

many lives  
**ONE**  
community

  
**CANCER SUPPORT  
COMMUNITY**  
CENTRAL OHIO  
Formerly The Wellness Community

JANUARY/FEBRUARY 2011



## newsletter & calendar of events

Giant Eagle is a family-owned grocer with more than 200 stores in Ohio, Pennsylvania, West Virginia and Maryland. The company exudes a strong foundation in community support and values, contributing millions of dollars, tons of food, and countless hours of employee volunteerism to hundreds of community organizations in the regions where they operate.

**GIANT EAGLE  
MARKET  
DISTRICT**

Our local Giant Eagle stores have been a principal supporter of our **Healthy Living: Cooking for Wellness** program. This year, we are taking our relationship several steps further. Starting in March, Giant Eagle and NBC 4 are helping us expand our Healthy Living programming through a year-long Cooking for Wellness television segment and new cooking classes at Giant Eagle's new Market District store (at the Kingsdale Mall in Upper Arlington).

**Cooking for Wellness: Market District** will help us demonstrate that anyone can learn to cook — that it's fun, can save you money and can help you, your family and friends to live a healthier life. It will feature healthful, easy-to-follow recipes focused on cancer prevention, survivorship and overall well-being. The Cancer Support Community Wellness Chef, Bryan Loveless, will be joined by featured Market District Chefs and Registered Dietitians.

(continued on Page 2)

**“The** *The Cancer Support Community meets a vital need for anyone who has ever faced cancer — by helping them to take control, not just of their care, but also their lives.* **”**

— Ted Kennedy, Jr., cancer survivor

**The Cancer Support Community is leading the way in empowering people affected by cancer.** By addressing individual needs, linking people to a community of support and helping them live better lives, we are advancing the central idea of the Institute of Medicine report *Cancer Care for the Whole Patient*: that **social and emotional support are as important as medical care in the face of a cancer diagnosis.**

With rapid advances in screening and treatment technologies, cancer is becoming more of a chronic condition than a terminal illness. This is why our programs are so vital. **We provide people with the skills and resources they need to play an active role in their cancer care and to optimize the quality of their lives.** And we provide this support, at no cost, to everyone affected by the disease — patients, family and friends.

## cancer affects millions, and it affects just one — YOU.

More than 12 million cancer survivors are living in the United States today. About 1.5 million people will be diagnosed with cancer this year. For every new diagnosis, family members and friends also face the disease's impact. That's because **cancer affects not only the people diagnosed with the disease: it also changes the lives of their loved ones.**

Please visit us online at [www.cancersupportohio.org](http://www.cancersupportohio.org) for more information and see how our services may help.

As a result of our work, the CSC has been invited to join the American College of Surgeons Commission on Cancer, one of only three cancer support/patient advocate members. We are working with the Commission on Cancer to develop new psychosocial screening and 1500 accredited oncology institutions in the United States.





With the support of the Franklin County Board of Commissioners, Cancer Support Community Central Ohio is expanding

programming on the Westside of Columbus and throughout Franklin County to support ALL families affected by cancer. This partnership supports the following initiatives:

**A Frankly Speaking: Advanced Breast Cancer** presentation on January 27, featuring renowned medical expert Dr. Linda Han. *Details on page 7.*

New **Stretch Away Stress** classes at the West Side Family Health and Wellness Center — yoga-based relaxation for the entire family. *Details on page 6.*

A program to strengthen family communication using the expressive power of art — **Creative Family Connections** at the YMCA of Central Ohio/Hilltop Branch. *Details on page 6.*

**Spanish translations** of the Frankly Speaking About Breast Cancer materials will be available to members of the community at the West Side Family Health and Wellness Center.



Our long-standing partnership with the Mount Carmel Health System includes facilities, programming and staff support, including:

**Grief and Loss Wellness Support Groups**  
Sharing your loss makes the burden of grief easier to carry; connecting to others will help you heal. *Look for details about these safe and soothing groups on this page, and on page 7.*

**Kneading to Rise: Family Strategies for Strengthening Mealtime** Fun family retreat on January 22. *Details on page 6.*



The Cancer Support Community Central Ohio is proud to announce a new partnership with Mount Carmel College of Nursing (MCCN).

Educating nurses for more than a century, MCCN is one of the largest baccalaureate nursing programs in Ohio. MCCN offers undergraduate and graduate nursing programs, as well as a Dietetic Internship Program and an Online RN Refresher Course.

= registration required = offsite program

So that we may plan for setup and/or contact you if there is a schedule change,

**Caregiver Support: Helping You Help Yourself and Others** — Wednesdays, 6:00 – 8:00 pm  
This group is a great place for gaining insight and sharing experiences about caregiving. It makes a difference to be with others who understand and share from their experiences. A brief *Welcome to Wellness* orientation helps determine the program that is the best fit for you. Please **RSVP** to schedule your welcome and tour today.

**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. *Presented in partnership with OhioHealth.* **RSVP**

**Tuesday, January 18, 10:00 am – 12:00 pm**  
From a simple sheet of 8-1/2x11 paper, create a small “Folded Paper Book” perfect for poems, quotes or photos.

**Tuesday, February 15, 10:00 am – 12:00 pm**  
Fight the winter blues with a “Whimsical Wire Sculpture” to hang in a window or place in your garden.

**Grief and Loss Wellness Support Group** — various times and locations  
Mount Carmel Hospice facilitates grief support groups at three locations which welcome CSC CO participants. **Call Mount Carmel Hospice at 614.234.0200 to register.** Be sure to mention the Cancer Support Community!

**Tuesdays, 6:30 – 8:00 pm at Mount Carmel Hospice** (1144 Dublin Road)

**Tuesdays, 6:30 – 8:00 pm in Room 100A of the Women’s Health Center at Mount Carmel East** (5965 East Broad Street)

**Fridays, 10:00 – 11:30 am at Jan’s Place at St. Ann’s Hospital** (495 Cooper Mill Road)

**Look Good, Feel Better** — Monday, January 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.**

**Managing the Journey** — 2nd Thursdays, 12:00 – 1:30 pm (*following Zhineng Qigong*)  
This monthly gathering explores a wide variety of topics, tools and resources devoted to balancing mind, body and spirit and leading to an overall feeling of enhanced well-being. **Please register at the front desk upon arrival and bring your own lunch.**

**January 13 – Drumming Circle**  
Drumming connects us to the rhythm of life, rooting us to the earth and exploding outward in joyous sound. This class is for fun — no experience necessary; if you can feel your heartbeat, you can drum! Bring anything that creates a rhythm and makes you feel good: drum, rattle, shaker, soda can filled with popcorn kernels, etc.

**February 8 – Valentine’s Day Fun: The Chocolate Meditation**  
Meditation — centering the mind, body and spirit — prepares us for spiritual growth and insight. It’s possible to meditate in a fun way. Come find out how as we explore our five senses through a meditation in dark chocolate. Yummmmm ... !



**(Continued from Cover)** — They will prepare flavorful, seasonal and healthful meals using fresh, simple, whole ingredients — demonstrating how delicious, nutritious food has a positive impact on everyone’s lives.

NBC 4 will bring *Cooking for Wellness* to the **Daytime Columbus show** once a month. This live program, airing weekdays at 11:00 a.m., showcases community groups and businesses in host Gail Hogan’s upbeat and friendly style.

Giant Eagle’s community support helps us provide cancer wellness programs and services, at no cost, to all people affected by cancer. For program details, Giant Eagle locations, and more information on *Cooking for Wellness: Market District*, visit [www.cancersupportohio.org](http://www.cancersupportohio.org).

# IN THE CANCER SUPPORT COMMUNITY

## Cancer Support Community Central Ohio

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

please call us at 614.791.9510 to register for the programs marked **RSVP**




### **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, January 20, 6:00 – 8:00 pm**

Get a taste of summer in the winter through Indoor Grilling, using grill pans and broilers to create the magic.

**Thursday, February 17, 6:00 – 8:00 pm**

Enjoy chocolate-spiked dishes and "ice cream"-filled chocolate tulip cups for dessert — delicious AND healthy!

 **Family Fun 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, January 10, 5:00 – 6:30 pm**

Start 2011 with a healthy breakfast of Crustless Quiche and Yummy Healthy Muffins you can make for your whole family!

**Monday, February 14, 5:00 – 6:30 pm**

Happy Valentine's Day! We'll make some goodies for happy hearts using dark chocolate.

## The Season of Chocolate

It's hard to imagine that something as indulgent and delicious as smooth dark chocolate could actually be good for you. Happily, it's true!

Chocolate is a fermented foodstuff containing an abundance of several medicinal compounds found in a variety of foods and drugs, including a class of plant chemicals called flavonoids (specifically catechins and epicatechins, which are also found in wine and tea, and procyanidins, found also in apples, cinnamon and grapes). These flavonoids have antioxidant properties, which have been linked to cancer prevention, a reduced risk of coronary disease, and (in the case of the procyanidins) lower mortality overall.

Although human studies with cocoa and chocolate products have been conducted, further evaluation of its effects are needed. Preliminary studies suggest that it is the combination of, and synergy between, the abundance of plant chemicals that creates the **many health benefits we derive from chocolate**. Among its many potential mechanisms, chocolate can reduce inflammation and oxidative stress, two events that have been associated with increasing risk for a number of chronic diseases, including cancer.

Unsweetened baking chocolate, natural cocoa and dark chocolate show the highest concentrations of procyanidins; lower values are seen for chocolate chips, milk chocolate, and Dutched powder. If you're worried about sugar intake, chocolate has more good news: the sugar content of a 100 g bar of very dark chocolate (70-80% cocoa content) can be below 20 g — less than that in a yogurt or a can of soda!

For a sweet gift to yourself, consider eating a small square of dark bittersweet chocolate with 70-80% cocoa content each day.



**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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Many thanks to our board members, who give generously of their time and resources in serving our community:

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# january

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

SUN	MON	TUE	WED	THUR	FRI	SAT
January is Cervical Cancer Awareness Month					<b>31</b> NEW YEAR'S EVE	<b>1</b> NEW YEAR'S DAY 8:30am - Walk with a Doc
<b>2</b>	<b>3</b> 11 am - Yoga	<b>4</b>  5pm - Welcome to Wellness <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>5</b> <b>11 am - Participant Support Group (Marysville)</b>  4pm - Yoga 5:30pm - Renal Cancer Networking Group 6pm - Caregiver Support Group 6pm - Participant Support Group	<b>6</b> 10:30am - Zhineng Qigong 12pm - Joy Circle  2pm - Welcome to Wellness	<b>7</b> 10am - Grief & Loss Wellness Support Group	<b>8</b> 8:30am - Walk with a Doc 9:30am - Yoga
<b>9</b>	<b>10</b> 11 am - Yoga  5pm - Family Fun in the Kitchen 5pm - Look Good, Feel Better	<b>11</b> 10am - Mindfulness Meditation  5pm - Welcome to Wellness <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>12</b>  4pm - Yoga  6pm - Caregiver Support Group 6pm - Participant Support Group 7pm - Pancreatic Cancer Action	<b>13</b> <b>10am - Knitting Circle @ RMH Health Services</b> 10:30am - Zhineng Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness	<b>14</b> 10am - Grief & Loss Wellness Support Group	<b>15</b> 8:30am - Walk with a Doc 9:30am - Yoga
<b>16</b>	<b>17</b> <b>MARTIN LUTHER KING, JR'S DAY</b> 11 am - Yoga	<b>18</b> 10am - Express Yourself @ RMH  5pm - Welcome to Wellness <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b> 6:30pm - Multiple Myeloma Cancer Networking	<b>19</b>  <b>2:30pm - Cooking for Wellness @ Ronald McDonald House</b>  4pm - Yoga  6pm - Caregiver Support Group 6pm - Participant Support Group	<b>20</b> 10:30am - Zhineng Qigong  2pm - Welcome to Wellness  6pm - Cooking for Wellness	<b>21</b> 10am - Grief & Loss Wellness Support Group	<b>22</b> 8:30am - Walk with a Doc 9:30am - Yoga  12pm - Kneading to Rise: Strategies for Strengthening Mealtime
<b>23</b>	<b>24</b> 11 am - Yoga  6pm - Frankly Speaking about Lung Cancer @ Doctors Hospital	<b>25</b>  5pm - Welcome to Wellness 6pm - Breast Cancer Support Group <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>26</b>  <b>3pm - Coping during Stressful Times @ Ronald McDonald House</b> 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group	<b>27</b> 10:30am - Zhineng Qigong  2pm - Welcome to Wellness  6pm - FSA Advanced Breast Cancer @ St. Ann's Hosp. Cancer Services	<b>28</b> 10am - Grief & Loss Wellness Support Group	<b>29</b> 8:30am - Walk with a Doc 9:30am - Yoga 11 am - Creative Family Connections 1pm - Kneading to Rise: Strategies for Strengthening Mealtime <b>(Back Up Date)</b>
<b>30</b>	<b>31</b> 11 am - Yoga  3pm - Stretch Away Stress @ WHC			<b>Visit our new website at</b> <a href="http://www.cancersupportohio.org">www.cancersupportohio.org</a>		

# february

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

SUN	MON	TUE	WED	THUR	FRI	SAT
		<b>1</b> 5pm - Welcome to Wellness <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>2</b> <b>GROUNDHOG DAY</b> <b>11am - Participant Support Group (Marysville)</b> 4pm - Yoga 5:30pm - Renal Cancer Networking Group 6pm - Caregiver Support Group 6pm - Participant Support Group	<b>3</b> 10:30am - Zhineng Qigong 12pm - Joy Circle 2pm - Welcome to Wellness	<b>4</b> <b>10am - Grief &amp; Loss Wellness Support Group</b>	<b>5</b> 8:30am - Walk with a Doc 9:30am - Yoga
<b>6</b> NATIONAL 'WEAR RED FOR CANCER' AWARENESS DAY	<b>7</b> 11am - Yoga	<b>8</b> 10am - Mindfulness Meditation 5pm - Welcome to Wellness <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>9</b> 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group 7pm - Pancreatic Cancer Action	<b>10</b> <b>10am - Knitting Circle @ RMH Health Services</b> 10:30am - Zhineng Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness	<b>11</b> <b>10am - Grief &amp; Loss Wellness Support Group</b>	<b>12</b> <b>LINCOLN'S BIRTHDAY</b> 8:30am - Walk with a Doc 9:30am - Yoga 
<b>13</b>	<b>14</b> 11am - Yoga 5pm - Family Fun in the Kitchen 	<b>15</b> 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6:30pm - Multiple Myeloma Cancer Networking Group <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>16</b> <b>2:30pm - Cooking for Wellness @ Ronald McDonald House</b> 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group	<b>17</b> 10:30am - Zhineng Qigong 2pm - Welcome to Wellness 6pm - Cooking for Wellness	<b>18</b> <b>10am - Grief &amp; Loss Wellness Support Group</b>	<b>19</b> 8:30am - Walk with a Doc 9:30am - Yoga
<b>20</b>	<b>21</b> <b>PRESIDENT'S BIRTHDAY</b> 11am - Yoga 	<b>22</b> 5pm - Welcome to Wellness 6pm - Breast Cancer Support Group <b>6:30pm - Grief &amp; Loss Wellness Support Group (2 locations)</b>	<b>23</b> 3pm - Coping during Stressful Times 4pm - Yoga 6pm - Caregiver Support Group 6pm - Participant Support Group	<b>24</b> 10:30am - Zhineng Qigong 2pm - Welcome to Wellness	<b>25</b> <b>10am - Grief &amp; Loss Wellness Support Group</b>	<b>26</b> 8:30am - Walk with a Doc 9:30am - Yoga 11am - Creative Family Connections
<b>27</b> 1pm - FSA Coping with the Cost of Care	<b>28</b> 11am - Yoga 3pm - Stretch Away Stress @ WHC 					

Red text = activities of special note

Bold text = offsite activities

614.791.9510

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.cancersupportohio.org](http://www.cancersupportohio.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.

## SOCIAL ACTIVITIES (listed by day of week)

**The Joy Circle** – 1st Thursdays, 12:00 – 1:30 pm. Join us for a time out from our busy lives to recapture the joy of play. We'll create the class together. *Facilitator: Debra Weisenburger-Lipetz. Please bring a bag lunch.*

### Knitting Circles

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.**

🚗 **Daytime Knitting Circle** – 2nd Thursdays, 10:00 am – 12:00 pm at Riverside Methodist Hospital Health Services, 500 Thomas Lane. Participants receive vouchers for **FREE PARKING** in the attached garage.

**Brown Bag Book Club** – 3rd Thursdays, 11:30 am – 12:30 pm. Come join this dedicated group of readers enjoying time together.

## RESOURCES and REFERRAL

The Cancer Support Community offers cancer-related information by phone in person, and online. Online support, including professionally-facilitated groups, is available 24/7 for adults (at [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)) and teens (at [www.grouploop.org](http://www.grouploop.org)).

Our library is full of books, pamphlets, DVDs and other resources available for you to read here or borrow for home use.

## HEALTHY LIFESTYLE (listed in alphabetical order)

🕒 🚗 **Connections for Caregivers of Seriously-Ill Children** – 3rd and 4th Wednesdays at the the Ronald McDonald House Charities of Central Ohio (711 East Livingston Avenue, Columbus 43205). Learn simple ways to maintain your well being — through healthful, easy-to-prepare meals and simple ways to relax your body and calm your mind — as you care for your child. Leave the sessions with techniques and ideas you can use every day. **RSVP to the Ronald McDonald House, at 614.227.3775.**  
 January 19, 2:30 – 3:30 pm: Cooking for Wellness  
 January 26, 3:00 – 4:00 pm: Coping During Stressful Times  
 February 16, 2:30 – 3:30 pm: Cooking for Wellness  
 Wednesday, February 23, 3:00 – 4:00 pm: Coping During Stressful Times

🕒 🚗 **NEW! Creative Family Connections** – last Saturdays, 11:00 – 1:00 am at the YMCA of Central Ohio/Hilltop Branch (2879 Valleyview Drive, Columbus 43204). This unique program uses the creative process to promote healing in families affected by cancer. Art provides a way for families to express feelings they can't put into words, leading to greater self-awareness and knowledge of others' feelings. These realizations help promote better decisions about health and survivorship. All materials provided. Adults and children ages 6 and up are welcome. **RSVP to 614.791.9510.**

🕒 **Family Fun in the Kitchen with Chef "A"** – 2nd Mondays, 5:00 – 6:30 pm. For children ages 6 and up. Space is limited to 12 children and the adults who love them. January 10: Easy Breakfast. February 14: Valentine's Day Treats. *Presenter: Adrienne Novak. RSVP*

🕒 🚗 **Express Yourself! Art Therapy** – 3rd Tuesdays, 10:00 am – 12:00 pm, at Riverside Methodist Hospital Health Services, 500 Thomas Lane, Suite 3A. January 18: Folded Paper Book. February 15: Whimsical Wire Sculpture. All materials provided. *Instructor: Jennifer Quinn. RSVP*

🕒 **Healthy Living: Cooking for Wellness** – 3rd Thursdays, 6:00 – 8:00 pm. January 20: Indoor Grilling. February 17: Chocolate Love. *Presenters: Executive Chef Bryan Loveless and Registered Dietitian Jennifer Sheets. RSVP*

**Managing the Journey** – 2nd Thursdays, 12:00 – 1:30 pm, following Zhineng Qigong. January 13: Drumming Circle; February 10: Valentine's Day Chocolate Meditation. *Facilitator: Debra Weisenburger-Lipetz. Please bring your own lunch.*

**Mindfulness Meditation** – 2nd and 4th Tuesdays, 10:00 am – 12:00 pm, 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.*

🚗 **NEW! Stretch Away Stress** – last Mondays, 3:00 – 4:00 pm at the Westside Health Center (2300 West Broad Street, Columbus). Yoga-based classes for the entire family. In just an hour, simple techniques that relax the body and calm the mind help all ages cope with stress. These techniques are easy to remember for daily use.

**COMING SOON! Tai Chi** – Thursday afternoons. Call 614.791.9510 for details.

🚗 **Weekly Walk with a Doc** – Saturday mornings, **times and locations below.** Lace up your shoes and join us for some fresh air, fun and fitness. Check [www.walkwithadoc.org](http://www.walkwithadoc.org) for specifics.

### Times and meeting places:

8:30 am: **Highbanks Metro Park** (Big Meadows Picnic Shelter), 9466 Columbus Pike/U.S. 23 North, Lewis Center, OH 43035  
 8:30 am: **Franklin Park Conservatory** (southeast corner of the park, at the Scotts MiracleGro Community Garden), 1820 Franklin Park, Columbus 43205  
 9:00 am: **Westerville Community Shelter** (Community Center South Patio), 350 North Cleveland Ave., Columbus 43214  
 9:00 am: **Whetstone Park/Park of Roses** (playground next to the library parking lot), 3901 North High Street, Columbus 43214  
 9:00 am: **Glacier Ridge**, 9801 Hyland-Croy Road, Plain City, OH 43064

**Yoga** – Mondays, 11:00 am – 12:00 noon; Wednesdays, 4:00 – 5:00 pm; Saturdays, and 9:30 – 10:30 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.*

## EDUCATION (listed in date order)

🕒 **Look Good, Feel Better** – Monday, January 10, 5:00 – 7:00 pm. See details on page 2. **RSVP to the American Cancer Society at 1.888.227.6446 and press 0.**

🕒 **Kneading to Rise: Family Strategies for Strengthening Mealtime** – Saturday, January 22, 12:00 – 6:00 pm (Snow Date: Saturday, January 29). Families and children share a progressive dinner while learning new strategies for communicating, coping and caring for each other in this special retreat. For more information and to **RSVP by Thursday, January 20**, call Myra Clark or Renee Ahern at 614.234.0200. *Presented in partnership with The Mount Carmel Hospice Evergreen Program.*

🕒 🚗 **Frankly Speaking: Lung Cancer** – Monday, January 24, 6:00 – 8:00 pm at Doctor's Hospital, Classroom A (5100 West Broad Street, Columbus, OH 43228). Melanie Boren, RN, BSN, OCN, Lung Nurse Navigator will present this no-cost workshop to lung cancer patients, their caregivers and supporters. Participants receive resource materials and light refreshments. **RSVP by Friday, January 16** at 614.791.9510. Caregivers and supporters are also welcomed.

**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. *Supported by Union County Foundation and Moose Lodge.*

**NEW OPTIONS! Grief and Loss Wellness Support Group** – Details on page 2. Call Mount Carmel Hospice at 614.234.0200 to register. Facilitated by the Mount Carmel Hospice.

Tuesdays, 6:30 – 8:00 pm at Mount Carmel Home Care (1144 Dublin Road)

Tuesdays, 6:30 – 8:00 pm in Room 100A of the Women's Health Center at Mount Carmel East (5965 East Broad Street)

Fridays, 10:00 – 11:30 am at Jan's Place at St. Ann's Hospital (495 Cooper Mill Road)

**NEW TIMING & FOCUS! Breast Cancer Networking** – 4th Tuesdays, 6:00 – 8:00 pm. Meet to support and learn from one another while discussing aspects of living with breast cancer, from diagnosis through treatment and recovery. Open to family and friends.

**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 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 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.

**Frankly Speaking: Advanced Breast Cancer** – Thursday, January 27, 6:00 – 8:00 pm, at the Cancer Center across the hall from Jan's Place (495 Cooper Road, Suite 130, Westerville — behind Mount Carmel St. Ann's Hospital). Women with metastatic breast cancer have unique physical, emotional and informational needs that are often not met. Dr. Linda Han will address these needs in a presentation that includes information on managing the disease and its treatment. Participants receive resource materials and light refreshments. **RSVP by Wednesday, January 26** at 614.791.9510. Caregivers and supporters are also welcomed.

**Frankly Speaking: Coping with the Cost of Care** – Sunday, February 27, 1:00-3:30 pm at the Sharon Mennonite Church Fellowship Hall, 7675 Amity Pike, Plain City, Ohio (Madison County); call 614-873-8290 if lost. 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. **RSVP by Friday, February 25.** For more details, call us at (614) 791-9510. Caregivers and supporters are also welcomed.

## 2011 philanthropic giving guide



All of the programs and services offered at CSC CO are provided at no cost to people with cancer, their loved ones and caregivers. We depend on the generous contributions of businesses, foundations, community organizations 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.

About one in five non-profit organizations anticipate reduced budgets next year; of those, nearly 60 percent expect to cut or freeze programs and services. Yet almost 80% of non-profits providing social services reported increased demand in 2010. We at CSC CO are dedicated to continuing and expanding cancer wellness programs to all those affected by cancer. **YOU can help** by attending fundraising events, becoming a program or event sponsor, donating to our general fund 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!

### Giving Support

- Through the United Way or other workplace charitable campaigns, you may designate support to CSC CO. Our recipient number is 3535.
- 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](mailto: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**. Corporate Packages NOW AVAILABLE! Visit [www.cancersupportohio.org](http://www.cancersupportohio.org) for more information and to order your coffee NOW!



## community networking opportunities

### Professionals for Wellness Leadership Council

Join this newly-forming group of professionals making a difference by giving back. The group supports our mission by volunteering and hosting fundraising events. Visit [www.cancersupportohio.org](http://www.cancersupportohio.org) for membership information and application. Our first meeting of 2011 will be held in early February. Contact Megan at 614.791.9510 or [megan@wellnesscolumbus.org](mailto:megan@wellnesscolumbus.org) to participate.

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



# CANCER SUPPORT COMMUNITY

CENTRAL OHIO

10330 Sawmill Parkway, Suite 600  
Powell, OH 43065  
[www.cancersupportohio.org](http://www.cancersupportohio.org)  
614.791.9510

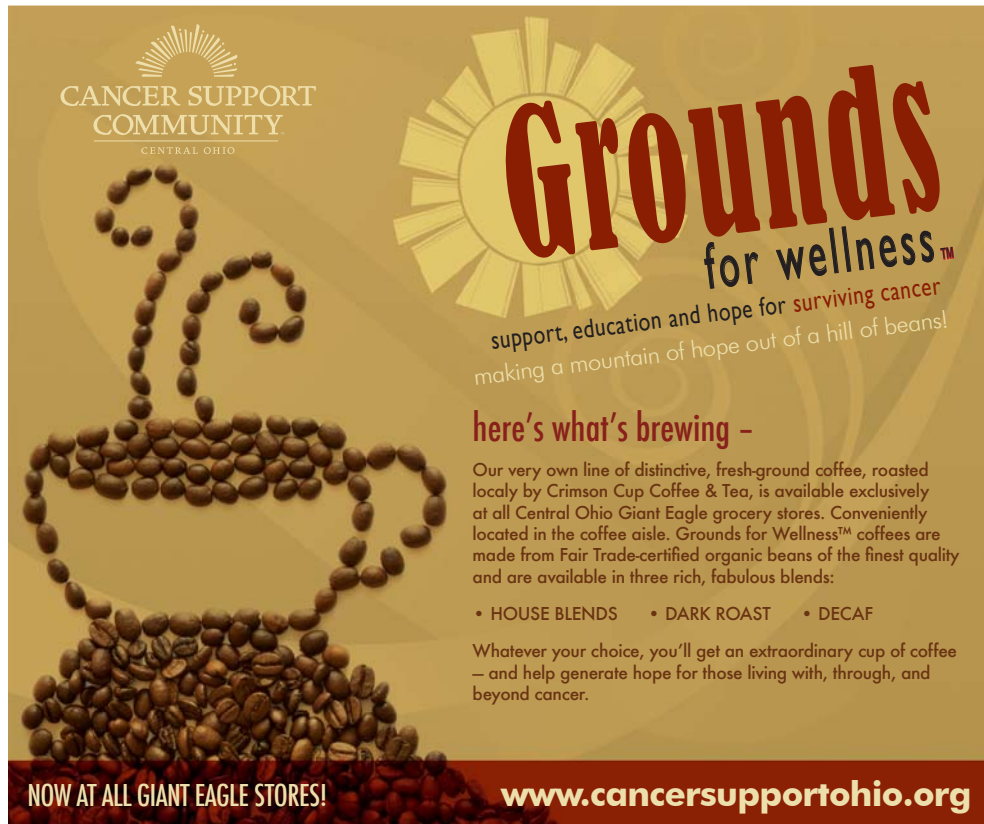


(Visit website for map & directions)

## 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 provided 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.




**OFFICIAL MEDIA PARTNERS**

- NBC 4 HD (WHERE ACCURACY MATTERS)
- SP
- CLEARCHANNEL
- CLEARCHANNEL

**major sponsors**

- Franklin County (Where Government Works)
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- rw
- OlentangyRotary
- CRIMSONCUP
- Atlas Butler (HEATING • COOLING 1-800-FURNACE)

**New Name Same Mission** — Our name officially changed to the Cancer Support Community Central Ohio on October 1. **Our website address has also changed, to [www.cancersupportohio.org](http://www.cancersupportohio.org).** ◀