

many lives
ONE
community

the wellness.
community[®]
greater columbus
support, education and hope for surviving cancer

JANUARY/FEBRUARY 2010

We have an exceptional corps of volunteers who bring their personal and professional talents to further our mission. Like so many of these dedicated people, Becky Stamm began as a participant in our programs.

After breast cancer treatments in 2003–2004, Becky began taking Qigong, Relaxation and Meditation classes.

BECKY STAMM



Becky describes her first experience in our programs as “tiptoe[ing] timidly into a world I’d not known existed — a world where people [affected by] cancer go and are nurtured, supported and loved.”

Becky found her experiences so beneficial she wanted to give back. “I don’t consider myself much of a volunteer,” Becky says, “but I love one thing most people dread: public speaking.” So Becky, a former English teacher, is lending her voice.

In early 2005, she spoke to our Board of Trustees about the benefits TWC provided her. “It was intimidating,” she says. “Here I was—a newcomer—and I should tell them about TWC?”

In September, she told the crowd at Night of Chocolate, our major fundraiser, about Elinor. Elinor, who has metastasized cancer, told Becky, “the three worst words you can hear are ‘You have cancer.’” That’s true, Becky agreed, but “another sentence, also three words, means more to us humans than any other — ‘I love you.’”

Becky wants people to know that if they have questions about exercise, nutrition, support groups, caregiving, how to pick out and comfortably wear a wig, or any of a host of other questions, there is always someone to ask, to listen, to teach and to help at The Wellness Community.

We thank Becky for adding her light and energy at every opportunity!

newsletter & calendar of events

frankly speaking



COPING WITH THE COST OF CANCER CARE

“I would’ve liked to talk at the front end about the cost of care...I really think that it would have been easier if we knew what was going to happen.”

— Kathy, a breast cancer survivor

As Kathy and others have discovered, the cost of care and the impact of that cost can seem like an unexpected tidal wave, taking down even the most solid foundations. A June 2009 study by Harvard Law School, Harvard Medical School and Ohio University found that medical bills play a major role in over 60% of filed bankruptcies. Even though 75% of these families reported having health insurance, they were overwhelmed by out-of-pocket expenses.

In the wake of these findings, TWC-GC helped launch the new education program *Frankly Speaking About Cancer: Coping with the Cost of Care*. Offering a roadmap through the questions, concerns and resources available, *Coping with the Cost of Care* helps cancer patients and their loved ones navigate the financial hurdles without losing their focus on recovery.

The recent economic downturn has exacerbated financial concerns for cancer patients and their families. As with all TWC programs, the Patient-Active model works for addressing financial concerns as well. During the emotion-filled time of diagnosis and early treatment, financial concerns can be put on a back burner due to fear, assumptions about what insurance will cover or simply from an inability to focus.

Two factors surface as common reasons cancer patients avoid financial issues: for many people, it’s hard to talk about money and it’s difficult to ask for — and accept — help. But the Patient-Active model proves that assessing your needs, exploring your options, and being part of your own care-related decision-making process helps to smooth the path to recovering your health and sense of financial control.

Here are a few tips to begin your own journey toward coping with the cost of care:

1

Develop a set of questions for your health care team, such as “What financial options exist to help pay for treatment?” “What is the estimated total cost?” “How do I find out if I am eligible for assistance programs such as Medicaid?”

2

Establish a record-keeping system. Set up an accordion file or other simple means of tracking doctor and hospital bills, claim forms, insurance and hospital correspondence, information on treatment, resource directories, etc.

3

Take advantage of the resources available for managing medical debt. The website www.survivorshipatoz.org offers valuable information about managing debt, negotiating with creditors, and seeking financial advice.

4

The Wellness Community is here to help. Our library includes materials from the “Coping with the Cost of Care” workshops that you are welcome to borrow. For further information contact us.

The Cancer Support Network (CSN) represents a growing number of partnerships between outstanding medical and community institutions and The Wellness Community-Greater Columbus. The CSN is working to ensure that cancer patients receive comprehensive cancer care, including emotional and educational support programs.

These partnerships enable us to fulfill our mission of helping those affected by cancer enhance their health and well-being through participation in professional programs of emotional support, education, and hope. Research has shown that participation in such programs significantly improves the quality of life for those with cancer, family members, caregivers and survivors.

We are grateful to our CSN partners for their essential support.

presenting partners



Multiple Myeloma Networking Group

Tuesdays, January 19 and February 16, 6:00 – 8:00 pm

Meet to support each other and to learn from one another. Attend this drop-in group to discuss aspects of living with multiple myeloma diagnosis, treatment, and recovery. Open to family and friends.

Renal Cancer Networking Group

Wednesdays, January 6 and February 3, 5:30 – 7:30 pm

Meet to support each other and to learn from one another. Attend this drop-in group to discuss aspects of living with renal cancer, treatment, and recovery. Open to family and friends. All are welcome.

Our programs and services are always free of charge, to ensure that we do not increase the financial burden of those already coping with life-threatening issues. We serve all cancer patients — any diagnosis, any stage — and their families and caregivers. Our comfortable setting helps people find a sense of community among others with whom they can share, learn and improve their quality of life.

NEW! Partnership with the Columbus Neighborhood Health Centers

Through a shared vision with the **Franklin County Commissioners**, we are working with the Columbus West Family Health and Wellness Center (2300 West Broad Street) to ensure that every person in Franklin County whose life is touched by cancer is surrounded by support so that no one ever has to face cancer alone. TWC will soon be providing programs at the beautiful new facility.

- = registration required
- = offsite program
- = "Welcome to Wellness" orientation required to attend this program; see details on page 6.

NEW! Welcome to Wellness at Mount Carmel St. Ann's Hospital — Beginning Tuesday, January 5, 10:00 am – 12:00 pm

For those who are unable to travel to our main facility and to ensure that cancer patients receive comprehensive care, our CSN Partner **Mount Carmel** will be providing **weekly Welcome to Wellness sessions** at Jan's Place Cancer Care Survivorship Center (495 Cooper Road, Suite #130, Westerville, OH 43081). **To schedule an appointment, call Shirley Torrance at 614.546.4180.**

Grief and Loss Wellness Support Group — Tuesdays, January 5 – February 9, 6:30 – 8:00 pm

This soothing group provides a safe place to connect with others who are also dealing with the loss of a loved one — a place to share stories, express feelings, receive support and learn about the many different aspects of grief while working through the healing process. Group members' needs shape the group's content each week. A brief "Welcome to Wellness" orientation is required before joining the group. **RSVP**

Look Good, Feel Better — Monday, January 11, 6:00 – 8:00 pm

This program helps women with cancer improve their self-image by providing hands-on beauty techniques to combat the physical side effects of chemotherapy and radiation. Participants may bring one guest to assist them; registration is limited to 12 participant/friend pairings. **A makeup kit valued at over \$300 will be given to each participant** (limit one kit per person). **RSVP to the American Cancer Society (ACS) at 1-888-227-6446 and press 0.**

Spirituality — Thursday, January 14, 12:00 – 2:00 pm **Bob Weisenburger-Lipetz leads "The Magic Seed Workshop."** Have fun planting the seeds of your "spirit garden" and discovering yourself through creative play. All materials provided; pack your own lunch; **RSVP.**

Mindfulness-Based Stress Reduction — 6-week program starts Tuesday, January 26, 9:00 – 11:00 am

Learn to embrace the full experience of life, the pleasant and unpleasant, while gaining strength and hope as you learn about living, growing and healing. Participants learn to relieve tension, stress and anxiety, manage feelings of depression and hopelessness and develop a different relationship with pain. Cultivating mindfulness can lead to deep relaxation, calmness, and insight. This six-week program involves meditation, gentle exercise, readings, discussions, daily homework assignments and a half-day meditation retreat. Our series is based on the program developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center. It is requested that participants obtain a copy of his book, *Full Catastrophe Living* (available through your local library or book store, and online).

Classes will be held on consecutive Tuesdays, beginning on January 26, from 9:00 – 11:00 am. **Attendance at the first session is required.** The half-day meditation retreat will be held on Saturday, February 27, 9:00 – 1:00 am. **Please register at TWC by January 18**, so that the facilitator has time to mail you information before the first session.

Spirituality — Thursday, February 11, 12:00 – 2:00 pm **Debra Weisenburger-Lipetz leads the "Who I Have Come Here to Be" workshop.** Adventure into a journey of self-discovery to better understand who we truly are and what we have come here to be. All materials provided; pack your own lunch; **RSVP.**

Express Yourself! Art Therapy — Tuesday, February 16, 10:30 am – 12:00 pm at Riverside Health Center

Led by Jennifer Quinn, MAET, ATR, learn how to **"Green up your year" by making a paper book from recycled materials.** Classes take place at Riverside Cancer Services at Riverside Health Center (Suite 3A, 500 Thomas Lane, Columbus, Ohio — the three-story building on the north side of the street, across from the main hospital). All materials are provided, and participants receive vouchers for free parking in the attached garage. **RSVP**



AT THE WELLNESS COMMUNITY

THE WELLNESS COMMUNITY GREATER COLUMBUS STAFF

Cancer Transitions: Moving Beyond Treatment – NEW 7-week series starts Monday, February 22, 6:00 – 8:30 pm at Jan's Place (Mount Carmel St. Ann's Hospital)

TWC's Cancer Transitions program is ideally suited for women and men who have completed cancer treatment and are seeking new ways to adapt to a life of survivorship. This series provides information, skills and tools that address exercise, nutrition, emotional health, medical management and quality of life issues. Program staff includes a credentialed therapist, nurse, nutritionist and exercise specialist. Classes are held on six consecutive Mondays, plus a follow-up 'Booster' session (date TBD), beginning on Monday, February 22 from 6:00 – 8:30 pm.

This session of Cancer Transitions will take place at Jan's Place Cancer Survivorship Care Center (495 Cooper Road, Suite #130, Westerville, OH 43081; a medical office building behind Mount Carmel/St. Ann's Hospital). Presented in partnership with The Lance Armstrong Foundation and Mount Carmel survivorship services. **RSVP to TWC by Friday, February 19.** This program will be cancelled if less than ten participants are registered by this date.



NEW! Look, Listen and Feel Lymphedema Care Class – Tuesday, February 23, 4:30 – 7:00 pm

Breast cancer survivors, family and friends will benefit from this class on lymphedema. Learn how to recognize early signs; how to reduce your risk for the condition; how to control symptoms; and how to do manual lymph drainage exercises to help move lymph fluid. **RSVP to Breast Health Nurse Navigator Sharon Inzetta at 614.234.8124 by Friday, February 19.** Class will be cancelled if fewer than five people register.

Healthy Living: Cooking for Wellness

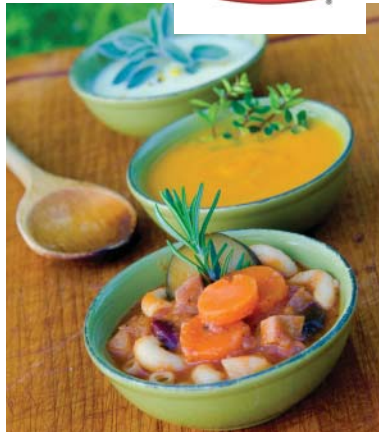
January 21, 6:00 – 8:00 pm
Breakfast – the best meal of the day, any time of day! The short cooking times and satisfying flavors of eggs and grains (frittatas and pancakes) will get you to the table in a hurry and help energize you.

February 18, 6:00 – 8:00 pm
Superb Soups and Stews – hearty winter warmth. These simple one-pot meals will improve your health — and your outlook! We'll use root vegetables, squash and other seasonal items to create meals that can be enjoyed more than once.

Presented by Giant Eagle, Dublin AM Rotary and Mount Carmel. **RSVP to TWC**

fuel your fight
with healthy food

GIANT EAGLE



Follow the **Rainbow** to Optimal Health

The message about eating a "rainbow of colors" at every meal isn't a new one. Many people know that brightly-colored fruits and vegetables and foods with the deepest, richest pigments are best for cancer prevention and survivorship. It's the plant chemicals (phytochemicals) such as lycopene, sulforaphane and anthocyanins in these foods that contribute to their coloring. For example, anthocyanins are responsible for the dark-blue color seen in berries and dark grapes, whereas lycopene lends tomatoes and other foods their red coloration.

Each phytochemical has its own unique value; no one food does it all. Berries, squash, tomatoes and broccoli all contribute to our well-being, but it's the synergy among them that makes the real difference to healthy living. That's why it's so important to make sure your meals contain a variety of colorful foods.

The recipes featured in TWC's cooking classes are designed with this concept in mind. The soups and stews, in particular, incorporate a palette of root vegetables and squash in one pot. Filled with carotenoids such as beta-carotene and lutein, this class of phytochemicals is well-known for its demonstrated benefits in cancer prevention and survivorship.

Feast your eyes, enjoy the flavors, and relish the health benefits of eating a rainbow of colors at every meal!

Christine SARDO, M.P.H., R.D. Christine Sardo is the Partnerships and Policies Director at the Canyon Ranch Institute in Tucson, AZ. She is a member of The Wellness Community Board of Directors and presented the popular workshop "Ask the Right Questions, Get the Right Answers and Eat the Right Foods" at TWC in 2009.

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Interns:

Leah Bundy, (The Ohio State University)

CREDITS:

Michelle Geissbuhler, Goathill Productions

Kathy Thomas, www.katdesignweb.com

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staff spotlight

Jennifer Quinn, who facilitates our "Express Yourself!" program every other month, earned her Registered Art Therapist credentials from the American Art Therapy Association. For the past 11 years, Jennifer has offered cancer patients at Riverside Methodist Hospital the opportunity to explore and express emotions through art. Understanding that a medical crisis can be life altering, Jennifer aims to provide tools that touch the spirit, instill hope and bring comfort.

The Women's Board of TWC-Greater Columbus

The mission of the Women's Board is to advance the growth of TWC by raising funds for and awareness of TWC's programs and activities, through annual events and volunteer efforts. Board members are women of all ages and professions. This is a great opportunity to expand your personal and professional horizons. The first meeting is scheduled for February 3rd, 2010. Contact Autumn Hutcherson for more details @ 614-961-8003 or ahutch_29@yahoo.com.

Coming Soon! Walk with a Doc

In April, TWC will be the featured cancer organization accompanying cardiologist Dr. David Sabgir for a "walk in the park." Engaging in moderate exercise reduces stress, boosts energy, helps your heart and overall health. Get your walking shoes ready!

614.791.9510

3

january

All programs and services of TWC-GC are provided FREE OF CHARGE!

SUN MON TUE WED THUR FRI SAT



January is
Cervical Cancer
Awareness Month

1
CLOSED

2
CLOSED

3	4 11:00 Yoga	5 10:00 NEW! Welcome to Wellness @ St. Ann's 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:30 Grief & Loss Wellness Support Group	6 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 5:30 Renal Cancer Networking Group	7 10:30 Qigong 2:00 Welcome to Wellness 6:00 Tai Chi	8 11:00 Tai Chi	9 8:00 Yoga II 9:30 Yoga
10	11 11:00 Yoga 6:00 Look Good, Feel Better (ACS)	12 10:00 Mindfulness Meditation 10:00 NEW! Welcome to Wellness @ St. Ann's 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:30 Grief & Loss Wellness Support Group	13 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 7:00 Pancreatic Cancer Action Network Group	14 10:30 Qigong 12:00 Spirituality 2:00 Welcome to Wellness 5:30 Knitting Circle 6:00 Tai Chi	15 11:00 Tai Chi	16 8:00 Yoga II 9:30 Yoga
17	18 11:00 Yoga 6:00 Advanced Breast Cancer Networking Group	19 10:00 NEW! Welcome to Wellness @ St. Ann's 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:00 Multiple Myeloma Support Group Networking 6:30 Grief & Loss Wellness Support Group	20 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	21 10:30 Qigong 11:30 Brown Bag Book Club 2:00 Welcome to Wellness 6:00 Tai Chi 6:00 Cooking for Wellness	22 11:00 Tai Chi	23 8:00 Yoga II 9:30 Yoga
24	25 11:00 Yoga 6:00 Newly Diagnosed Breast Cancer Networking Group	26 9:00 MSBR (1) 10:00 NEW! Welcome to Wellness @ St. Ann's 10:00 Mindfulness Meditation 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:30 Grief & Loss Wellness Support Group	27 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	28 10:30 Qigong 2:00 Welcome to Wellness 6:00 Tai Chi	29 11:00 Tai Chi	30 8:00 Yoga II 9:30 Yoga

february

All programs and services of TWC-GC are provided FREE OF CHARGE!

SUN	MON	TUE	WED	THUR	FRI	SAT
31	1 11:00 Yoga	2 9:00 MSBR (2) 10:00 NEW! Welcome to Wellness @ St. Ann's 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:30 Grief & Loss Wellness Support Group	3 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 5:30 Renal Cancer Networking Group	4 10:30 Qigong 2:00 Welcome to Wellness 6:00 Tai Chi	5 11:00 Tai Chi	6 8:00 Yoga II 9:30 Yoga
7	8 11:00 Yoga	9 9:00 MSBR (3) 10:00 NEW! Welcome to Wellness @ St. Ann's 10:00 Mindfulness Meditation 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:30 Grief & Loss Wellness Support Group	10 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 7:00 Pancreatic Cancer Action Network Group	11 10:30 Qigong 12:00 Spirituality 2:00 Welcome to Wellness 5:30 Knitting Circle 6:00 Tai Chi	12 11:00 Tai Chi	13 8:00 Yoga II 9:30 Yoga
14	15 11:00 Yoga 6:00 Advanced Breast Cancer Networking Group	16 9:00 MSBR (4) 10:00 NEW! Welcome to Wellness @ St. Ann's 10:30 Express Yourself! @ RMH 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:00 Multiple Myeloma Support Group Networking	17 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	18 10:30 Qigong 11:30 Brown Bag Book Club 2:00 Welcome to Wellness 6:00 Tai Chi 6:00 Cooking for Wellness	19 11:00 Tai Chi	20 8:00 Yoga II 9:30 Yoga
21	22 11:00 Yoga 6:00 Newly Diagnosed Breast Cancer Networking Group 6:00 Cancer Transitions (1) @ St. Ann's (new location)	23 9:00 MSBR (5) 10:00 NEW! Welcome to Wellness @ St. Ann's 10:00 Mindfulness Meditation 4:30 Healthy Steps 4:30 Look, Listen, Feel 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	24 10:00 Tai Chi 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	25 10:30 Qigong 2:00 Welcome to Wellness 6:00 Tai Chi	26 11:00 Tai Chi	27 8:00 Yoga II 9:00 MBSR Meditation Retreat 9:30 Yoga
28	February is Ovarian Cancer Awareness Month	 <p>CANCER, THE FLU AND YOU – Living with cancer increases your risk for complications from both seasonal and H1N1 flu. The Centers for Disease Control and Prevention have established a special website especially for those who have, or had, cancer. Visit http://cdc.gov/cancer/flu for information about the special considerations facing cancer patients and survivors confronted with the flu.</p>				

Please help us GO GREEN! Send your email address to cathy@wellnesscolumbus.org and get your calendar online. This convenient option reduces paper waste, saves printing costs, and gives you instant access to updates. We will continue to mail newsletters to those without internet access or who prefer this means of contact.

614.791.9510

WELLNESS COMMUNITY programs

All programming takes place at our Sawmill Road location, unless indicated by the 🚗 symbol. If a program takes place offsite, we include address and contact information for that location. You may also call us at 614.791.9510 for help.

We require advanced registration for our educational workshops, cooking classes and other programs bearing the 🗓️ symbol. This enables us to plan sufficient, seating, materials, food, etc. These programs include RSVP contact information in their descriptive listings.

A 🗓️ indicates the need to complete a brief "Welcome to Wellness" orientation prior to attending these activities.

In addition to our on-site groups, online support is available (for adults) at www.thewellnesscommunity.org and (for teens) at www.grouploop.org.

🗓️ **Welcome to Wellness** – Tuesdays at 5:00 pm, Thursdays at 2:00 pm and by appointment

This informal orientation with a staff member and an experienced TWC participant — required for participation in any of our Weekly Support Groups, to ensure the best group match — introduces and provides background on our programs. For more information, call 614.791.9510.

🚗 🗓️ **NEW! Welcome to Wellness at Jan's Place** – Tuesdays at 10:00 am and by appointment

We now offer welcome orientations at 495 Cooper Road, Suite #130, Westerville, OH 43081 (the medical office building behind Mount Carmel St. Ann's Hospital), for those who find this location more convenient. To schedule your visit, call Shirley Torrance at 614.546.4180.

SEMINARS & WORKSHOPS

Please join us for these classes and experience the benefits of active engagement within our community.

🗓️ **Look Good, Feel Better** – Monday, January 11, 2010
6:00 – 8:00 pm

🗓️ **Spirituality** – Thursday, January 14, 12:00 – 2:00 pm.
"Magic Seed Workshop."

🗓️ **Healthy Living: Cooking for Wellness** – January 21 and
February 18, 6:00 – 8:00 pm

🗓️ **Mindfulness-Based Stress Reduction** – Tuesdays, 9:00 –
11:00 am, January 26 – February 23; half-day meditation
retreat Saturday, February 27, 9:00 – 11:00am

🗓️ **Spirituality** – Thursday, February 11, 12:00 – 2:00 pm.
"Who I Have Come Here to Be" workshop.

🚗 🗓️ **Express Yourself! Art Therapy** – Tuesday, February
16th, 10:30 am-12 noon **at Riverside Cancer Services,
Riverside Health Center** (500 Thomas Lane, Suite 3A)
— it's the three-story building on the north side of the
street, across from the main hospital. Participants receive
vouchers for **free parking** in the attached garage.

🚗 🗓️ **Cancer Transitions: Moving Beyond Treatment** – NEW
7-week series starts Monday, February 22, 6:00 – 8:30
pm at Jan's Place (495 Cooper Road, Suite #130,
Westerville, OH 43081 — a medical building behind
Mount Carmel St. Ann's Hospital).

🗓️ **Look, Listen and Feel Lymphedema Care Class** – Tuesday,
February 23, 4:30 – 7:00pm

Frankly Speaking: Colorectal Cancer is coming in March;
look for details on our website and in the March/April
newsletter.

WEEKLY SUPPORT GROUPS

Research has shown that support groups decrease distress and improve quality of life. Join us to find out how we can help you. **Registration, and a brief "Welcome to Wellness" orientation (see above), is required for our weekly support groups; please call 614.791.9510 for information.**

🗓️ **Breast Cancer Transitions Group: Where I am Now, Living With Breast Cancer*** – Tuesdays, 6:00 – 8:00 pm

🗓️ **Participant Support Group** – Wednesdays, 5:00 – 7:00 pm. By sharing thoughts, feelings and information, adults of different ages and with different types of cancer experience warmth and understanding, exploring new ways to deal with the stress cancer often brings.

🗓️ **Caregiver/Support Person Support Group** – Wednesdays, 5:00 – 7:00 pm. Family members and caregivers learn new ways to deal with their stresses and concerns, and new ways to help their loved ones.

🗓️ **Grief & Loss Wellness Support Group** – Tuesdays, January 5 to February 9, 6:30 – 8:30 pm. This soothing group provides a safe place to connect with others who are also dealing with the loss of a loved one — a place to share stories, express feelings, receive support and learn about the many different aspects of grief while working through the healing process. Group members' needs shape the group's content each week.

MONTHLY NETWORKING GROUPS

Networking groups provide an opportunity to connect with others who have similar cancer-related concerns. Unless specified, participation in our monthly networking groups requires neither registration nor a "Welcome to Wellness" orientation.

🗓️ **Advanced Breast Cancer Networking Group*** – 3rd Mondays, 6:00 – 8:00 pm

🗓️ **Newly Diagnosed Breast Cancer Networking Group*** – 4th Mondays, 6:00 – 8:00 pm

🚗 **Southside Community Breast Cancer Networking Group*** – please call 614.791.9510 for date/time/location.

* TWC breast cancer groups are funded with support from the Susan G. Komen Foundation, in partnership with Mount Carmel Hospital

Multiple Myeloma Monthly Networking Group – 3rd Tuesdays, 6:00 – 8:00 pm

For more information, call Nina at 614.791.9510.

Pancreatic Cancer Action Network Group – 2nd Wednesdays, 7:00 – 8:00 pm. Hosted by the Pancreatic Cancer Network/PanCan's Team of Hope Ohio—Columbus. For more information, call Astrid at 614.459.9344.

Renal Cancer Networking Group – 1st Wednesdays, 5:30 – 7:30 pm

SOCIAL ACTIVITIES

Enjoy the camaraderie of these classes, get-togethers, and special events.

Knitting Circle – 2nd Thursdays, 5:30 – 7:30 pm

Whether you are a beginner or advanced, knit or crochet, you'll enjoy the company of others in a social, fun activity. Materials provided free of charge.

Brown Bag Book Club – 3rd Thursday, 11:30 am – 12:30 pm

Come join this dedicated group of readers enjoying time together.

MIND, BODY & SPIRIT PROGRAMS

Round out your self-care with programs that address the unique physical and spiritual impacts of dealing with cancer.

Healthy Steps (formerly Lebed) — Tuesdays, 4:30 – 5:30pm

A therapeutic exercise program for those with, or at risk for, lymphedema, Healthy Steps helps participants return to health through the use of smooth, gentle movements that are fun and easy to do. *Instructor: Patti Petrella*

Mindfulness Meditation – 2nd and 4th Tuesdays, 10:00 am – 12:00 noon

Calming the mind and body with focused attention can reduce stress and promote a sense of well-being. Join us to experience the benefits of this simple, gentle practice. *Instructor: Julie Kusiak*

Spirituality – 2nd Tuesdays, 10:00 – 12:00 noon

Following Zheneng Qigong. Topics and speakers vary. **Please bring your own lunch.**

Tai Chi – Wednesdays, 10:00 – 11:00 am; Thursdays, 6:00 – 7:00; Fridays, 11:00 am – 12:00 noon

This Chinese system of slow and meditative physical exercise is designed for relaxation, balance and health. *Instructor: Dan Lucas*

Yoga – Mondays, 11:00 am – 12:00 noon; Wednesdays, 4:00 – 5:00 pm; Saturdays, 9:30 – 11:00 am.

Through exercise, breathing and meditation, yoga helps improve alignment and blood flow, reduces stress and induces relaxation. *Instructor: Abby Dorn*

Yoga II – Saturdays, 8:00 – 9:00 am.

For more experienced yoga students. *Instructor: Patti Petrella*

Zheneng Qigong – Thursdays, 10:30 am – 11:30 am

Qi means "life energy" and gong means "daily effort"; thus, Qigong focuses life energy for different purposes including self-healing. *Instructor: Debra Weisenberger-Lipetz.*

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Thanks for donating your time, talent and resources to serve our community.

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Atlas Butler Heating & Cooling

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President, Advantage Media

Mark Wagenbrenner
President, Wagenbrenner
Development

Steve Weyl
Founder, Able Roofing

Gary Yaekle
President, Yaekle & Company

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Procter & Gamble, Retired

Tom Brennan
State Farm Agent, Retired

Harry Davidow
Real Estate Developer, Retired

Christine Sardo, MPH, RD, LD
Partnerships and Policies Director
Canyon Ranch Institute

2009 philanthropic giving guide



The Wellness Community-Greater Columbus is committed to offering our programs at no cost to participants. To fulfill this mission, we depend on the generosity of individuals, corporations, civic organizations and foundations. We sincerely thank all of our contributors who have stepped forward and given from the heart.

There are many ways you can help make a significant difference to the many people living with cancer in Central Ohio. Please consider making a tax-deductible donation in one of the following ways:

- **Unrestricted Gifts** – used where the need is greatest
- **Restricted Gifts** – directed to the program of your choosing or in a specific way meaningful to you
- **United Way** – support us through the United Way by writing in The Wellness Community as your designee (our UW designee number is #5353)
- **Memorial and Honorary Gifts** – honor or memorialize loved ones or friends, commemorate a birthday, anniversary or special occasion
- **Major Gifts** – contributions of \$1,000 enable us to fund vital programs and plan for the future
- **Special Events** – our annual Night of Chocolate, Golf Classic and other events unite our individual and corporate supporters and help raise much needed unrestricted funds. Consider sponsorships and/or ticket purchases.
- **Bequests and Planned Giving** – there are special ways to preserve your income and still make a generous donation. As a beneficiary on a life insurance policy, retirement account, charitable gift annuity or savings plan, we can help walk you through options to help you make the right choice for your charitable giving goals. Donations of stock are also accepted.

Visit our website (www.wellnesscolumbus.org) or connect to us on Facebook to **make a secure, on-line donation.**

GROUNDS FOR WELLNESS COFFEE is now on sale in the coffee aisle at all Central Ohio Giant Eagle stores!

Locally roasted by Crimson Cup from all-organic Fair Trade beans, this delicious brew comes in three blends: Dark Roast, Community Blend, and Decaf. All proceeds benefit our programs and activities.

 **Olentangy Rotary** *Because We Make a Difference*
9th annual
Heart of Gold
Charity Event

Benefiting The Wellness Community and other Olentangy Rotary Foundation Supported Programs

Valentine's Weekend Saturday February 13, 2010
At the Bridgewater Banquet and Conference Center
Event begins at 6 PM featuring: dinner, dancing, music by Arnett Howard, silent auction and prizes

\$125 Patron Ticket <small>Includes the entire evening for two plus one chance in the major prize drawing</small>	\$75 Supporter Ticket <small>For those who want extra chances in the major prize drawing or who are unable to attend. Includes only one chance in the major prize drawing</small>	\$750 Table Sponsor <small>Includes the entire evening for ten and five chances in the major prize drawing, plus table signage and program listing.</small>
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Make your reservations and payment by credit card on-line now at www.OlentangyRotary.org

Your ticket to a fun evening for helping us Promote health and education locally and providing safe drinking water globally

wish list

If you, or someone you know, can provide the following items, we'd be very grateful:

- New(er) computers
- Printers
- Copy machine
- Flat-screen monitors
- Floor lamps
- Table lamps
- Copier paper
- Miscellaneous office supplies
- Bottled water (for participants)
- Healthy snacks (for participants)
- Kitchen tools (knives, spatulas, etc.)
- Small kitchen appliances (toaster ovens, countertop grill, etc.)
- Health-related and cancer-specific books/DVDs
- Children's books

Sign up to get your calendar online at cathy@wellnesscolumbus.org.
We will continue to mail the newsletter to those who prefer.

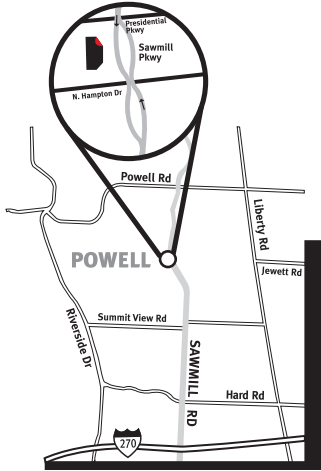


614.791.9510

the wellness. community®

greater columbus
support, education and hope for surviving cancer

The Wellness Community
10330 Sawmill Parkway, Suite 600
Powell, OH 43065
www.wellnesscolumbus.org
614.791.9510



For more information, contact us at 614.791.9510 or www.wellnesscolumbus.org.

Grounds for wellness™

support, education and hope for **surviving cancer**

making a mountain of hope out of a hill of beans!

here's what's brewing -

Our very own line of distinctive, fresh-ground coffee, roasted locally by Crimson Cup Coffee & Tea, is available exclusively at all Central Ohio **Giant Eagle** grocery stores. Conveniently located in the coffee aisle, Grounds for Wellness™ blends go on sale in October.

Grounds for Wellness™ coffees are made from Fair Trade-certified organic beans of the finest quality, and are available in three rich, fabulous blends:

- House Blend
- Dark Roast
- Decaf

Whatever your choice, you'll get an extraordinary cup of coffee – and help generate hope for those living with, through, and beyond cancer.

Now on sale in the coffee aisle at all Central Ohio Giant Eagle Stores!

official media partners



platinum elite partners



community partners



leadership partners

