

- Eating well-balanced, fiber-rich meals may help children develop life-long healthy habits and reduce the risk of developing heart disease and some types of cancer later in life.
- Celiac Disease is an intolerance to gluten. It is not an allergy, but an auto-immune disease with a multitude of possible symptoms. Less than 1% of the U.S. population is affected by CD, or about 3 million Americans.
- Gluten is a major plant protein present in wheat, barley, and rye and their many ancient ancestors. It provides structure for baked products requiring volume such as bread.
- A number of studies support the connection between consumption of whole grain foods and a reduced risk of coronary heart disease and its risk factors.

Cooking for Wellness Schedule

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

Presented by 



September 21st, 11:30 AM, "Daytime Columbus" with Robin Haynes

The Buckeye State is known for producing the highest-quality flour. Did you know that soft red winter wheat is used for baking? You won't want to miss this segment on Ohio's small grains and wheat. Read more about our Ohio farmers at www.ohiocornandwheat.org. Join us at 11:30 am and get the facts from Chef Thom and Karli.



September 22nd, 6 PM, at Cancer Support Community

1200 Old Henderson Rd, Columbus, Ohio 43220



Breakfast is the most important meal of the day! Wake up to a nutritious high-fiber breakfast that will satisfy your hunger. Chef Thom and Karli will share health benefits, tips and recipes. You won't want to miss this class on how fiber packs some big health perks.



October 26th, 11:30 AM, "Daytime Columbus" with Robin Haynes

Ground chicken, lamb and buffalo - oh, my! Tune in to learn about healthy options for preparing quick meals. In this program, you'll learn about the nutritional benefits of ground meats that can add some pizzazz to your meal planning.



October 27th, 6 PM, at Kingsdale Market District

3061 Kingsdale Center
Columbus, OH 43221

You probably visit the meat counter every time you shop at Giant Eagle. The butcher will offer tips on selecting ground meats and how to turn them into delicious meals. Get the inside scoop on preparing, deboning and trimming your meat selection so you can carve out some savings.



HOLLYWOOD
Casino

presents

Night of Chocolate

All aboard! Join us at our cruise-themed gala, Night of Chocolate, presented by Hollywood Casino Columbus. Set sail for an evening you will always remember, featuring signature spirits, one-of-a-kind cuisine and exquisite chocolate delicacies from international, national and local chocolatiers.

Our featured lineup of sponsors also includes J.M. Smucker, The Basement Doctor, Farmers Insurance, Lilly, Oakley Foundation, Atlas Butler Heating and Cooling, The Robert Weiler Company, Grange Insurance, Minka's Furs & Pearls, Heidelberg, Superior Beverage and Crimson Cup Coffee & Tea. Official Media Partners include NBC4, iHeart Media, Lamar Advertising and Buckeye Lifestyle. NBC4's Morning News Team (Matt Barnes, Monica Day, Bob Nunnally, and Jennifer Bullock) will be joining us as masters of ceremonies. Set sail with us on September 16, at 7 PM, at Hollywood Casino Columbus. Reserve your passport today at NightofChocolate.com. It will be a night like no other.



2016 September

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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  HAPPY LABOR DAY	6 10am Yoga Mudra 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Breast Cancer Networking Group	7 12pm Lunch and Learn* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Caregivers Support Group 6:30pm People Living With Cancer	8 10:30am Qigong 12pm The Journey 6:30pm Metastatic Support Group	9 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 🏠 6pm Tai Chi Basic 7pm Tai Chi Intermediate	13 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Mindfulness Meditation 7pm Yoga Mudra	14 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm YSC ★ Co-Survivor Special Event 6:30pm Write to Heal: Journaling Workshop	15 10:30am Qigong 12pm Brown Bag Book Club 6:30pm Siblings Art Group*	16 1pm Tai Chi Basic	17 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga 11:30am Yoga Nidra
19 11am Gentle Yoga 6pm Tai Chi Basic	20 10am Yoga for the Immune System 🏠 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Hoping and Coping 🏠 6:30pm Multiple Myeloma	21 11:30am Daytime Columbus on NBC 🏠 12pm Lunch and Learn* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Caregivers Support Group 6:30pm People Living with Cancer	22 10:30am Qigong 12pm Pathways to Wellness 6pm Cooking for Wellness 🏠	23 8:30am Coffee and Conversations 1pm Tai Chi Basic	24 8:30 am Walk With a Doc 🏠 9:30am Gentle Yoga
26 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	27 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Renal Cancer Networking Group	28 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Young Survivor Coalition	29 10:30am Qigong	30 1pm Tai Chi Basic	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 am Walk With a Doc  9:30am Gentle Yoga 11am Tai Chi Workshop 
3 11am Gentle Yoga 3:30pm Prostate Cancer Networking Group  6pm Tai Chi Basic	4 10am Yoga Mudra 12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Breast Cancer Networking Group	5 12pm Lunch and Learn* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Caregivers Support Group 6:30pm People Living With Cancer	6 10:30am Qigong 6:30pm FORCE	7 1pm Tai Chi Basic	8 8:30 am Walk With a Doc  9:30am Gentle Yoga
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17 11am Gentle Yoga 6pm Tai Chi Basic	18 10am Yoga for Healthy Bones  12pm Newcomer Welcome* 12pm Wellness Workout 6:30pm Hoping and Coping 6:30pm Multiple Myeloma 	19 12pm Lunch and Learn* 4pm Gentle Yoga 5:30pm Newcomer Welcome* 6:30pm Caregiver Support Group 6:30pm People Living with Cancer	20 10:30am Qigong 12pm Brown Bag Book Club 7pm Turning Tragedy into Triumph 	21 1pm Tai Chi Basic	22 8:30 am Walk With a Doc  9:30am Gentle Yoga
24 11am Gentle Yoga 6pm Tai Chi Basic 7pm Tai Chi Intermediate	25 10am Mindfulness Meditation 12pm Newcomer Welcome* 12pm Wellness Workout 6pm Renal Cancer Networking Group	26 11:30am Daytime Columbus on   4pm Gentle Yoga 12pm Newcomer Welcome* 6:30pm Young Survivors Coalition	27 10:30am Qigong 12pm Pathways to Wellness 6pm Cooking for Wellness*  	28 8:30am Coffee and Conversations 1pm Tai Chi Basic	29 8:30 am Walk With a Doc  9:30am Gentle Yoga
31 11am Gentle Yoga 1pm Pumpkin Party* 7pm Tai Chi Basic					

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

Lunch and Learn Series

RSVP to 614-884-4673 for your complimentary lunch

An Inside Look at Senior Housing Opportunities, September 7th, Noon:

We'll discuss housing options, from amenities and care levels to pricing and more. Learn more about Medicaid Waivers.

Cancer and Chiropractic Care, September 21st, Noon:

Chiropractic care can help reduce stress resulting from cancer and treatments, and increase mobility, flexibility, strength, and overall well-being. The Winchester Institute doctors provide treatment to relieve pain and stiffness using the Gonstead technique, along with therapies such as massage therapy and stretching. With the Gonstead technique, only the problem areas in the spine are addressed, resulting in personally tailored treatment.

New Breast Cancer Surgical Techniques, October 5th, Noon:

Join Dr. Bridget O'Brien and Dr Shilpa Padia, fellowship-trained breast surgeons from Mount Carmel Breast Surgery, and discover advances in breast cancer surgery and the new focus on cosmetic outcome. We'll also find that "less is sometimes more" in breast cancer surgery, from lymph node surgery to radiation therapy.

Grains of Truth, October 12th, Noon:

We will be talking about the importance of incorporating grains into a healthy diet and answering the question: What is Gluten?

Protecting Yourself from Household Toxins, October 19th, Noon:

Your house should be your safe zone, not a hazard to your health! Empower yourself with the knowledge you need to protect yourself and your loved ones from the harmful chemicals we are exposed to on a daily basis right in our very own homes.

NEW Support Groups

Join us! Two new professionally facilitated support groups will be offered on the first and third Wednesdays of each month at 6:30 PM.

People Living with Cancer – This group is for people with any type or stage of cancer who are currently receiving cancer treatment and up to 18 months into remission. Join us to build connections, share information, wisdom, encouragement and gain support.

Caregiver Support Group – For family, friends and caregivers who are supporting a loved one with cancer. Take time to take care of yourself and connect with others who understand the impact of the caregiver's role.

Monthly support groups include: Breast, Metastatic, Multiple Myeloma and Renal cancer, Young Survivor Coalition, Facing Our Risk of Cancer Empowered (FORCE) and LGBTQ. Call **614-884-4673** for more information.

Special Workshop Series at All Life Center

Yoga for the Immune System

Tuesday, September 20th from 10 – 11:15 AM

This one-time therapeutic class will focus on a variety of yoga practices that support and help re-balance the immune system. No prior yoga experience is required.

Yoga for Joint and Bone Health

Tuesday, October 18th from 10 – 11:15 AM

This one-time therapeutic class will focus on a variety of yoga practices that support the function and health of joints and bones. No prior yoga experience is required.

These classes instructor will be led by Julie Kusiak, Yoga Therapist. Please call to register for this new class.

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, 9am-5pm
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



First Monday each month, 3:30pm
Prostate Cancer Networking Group open to
survivors and caregivers.
Share experiences, knowledge, and be inspired
by others dealing with prostate cancer.

701 Tech Center Dr. Suite 100, Gahanna, OH
43230
www.centralohiourology.com



Third Tuesday each month, 6:30pm
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

Turning Tragedy Into Triumph

Thursday October 20th, 7:00 pm

Join us for an evening to remember with a talk that will deeply touch the hearts of every audience member and leave them inspired and empowered to handle any obstacle or crisis. Our speaker is Michael J. Russer, an international speaker, TEDx Alum, author and intimacy expert. We will learn from Michael's experience as a fully impotent, dual-cancer patient on how to use the power of acceptance to turn the challenges of cancer into something profoundly positive and life-affirming.



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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

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- Purchase your Night of Chocolate tickets at NightofChocolate.com.
- Share this newsletter with someone affected by cancer.
- Join the Circle of Hope Monthly Giving Club
- Sign up to volunteer at www.cancersupportohio.org.

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