

many lives  
**ONE**  
community

**the** CENTRAL OHIO  
**wellness.**  
**community**  
AN AFFILIATE of the CANCER SUPPORT COMMUNITY

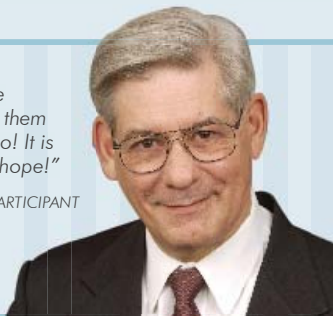
JULY/AUGUST 2010

## SHARED EXPERIENCES ARE beacons of hope

Barely six months after I retired and my wife and I moved into our dream home, Brenda was diagnosed with Stage 3+ colorectal cancer. I became her caregiver for the next three years, as she underwent rounds of testing, chemotherapy and radiation treatments.

*If you know anyone fighting cancer, tell them about TWC-CO. I do! It is truly a "beacon of hope!"*

— Michael Burchart, PARTICIPANT



Caregivers are easily overwhelmed with all the new tasks required, and I was no exception. A timely newspaper article steered us to The Wellness Community—Central Ohio; the facility became our second home, and the wonderful, caring people who make up the TWC-CO community became our second family.

I joined the Caregiver Support Group, attended Caregiver workshops and the Frankly Speaking seminar on Colorectal Cancer. Several solutions to problems Brenda and I were experiencing came from the Caregiver Support Group, including the suggestion to use microwavable mittens and booties to combat cold hands and feet. This was a huge help for Brenda.

Brenda passed away in November 2009, when cancer outpaced her ability to fight. I transitioned to the Grief and Loss Support Group and have found more help and solutions for my new life, now alone. I'm also looking forward to attending Cooking for Wellness and Mindfulness Meditation sessions soon.

TWC-CO is an incredible resource, offering many, many programs to support, train, nurture and comfort cancer patients and their caregivers — all entirely without cost to participants. I am eternally grateful to this community for its help to me and to Brenda.

## newsletter & calendar of events

### programming for **families & children** dealing with cancer

Cancer affects whole families. It takes an emotional, physical, social and financial toll on everyone involved and can have lasting effects on individuals and family dynamics.

From initial diagnosis through the active treatment phase, the family experiences intense physical and emotional demands. Survivorship offers its own hardships. During the post-treatment phase, as the physical intensity of the situation subsides and the family is adjusting to its "new normal," medical follow-up is less frequent and support less evident.

Yet, families still have significant psychosocial needs, including recovery from prolonged distress and trauma; managing long-term effects; dealing with children's social, behavioral and cognitive issues; and coping with other family stressors. These needs, often put "on hold," can affect a family's wellbeing.

We can help. Our Families & Children activities, along with other community partnerships, help strengthen family dynamics by encouraging healthy living, providing opportunities for fun social events, empowering individuals and caregivers in the transition to survivorship and beyond, and supporting those who have experienced the grief of loss.

Check inside for more about these upcoming Family and Children's programs:



Animal Families at  
the Columbus Zoo  
(July 24)

P3



Kids in the Kitchen:  
Lunch Bunch Family Fun  
(August 5)

P3



Kneading to Rise:  
Family Strategies for  
Strengthening Mealtime  
(October 16)

P6



Connections for  
Caregivers at Ronald  
McDonald House  
(date and time TBD)

P6

SAVE THE DATE



### SEPTEMBER 24: Night of Chocolate

We extend heartfelt gratitude for supporting our major fundraising event. In addition to decadent chocolate and a signature event to remember, proceeds benefit the community programs and services and the importance they provide in long-term survivorship.

The Cancer Support Network (CSN) represents a growing number of partnerships between outstanding medical institutions and The Wellness Community-Central Ohio.

By strengthening our network, we can better serve the community of people affected by cancer with our menu of personalized services. No cancer care plan is complete without these essential emotional and educational support programs. Clinical research reveals that participation in these programs can significantly improve quality of life for those with cancer, family members, caregivers and survivors.

## community partner



**NEW PARTNERSHIP** launched at the Columbus West Family Health and Wellness Center, 2300 West Broad Street

Serving the Westside/Hilltop and Franklinton areas of Columbus, this collaboration provides additional programs and services to the much-needed "community care" health and wellness services.

Thanks to all our Westside community partners, TWC staff and volunteers who participated in our successful neighborhood Cinco de Mayo celebration May 5th. Special thanks to our intern Melissa Guthrie, soon to graduate the Ohio State University with a degree in Journalism, for commemorating the event through photographs and a short video.



**NEW!** Zumba classes coming this fall!

## presenting partner



**Welcome to Wellness at Jan's Place** provides an overview of all TWC-CO programs

**Grief and Loss Wellness Support Group** is a safe place to work through the loss of a loved one

For detailed information, see "What's Happening in The Wellness Community"

= registration required = offsite program



### **Express Yourself! Adult Art Therapy** — at Riverside Methodist Hospital Health Services (500 Thomas Lane, Suite 3A)

All materials provided. Participants receive vouchers for **FREE PARKING** in the attached garage. **RSVP**

**Tuesday, July 20, 10:00 am – 12:00 pm**

Let the wind carry and honor your dreams, desires, and ambitions through your handcrafted symbolic "Prayer Flag."

**Tuesday, August 17, 10:00 am – 12:00 pm**

No, you haven't lost your marbles! Come learn how to create "marbleized paper."

### **Grief and Loss Wellness Support Group** — Tuesdays, July 6 – July 27, 6:30 – 8:00 pm (next 6-week series begins August 17)

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, July 12, 5:00 – 7:00 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). **Registration is required; to do so, contact the American Cancer Society at 1-888-227-6446 and press 0.**

### **Look, Listen and Feel: Lymphedema Care** — Tuesday July 27, 4:30 pm – 7:00 pm

Join expert nurses Carla Powell and Catherine Shade as they share information on recognizing, preventing and controlling lymphedema. They'll demonstrate manual lymph draining exercises to help move lymph fluid and answer your questions about this aspect of breast cancer survivorship. *Funded by a grant from Susan G. Columbus Komen for the Cure Columbus.*

Open to breast cancer survivors and their supporters. **RSVP to Sharon Inzetta, Breast Health Nurse Navigator, at 614.234.8124 by July 23 — program will be canceled if fewer than 5 participants register!**

### **Managing the Journey** (formerly **Spirituality**)

This monthly gathering, facilitated by Debra Weisenburger-Lipetz and often featuring guest presenters, explores a wide diversity of topics, tools and resources to help you customize your own healthy balance of mind, body and spirit — leading to an overall feeling of enhanced well-being. All materials provided. Please bring your own lunch.

**Thursday, July 8, 12:00 – 2:00 pm**

Topic to be determined. Call Cathy at 614.791.9510 for updated information.

**Thursday, August 12, 12:00 – 2:00 pm**

Renowned cell biologist Dr. Bruce Lipton (Stanford University), who conducts scientific research into how our beliefs affect our health, will show a film on health and wellness and lead a discussion afterwards. Please bring your own lunch.



### **NEW! Aquatic Exercise for Cancer Survivors** — Thursdays, July 1 – July 29, 10:45 – 11:45 am at Lifestyle Family Fitness, 7690 New Market Center Way (Billingsley and Sawmill Roads), Columbus 43235

Up to 10 slots available per series. For more information and to **RSVP**, call Cathy Shade at 614.855.7620.

# IN THE WELLNESS COMMUNITY

The Wellness Community-Central Ohio  
an affiliate of The Cancer Support Community

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



## **Healthy Living: Cooking for Wellness**

All materials provided. Presented in partnership with Giant Eagle, Dublin AM Rotary and Mount Carmel. **RSVP**

**Thursday, July 15, 6:00 – 8:00 pm**

Learn how to use summer's abundance of fresh herbs to prepare deliciously healthful foods.

**Thursday, August 19, 6:00 – 8:00 pm**

"Super foods" are nutritionally rich — and they taste good, too! We'll use watermelon, salmon, spinach and more to create meals perfectly suited for the hottest days of summer.

## **NEW! Kids in the Kitchen: Lunch Bunch Family Fun** —

**Thursday, August 5, 12:00 – 2:00 pm**

Children ages 5+ and their parents/grandparents are invited to share a light lunch. Afterwards, presenter Aviv Melmed will lead you in the creation of an edible "shadowbox" made from food. All materials provided. Space is limited to 8 children and the adults who love them. **RSVP**



## Hooray for Herbs!

One of the best (and easiest) ways to add cancer-preventing potential to your diet is to add fresh herbs such as basil, rosemary, thyme, chives, mint, lavender, sage, chamomile and tarragon. Herbs, the edible leaves of plants, have a number of healing qualities — such as antioxidant and anti-inflammatory properties — in addition to adding flavor and aroma.

Herbs complement most foods. Some well-loved combinations include salmon and dill, strawberries and mint, tomatoes and basil, chicken and rosemary and sweet potatoes and thyme. The synergy that occurs among the many vitamins, minerals, and plant chemicals in these combinations produces an effect that goes far beyond consuming the nutrients on their own, or in supplement form.

Herbal teas, such as mint and chamomile, make great additions to your healthful diet. For summertime, make a cooling iced tea, and add a few sprigs of fresh mint or lavender for extra flavor.

Here's a refreshing, seasonal salad that stars one of nature's superfoods — watermelon — with the added kick of fresh herbs:

### Watermelon Salad

4 cups seeded, cubed watermelon  
1/4 cup thinly sliced red onion  
1 tablespoon fresh lime juice  
3/4 cup crumbled feta cheese  
1 cup chopped fresh basil (or mint)  
2 tablespoons extra virgin olive oil  
Kosher salt and black pepper (optional – to taste)

Put watermelon, onion, and feta cheese into bowl. Drizzle with extra virgin olive oil and lime juice. Toss gently. Add fresh herbs. Toss again prior to serving.

### Christine SARDO, M.P.H., R.D.,

*the Partnerships and Policies  
Director at the Canyon Ranch  
Institute in Tucson, AZ, is a frequent  
contributor to our newsletter.*



See page 5 for tips on growing and storing fresh herbs.

## **Animal Families** — at the Columbus Zoo, Saturday, July 24, 10:00 am

TWC-CO encourages children and families to attend this wonderful zoo event sponsored by the Mount Carmel Hospice Evergreen program. Learn from Zoo staff about animal 'families' — how they care for each other, love and discipline one another, and even grieve. After the program, the day at the Zoo is yours to enjoy. *Many thanks for this program to gifts from the Mount Carmel Foundation.* For more information and to **RSVP**, call Myra Clark or Renee Ahern at 614.234.0200. We look forward to seeing you there!

## administrative staff

**President/CEO:** Bev Soult

**Clinical Program Director:** Nina Lewis, ACSW, LISW-S

**Development/Communications Director:** Megan Sanders, B.A.

**Office/Finance Manager:** Cathy Simensen

**Director of Operations:** Karen Lee

## program staff

Darla Bolon, MSW, LISW

Myra Clark, MA, PCC-S

Lora Daum-Reynolds, ACS

Abby Dorn, RYT

Marilyn DuRoss, MSW

Julie Kusiak, MA, PYT, RYT, CWE

Bryan Loveless, Executive Chef

Dan Lucas, Tai Chi Instructor

Adrienne Novak, Professional Chef

Jennifer Quinn, MAET, ATR

Catherine Shade, RN, AEA Fitness Professional

Laura Southern, M.S. Ed. LPPC

Shirley Torrance, BA, RN

Debra Weisenburger-Lipetz, BFA, RMT, CDI, KMT, CRT

## credits

Michelle Geissbuhler, Goathill Productions

Kathy Thomas, KatDesignWeb

Dancor, Inc.



## Lora Daum-Reynolds

Lora, who's been a cosmetologist for 28 years, is the American Cancer Society volunteer who conducts our "Look Good, Feel Better" seminars. She loves making a "positive difference for women when they really need uplifting. It all goes together — how you look affects how you feel and how you feel affects how you look. When my hair and makeup look great it makes me feel better and more confident. It's a real mood booster!"

Lora also enjoys the camaraderie of the LGFB seminars: "Laughing and sharing together is another way women can give and receive support. Every participant has shown immense gratitude and that makes me feel like a million bucks!"

When not practicing her profession, Lora enjoys spending quality time with family (husband Buddy and 24-year-old son Brandon), basset hounds Lucy and Daisy, and friends. She is an active volunteer and networker.

STAFF SPOTLIGHT

614.791.9510

3

SUN MON TUE WED THUR FRI SAT

Kick off your holiday party with a Watermelon Salad - recipe on Page 3!



<b>1</b> 10:30am - Zhineng Qigong <b>10:45am - Aquatic Exercise for Cancer Survivors</b>  2pm - Welcome to Wellness	<b>2</b> 11am - Tai Chi	<b>3</b> 9:30am - Yoga
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<b>4</b> 	<b>5</b> 11am - Yoga	<b>6</b> 10am - Welcome to Wellness - St. Ann's  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Wellness	<b>7</b> 10am - Tai Chi <b>11am - Participant Support Group (Marysville)</b>  4pm - Yoga 5:30pm - Renal Cancer Networking Group <b>6pm - Caregiver Support Group</b> <b>6pm - Participant Support Group</b>	<b>8</b> 10:30am - Zhineng Qigong <b>10:45am - Aquatic Exercise for Cancer Survivors</b> 12pm - Managing the Journey  2pm - Welcome to Wellness  5:30pm - Knitting Circle	<b>9</b> 11am - Tai Chi	<b>10</b> 9:30am - Yoga
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<b>11</b>	<b>12</b> 11am - Yoga  5pm - Look Good, Feel Better	<b>13</b> 9:30am - W.O.M.E.N. Meeting 10am - Mindfulness Meditation <b>10am - Welcome to Wellness - St. Ann's</b>  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Wellness	<b>14</b> 10am - Tai Chi  4pm - Yoga  <b>6pm - Caregiver Support Group</b> <b>6pm - Participant Support Group</b> 7pm - Pancreatic Cancer Action	<b>15</b> 10:30am - Zhineng Qigong <b>10:45am - Aquatic Exercise for Cancer Survivors</b> 11:30am - Brown Bag Book Club  2pm - Welcome to Wellness  6pm - Cooking for Wellness	<b>16</b> 11am - Tai Chi	<b>17</b> 9:30am - Yoga
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<b>18</b>	<b>19</b> 11am - Yoga	<b>20</b> 10am - Express Yourself 10am - Welcome to Wellness - St. Ann's  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Wellness 6:30pm - Multiple Myeloma Cancer	<b>21</b> 10am - Tai Chi  4pm - Yoga  <b>6pm - Caregiver Support Group</b> <b>6pm - Participant Support Group</b>	<b>22</b> 10:30am - Zhineng Qigong <b>10:45am - Aquatic Exercise for Cancer Survivors</b>  2pm - Welcome to Wellness	<b>23</b> 11am - Tai Chi	<b>24</b> 9:30am - Yoga
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<b>25</b>	<b>26</b> 11am - Yoga	<b>27</b> 9:30am - W.O.M.E.N. Meeting 10am - Mindfulness Meditation <b>10am - Welcome to Wellness - St. Ann's</b>  4:30pm - Look Listen Feel 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Wellness	<b>28</b> 10am - Tai Chi  4pm - Yoga  <b>6pm - Caregiver Support Group</b> <b>6pm - Participant Support Group</b>	<b>29</b> 10:30am - Zhineng Qigong <b>10:45am - Aquatic Exercise for Cancer Survivors</b>  2pm - Welcome to Wellness	<b>30</b> 11am - Tai Chi	<b>31</b> 9:30am - Yoga
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# august

All programs and services of the The Wellness Community – Central Ohio are provided free of charge

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>1</b>	<b>2</b> 11 am - Yoga	<b>3</b> <b>10am - Welcome to Wellness - St. Ann's</b>  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group	<b>4</b> 10am - Tai Chi <b>11am - Participant Support Group (Marysville)</b>  4pm - Yoga 5:30pm - Renal Cancer Networking Group <b>6pm - Caregiver Support Group</b> <b>6pm - Participant Support Group</b>	<b>5</b> 10:30am - Zhineng Qigong  <b>12pm - Kids in the Kitchen: Lunch Bunch Family Fun</b>  2pm - Welcome to Wellness 	<b>6</b> 11 am - Tai Chi	<b>7</b> 9:30am - Yoga
<b>8</b>	<b>9</b> 11 am - Yoga	<b>10</b> 9:30am - W.O.M.E.N. Meeting 10am - Mindfulness Meditation <b>10am - Welcome to Wellness - St. Ann's</b>  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group	<b>11</b> 10am - Tai Chi  4pm - Yoga  <b>6pm - Caregiver Support Group</b> <b>6pm - Participant Support Group</b> 7pm - Pancreatic Cancer Action	<b>12</b> 10:30am - Zhineng Qigong  12pm - Managing the Journey  2pm - Welcome to Wellness 5:30pm - Knitting Circle	<b>13</b> 11 am - Tai Chi	<b>14</b> 9:30am - Yoga
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<b>29</b>	<b>30</b> 11 am - Yoga	<b>31</b> <b>10am - Welcome to Wellness - St. Ann's</b>  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Wellness	<p><b>GROW YOUR OWN HERBS INDOORS.</b></p> <p>They'll thrive in small pots on a kitchen windowsill or other sunny spot – fresh and ready to use whenever you want them. They'll add color and aroma to your home, as well.</p> 		<p>Store up to 5 days: Rinse herbs in cold water (shaking gently to remove excess water), wrap loosely in a paper towel and seal in a plastic bag in the refrigerator.</p> <p>Store up to 10 days (depending on the herb): Trim the herbs' stems a quarter inch. Put the herbs, stem end down, into a tall cup and add water so it covers the stems by an inch. Cover the cup's opening with plastic wrap and seal with a rubber band. (Using a jar with a screw-top lid works as well.) Place in refrigerator. Change the water every two days. Wash and blot dry before using.</p>	

Red text = activities of special note

Bold text = offsite activities

614.791.9510

# WELLNESS COMMUNITY programs

This listing of our services is grouped according to the five pillars of the Cancer Support Community: Support, Education, Healthy Lifestyle, Social Opportunities and Resources and Referral.

All programming takes place at our Sawmill Parkway location, unless indicated by the 🚗 symbol. If a program takes place offsite, we include address and contact information for that location. You may also visit our website ([www.wellnesscolumbus.org](http://www.wellnesscolumbus.org)) or call us at 614.791.9510 for more information.

Advance registration is necessary for those activities bearing the 📅 symbol. This enables us to plan sufficient seating, materials, food, etc. Listings for these programs include RSVP contact information.

A 🗣️ indicates the need to complete a brief "Welcome to Wellness" orientation prior to attending these activities. For more information, or to schedule your session, please call 614.791.9510.

📅 **Welcome to Wellness** – Tuesdays at 5:00 pm, Thursdays at 2:00 pm, and by appointment  
Meet informally with a staff member and an experienced participant to learn about our services. This brief orientation is required for participation in any of the sessions bearing the 🗣️, to ensure the best group match.

🚗 **Welcome to Wellness at Jan's Place** – Tuesdays at 10:00 am, and by appointment  
Jan's Place is located at 495 Cooper Road, Suite #130, Westerville, OH 43081 (the medical office building behind Mount Carmel St. Ann's Hospital). To schedule your visit, RSVP to Shirley Torrance at 614.546.4180.

## SOCIAL ACTIVITIES (listed by day of week)

**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. Please bring your own materials.

**Brown Bag Book Club** – 3rd Thursdays, 11:30 am – 12:30 pm  
Come join this dedicated group of readers enjoying time together. Attend to find out what books currently are being recommended by participants.

## EDUCATION

**Look Good, Feel Better** – Monday, July 12, 5:00 – 7:00 pm

**Look, Listen and Feel: Lymphedema Care** – Tuesday July 27, 4:30 pm – 7:00 pm

## RESOURCES and REFERRAL

Information and referral to cancer and other related resources within TWC-CO and in the broader Cancer Support Community are available by phone, at the office and online. Online support, including professionally-facilitated groups, is available online 24/7 for adults (at [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)) and teens (at [www.grouploop.org](http://www.grouploop.org)).

Remember to check our library when you are here. We have lots of books, DVDs and other materials related to cancer and our programming available for you to borrow at no cost.

All TWC-CO programs are led by experienced professionals and are provided at no cost to participants!

## SUPPORT

🗣️ **Participant Support** – **NEW TIME!** Wednesdays, 6:00 – 8:00 pm  
By sharing thoughts, feelings and information, people with cancer experience warmth and understanding and explore new ways to deal with the stress cancer often brings.

🗣️ **Caregiver Support** – **NEW TIME!** Wednesdays, 6:00 – 8:00 pm  
Caregivers find ways to help themselves deal with the stresses and concerns of supporting someone with cancer, and new ways to help their loved ones.

🚗 **Participant Support (Marysville)** – 1st Wednesdays, 11:00 am – 1:00 pm, at Memorial Hospital of Union County, Women's Health Center Conference Room, 500 London Avenue, Marysville. Contact Marilyn DuRoss at 614-310-6227 or Noreen Runyan at 937-578-2237 for more information.

🗣️ 📅 **Grief and Loss Wellness Support Group** – Tuesdays, July 6 – July 27, 6:30 – 8:00 pm (next 6-week series begins August 17)  
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**

🗣️ **Breast Cancer Support** – Tuesdays, 6:00 – 8:00 pm. Support for those with breast cancer.

**Multiple Myeloma Networking** – 3rd Tuesdays, 6:30 – 8:00 pm  
Support and learn from one another while discussing living with multiple myeloma from diagnosis through treatment and recovery. Open to participants, family and friends. *Affiliated with the International Myeloma Foundation. For more information, call Nick at 614-216-4852.*

**Pancreatic Cancer Action Networking** – 2nd Wednesdays, 7:00 – 8:00 pm  
The Pancreatic Cancer Action Network/PanCan's Team of Hope Ohio-Columbus Affiliate meets monthly to raise awareness of the resources available to "PanCan" patients and their supporters. Open to participants, family and friends. *Call Astrid at 614.459.0344 or check [www.pancan.org](http://www.pancan.org) for more information.*

**Renal Cancer Networking** – 1st Wednesdays, 5:30 – 7:30 pm  
Meets monthly to provide peer support, raise awareness of available resources and learn from one another while discussing aspects of living with renal cancer from diagnosis through treatment and recovery. Open to participants, family and friends.

## HEALTHY LIFESTYLE (listed in alphabetical order)

🚗 **Express Yourself! Art Therapy** – 3rd Tuesdays, 10:00 am – 12:00 pm, at Riverside Methodist Hospital Health Services, 500 Thomas Lane, Suite 3A. July 20: Prayer Flag; August 17: Marbelized Paper. *Instructor: Jennifer Quinn. RSVP*

📅 **Healthy Living: Cooking for Wellness** – 3rd Thursdays, 6:00 – 8:00 pm. July 15: August 19: *Presenters: Executive Chef Brian Loveless. RSVP*

📅 **NEW! Kids in the Kitchen: Lunch Bunch Family Fun** – Thursday, August 5, 12:00 – 2:00 pm  
Share a light lunch and make an edible shadowbox from food. All materials provided. Space is limited to 8 children ages 5+ and their parents or grandparents. *Presenter: Aviv Melmed. RSVP*

**Managing the Journey (formerly Spirituality)** – 2nd Thursdays, 12:00 noon – 2:00 pm, following Zhineng Qigong  
This monthly gathering, facilitated by Debra Weisenburger-Lipetz and often featuring guest presenters, explores a wide diversity of topics, tools and resources to help you customize your own healthy balance of mind, body and spirit — leading to an overall feeling of enhanced well-being. All materials provided. Please bring your own lunch.

**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.*

**Tai Chi** – Wednesdays, 10:00 – 11:00 am; Fridays, 11:00 am – 12:00 noon  
This Chinese system of slow and meditative physical exercise is designed to improve relaxation, balance and overall health. *Instructor: Dan Lucas.*

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

**Zhineng 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 Weisenburger-Lipetz.*

## COMING SOON!

**Frankly Speaking about Cancer Treatment: Take Control of Side Effects with Medicine, Mind and Body** – Thursday, September 9, 5:00 – 7:30 pm at Ohio Health's Elizabeth Blackwell Center (Riverside Methodist Hospital)

**Mindfulness-Based Stress Reduction series** – begins Monday, September 20, 5:00 – 7:00 pm at location TBA

**Cancer Transitions Survivorship series** – begins Monday, September 27, 3:30 – 6:00 pm at Doctors Hospital

**Kneading to Rise: Family Strategies for Strengthening Mealtime** – October 16, 12:00 – 6:00 pm at TWC

**Connections for Caregivers at Ronald McDonald House** – date/time TBD at Ronald McDonald House, Nationwide Children's Hospital

# BOARD OF DIRECTORS

Many thanks to our board members, who are so generous in donating their time and talent in serving our community:

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President, The Robert Weiler Company

**Ken Pritchett, Vice Chairman**  
President, Midwest Retail Services Inc.

**Susan Haller, Secretary**  
Principal, Susan Haller & Associates

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The Bridge Street Group  
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JM Smucker Co.

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**Florence Greasamar**  
Community Volunteer

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Zox & Dunn Co. LPA

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Fifth Third Bank

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Giant Eagle

**Dean Ringle**  
Franklin County Engineer

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Crimson Cup Coffee & Tea

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President, Wagenbrenner  
Development

**Steve Weyl**  
Founder, CEO  
Able Roofing

**Gary Yaekle**  
President, Yaekle & Company

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**Tom Brennan**  
State Farm Agent, Retired

**Harry Davidow**  
Real Estate Developer, Retired

**Joseph J. Pinzone, MD, MBA**  
Clinical Research Medical Director  
North American Medical Lead  
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Global Development,  
Hematology/Oncology

**Christine Sardo, MPH, RD, LD**  
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Canyon Ranch Institute

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**David Ruma**  
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## 2010 philanthropic giving guide



All of the programs and services offered at The Wellness Community-Central Ohio are provided free of charge to people with cancer, their loved ones and caregivers. We depend on the generous contributions of businesses, foundations, community groups and people like you to help us create a better quality of life with, through and beyond cancer. We are a registered 501(c)(3) non-profit organization; all donations are tax-deductible.

Please help us continue offering our cancer wellness programs so that no one faces cancer alone. **YOU can help** by attending fundraising events, becoming a sponsor, donating to our Giving Circle or purchasing some of our delicious Grounds for Wellness coffee. We are grateful for all levels of support; we couldn't do it without you!

### upcoming fundraising events



#### NEW! Yardscapes 2010 – August 8, 12:00 – 5:00 pm

Join us for the first annual Yardscapes family-friendly walking tour. Eight beautiful New Albany backyards will be designed and decorated by local landscapers from NBC4's new show *We Decorate Columbus* (airing weekly on Thursdays at 12:30pm). Before and after shots of the backyards will be featured on the show. Tickets are \$5 and are available for purchase at the New Albany Giant Eagle starting July 1, or at the event. For more information, call TWC-CO or visit <http://wedecoratecolumbus.com/yardscapes.html>.



#### Night of Chocolate – September 24 – our signature fundraiser!

Don't miss this evening of decadent chocolate, wonderful music, silent and live auctions and — new this year! — very special chocolate presentations. Please join us and take advantage of our advance ticket sales. Hosted at Grange Corporate Headquarters (downtown Columbus). For more information about sponsorships and tickets, contact Cathy at 614.791.9510 or [cathy@wellnesscolumbus.org](mailto:cathy@wellnesscolumbus.org).



#### Lee® National Denim Day – October 8

The 2010 Lee National Denim Day recruitment campaign kicked off on May 18 with the announcement of this year's celebrity ambassador, Desperate Housewives star Felicity Huffman. TWC was invited by Lee to become a national participant and we are now recruiting new companies and organizations to register a team for LNDD 2010. It's easy! — visit [www.denimday.com](http://www.denimday.com) and register your team today!

### GIVING CIRCLE

- Through the United Way or other workplace charitable campaigns, you may designate support to TWC-CO. Our recipient number is 3535.
- Tribute envelopes "in memory of" and "in honor of" are available at our office, should you wish to make us a charity of choice.
- Our Giving Circle provides several membership levels; your contribution at any level helps us ensure that no one faces cancer alone. For more information and to make a donation, contact Megan Sanders at 614.791.9510 or [megan@wellnesscolumbus.org](mailto:megan@wellnesscolumbus.org).

### GROUNDS FOR WELLNESS COFFEE

Our distinctive **Grounds for Wellness™** coffee is available exclusively at all Central Ohio Giant Eagle grocery stores. Ground locally by Crimson Cup Coffee & Teas, these coffees are made exclusively from **all-organic, fair-trade** beans and come in three distinct roasts: **House Blend, Dark Roast** and **Decaf**. Profits help sustain our programs for those living with, through, and beyond cancer.

## networking opportunities

Make a difference today — join others in supporting our service to those affected by cancer, and have some fun along the way!

### W.O.M.E.N. (Women Owners, Moms, Entrepreneurs and Networkers) — 2nd and 4th Tuesdays, 9:30 – 11:30 am

Meet other professional moms and help raise funds for TWC-CO. For more information, contact Megan at 614.791.9510 or [megan@wellnesscolumbus.org](mailto:megan@wellnesscolumbus.org).

### The Women's Board

Open to women of all ages and professions. Expand your personal and professional horizons while supporting a great cause. Contact President Autumn Hutcherson (614.961.8003 or [ahutchv\\_29@yahoo.com](mailto:ahutchv_29@yahoo.com)) or Marcie ([marciemathews@juno.com](mailto:marciemathews@juno.com)) for more information.

Fundraiser with Oreck - Proceeds Benefit TWC July 23-25  
Weekend event, at all three Oreck locations:  
Dublin, Reynoldsburg, Polaris  
Purchase a "Wellness Package" package and Oreck will donate \$20 to TWC. Check your nearest Oreck location

614.791.9510

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

(Visit website for map & directions)

## OUR MISSION

We are dedicated to helping those affected by cancer enhance their health and well-being through participation in professional programs of emotional support, education, and hope.

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.

## YardScapes 2010

August 8, New Albany

A family-friendly walking tour of unique outdoor living spaces. \$5 tickets benefit TWC-CO. More info on page 7.



## OFFICIAL MEDIA PARTNERS



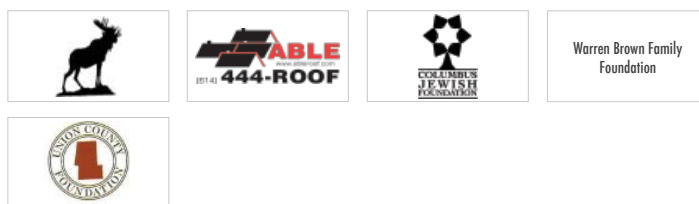
## legacy circle



## presidential circle



## leadership circle



## ambassador circle



**Now at all Giant Eagle Stores**

# Grounds for wellness™

support, education and hope for surviving cancer  
For more info, call 614.791.9510  
100% Organic

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™ 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.

**www.wellnesscolumbus.org**