

many lives
ONE
community

SEPTEMBER/OCTOBER 2010


**CANCER SUPPORT
COMMUNITY**
CENTRAL OHIO

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

**NEW NAME
SAME MISSION**

newsletter & calendar of events

Our name officially changes to **THE CANCER SUPPORT COMMUNITY-CENTRAL OHIO** on October 1, 2010.

The Cancer Support Community is now the largest employer of psychosocial oncology mental health professionals in the United States. Headquartered in Washington, D.C., we are a network of local Gilda's Club and The Wellness Community centers worldwide.



As the number of cancer survivors in the U.S. surpasses 12 million, the demand for support services throughout the continuum of care is increasing. CSC is poised to help meet these needs through our innovative and comprehensive offerings to all people affected by cancer.

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 we have known and worked hard to deliver for decades. The Cancer Support Community will continue to build upon this legacy, empowering individuals with cancer, caregivers, loved ones and family members to connect to a supportive community.

NIGHT OF *Chocolate*

Chocolate is no longer an indulgence – it's a sweet alternative. Maramor Chocolates takes chocolate to a whole new level with decadent chocolate recipes designed to provide daily amounts of nutrients like probiotics, Omega-3 and antioxidants. Maramor will bring special guest chocolatiers to help showcase these delicious confections for your sampling pleasure.

Night of Chocolate will also showcase a new product launch by Diageo, a global company producing eight of the top 20 spirits worldwide. In addition, a featured presentation from our sustaining partner Giant Eagle will include pastry chefs from the new Market District store in Upper Arlington (opening in October).



We thank those who are making this evening possible ...

OFFICIAL MEDIA SPONSORS: NBC 4, Suburban News Publications, Clear Channel Radio, Clear Channel Outdoor

MAJOR SPONSORS: Giant Eagle, The Oakley Foundation, Diageo, Grange Insurance, Fifth Third Bank, The Crew, Able Roofing, The Crane Group, Atlas Butler Heating & Cooling, The Robert Weiler Company, Crimson Cup Coffee & Tea, Heidelberg Distributing, Superior Beverage, and Coca-Cola

... and the many, many volunteers who have worked tirelessly to make this event happen!

SEPTEMBER 24, 2010, 7:30 - 11:00 p.m.
GRANGE CORPORATE HEADQUARTERS
(671 South High Street, Columbus)

Purchase your tickets early - space is limited!

Reserve your tickets NOW by visiting www.wellnesscolumbus.org or calling Megan at 614-791-9510.

- > **Gold Ticket Sponsor – \$1,000.00** (10 tickets)
- > **Community Ticket Sponsor – \$1,200.00**
(10 tickets + 2 tickets for cancer survivors)
- > **Individual Tickets – \$125.00 each**

Other evening highlights include:

- "living chocolate" buffets with Ohio's greatest chocolatiers
- the Diageo Chocolate Martini luge
- elegant wines and a scrumptious cocktail buffet
- Grounds for Wellness organic coffee and Bailey's Irish Crème coffee bar
- live music from the sensational Derek DiCenzo Trio
- Columbus Crew Grand Raffle
- silent and live auction

Our auction offerings include a wide range of unique items and services, including a Buckeye cruise, a home decorating makeover, holiday entertaining packages and much more!



The Cancer Support Network (CSN) represents a growing number of partnerships between outstanding medical institutions and The Cancer Support 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



We thank the Franklin County Board of Commissioners for their support of our services at the Columbus West Family Health and Wellness Center, 2300 West Broad Street. This collaboration enables us to provide additional programs and services to members of the Westside/Hilltop and Franklinton communities.

Along with the Westside Advisory Committee, LifeCare Alliance/Project Open Hand and the Columbus Cancer Clinic, Columbus Public Health and the Ohio Hispanic Coalition, we will be presenting a **nutrition fair in November** at the Westside Community Health Center to share information about how careful food selection can help combat cancer, HIV and diabetes.



presenting partner



Grief and Loss Wellness Support Group

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and do not grieve alone. Connecting to others will help you heal. *Look for details on this page.*

= registration required

= offsite program

Caregiver Support: Helping You Help Others — Wednesdays, 6:00 – 8:00 pm

Support is much more than “sharing feelings.” If you are a spouse, adult child, or a friend or family member who helps support others, you need support too. This group is a great place for getting insight and sharing experiences about issues specific to caregivers, such as communication techniques or handling stress. Benefit from a community of others dealing with similar concerns — you are not alone. **A brief “Welcome to Wellness” orientation is required before joining the group.**

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, September 21, 10:00 am – 12:00 pm

Use paper from the recycling bin and dried flowers to make your own paper

Tuesday, October 19, 10:00 am – 12:00 pm

Create a collage using your unique one-of-a-kind handprint

Grief and Loss Wellness Support Group — Tuesdays, August 17 – September 21, 6:30 – 8:00 pm (next 6-week series begins October 12)

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, September 13, 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.**

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 that will support your efforts to maintain a 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, September 9, 12:00 – 2:00 pm

Planetary Drumming with Sharee Laine

Thursday, October 14, 12:00 – 2:00 pm

Shiatsu (“Feng Shui for the Body”) with Brenda Weisenburger

Kneading to Rise: Family Strategies for Strengthening Mealtime — Saturday, October 16, 12:00 – 6:00 pm


This retreat for families and children is presented in partnership with The Mount Carmel Hospice Evergreen Program. Families will participate in a progressive dinner while learning new strategies for communicating, coping and caring for each other. For more information and to RSVP, call Myra Clark or Renee Ahern at 614.234.0200. We look forward to seeing you there!



NEED JEFF GORDON CHILDREN'S FOUNDATION LOGO

IN THE CANCER COMMUNITY—CENTRAL OHIO

our community

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



Motivate, Encourage and Teach — We are proud to announce that our sustaining partner Giant Eagle will be providing food programming at its new Market District store (opening this October in Upper Arlington). As a natural extension of our Cooking for Wellness classes, these programs include in-store food demonstrations and focus on creating a better quality of life through delicious, nutrient-rich food.

Healthy Living: Cooking for Wellness

Join Chef Bryan as he prepares each month's menu. Recipes and food provided. *Presented in partnership with Giant Eagle, Dublin AM Rotary and Mount Carmel. RSVP*

Thursday, September 16, 6:00 – 8:00 pm

You say "tomato," I say "get them while they're on the vine!" Learn many ways to use this abundant summer treat, and how to store them for later in the year.

Thursday, October 21, 6:00 – 8:00 pm

Use the last of summer's produce and the beginning of autumn's bounty for an End-of-Summer Garden Party featuring chard, a variety of squashes and other hearty vegetables.

Kids in the Kitchen with Chef "A"

For children ages 6 and up. Space is limited to 12 children and the adults who love them. All materials provided. *Presenter: Adrienne Novak RSVP*

Monday, September 13, 5:00 – 6:30 pm

We'll make easy-to-pack sandwich wraps, a quinoa lentil salad that will keep you energized all day, and yummy peanut butter cookies.

Monday, October 18, 5:00 – 6:30 pm

What do you do when you are being invaded by goblins and ghouls? Make 'Ghoulash' and 'Scary Berry Crisp'! Prepare and share a hearty stew of beef goulash and top it off with warm berry crisp with maple whipped cream.

Summer to FALL

The same vegetables we enjoy in the summer are equally tasty in the autumn, when roasted and served with a dollop of Greek yogurt.

Butternut squash, carrots and tomatoes are rich in cancer-preventing carotenoids, and **beets** contain a healthy dose of polyphenols, which help prevent the promotion of cancer, as well as decreasing inflammation. Emerging research indicates that many cancers' origins are inflammatory in nature; including foods in your diet that reduce inflammation can be very beneficial. (On the other hand, it's wise to avoid foods that promote inflammation, such as highly processed foods made with hydrogenated oils.) Many of these vegetables are better absorbed by the body when they're cooked with a healthy oil, such as extra-virgin olive oil. And Greek yogurt, which is higher in protein and lower in sodium and carbohydrates than regular yogurt, adds an extra nutritional boost.

Roasted Vegetable Medley

1 butternut squash (peeled and cubed)
3 beets (peeled and cubed or cut into wedges)
1 yellow onion (cut into wedges)
1 red onion (cut into wedges)
About 4 spring onions (cut into 1 inch pieces)
4 carrots (peeled and cut into wedges)

4 roma tomatoes (quartered)
Italian parsley (1/2 bunch, roughly chopped)
extra-virgin olive oil
kosher or sea salt
FAGE® Greek yogurt

Put vegetables into a 9x13 pan,* drizzle about 4 tablespoons olive oil on top, sprinkle with salt and mix gently. Put the mixture in the oven for 45 minutes, then remove and remix. Turn the oven up to 400 degrees and roast the dish for an additional 30 minutes (or until vegetables are soft). Remove from oven and top with parsley. Drizzle olive oil and sprinkle with salt as desired. Top with yogurt.

*I lined mine with parchment paper, but you can also line with foil, or leave it unlined.

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.*



administrative staff

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Director of Development & Communications: Megan Ellis

Director of Finance and Operations: Pam Kreber

Robert Powers, AARP Foundation Work Search Program

Kristyn Underwood, AARP Foundation Work Search Program

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Myra Clark, MA, PCC-S

Lora Daum-Reynolds, ACS

Abby Dorn, RYT

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Dan Lucas, Tai Chi Instructor

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Laura Southern, M.S. Ed. LPCC

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

intern

Aviv Melmed, (The Ohio State University)

credits

Michelle Geissbuhler, Goathill Productions

Kathy Thomas, KatDesignWeb

Dancor, Inc.



Megan R. Ellis

Director of Development & Communications

As the newest member of the CSC-CO team, Megan Ellis jumped right into her job as Director of Development & Communications. With over five years of experience in non-profit development, special events production and marketing, Megan brings a creative determination to take us to the next level.

Megan enjoys the fast-paced, ever-growing elements of her role and is excited to see what each new day brings. She has formed strong connections with the staff, board members and volunteers, and particularly treasures her interactions with our wonderful participants.

Recently married, Megan has a very active life. She is dedicated to health and wellness — a perfect complement to the daily efforts of everyone at the Cancer Support Community — and trains in CrossFit, a sport that challenges her physically and mentally. Megan enjoys working hard to secure support for our wellness programs and services and is proud to be part of our dynamic growth to even greater heights.





STAFF SPOTLIGHT

614.791.9510

3





september

All programs and services of the Cancer Support Community – Central Ohio are provided at no cost

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|--|--|--|--|----------------------------|
|  | | | 1 11am - Participant Support Group (Marysville) 4pm - Yoga 5:30pm - Renal Cancer Networking Group 6pm - Caregiver Support Group 6pm - Participant Support Group | 2 10:30am - Zhineng Qigong 2pm - Welcome to Wellness | 3 | 4 9:30am - Yoga |
| 5 | 6 CLOSED FOR LABOR DAY  | 7 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Support Group | 8 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group 7pm - Pancreatic Cancer Action | 9 10:30am - Zhineng Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness 5pm - FSA Cancer Treatment Side Effects 5:30pm - Knitting Circle | 10 | 11 9:30am - Yoga |
| 12 1pm - Nationwide Children's Hospital Survivorship Celebration | 13 11am - Yoga 5pm - Kids in the Kitchen-Packing Your Own Nutritious Delicious Lunch 5pm - Look Good, Feel Better | 14 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Support Group | 15 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group | 16 10:30am - Zhineng Qigong 11:30am - Brown Bag Book Club 2pm - Welcome to Wellness 6pm - Cooking for Wellness | 17 | 18 9:30am - Yoga |
| 19 | 20 11am - Yoga 5pm - MBSR at Haven of Hope | 21 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Support Group 6:30pm - Multiple Myeloma | 22 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group | 23 10:30am - Zhineng Qigong 2pm - Welcome to Wellness | 24 NIGHT OF CHOCOLATE  | 25 9:30am - Yoga |
| 26 | 27 11am - Yoga 3:30pm - Cancer Transitions at Doctors Hosp Classroom A 5pm - MBSR at Haven of Hope | 28 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group | 29 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group | 30 10:30am - Zhineng Qigong 2pm - Welcome to Wellness | CHILDHOOD CANCER AWARENESS  | |

october

All programs and services of the Cancer Support Community – Central Ohio are provided at no cost

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|---|---|---|---|--|
|  |  | NATIONAL BREAST CANCER AWARENESS MONTH | |  | 1 | 2 9:30am - Yoga |
| 3 | 4 11 am - Yoga 3:30pm - Cancer Transitions at Doctors Hosp Classroom A 5pm - MBSR at Haven of Hope | 5 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group | 6 11am - Participant Support Group (Marysville) 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group | 7 10:30am - Zhineng Qigong 2pm - Welcome to Wellness 5:30pm - Renal Cancer Networking Group, Guest Speaker | 8 Lee® NATIONAL DENIM DAY  | 9 9:30am - Yoga |
| 10 | 11 COLUMBUS DAY 11 am - Yoga 3:30pm - Cancer Transitions at Doctors Hosp Classroom A 5pm - MBSR at Haven of Hope | 12 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Support Group | 13 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group 7pm - Pancreatic Cancer Action | 14 10:30am - Zhineng Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness 5:30pm - Knitting Circle | 15 | 16 9:30am - Yoga 12pm - Kneading to Rise Family Workshop |
| 17 | 18 11 am - Yoga 3:30pm - Cancer Transitions at Doctors Hosp Classroom A 5pm - Kids in the Kitchen 5pm - MBSR at Haven of Hope 6pm - FSA Adv Breast Cancer | 19 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Support Group 6:30pm - Multiple Myeloma | 20 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group | 21 10:30am - Zhineng Qigong 11:30am - Brown Bag Book Club 2pm - Welcome to Wellness 6pm - Cooking for Wellness | 22 | 23 9am - MBSR - Retreat at Haven of Hope 9:30am - Yoga |
| 24 | 25 11 am - Yoga 3:30pm - Cancer Transitions at Doctors Hosp Classroom A 5pm - MBSR at Haven of Hope | 26 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group 6:30pm - Grief & Loss Support Group | 27 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group | 28 10:30am - Zhineng Qigong 2pm - Welcome to Wellness | 29 | 30 9:30am - Yoga |
| 31 | | | | | | |

Red text = activities of special note

Bold text = offsite activities

614.791.9510

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.

EDUCATION

🕒 🚗 **Frankly Speaking About Cancer Treatment: Take Control of Side Effects with Medicine, Mind and Body** – Thursday, September 9, 5:00 – 7:30 pm at The Elizabeth Blackwell Center on the Ohio Health Riverside Campus (3635 Olentangy River Road - Room D, Columbus, Ohio 43214-3400) **RSVP by September 7**

Look Good, Feel Better – Monday, September 13, 5:00 – 7:00 pm

🕒 🚗 **Mindfulness-Based Stress Reduction** (six-week series) – Mondays from September 20 – October 25, 5:00 – 7:00 pm, plus a half-day meditation retreat on Saturday, October 23, 9:00 am – 12:00 pm, all at the Haven of Hope Foundation (Mark H. Zangmeister Center, 3100 Plaza Properties Blvd., Columbus, OH 43219; www.havenofhopefoundation.org) **Attendance at the first session is required. RSVP by September 13, so the facilitator has time to mail you information prior to the first session.**

🕒 🚗 **Cancer Transitions Survivorship** (six-week series) – Mondays from September 27 – November 1, 3:30 – 6:00 pm, plus a follow-up "Celebration Session" on November 29, at **NEW LOCATION** Doctor's Hospital, Classroom A (5100 West Broad Street, Columbus, OH 43228). *Presented in partnership with The Lance Armstrong Foundation. RSVP to 614.791.9510 or Teri Parker at Doctors Hospital (614.544.2346 or tparker@ohiohealth.com) by September 23.* This program will be cancelled and rescheduled if fewer than ten (10) participants are registered by this date.

🚗 **Connections for Caregivers of Children with Cancer** – at Ronald McDonald House, Nationwide Children's Hospital. Call 614.791.9510 or check www.wellnesscolumbus.org for details.

🕒 **Kneading to Rise: Family Strategies for Strengthening Mealtime** – October 16, 12:00 – 6:00 pm **RSVP to Myra Clark or Renee Ahern at 614.234.0200 by October 14.**

🕒 🚗 **Frankly Speaking about Advanced Breast Cancer** – October 18, 6:00 – 8:00 pm; call 614.791.9510 or visit www.wellnesscolumbus.org for location. Women with advanced breast cancer and their loved ones are invited to get help managing the physical and psychological effects of the disease and its treatment. Women with metastatic breast cancer have unique physical, emotional, and information needs that are often not met; this workshop aims to fill that void. Light refreshments will be served. **RSVP by October 15.**

SUPPORT

🕒 **Participant Support** – 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** – 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, August 17 – September 21, 6:30 – 8:00 pm (next 6-week series begins October 12) See page 2 for details.

🕒 **Breast Cancer Support** – Tuesdays, 6:00 – 8:00 pm

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 for more information.*

Renal Cancer Networking – 1st Thursday, 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.



October 6 – Have concerns about cancer metastasizing to the central nervous system? Please join us in welcoming Dr. Lilyana Angelov from the Cleveland Clinic. Board certified in neurological surgery, Dr. Angelov heads the Spinal Radiosurgery section and is director of BTNC's Primary Central Nervous System Lymphoma Program, with a special interest in Gamma Knife Radiosurgery. She has won many awards for her work, including the 2008 Robert Ginsberg Surgical Oncology Award.

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. September 21: Handmade Paper; October 19: Handprint Collage. All materials provided. Participants receive vouchers for **FREE PARKING** in the attached garage. *Instructor: Jennifer Quinn. RSVP*

🕒 **Healthy Living: Cooking for Wellness** – 3rd Thursdays, 6:00 – 8:00 pm. September 16: Tomatoes; October 21: End-of-Summer Garden Party. *Presenters: Executive Chef Bryan Loveless and Registered Dietitian Jennifer Sheets. RSVP*

🕒 **Kids in the Kitchen with Chef A** – September 13 and October 18, 5:00 – 6:30 pm For children ages 6 and up. Space is limited to 12 children and the adults who love them. September 13: Back-to-school packed lunch; October 18: "Ghoulash" and "Scary Berry Crisp." *Presenter: Adrienne Novak. RSVP*

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.*

Managing the Journey – 2nd Thursdays, 12:00 noon – 2:00 pm, following Zhineng Qigong September 9th and October 14: – please bring your own lunch. *Facilitator: Debra Weisenburger-Lipetz*

Tai Chi – Call to confirm days/times in September/October 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.*

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.

RESOURCES and REFERRAL

Information and referral to cancer and other related resources within CSC-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 beautiful, brand new, custom-made bookcases, thanks to the financial and "hands on" support of Olentangy Rotary. You'll find lots of books, DVDs and other materials related to cancer available for you to read here or borrow for home use.

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

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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2010 philanthropic giving guide



All of the programs and services offered at Cancer Support Community–Central Ohio are provided at no cost to people with cancer, their loved ones and caregivers. We depend on the generous contributions of people like you, businesses, foundations, and community and civic organizations 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.

Thank you for helping us to provide cancer wellness programs so that no one faces cancer alone. **YOU can help** by attending fundraising events, becoming a program or event sponsor, donating to our Giving Circle or by purchasing Grounds for Wellness organic coffee, available exclusively at all Central Ohio Giant Eagle grocery stores — and **now available in cost-effective packaging** geared toward businesses, corporations and community organizations. We are grateful for all levels of support; we couldn't do it without you!

upcoming fundraising events



Don't miss the very special Night of Chocolate, presented by Maramor Chocolates — September 24

Tickets are going quickly — reserve yours now online at www.wellnesscolumbus.org, or contact Megan (megan@wellnesscolumbus.org or 614.791.9510). Two sponsors are unveiling new products and you'll enjoy being among the first to experience them! See event details on the front cover.



Lee® National Denim Day — October 8

Join our celebrity ambassador, Desperate Housewives star Felicity Huffman, and the more than 50 teams already signed up to support our efforts by wearing their favorite jeans. For more information and to register your team, visit www.denimday.com or call Megan at 614.791.9510.

GIVING CIRCLE

- Through the United Way or other workplace charitable campaigns, you may designate support to CSC-CO. Our recipient number is 3535.
- Our Giving Circle offers several convenient options for making donations, whether it's a one-time gift or an ongoing monthly or quarterly contribution. We will acknowledge your donation and share how it helps ensure that no one faces cancer alone.
- Contribution envelopes in honor of someone's birthday or anniversary, or in honor of someone who has passed, are available at our office; contact Megan at 614.791.9510 or megan@wellnesscolumbus.org.

GROUNDS FOR WELLNESS ORGANIC, FAIR-TRADE COFFEE

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

coming soon...

For updates and additional information about the following upcoming activities, call us at 614.791.9510 or visit www.wellnesscolumbus.org.

Coffee Café and Book Swap – November 16 – November 18
Enjoy a cup of Grounds for Wellness coffee and bring books to swap for cozy cold-weather reading. Adults and children's books welcomed!

Frankly Speaking: Coping with the Cost of Care – November 18, Marysville. A panel of experts will provide practical advice for those navigating the numerous challenges of managing the cost of cancer care and the psychological impact of dealing with the twin burdens of financial and medical issues. Participants receive a free "Coping with the Cost of Care" booklet and light refreshments.

Drop-In Light Holiday Appreciation Brunch for Our Valued Wellness Community Friends – December 9

community networking opportunities

The CSC-CO Women's Board

Committed to raising funds to support our mission of providing programs and services at no cost, these women are among our most enthusiastic and dedicated volunteers. They report feeling a profound personal benefit from meeting participants, networking with their fellow volunteers, providing philanthropic help. If you'd like to join us and experience the same benefits, please contact Megan (614.791.9510 or megan@wellnesscolumbus.org) or Marcie (marciematthews@juno.com).

Professionals for Wellness

Join this newly-forming group of professionals making a difference by giving back. The group hosts fundraising events, volunteers and supports our organization's mission. To participate, contact Megan (614.791.9510 or megan@wellnesscolumbus.org).

614.791.9510

10330 Sawmill Parkway, Suite 600

Powell, OH 43065

www.wellnesscolumbus.org

614.791.9510

(Visit website for map & directions)

OUR MISSION

To ensure that all people affected by cancer are empowered by knowledge, strengthened by action, and sustained by community.

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.



legacy circle



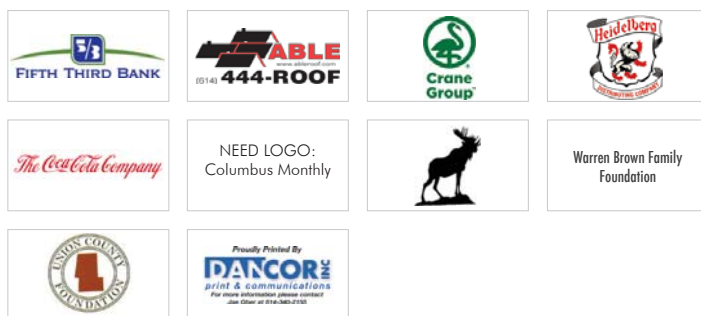
OFFICIAL MEDIA PARTNERS



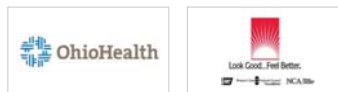
presidential circle



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.

the CENTRAL OHIO
wellness.
community®

AN AFFILIATE of the CANCER SUPPORT COMMUNITY

www.wellnesscolumbus.org