



# CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

## Newsletter & Program Calendar

January/February 2019

Volume 13, Issue 1



## The Benefits of Art Therapy

Art therapy utilizes a unique approach that minimizes feelings of intimidation, breaks down emotional defenses and offers the opportunity to communicate nonverbally.

*See page 1 for full story*

### **Women's Night Out: Sex and Intimacy After Cancer**

February 13, 6:30pm  
*See page 5 for more details*

### **What Do I Tell the Kids?**

January 21, 3pm  
*See page 5 for more details*

### **Art Therapy Workshop**

February 9, 12:30pm  
*See page 1 for more details*

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

## The Benefits of Art Therapy

During the cold, gray days of winter we all crave a bit of color to brighten our world. Admiring and creating art is a great way to do just that when nature's colors are hibernating. Art can be therapeutic, and art therapy is an excellent way to cope with stress, anxiety and depression that can be a common part of the cancer journey, especially in the darkness of winter.

For the past five years, Audrey Hook, MA, ATR-BC, has been facilitating children's programming and providing individual support at Cancer Support Community to children, adolescents and adults who have been affected by cancer. Audrey utilizes art therapy to evoke emotional expression, foster healing and growth, as well as provide a safe space to explore thoughts and feelings associated with a loss and chronic illness.

"Art therapy utilizes a unique approach that minimizes feelings of intimidation, breaks down emotional defenses, and offers the opportunity to communicate nonverbally," Hook said. "Art therapy can benefit any individual, although it may be most useful when there are barriers to verbal communication or when roadblocks arise in other therapeutic strategies."

If you are interested in learning more about individual art therapy sessions for children, adolescents and adults who have been affected by cancer, call Angie Santangelo at 614-884-HOPE (4673).



**New Art Therapy Workshop in February!** This workshop will be led by Audrey Hook, our art therapist, and Abby Feinknopf, local mixed media artist and cancer survivor. Feinknopf turned to art to express herself during her cancer treatment. She used recycled security envelopes and pharmaceutical prescription inserts in collages, which add extra meaning to some of her pieces, especially a signature piece called "Bald is Beautiful."

During the workshop, Abby will share techniques she uses in her mixed media work. This workshop is for everyone and is one you are sure to enjoy. Audrey and Abby will be on hand to provide assistance and guidance as you get creative. Already know you are an artist? Come and create with others! All are welcome.

**February 9, 2019, 12:30 - 3:30 pm. All art supplies will be provided. RSVP by February 5 by calling 614-884-HOPE (4673), or emailing [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org).**

## Join us in the Jackets Korner!

Calling All Kids! This nutrition and healthy lifestyle class is designed for kids ages 5 - 12 and their parents. To register, call 614-884-HOPE (4673) or email Angie at [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org). Space is limited; call today to reserve your spot in the Jackets Korner! All classes are at Cancer Support Community; 6:30pm-7:30pm.

### **January 9: Get Active with Columbus Blue Jackets Mascot "Stinger"!**

This lesson will focus on encouraging kids and families to run, move and play more. We will share practical tips on how to be active and look at ideas for replacing sugar-sweetened drinks with healthy, low calorie or no-calorie beverage choices to stay hydrated. We will be busy getting active with Stinger, so no cooking tonight, just fun and getting smarter.

### **February 13: Shopping for Healthy Groceries**

This lesson will focus on how to shop smart at the grocery store. We'll learn firsthand how to choose healthy ingredients and talk about how making the right choices can help kids grow strong and prevent diseases like cancer. We will make Funny Face Pizzas and taste a variety of healthy ingredients.



# COOKING FOR WELLNESS

Featuring The Cancer Support Community Culinary Team

Presented by



## Slimming Down...Yes...During Football Bowl Season

**January 10, 6pm, at Kingsdale Market District**

3061 Kingsdale Center, Columbus, Ohio 43221

It's the new year. Can your resolutions make it through all your favorite bowl games? Chef Thom and Dietitian Kaleigh are cooking up some lean meat options for the perfect bowl game meal that are both delicious and nutritious. Go ahead and score one for keeping on track to a healthier you!

## Sublime Super Bowl Sunday

**January 24, 6pm, at Cancer Support Community Central Ohio**

1200 Old Henderson Road, Columbus, Ohio 43220

The biggest game of the year deserves a spread that will leave the crowd talking not only about the big win on the scoreboard, but the big win on the plate! Chef Thom and Dietitian Rosemary will be making a vegetarian spread with burgers that will have guests asking for more and is sure to be a crowd pleaser.

## Meal Planning Starts in the Grocery Aisle

**February 14, 6pm, at Kingsdale Market District**

3061 Kingsdale Center, Columbus, Ohio 43221

How do you maintain a healthy lifestyle during a busy week? You will learn firsthand that having healthy ingredients on hand is the key to maintaining a healthy lifestyle. Dietitian Kaleigh will be giving a tour of the grocery store and sharing tips for quick and healthy meals, how to stock your pantry as well as how to read and understand food labels. Chef Thom will have special Valentine's Day treats ready for us after the tour!

## Breakfast!

**February 28, 6pm, at Cancer Support Community Central Ohio**

1200 Old Henderson Road, Columbus, Ohio 43220

Starting the day with a nutrition packed breakfast gives you fuel to be your best each day. The best way to ensure that you're ready for a great week with healthy breakfast meals each day is to prepare them ahead of time. Chef Thom will share some great recipes that are easy to make ahead and prepare quickly. Dietitian Rosemary will give meal planning tips to help you succeed in maintaining your goals for the new year!

*All classes include a sampling of the scrumptious recipes and recipe cards to make notes and take with you. Please RSVP by the Monday before class by calling 614-884-HOPE (4673).*



## ASK THE EXPERT

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

### If prostate cancer doesn't run in my family should I be concerned about it?

The answer is yes. In 2017, approximately 161,000 new prostate cancer cases were diagnosed in the U.S. Having a family history of this type of cancer raises a man's odds of being diagnosed to one in three, although the fact remains that one out of every nine American men will be diagnosed with prostate cancer in his lifetime. Other risk factors include:

- **Race:** African-American men are 74% more likely to be diagnosed with prostate cancer.
- **Age and Family Genetics:** A man whose father or brother had prostate cancer is twice as likely to develop the disease. The risk is further increased if the cancer was diagnosed in a family member at a younger age (less than 55 years old) or if it affected three or more family members.
- **Lifestyle:** Certain lifestyle decisions, such as maintaining a healthy diet and regular exercise, also may play a role. Maintaining healthy habits is important when it comes to reducing the risk of developing prostate cancer.

If you are over 40, talk to your physician to develop a prostate health and screening plan that is right for you. Join us for Cooking for Wellness at COUG for tips on healthy eating. See pg. 5.



# 2019 January

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**  
Administrative  
Office Closed

Happy New Year



**2**  
9am Mindfulness Hour  
4pm Gentle Yoga  
5:30pm Newcomer  
Welcome ✓

**3**  
10:30am Qigong  
6:30pm FORCE

**4**  
1pm Tai Chi Basic

**5**  
9:30am Gentle Yoga

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

**8**  
11am Workout With  
Friends  
12pm Newcomer  
Welcome ✓  
12pm Nia Dance  
6:30pm We Got This!

**9**  
12pm Natural Living  
Workshop  
4pm Gentle Yoga  
5:30pm Newcomer  
Welcome ✓  
6:30pm Jackets  
Korner ✓

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

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

**12**  
9:30am Gentle Yoga  
11:30am Yoga Nidra

**14**  
11am Gentle Yoga  
6pm Tai Chi Basic

**15**  
11am Workout With  
Friends  
12pm Newcomer  
Welcome ✓  
12pm Nia Dance  
6:30pm Multiple  
Myeloma

**16**  
9am Mindfulness  
Hour  
12pm Lunch and  
Learn ✓  
4pm Gentle Yoga  
5:30pm Newcomer  
Welcome ✓

**17**  
10:30am Qigong  
12pm Brown Bag  
Book Club  
6:30pm Metastatic  
Cancer Support  
Group

**18**  
1pm Tai Chi Basic

**19**  
9:30am Gentle Yoga

**21**  
11am Gentle Yoga  
3pm How Do I Tell  
the Kids? ✓  
6pm Tai Chi Basic  
6:30pm Friends  
and Family  
Support Group

**22**  
11am Workout With  
Friends  
12pm Newcomer  
Welcome ✓  
12pm Nia Dance  
6:30pm Blood  
Cancer Support  
Group

**23**  
4pm Gentle Yoga  
5:30pm Newcomer  
Welcome ✓  
6:30pm Young  
Survival Coalition

**24**  
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

**29**  
11am Workout With  
Friends  
12pm Newcomer  
Welcome ✓  
12pm Nia Dance

**30**  
4pm Gentle Yoga  
5:30pm Newcomer  
Welcome ✓  
6:30pm Scarf Tying  
Class ✓

**31**  
10:30am Qigong



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

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

# February

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**4**  
11am Gentle Yoga  
6pm Tai Chi Basic

**5**  
11am Workout With Friends  
12pm Newcomer Welcome ✓  
12pm Nia Dance  
6:30pm Breast Cancer Networking Group

**6**  
9am Mindfulness Hour  
12pm Lunch and Learn ✓  
4pm Gentle Yoga  
5:30pm Newcomer Welcome ✓  
6:30pm Jackets Korner ✓

**7**  
10:30am Qigong  
4pm Cooking for Wellness at COUG ✓🏠  
6:30pm FORCE

**8**  
11:30am Crocheting  
1pm Tai Chi Basic

**9**  
9:30am Gentle Yoga  
12:30pm Art Therapy Workshop ✓

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

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

**13**  
12pm Natural Living Workshop  
4pm Gentle Yoga  
5:30pm Newcomer Welcome ✓  
6:30pm Women's Night Out: Sex and Intimacy After Cancer ✓

**14**  
10:30am Qigong  
12pm The Journey  
2:30pm Drumming Circle  
6pm Cooking For Wellness at Giant Eagle Market District ✓🏠

**15**  
1pm Tai Chi Basic

**16**  
9:30am Gentle Yoga  
11:30am Yoga Nidra

**18**  
11am Gentle Yoga  
6pm Tai Chi Basic  
6:30pm Friends and Family Support Group

**19**  
11am Workout with Friends  
12pm Newcomer Welcome ✓  
12pm Nia Dance  
6:30pm Multiple Myeloma

**20**  
9am Mindfulness Hour  
4pm Gentle Yoga  
5:30pm Newcomer Welcome ✓

**21**  
10:30am Qigong  
12pm Brown Bag Book Club  
6:30pm Metastatic Cancer Support Group

**22**  
11:30am Crocheting  
1pm Tai Chi Basic

**23**  
9:30am Gentle Yoga

**25**  
11am Gentle Yoga  
6pm Tai Chi Basic

**26**  
11am Workout With Friends  
12pm Newcomer Welcome ✓  
12pm Nia Dance  
6:30pm Blood Cancer Support Group

**27**  
4pm Gentle Yoga  
5:30pm Newcomer Welcome ✓  
6:30pm Young Survival Coalition

**28**  
10:30am Qigong  
2:30pm Drumming Circle  
6pm Cooking for Wellness at Cancer Support Community ✓

✓ 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!

### Color Your World!

Wednesday, January 16, Noon

Colder weather and gray skies can affect our mood this time of year, so fight back with color! Join artist and breast cancer survivor Abby Feinknopf as she shares tips and techniques to infuse color into your daily life and elevate your mood!

### Treating Neuropathy with Acupuncture

Wednesday, February 6, Noon

Have you ever wondered about using acupuncture to treat neuropathic pain? Scientific evidence suggests that acupuncture may improve symptoms by relieving chronic discomfort and changing your body's response to pain. Join Terry Blankenship, licensed acupuncturist and owner of Panda Acupuncture Community Clinic, to learn more about this alternative medical technique.



### Natural Living Workshops

Presented by Lindsey Moeller, Founder of Concur: The Conscious Company, and Lily Kunning, Head Herbalist, Haven Herbs. Please feel free to bring your own lunch.

January 9, Noon

Staying Well Naturally in Cold and Flu Season

February 13, Noon

Make an Herbal Immune Boosting Syrup

## UPCOMING SPECIAL PROGRAMMING

Please RSVP by the date noted below by calling 614-884-HOPE (4673) or emailing [asantangelo@cancersupportohio.org](mailto:asantangelo@cancersupportohio.org).

### What Do I Tell the Kids?

Monday, January 21, 3pm

This program will teach cancer survivors and their caregivers about strategies and resources to plan and have a discussion with their children a new diagnosis of cancer. Participants will review how to plan a discussion that is appropriate to developmental level and use current materials to reinforce the information. Attendees will do supervised role play with a mental health professional and have a chance to review teaching materials. A library of books for children and teens to aid in this discussion will be available for browsing. RSVP by January 19.

### Scarf Tying Class

Wednesday, January 30, 6:30pm

Scarves have a long history as versatile and affordable fashion accessories, but they can be a challenge to tie in an attractive manner. Let's spend a FUN, interactive hour exploring new and creative ways to tie scarves. You'll receive a scarf-tying guide and have a chance to win prizes. Bring your favorite oblong and square scarves from home to practice with. Extra scarves will be available to borrow during the presentation. Light snacks will be provided. Support is provided by Wesley Hospice. RSVP by January 28.

### Women's Night Out: Sex and Intimacy After Cancer

Wednesday February 13, 6:30pm

Intimacy after cancer can be challenging. It is common among so many women, yet many are hesitant to talk about it. Cancer Support Community and Pink Ribbon Girls are joining forces to bring in Dr. Deepa Halarvi to talk about common struggles and what to do to improve your sex life after cancer. Join us for a fun and educational evening with Dr. Halarvi! Dinner will be provided. RSVP by February 10 and save your spot!

## 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:

**January 3** - No class

**February 7** - Start with Soup!

This class will be about meal planning for the week. We will start with a hearty soup full of vegetables and learn how to use the ingredients in different dishes to create variety in your meals for the week. That's right, you can prep once and have a week's worth of meals!

This program is open to patients, survivors, caregivers, family members and friends.

To RSVP, please call Jody Linson, Central Ohio Urology Group, at 614-884-HOPE (4673).

701 Tech Center Drive  
Gahanna, Ohio 43230



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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)



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The Gift of Hope Legacy Society comprises individuals who have made arrangements for a future gift to Cancer Support Community Central Ohio through their estate plan or other deferred gift. These gifts ensure that Cancer Support Community can fulfill its mission and provide programs and services at no cost for many years to come.

You can join the Legacy Society by naming Cancer Support Community Central Ohio as a beneficiary on your insurance, IRA or retirement plan, or leaving a gift through your will or trust.

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Debbie Beyer at [dbeyer@cancersupportohio.org](mailto:dbeyer@cancersupportohio.org) or at 614-884-HOPE (4673) for more information. Please also consult your own independent legal, financial and tax counsel.

