

Newsletter & Program Calendar

July/August 2019

Volume 13, Issue 4



Season of Renewal

Several exciting renovations are happening at our facility.

See page 1 for full story

Save the Date: Night of Chocolate

September 20, 2019
See back cover for details

Healing with Music and Mantra Meditation

Wednesday, July 10, 6:30pm
See page 5 for more details

Frankly Speaking About Cancer: Precision Medicine

Wednesday August 14, 6pm
See page 5 for more details

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

Season of Renewal

This spring and summer, you may notice some changes around Cancer Support Community. We are busy completing several major renovations to our facility, including installing donor recognition features and signage, resurfacing our parking lot blacktop, a new parking lot drainage system, replacing our sidewalks, and renewing our entryway garden and adding our commemorative brick walkway.

The donor recognition walls in our vestibule are a project we are especially proud to see come to life. The gleaming Rays of Hope wall features the names of the many people and companies that provided financial resources and leadership that has been instrumental in helping Cancer Support Community purchase and renovate the building four years ago. The campaign continues to grow, helping us achieve many successes: launching new programs and increasing our capacity to serve more individuals and families through their cancer journey and beyond.



Legacy Society

The Gift of Hope Legacy Society is for individuals who have made arrangements for a future gift to Cancer Support Community Central Ohio through their estate plan or other deferred gifts. We are honored when our friends consider us in their long-term planning.

Commemorative Bricks

Another project we are excited to come to fruition is our entryway garden. With the addition of commemorative bricks, our newly transformed Garden of Hope offers the people of our community, like you, the opportunity to create a legacy. Whether it's a spouse, sibling, parent, or friend you've lost to cancer, or someone who is currently living with cancer, or someone you'd like to honor, think about the impact that person has had on your life and the joy you shared. Through a commemorative brick, their legacy will be honored and will live on in our garden and in the community for many years to come..

For more information or to purchase a commemorative brick in our Garden of Hope, please contact Andrea Oldham at aoldham@cancersupportohio.org or call 614-884-HOPE (4673).

Charity Golf Classic is a Hole-in-One

The 14th annual Charity Golf Classic took place at the Medallion Club on May 20th. Our golfers enjoyed a day on the links and generously supported the silent and live auctions. Thank you to our golf committee co-chairs Pete Marvich and Mike Murphy, our sponsors, who made the day possible, and to our golf committee and volunteers, who worked tirelessly to make the the golf classic a great day for everyone. And, of course, thank you to all the golfers who participated.



Presenting Sponsors: Park National Bank

Honorary Chairman: Ron Greenbaum, The Basement Doctor

Birdie Sponsor: Murphy Development Company and Atlas Butler Heating and Cooling

Event and Course Activities Sponsors: NBC4, Red Bull, Blue Angel Pumps, Lamar Advertising, G&J Pepsi-Cola Bottlers, Yuengling, Civista Bank, MillerCoors, Budweiser, Buckeye Lifestyle Magazine, First Merchants Bank, Premium Beverage Supply, Franklin County Engineer, Edwards Communities Development Company and Giant Eagle

Media Partners: NBC4, Lamar Advertising, Buckeye Lifestyle Magazine, and iHeartMedia

Community Partners: Giant Eagle, Giant Eagle Market District, Franklin County Board of Commissioners, Anthem Blue Cross Blue Shield Foundation, Park National Bank, and Bob Evans Farms

COOKING FOR WELLNESS

Presented by **GIANT EAGLE** **MARKET DISTRICT**

Featuring The Cancer Support Community Culinary Team

Olive, Coconut, Vegetable: How Do I Choose?

July 11, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

A healthful, high-quality diet requires dietary fats and oils provide beneficial fatty acids and the properties of each oil are different and each has its unique uses in cooking. At this class you will learn which oil provides the best health benefits and the different cooking methods that may change the healthful properties of oils.

The Nose Knows

July 25, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

When it comes to the performance and flavor, not all cooking oils are created equal. How to differentiate between them all? And how to store them? How long will they last? So many questions! Join us for this class for hands on tasting and learning how to pick the best oil to compliment your meal.

Yogurt: It isn't just for breakfast anymore!

August 8, 6pm, at Kingsdale Market District | 3061 Kingsdale Center, Columbus, Ohio 43221

Yogurt is an extraordinary source of nutrition. At this class you will learn clever ways to use it from the simplest recipes to the most sophisticated menus and as a substitute in recipes.

Milk: Get it or Get Away?

August 22, 6pm, at Cancer Support Community Central Ohio | 1200 Old Henderson Road, Columbus, Ohio 43220

Dairy is a hot topic in nutrition and environmental circles. Dietitian Rosemary will help use sort through the research and understand what we need to know to make the best choices for our bodies and our planet. Chef Jason will demonstrate some tasty recipes with dairy and dairy alternatives.

All classes are led by our chef and dietitian and include a sampling of the scrumptious recipes. Recipe cards will be provided to make notes and take home. Please RSVP by the Monday before class by calling 614-884-HOPE (4673).



ASK THE EXPERT

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

One type of radiation therapy is called External Beam Radiation Therapy, which is used to treat early stage cancers. At Central Ohio Urology Group, we continue to use the most innovative treatments to best serve our patients. The urologists, in collaboration with the radiation oncologist, are implementing the use of SpaceOAR® Hydrogel into our standard of care. SpaceOAR® Hydrogel is a gel-like material that temporarily moves the rectal wall away from the prostate which provides additional space to decrease the risk of side effects associated with this treatment. In clinical studies, this has been shown to decrease bowel, sexual and urinary side effects in patients. In addition, this may allow the radiation oncologist to better target the cancer, producing optimal results for the patient.

For more information, please visit our website at www.centralohiourology.com



2019 July

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
11am Gentle Yoga
6pm Tai Chi Basic

2
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Breast Cancer Networking Group

3
9pm Mindfulness Hour
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓



5
1pm Tai Chi Basic

6
9:30am Gentle Yoga

8
11am Gentle Yoga
6pm Tai Chi Basic

9
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm 20s & 30s with Cancer

10
12pm Natural Living Series ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Music and Mantras ✓

11
10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
4pm Cooking For Wellness at COUG ✓🏠
6pm Cooking for Wellness at Giant Eagle ✓🏠

12
11:30am Crocheting and Knitting
1pm Tai Chi Basic

13
9:30am Gentle Yoga
11:30am Passport to Wellness: Weight Loss Challenge ✓

15
11am Gentle Yoga
6pm Tai Chi Basic

16
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
1pm Seasonal Yoga
6:30pm Multiple Myeloma Networking Group

17
9pm Mindfulness Hour
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

18
10:30am Qigong
12pm Brown Bag Book Club
6:30pm Friends and Family Support Group
6:30pm Metastatic Cancer Support Group

19
1pm Tai Chi Basic
6pm Restorative Yoga ✓

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

22
11am Gentle Yoga
6pm Tai Chi Basic

23
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
1pm Seasonal Yoga
6:30pm Blood Cancer Support Group

24
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓
6:30pm Young Survival Coalition

25
10:30am Qigong
2:30pm Drumming Circle
6pm Cooking for Wellness at Cancer Support Community ✓

26
11:30am Crocheting and Knitting
1pm Tai Chi Basic

27
9:30am Gentle Yoga
11:30am Passport to Wellness: Weight Loss Challenge ✓

29
11am Gentle Yoga
6pm Tai Chi Basic

30
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance

31
4pm Gentle Yoga
6:30pm Overview of Bladder Cancer Surgery and Recovery ✓



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/

2019 August

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

1
10:30am Qigong
4pm Cooking for Wellness at COUG ✓
6:30pm FORCE

2
1pm Tai Chi Basic

3
9:30am Gentle Yoga

5
11am Gentle Yoga
6pm Tai Chi Basic

6
9am Belly Dancing
11am Workout With Friends
12pm Newcomer Welcome ✓
12pm Nia Dance
6:30pm Breast Cancer Networking Group

7
9am Mindfulness Hour
12pm Lunch and Learn ✓
4pm Gentle Yoga
5:30pm Newcomer Welcome ✓

8
10:30am Qigong
12pm The Journey
2:30pm Drumming Circle
6pm Cooking For Wellness at Giant Eagle Market District ✓ 🏠

9
11:30am Crocheting and Knitting
1pm Tai Chi Basic

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6pm Tai Chi Basic

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6:30pm 20s & 30s with Cancer

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5:30pm Newcomer Welcome ✓
6:30pm Frankly Speaking About Precision Medicine ✓

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1pm Tai Chi Basic

31
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11:30am Passport to Wellness: Weight Loss Challenge ✓

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!

Respite Care for Survivors and Their Support

July 3, noon

Caregiving can be both rewarding and exhausting, for both survivors and those caring for them. Respite care is a great option for caregivers and survivors who need a temporary break from the 24/7 caregiving. The Forum at Knightsbridge will be here to educate us about how to access respite care and the benefits of using respite care.

Blood Cancer and Aging

August 7, noon

Aging adults with blood cancer have unique needs. Dr. Rosko will be discussing the multi-disciplinary approach that her clinic takes to address these unique health needs. She will present how evaluating exercise interventions and use of Geriatric Assessments helps to modify functional status and improve the outcomes of older adults with blood cancer. Dr. Rosko is an Associate Professor in the Division of Hematology at The Ohio State University College of Medicine. She is the Director of the Cancer and Aging Resiliency Clinic (CARE) for aging adults with cancer.

Special Programs

Healing with Music and Mantra Meditation

Wednesday, July 10, 6:30pm

Abby Dorn and Holly Moretti, both yoga/meditation instructors and musicians, together as the Bhakti Mamas, offer a relaxing and uplifting participatory musical and spiritual experience that is a blend of Mantra Meditation and more traditional spiritual selections. Also known as Bhakti yoga or kirtan, this practice of mantra repetition is accessible to everyone, and can be done seated, lying down, or dancing around. You can participate with your voice or just relax into the music and the mantras. RSVP to 614-884-4673(HOPE) by July 9

Restorative Yoga

Friday, July 19, 6pm

Take an hour to rest and renew using restorative yoga. Poses are used to help calm the mind and body by using bolsters and blankets to help support the body. No yoga experience required. Dress in comfortable clothes and in layers; body temperature drops as the body relaxes. Please bring two blankets or two large beach towels for this practice. Please RSVP by July 17.

Frankly Speaking About Cancer: Precision Medicine

Wednesday August 14, 6pm

This workshop provides fundamental information about precision medicine, biomarker testing, and types of targeted therapies to find the best treatment on an individual basis. Our expert presenter will be Ali Nagle, Ph.D., a Clinical and Research Liaison for the Central region for Tempus Labs. Dr. Nagle expertise is educating on the clinical utility of genomic sequencing to improve cancer patient care and designing research projects with investigators to improve overall knowledge in the field. Dinner will be provided beginning at 6:00 pm, the presentation will begin at 6:30 pm

Cancer Support Community at Wexner Center for the Arts

June 1-August 11

Organized by the Wex, *Barbara Hammer: In This Body* captures the full scope of her rich, interdisciplinary practice with a specific focus on the artist's works dealing with illness, aging, and mortality. Cancer Support Community enjoys free entry throughout the exhibition with CSC scanner card. Join us for yoga at the Wex on July 14th at 1pm, RSVP to 614-884-HOPE (4673) if you are able to come.

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:

July 11, Olive Oil Tasting Table

- Warm potato salad with mustard dressing
- Broccoli "Slaw" with apples and dried berries
- No bake cookies with coconut oil

August 1, Dress it Up, Sauce it Down!

- Creamy Vegan Garlic Pasta with roasted tomatoes
- Mediterranean eggplant dip
- Dairy-free vanilla soy frozen yogurt

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

701 Tech Center Drive
Gahanna, Ohio 43230

Tai Chi Delaware

Thursdays 10 am

Restore your health, increase your energy and prolong your life with this ancient art. The secrets of Tai Chi are profound, but easy to learn, by anyone regardless of age, experience or physical condition. Find out why millions of people around the world include Tai Chi every day as part of an overall wellness plan. Join us weekly at our partner Grace Clinic.



Grace Clinic Delaware
40 S Franklin Street
Delaware, Ohio 43015



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Official Media Sponsors



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Kat Moser Office Manager

Support Team:

Melissa Richardson Volunteer Coordinator
Jasmine I. Lambert Law Fellow
 The Ohio State University Moritz College of Law

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

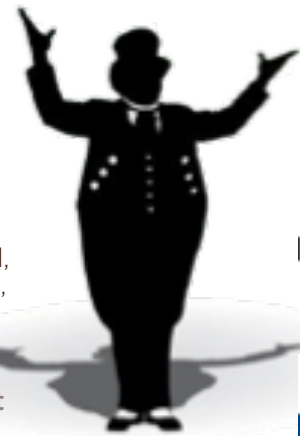
Night of Chocolate

September 20, 2019, 7:30 pm

Presented by Hollywood Casino Columbus

Come one, come all, to the Greatest Show on Earth! The 2019 Night of Chocolate will excite 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, along with our featured community partners, Giant Eagle and Hollywood Casino. The silent and live auctions are 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



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