

many lives
ONE
community

the CENTRAL OHIO
wellness.
community®

MAY/JUNE 2010

AN AFFILIATE of the **CANCER SUPPORT COMMUNITY**

OFFICIAL
SPOKESPERSON



Like so many others,
my life has been
touched by cancer
in painful ways —

James C. (Cabot) Rea, NBC 4

- I lost my mother suddenly this year in January, just ten days after she was diagnosed with end-stage leukemia
- I eulogized my high school sweetheart, who had breast cancer and passed away at the age of 47
- My colleague, good friend and former Chopper 4 pilot Robb Case lost a two-year battle with kidney cancer

— but I have also found that my role as official spokesperson for The Wellness Community-Central Ohio has given me a chance to work with those affected by cancer in a way that can only be described as positive.

TWC-CO offers researched-based programs and information on nutrition, exercise, relaxation, support groups, cancer-specific groups, fun social events and the first survivorship program in the area. I recently participated in the monthly “Cooking for Wellness” class, helping the chef and volunteers prepare and serve the food to a room full of men, women and a teenager eager to learn about the evening’s menu of simple, healthful (and tasty!) one-pot meals.

TWC-CO helps people with cancer, and their loved ones, improve the quality of their lives. These folks can participate in any or all of TWC-CO’s programs at no cost, but the rewards are priceless. I’ve heard from participants who look at TWC-CO as an oasis of love and support, and am honored to have the opportunity to help spread the word about this community of help and hope.

Meet Cabot Rea at our Charity Golf Classic on June 5 at The Golf Club of Dublin! Details inside on pages 2 and 6.

newsletter & calendar of events

we’re now an
Affiliate of the
**CANCER SUPPORT
COMMUNITY!**

the **wellness.**
community® +



The Wellness Community and Gilda’s Club have joined forces to become the Cancer Support Community — the largest professionally-led network of cancer support worldwide.

THE WELLNESS COMMUNITY AND GILDA’S CLUB UNIFY

NEW NAME, SAME MISSION

As the number of cancer survivors in the United States surpasses 12 million, the demand for support services throughout the continuum of care is increasing. The Cancer Support Community (CSC) is poised to help meet these needs through our innovative and comprehensive offerings to all people affected by cancer.

These offerings include a menu of personalized and essential emotional and social support services, including support groups, counseling, education and healthy lifestyle programs. In 2007, the Institute of Medicine issued a groundbreaking report, *Cancer Care for the Whole Patient*, declaring psychosocial support an essential part of cancer care. This report validated what the two organizations have known and worked hard to deliver for more than 45 years combined. The Cancer Support Community will continue to build upon this legacy, helping people live better by empowering them to identify and address their individual needs and connecting them to a supportive community.

“Our common history and commitment to the cancer community is what brought us together,” said Bev Soult, President and CEO of The Wellness Community – Central Ohio. “This union creates a strong, vital, global network that will help extend the reach of these meaningful resources to the millions touched by cancer, and to ensure no one has to face cancer alone.”

A new leader in the cancer services community

The Cancer Support Community is now the largest employer of psychosocial oncology mental health professionals in the United States. Headquartered in Washington, D.C., the organization includes a network of nearly 50 local Gilda’s Clubs and Wellness Community centers worldwide, more than 100 satellite locations, and online support services that extend around the world.

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.

presenting partner



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

Cancer Transitions: Moving Beyond Treatment is a 7-week series for survivors

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"

community partner



"Cinco de Mayo" Children and Families Ice Cream Social at the Westside (Hilltop) Health and Wellness Center. See details on page 6 under "Social Activities."



= 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, May 18, 10:00 am – 12:00 pm Create a "Smile Box" full of inspiration for those melancholy moments. Feel free to bring your favorite quotes.

Tuesday, June 15, 10:00 am – 12:00 pm Forget paintbrushes! We'll use twigs, stamps, and even salt to create an "Abstract Masterpiece."

Grief and Loss Wellness Support Group – **Tuesdays, May 4 – June 1, 6:30 – 8:00 pm** (next 6-week series begins June 22)

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, May 10, 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.**

Spirituality – All materials provided. Please bring your own lunch. **RSVP**

Thursday, May 13, 12:00 – 2:00 pm

"Deeksha (Oneness Blessing)" with Chuck Reynolds from Indianapolis, Indiana We will delve into the attributes of eastern lore to learn about "the Oneness Blessing," an act of energy transfer by the power of our intention that results in a growth of consciousness. The Oneness Blessing initiates a neurobiological change in the brain that awakens awareness, increases our ability to learn, and creates a sense of relaxation. Bring an open mind and join us for an enlightening experience.

Thursday, June 10, 12:00 – 2:00 pm

"Movement, Dance and Laughter" with Kathy Spicer, LMT Bring your body, mind, emotions and spirit to optimum health through music, movement and self-expression. Bring a willingness to laugh and enjoy yourself through this timeless, free-form experience.

Charity Golf Classic – June 5

Shake the dust off your clubs and limber up for our annual Charity Golf Classic (formerly Conehead Golf Classic) at The Golf Club of Dublin (5805 Eiterman Road, Dublin, OH). A shotgun start at 1:30pm will tee off a fun-filled afternoon of golf, followed by dinner, awards and recognition of Ken Pritchett, our 2009 Skip Weiler Inspiration Award recipient and co-founder of this event.



Event hosts: Skip Weiler, Mark Swepston, Mike Maraldo, Floreance Greasamar and Susan Bescancency

Honorary Spokesperson: Cabot Rea

Foursome: \$700.00 Hole Sponsor: \$500.00 Dinner Only: \$50.00/\$25.00
Individual: \$175.00 Hole Sponsor: \$1000.00

For more information about sponsorship opportunities and to make your reservation, call us at 614.791.9510 or visit www.wellnesscolumbus.org

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, May 20, 6:00 – 8:00 pm Learn Chef Bryan's tricks for creating "Simple and Sensational Appetizers" that can be the first course to an elegant meal, circulate among guests at a party, or serve as a petite meal for those with smaller appetites.

Thursday, June 17, 6:00 – 8:00 pm Get your "Just Desserts" while discovering the health benefits of dark chocolate and other unexpected delights.

Kids in the Kitchen: Cook and Create with Chef "A" – Monday, June 7, 5:00 – 6:30 pm

Bring your kids or grandkids and help them learn to follow a recipe, use utensils, measure, mix and stir ingredients and have fun at this easy, hands-on cooking class led by Adrienne Novak. Prepare your own healthy personal pizza pie, eating what you make for dinner. Space for 8 children (age 4 and up) and the adults who love them. Since space is limited, reserve your spot early! **RSVP**

An Appetite for Appetizers!

Appetizers can be one of the most healthful — and delicious — parts of a meal, when they incorporate key nutritional powerhouses such as dark-green leafy vegetables or sweet potatoes. Try these and taste for yourself:

Kale Chips

- 1 bunch kale
- 1-2 T. olive oil
- 1 t. kosher salt

Preheat oven to 350°F. Line a cookie sheet with parchment paper. Using a knife, remove the kale leaves from the stems and tear into bite-size pieces. Wash the leaves thoroughly, dry them in a salad spinner, and place them on the cookie sheet. Drizzle kale with olive oil and sprinkle with kosher salt. Bake for about 10 minutes, until edges are barely brown. Be careful not to overcook.

Roasted Sweet Potato Fries with Curry Yogurt

- 2 sweet potatoes, cut into wedges (approx. 8 wedges/potato)
- 2 T. olive oil
- 1 t. kosher salt

Preheat oven to 350°F. Line a cookie sheet with parchment paper. Place the sweet potato wedges on the cookie sheet, drizzle with olive oil and sprinkle with salt. Bake for 20 minutes, or until potatoes are slightly crisp. Serve with Curry Yogurt (add 1 t. curry powder to 1 c. plain yogurt and stir to mix thoroughly).

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.*



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Cathy Simensen,
Office Manager

Day in and day out, Cathy Simensen has been the glue that holds our office together since her arrival in April, 2008. With 35 years of experience in finance, customer service and office administration, Cathy has the perfect skill set to handle the variety of responsibilities her role demands.

Cathy enjoys meeting and interacting with all the wonderful participants, staff and volunteers at the Cancer Support Community-Central Ohio. Her mother is a pancreatic cancer survivor of 6 years and her father is a prostate cancer survivor of 15 years. Being able to provide service and contribute to the community is something near and dear to her heart.

Though she lives in Dayton and has a three-hour round trip commute each day, Cathy looks forward to coming to work and embraces each challenge with enthusiasm and energy.



STAFF SPOTLIGHT




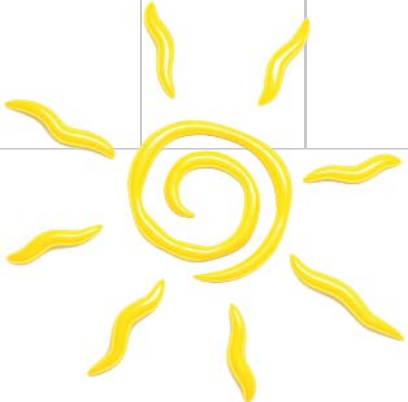
Cancer Transitions Enrollees: Sessions 5 and 6 are on May 3 and May 10; the follow-up celebration is on June 7. This series is being held at Jan's Place (495 Cooper Road, Suite 130, Westerville — behind Mount Carmel St. Ann's Hospital)

The Wellness Community Coffee Café and Book Swap – Tuesday, June 22, 10:00 am – 3:00 pm

Come enjoy a cup of Grounds for Wellness coffee and bring books to swap for 'new' summer reading — both adult and children's books welcome!

614.791.9510

SUN	MON	TUE	WED	THUR	FRI	SAT
				Skin Cancer Detection and Prevention Awareness		1 9:30am - Yoga
2	3 11am - Yoga 6pm - Cancer Transitions-St. Ann's	4 10am - Welcome to Wellness - St. Ann's 5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness	5 10am - Tai Chi 11am - Participant Support Group (Marysville) 3pm - Cinco de Mayo Ice Cream Social (Westside HC) 4pm - Yoga 5pm - Participant Support Group 5pm - Caregiver Support Group	6 10:30am - Zhineng Qigong 2pm - Welcome to Wellness 6pm - Tai Chi	7 11am - Tai Chi	8 9:30am - Yoga
9 	10 11am - Yoga 5pm - Look Good, Feel Better 6pm - Cancer Transitions-St. Ann's	11 10am - Mindfulness Meditation 10am - Welcome to Wellness - St. Ann's 5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness	12 10am - Tai Chi 4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group 7pm - Pancreatic Cancer Action	13 10:30am - Zhineng Qigong 12pm - Spirituality 2pm - Welcome to Wellness 5:30pm - Knitting Circle 6pm - Tai Chi	14 11am - Tai Chi	15 9:30am - Yoga
16	17 11am - Yoga	18 10am - Express Yourself 10am - Welcome to Wellness - St. Ann's 5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness Support Group 6:30pm - Multiple Myeloma Cancer	19 10am - Tai Chi 4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group	20 10:30am - Zhineng Qigong 11:30am - Brown Bag Book Club 2pm - Welcome to Wellness 6pm - Cooking for Wellness 6pm - Tai Chi	21 11am - Tai Chi	22 9:30am - Yoga
23	24 11am - Yoga	25 10am - Mindfulness Meditation 10am - Welcome to Wellness - St. Ann's 5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness	26 10am - Tai Chi 4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group	27 10:30am - Zhineng Qigong 2pm - Welcome to Wellness 6pm - Tai Chi	28 11am - Tai Chi	29 9:30am - Yoga
30	31 OFFICES CLOSED FOR MEMORIAL DAY 					

SUN	MON	TUE	WED	THUR	FRI	SAT	
		<p>1 10am - Welcome to Wellness - St. Ann's</p> <p>5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness</p>	<p>2 10am - Tai Chi 11am - Participant Support Group (Marysville)</p> <p>4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group 5:30pm - Renal Cancer Networking</p>	<p>3 10:30am - Zhineng Qigong</p> <p>2pm - Welcome to Wellness</p> <p>6pm - Tai Chi</p>	<p>4 11am - Tai Chi</p>	<p>5 9:30am - Yoga</p> <p>1:30 pm Charity Golf Classic at The Golf Club of Dublin</p> 	
<p>6</p>	<p>7 Cancer Survivors Day 11am - Yoga</p> <p>5pm - Kids in the Kitchen - Cook & Create with Chef "A"</p> <p>6pm - Cancer Transitions Follow Up</p>	<p>8 10am - Mindfulness Meditation 10am - Welcome to Wellness - St. Ann's</p> <p>5pm - Welcome to Wellness 6pm - Breast Cancer Transitions</p>	<p>9 10am - Tai Chi</p> <p>4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group</p> <p>7pm - Pancreatic Cancer Action</p>	<p>10 10:30am - Zhineng Qigong</p> <p>12pm - Spirituality</p> <p>2pm - Welcome to Wellness</p> <p>5:30pm - Knitting Circle 6pm - Tai Chi</p>	<p>11 11am - Tai Chi</p>	<p>12 9:30am - Yoga</p>	
<p>13</p>	<p>14 Flag Day</p> <p>11am - Yoga</p> 	<p>15 10am - Express Yourself 10am - Welcome to Wellness - St. Ann's</p> <p>5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Multiple Myeloma Cancer</p>	<p>16 10am - Tai Chi</p> <p>4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group</p>	<p>17 10:30am - Zhineng Qigong 11:30am - Brown Bag Book Club</p> <p>2pm - Welcome to Wellness</p> <p>6pm - Cooking for Wellness 6pm - Tai Chi</p>	<p>18 11am - Tai Chi</p>	<p>19 9:30am - Yoga</p>	
 <p>20 Father's Day</p>	<p>21 11am - Yoga</p>	<p>22 10am - Mindfulness Meditation 10am - Coffee Café and Book Swap 10am - Welcome to Wellness - St. Ann's</p> <p>5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness</p>	<p>23 10am - Tai Chi 4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group</p>	<p>24 10:30am - Zhineng Qigong 2pm - Welcome to Wellness 6pm - Tai Chi</p>	<p>25 11:00 Tai Chi</p>	<p>26 9:30am - Yoga</p>	
<p>27</p>	<p>28 11am - Yoga</p>	<p>29 10am - Welcome to Wellness - St. Ann's</p> <p>5pm - Welcome to Wellness 6pm - Breast Cancer Transitions Group 6:30pm - Grief & Loss Wellness</p>	<p>30 10am - Tai Chi</p> <p>4pm - Yoga 5pm - Caregiver Support Group 5pm - Participant Support Group</p>				

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) 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)

TWC Coffee Café and Book Swap – Tuesday, June 22; 10:00 am – 3:00 pm. Come enjoy a cup of Grounds for Wellness coffee and bring books to swap for 'new' summer reading; adult and children's books welcome!

🚗 **"Cinco de Mayo" Children and Families Ice Cream Social** – Wednesday, May 5, 3:00 – 5:00 pm at the Westside Health Center (2300 West Broad Street, Columbus, OH 43204-3783) Come celebrate Hispanic pride as The Wellness Community is introduced to this Westside neighborhood. ¡Olé!

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

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) and teens (at 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.

SUPPORT

Research has shown that support groups decrease stress, improve quality of life and may improve survival rates. Led by professional, experienced facilitators, our groups help:

- adults of all ages and with all types of cancer experience a caring, uplifting, supportive community
- family members/caregivers discover new ways to support their loved ones and themselves
- other participants connect with those sharing similar cancer-related concerns

📅 **Participant Support** – Wednesdays, 5:00 – 7:00 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** – Wednesdays, 5:00 – 7:00 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** – Tuesdays, May 4 – June 1st; 6:30 – 8:00 pm (the next 6-week series begins June 22) **RSVP to CSC**

📅 **Breast Cancer Transitions: Where I am Now, Living with Breast Cancer** – Tuesdays, 6:00 – 8:00 pm. For those with advanced breast cancer.

Multiple Myeloma Networking – 3rd Tuesdays, 6:30 – 8:00 pm
Meet to support and learn from one another while discussing aspects of living with multiple myeloma from diagnosis through treatment and recovery. Open to 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
Hosted by the Pancreatic Cancer Network/PanCan's Team of Hope Ohio-Columbus. For more information, call Astrid at 614.459.9344.

EDUCATION

Look Good, Feel Better – Monday, May 10, 5:00 – 7:00 pm

COMING SOON! – a Frankly Speaking workshop at the end of June. For information and updates, check www.wellnesscolumbus.org.

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. May 18: Smile Box. June 15: Abstract Masterpieces. *Instructor: Jennifer Quinn. RSVP to TWC*

📅 **Healthy Living: Cooking for Wellness** – 3rd Thursdays, 6:00 – 8:00 pm. May 20: Appetizers. June 17: Desserts. *Presenters: Executive Chef Brian Loveless and Registered Dietitian Nancy Miller. RSVP to TWC*



📅 **Kids in the Kitchen: Cook and Create with Chef "A"** – Monday, June 7, 5:00 – 6:30 pm
Children ages 4 and up and their parents/grandparents make and eat a healthy, delicious personal pizza pie. Space is limited to 8 children and the adults who love them. *Presenter: Adrienne Novak RSVP to TWC*

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.*

Shape and Tone – Call for upcoming class schedule, or check for updates online at www.wellnesscolumbus.org
A more vigorous class, featuring aerobics, resistance training, core work and stretching. Lose weight and shape up! Work at your own target heart rate; modifications made for all levels of fitness. *Instructor: Patti Petrella.*

Spirituality – 2nd Thursdays, 12:00 noon – 2:00 pm, following Zhineng Qigong
May 13: Oneness Blessing (Chuck Reynolds); June 10: Movement, Dance and Laughter (Kathy Spicer). *Facilitator: Debra Weisenburger-Lipetz. Please bring your own lunch.*

Tai Chi – Wednesdays, 10:00 – 11:00 am; Thursdays 6:00 – 7:00 pm; 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 Weisenberger-Lipetz.*

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

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2009 philanthropic giving guide



All of the programs and services offered at The Wellness Community—Central Ohio are 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.

Help provide support, education and hope to those affected by cancer by attending fundraising events, donating to our Giving Circle or purchasing some of our delicious Grounds for Wellness coffee. Your help at any level is vital; we couldn't do it without you!

upcoming events

Charity Golf Classic — June 5

Shake the dust off your clubs and limber up for our annual Charity Golf Classic at **The Golf Club of Dublin** (5805 Eiterman Road, Dublin, OH). A **shotgun start at 1:30pm** will tee off a fun-filled afternoon of **golf, followed by dinner**, awards and recognition of Ken Pritchett, our 2009 *Skip Weiler Inspiration Award* recipient and co-founder of this event. To sponsor a hole, purchase a ticket, or donate in lieu of attendance, call 614.791.9510 or visit our website and follow the links.



Yardscapes — August 8

Noted professionals will design and install creative installations at featured New Albany homes. Experts will design a variety of backyard living spaces with demonstrations at each location, featuring cooking, grilling and gardening tips. You won't want to miss this great event! We are the beneficiary of ticket sales. Look for more information in future newsletters and online.

Night of Chocolate — September 24

Save the date for our annual celebration of all things chocolate. At Grange Insurance (downtown Columbus). For more information about sponsorships and tickets, contact Cathy at 614.791.9510 or cathy@wellnesscolumbus.org.

Lee® National Denim Day — October 8

One of the nation's largest single-day fundraisers for breast cancer, Lee National Denim Day is built around workplace drives at which employees contribute \$5 for the right to wear jeans to work. Since 1997, the campaign has raised nearly \$75 million for breast cancer research and advocacy. Look for more details on how this year's event will benefit us in future newsletters and online.

GIVING CIRCLE

Make donations at four membership/recognition levels to help ensure our cancer support programs remain strong and continue to grow to meet the needs of those we serve. For more information and to make a donation, contact Bev at 614.791.9510 or bevsout@wellnesscolumbus.org.

GROUNDS FOR WELLNESS COFFEE

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

networking opportunities

Here are some additional ways for you to join others in supporting our service to those affected by cancer:

Professionals for Wellness — 3rd Wednesdays, 6:30pm A fun group that networks and raises funds for the Cancer Support Community. For more information, contact Cathy at 614.791.9510 or cathy@wellnesscolumbus.org.

The Women's Board

Open to women of all ages and professions. Expand your personal and professional horizons while helping a worthy cause. Contact President Autumn Hutcherson (614.961.8003 or ahutchvh_29@yahoo.com) or Marcie (marciemattthews@juno.com) for more information.

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



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 offered at no cost, 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. We gratefully acknowledge Mount Carmel for providing our community space.

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

legacy circle

ambassador circle

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leadership circle