

many lives
ONE
community

SEPTEMBER/OCTOBER 2011


**CANCER SUPPORT
COMMUNITY**

CENTRAL OHIO

Formerly The Wellness Community

quality of life
PROGRAMS



Providing Coffee & Conversation at Nationwide Children's Hospital for Patients and

their Families. Cancer disrupts every aspect of a person's life and that of their loved ones. We're providing a great cup of *Grounds for Wellness™* coffee and conversations about Cancer Support Community programs and resources that can help improve the quality of life for patients and their families. Details on page 7.

newsletter & calendar of events

**NIGHT OF
Chocolate**

OUR SIGNATURE ANNUAL GALA, NIGHT OF CHOCOLATE, IS OHIO'S PREMIERE CHOCOLATE, SPIRIT AND WINE EVENT, FEATURING SAMPLINGS AND TASTINGS...

presented by:



SHOULDER TO SHOULDER:
Honorary Spokespersons



Ken Schnacke
GENERAL MANAGER,
COLUMBUS CLIPPERS



Cabot Rea
NBC4 NEWS ANCHOR

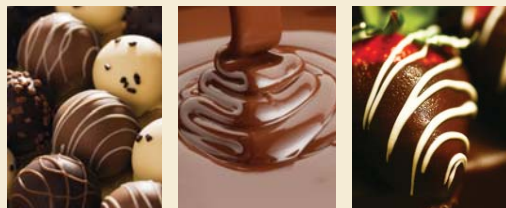
...from more than 50 regional and national chocolatiers and extraordinary chefs.

Guests will be introduced to our featured ACTICOA® chocolate, our newest cause-marketing product in partnership with Maramor Chocolates and Giant Eagle. The health benefits are as extraordinary as the taste of this premium chocolate. Enjoy a grand coffee bar featuring our *Grounds for Wellness* organic coffee, available in three district blends. The live and silent auctions feature Bordeaux wine from a private cellar, NBC4 helicopter ride, private dinners, jewels, gift baskets and much more.

The **Skip Weiler Inspiration Award** recognizes the positive influence and extraordinary action of leaders in our community. This year's honoree is our beloved, **Wellness Chef Bryan Loveless**. The 2011 **Corporate Community Award** recipient is **Giant Eagle**, being recognized and honored as an exemplary company that dedicates its time and resources to the Cancer Support Community and exemplifies corporate caring, giving back to the greater Columbus community.

SAVE THE DATE – October 18th, **Huntington Park 6:00pm**. Families, friends, women and loved ones...Join the special "men" in your life at this extraordinary evening at Huntington Park, home of the Columbus Clippers. This community awareness event is presented by NBC4 to reduce the anxiety for men about prostate cancer.

For more information on **Shoulder to Shoulder: Men Only!** Visit www.cancersupportohio.org



Order your tickets today at www.cancersupportohio.org or call Pam 614.791.9510.

Special thanks to our **outstanding sponsors** for making this Night of Chocolate the best chocolate event of its kind in Central Ohio. **Presenting Sponsor:** Maramor Chocolates, **Official Media Sponsors:** NBC4, SNP, Columbus Monthly, Clear Channel Radio, Clear Channel Outdoor **Major Sponsors:** Ohio Small Grains Marketing Program, Boehringer Ingelheim Roxane Laboratories, Giant Eagle, Giant Eagle Market District, Grange Insurance, The Edwards Group, Morgan Stanley Smith Barney, Eagle Brands, Advantage Media, The Robert Weiler Company, Able Roof, Crane Group, Atlas Butler, Merrill Lynch-The Walsh Group, Middle West Spirits, Heidelberg Distributing Company, Superior Beverages, Coca-Cola, and Crimson Cup Coffee & Tea.

As a leader in providing cancer support and education, the Cancer Support Community Central Ohio continues to build strong partnerships with outstanding medical and community partners. We support people with cancer, as well as, their families and friends, and together, we are a powerful cancer community, unlike any other.



NEW! Coffee and Conversation – September 23. Cancer Support Community programs and resources that can help

improve the quality of life for patients and their families at Nationwide Children's Hospital. Details on page 7.

2011 Cancer Survivor Celebration – Sunday, October 2nd 1pm. Join us at Homestead Park. Presented by Nationwide Children's Hospital. Details on page 6.



Our Corner in the Kitchen at Gladden Community House – 4th Mondays, 5:30 – 7:30 pm. (183 Hawkes Ave, Columbus, Ohio

43223) Details page 6.



A New Technology for Treating Pancreatic Cancer – Wednesday, Oct. 12th 7-8:00 pm at CSC CO

You do not want to miss this

presentation to learn about the benefits of the CyberKnife technology and how this is different from other stereotactic radiosurgery systems. Guest presenters: Dr. Doug Widman, Radiation Oncologist, Medical Director of Columbus CyberKnife and Tracey Wilcox, R.N., O.C.N. Light refreshments served. **RSVP.** Presented at the *Monthly Pancreatic Cancer Networking group.*



We gratefully acknowledge Mount Carmel for providing our wonderful community space.

NEW! Frankly Speaking about Cancer: Spotlight on Breast Reconstruction – learn reconstruction options, medical and emotional factors that influence your decision, and how to manage short and long term expectations. Details on page 7.

what's happening

= registration required = offsite program

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

NEW! Frankly Speaking about Cancer Treatment: Take Control of Side Effects with Medicine, Mind, and Body – Learn ways to manage the physical and psychological effects of cancer treatment. Details on page 7.

NEW! Frankly Speaking about Advanced Breast Cancer: 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. Details on page 7.

NEW! Resource Support Assistance in partnership with the Breast Cancer Fund of Ohio for women in breast cancer treatment. For an application contact Nina at 614.791.9510 nlewis@cancersupportohio.org.

NEW! Breast and Ovarian Health 101 (BOH101), a National program to enlighten and empower high risk individuals to take control of their breast and ovarian health by providing education, support and a sense of community for a better, brighter future. Details on page 7.



Healthy Living: Cooking for Wellness – 3rd Thursdays, 6:00 – 8:00 pm. Keep life delicious! Join Chef Bryan and Jennifer Sheets, RD, LD for healthful and FUN cooking for any occasion. Learn how easy and delicious health-smart cooking can be. Recipes and food provided. Presented in partnership with the Ohio Small Grains Marketing Program,

Boehringer Ingelheim/Roxane Laboratories and Mount Carmel. **RSVP**

September 15 – Fast and Fabulous: Semi-Homemade!

October 20 – Bake a Lasting Impression: A new spin on healthy eating to feed your soul!



🕒 Cooking for Wellness at Giant Eagle Market District – 4th Thursdays, 6:00 – 6:30 pm (demonstration kitchen at 3061 Kingsdale Center, Upper Arlington 43221). You're invited to be delighted! Delicious or nutritious ... we say 'why choose?' Join our Wellness Chef Bryan and The Market District Executive Chef for delicious and nutritious recipes using *fresh* ingredients for no-fuss meals. **RSVP**

September 29 – Tailgating Season. RSVP by 5:00pm, Sept. 27Special date in September**

October 27 – Holiday Cooking. RSVP by 5:00pm, Oct. 25

NBC 4 Daytime Columbus – 4th Wednesdays, 11:00 am

Tune to NBC 4 to watch our Wellness Chef and Market District's nutritionist share food preparation tips, tasty recipes and healthful facts with Daytime Columbus host, Gail Hogan and you!

Bob Evans Farms Family Fun in the Kitchen with Chef "A" – 2nd Mondays, 5:00 – 6:30pm.

For children ages 6 and up. Space is limited to 12 children and the adults who love them. Food provided. **RSVP**

September 12 – The New Millennium 'All-American Meal'

October 10 – Harvest Time – Apple Time!

IN THE CANCER SUPPORT COMMUNITY

Cancer Support Community Central Ohio

So that we may plan for setup and/or contact you if there is a schedule change, please call us at 614.791.9510 to register for the programs marked **RSVP**. For complete details about programs and services listed in this newsletter, please visit our website at www.cancersupportohio.org.

COMING SOON...

NEW! Nationwide Children's Hospital Adolescent and Young Adult program.

Annual Healthy Holidays Wellness and Fitness Fair

Special DVD Screening *Separate Paths, Shared Journey*

Frankly Speaking About Lung Cancer — coming in early November

NEW! Visit www.choosemyplate.gov or www.cancersupportohio.org for great online nutritional information to improve health and well-being of Americans - the U.S. Department of Agriculture.

It is possible to eat plenty of fruits, vegetables, and whole grains and still feed your family during the busy time of back-to-school. Make a pot of homemade vegetarian chili, it takes little time to prepare and cooks in a crockpot.

Spicy Two-Bean Vegetarian Chili

Bon Appétit | November 2002
(Rebecca Averill, Beverly, MA)

6 servings

- 2 tablespoons olive oil,
- 1 onion, chopped
- 2 carrots, peeled, thinly sliced
- 1 red bell pepper, seeded, chopped
- 3 large jalapeño chilies, seeded, minced (about 4 1/2 tablespoons)
- 1 28-ounce can crushed tomatoes with added puree
- 3 cups water
- 2 15-ounce cans each black beans and kidney beans rinsed, drained
- 1/2 cup bulgur
- 2 tablespoons white wine vinegar
- 5 garlic cloves, minced
- 2 tablespoons chili powder
- 1 1/2 teaspoons each; ground cumin and ground coriander
- 1/2 teaspoon ground cinnamon

Heat 2 tablespoons olive oil in heavy large pot over medium-high heat. Add onion, carrots, red bell pepper, and jalapeños and sauté until onion and carrots are almost tender, about 8 minutes. Add tomatoes, 3 cups water, beans, bulgur, white wine vinegar, garlic, and spices. Bring to boil. Reduce heat to medium-high and cook, uncovered, until bulgur is tender and mixture thickens, stirring often, about 20 minutes. Ladle chili into bowls and serve.

Christine Sardo, M.P.H., R.D. Partnerships and Policies Director at the Canyon Ranch Institute, is a frequent contributor to our newsletter

A PLANT-BASED DIET AND BACK TO SCHOOL!



cancer support source

Now Available: First-of-Its-Kind Free Mobile App

This June, CSC announced a free new service: CancerSupportSource™, an innovative mobile application providing cancer patients and their caregivers with a unique set of tools addressing their physical, social and emotional concerns related to living with cancer and its treatment. The app is available for download via the iTunes Store (category: Medical).

By employing CancerSupportSource™ users can monitor their concerns over time; record thoughts and questions in a personal journal; access educational information and a community support network; and report progress to their health care team. Developed with support from Genentech, CancerSupportSource™ is available at no cost and is designed for use with the iPhone™ and iPod Touch™.

A critical element of CancerSupportSource™ is that it enables users to forge connections with those who are coping with similar issues. "We want users to know that they don't have to face cancer alone – there is a whole community of support behind them" says Kim Thiboldeaux, CSC's President and CEO. To aid this endeavor, the app allows the user to find a nearby CSC affiliate, join the organization's Online Community and access a variety of CSC's free support services. "The beauty of CancerSupportSource™ is that users can access it anytime, anywhere," says Thiboldeaux. "It's available 24/7, 365 days a year."

administrative staff

President/CEO: Bev Sout

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

Director of Development and Communications: Megan Ellis

Director of Finance and Operations: Pam Kreber

AARP Foundation Work Search Program: : L. G. Staker, Kristyn Underwood, Robert Powers

Programming Interns: Melanie Ringle, The Ohio State University and Katie Nielsen, Ohio University








Marketing Interns: Ashley Goins, The Ohio State University

credits

Michelle Geissbuhler, Goathill Productions
Kathy Thomas, KatDesignWeb
Dancor, Inc.









september

All programs and services of the Cancer Support Community Central Ohio are provided AT NO COST

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>September is Prostate Cancer Awareness Month, Childhood Cancer Awareness Month, Leukemia and Lymphoma Awareness Month and Ovarian Cancer Awareness Month</p>			<p>2011 NIGHT OF CHOCOLATE <i>presented by Maramor Chocolates</i></p> <p>Friday, September 23rd 7:30 pm</p> <p>Order your tickets today at www.cancersupportohio.org or call Pam 614.791.9510.</p>	<p>1 10:30am - Qigong</p> <p>2pm - Welcome to Wellness</p> <p>6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office Dublin Rd</p>	<p>2 10am - Grief Support Group</p>	<p>3  a WALK with a DOC presentation</p> <p>9:30am - Yoga</p>
4	5 LABOR DAY OFFICE CLOSED	6 5pm - Welcome to Wellness 6:30pm - Grief Support Group (2 locations)	7 4pm - Adult Yoga 5:30pm - Renal Cancer Networking Group 6pm - Caregivers Support Group 6pm - General Cancer Support Group 6pm - Grief Support Group	8 10am - Knitting Circle @ RMH Health Services 10:30am - Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness 4:45pm - Children & Family Yoga 6pm - Family-Centered Grief Support Group @ MCHS Hospice & Palliative Care Office - Dublin Rd	9 10am - Grief Support Group	10  a WALK with a DOC presentation
11	12 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5pm - Family Fun in the Kitchen 6pm - Look Good, Feel Better	13 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6:30pm - Grief Support Group (2 locations)	14 10am - Laughter Yoga 4pm - Adult Yoga 6pm - Caregivers Support Group 6pm - General Cancer Support Group 6pm - Grief Support Group 7pm - PanCan Networking Group	15 10:30am - Qigong 11:30am - Reading Circle 2pm - Welcome to Wellness 6pm - Cooking for Wellness 6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office - Dublin Rd	16 10am - Grief Support Group	17  a WALK with a DOC presentation
18	19 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - General Cancer	20 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6:30pm - Creative Family Connections 6:30pm - Grief Support Group (2 locations) 6:30pm - Multiple Myeloma	21 1pm - Cooking for Wellness Ronald McDonald House 4pm - Adult Yoga 6pm - Caregivers Support Group 6pm - General Cancer Support Group 6pm - Grief Support Group	22 10:30am - Qigong 2pm - Welcome to Wellness 4:45pm - Children & Family Yoga 6pm - Family-Centered Grief Support Group 6pm - Tai Chi	23 OFFICE CLOSED 9:30am - Coffee & Conversation @ NCH 10am - Grief Support Group 7:30pm - NIGHT OF CHOCOLATE	24  a WALK with a DOC presentation
25	26 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5:30pm - Cooking @ Gladden	27 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6pm - Breast Cancer Networking Group 6:30pm - Creative Family Connections 6:30pm - Grief Support Group (2 locations)	28 10am - Laughter Yoga 11am - Daytime Columbus  4pm - Adult Yoga 6pm - Caregivers Support Group 6pm - Coping During Stressful Times @ Ronald McDonald House 6pm - General Cancer Support Group 6pm - Grief Support Group	29 10:30am - Qigong 2pm - Welcome to Wellness 6pm - Cooking for Wellness @ the G.E. Market District 6pm - Tai Chi	30 10am - Grief Support Group	1  a WALK with a DOC presentation

october

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

SUN	MON	TUE	WED	THUR	FRI	SAT
2 1pm - 2011 Cancer Survivor Celebration (Nationwide Children's Hosp.) @ Homestead Park	3 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - Grief Support Group	4 5pm - Welcome to Wellness 6:30pm - Grief Support Group (2 locations)	5 4pm - Adult Yoga 5:30pm - Renal Cancer Networking Group (Dr. Olencki) 6pm - Caregivers Support Group 6pm - General Cancer Support Group	6 10:30am - Qigong 2pm - Welcome to Wellness 6pm - Frankly Speaking About Breast Reconstruction @ TBA 6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office - Dublin Rd	7 10am - Grief Support Group	8  9:30am - Yoga
9	10 COLUMBUS DAY 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5pm - Family Fun in the Kitchen 6:30pm - Grief Support Group	11 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6:30pm - Grief Support Group (2 locations)	12 10am - Laughter Yoga 4pm - Adult Yoga 6pm - Caregivers Support Group 6pm - General Cancer Support Group 7pm - PanCan Networking Group (CyberKnife @ CSC CO)	13 10am - Knitting Circle @ RMH Health Services 10:30am - Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness 4:45pm - Children & Family Yoga 6pm - Family-Centered Grief Support Group @ MCHS Hospice & Palliative Care Office - Dublin Rd 6pm - Tai Chi	14 8am - Grief & Loss in the Workplace @ Ashland Theological Seminary Columbus 10am - Grief Support Group	15  9:30am - Yoga
16	17 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - General Cancer Support Circle (Marysville) 6:30pm - Grief Support Group	18 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6pm - Men's Health Program @ Huntington Clippers Stadium 6:30pm - Creative Family Connections 6:30pm - Grief Support Group (2 locations) 6:30pm - Multiple Myeloma Cancer Networking Group	19 1pm - Cooking for Wellness Ronald McDonald House 4pm - Adult Yoga 6pm - Caregivers Support Group 6pm - General Cancer Support Group	20 10:30am - Qigong 11:30am - Reading Circle 2pm - Welcome to Wellness 6pm - Cooking for Wellness 6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office - Dublin Rd	21 10am - Grief Support Group	22  9:30am - Yoga
23	24 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5:30pm - Cooking @ Gladden 6:30pm - Grief Support Group	25 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6pm - Breast Cancer Networking Group 6:30pm - Creative Family Connections 6:30pm - Grief Support Group (2 locations)	26 10am - Laughter Yoga 11am - Daytime Columbus  4pm - Adult Yoga 6pm - Caregivers Support Group 6pm - Coping During Stressful Times @ RMH 6pm - General Cancer Support Group	27 10:30am - Qigong 2pm - Welcome to Wellness 4:45pm - Children & Family Yoga 6pm - Cooking for Wellness @ the G.E. Market District 6pm - Family-Centered Grief Support Group 6pm - Tai Chi	28 9:30am - Coffee & Conversation @ NCH 10am - Grief Support Group	29  9:30am - Yoga
30	31 HALLOWEEN 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - Grief Support Group			NATIONAL BREAST CANCER AWARENESS MONTH		

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. For more details visit our website or call 614.791.9510.

All programs are held at our Sawmill Parkway location, unless indicated by the 🚗 symbol. If a program takes place offsite, the address and contact information for that location is included.

Advance registration is necessary for those activities bearing the 🕒 symbol. 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.

SUPPORT

Our **weekly support groups**, led by licensed facilitators, provide a caring, uplifting environment for all those affected by cancer.

🕒 **Participant Support** – Wednesdays, 6:00 – 8:00 pm

🕒 🚗 **Caregiver Support: Helping You Help Yourself and Others** – Wednesdays, 6:00 – 8:00 pm

🚗 **Participant Support Circle (Marysville)** – 3rd Mondays, 6:30 – 8:30 pm, at Memorial Hospital of Union County, Civic Room (behind hospital cafeteria), 500 London Avenue, Marysville. Contact Marilyn DuRoss, 419.699.8279 or Noreen Runyan, 937.578.2237 for more information. Supported by Union County Foundation and Moose Lodge.

🚗 🕒 **Grief Support Community Group** – Weekly support groups at three (3) locations facilitated by Mount Carmel Hospice. Call 614.791.9510 or visit www.cancersupportohio.org for more details.

Our **monthly networking groups** meet to support and learn from one another; members also help raise awareness of particular diagnoses. Family, friends and caregivers are welcome!

🕒 **Breast Cancer** – 4th Tuesdays, 6:00 – 8:00 pm

Multiple Myeloma – 3rd Tuesdays, 6:30 – 8:00 pm. Affiliated with the International Myeloma Foundation; for more information, call Nick at 614.216.4852.

🚗 **Pancreatic Cancer Action Network** – 2nd Wednesdays, 7:00 – 8:00 pm. **September group at the offsite location** — The Fifth Third Bank Building at 4400 N. High St, Suite 300., near N. High and E. Henderson Road; **FREE parking.**

Wednesday, **Oct. 12th at CSC CO for Special Presentation: CyberKnife: What Is It and How Can Pancreatic Cancer Be Treated?** RSVP. Light refreshments being served. Call Astrid, from the PanCan's Team of Hope Ohio—Columbus Affiliate, at 614.459.0344 or check www.pancan.org for more information.

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

NEW! Group Loop for Teens Affected by Cancer – a safe and fun online community where teens affected by cancer can meet and connect with each other. For teens living with cancer, cancer survivors or for someone you know with cancer, (a family member, friend or peer), then Group Loop is FOR YOU! www.grouploop.org.

🕒 **Welcome to Wellness** – Tuesdays at 5:00 pm, Thursdays at 2:00 pm and by appointment. This brief orientation is required for participation in any of the sessions bearing the 🕒. Meet informally with an experienced participant to learn about our services which will help you determine the program that is the best fit for you. Please **RSVP** to schedule your tour today, 614.791.9510.

HEALTHY LIFESTYLE (listed in alphabetical order)

Adult Yoga – Mondays 11:00 am – 12:00 pm; Wednesdays 4:00 – 5:00 pm; Saturdays 9:30 – 10:30 am. Gentle exercise, breathing and meditation helps improve alignment and blood flow, reduces stress and induces relaxation. *Instructor: Abby Dorn.*

NEW! Children and Family Yoga – 2nd and 4th Thursdays 4:45-5:45 pm

Connections for Caregivers of Children – 3rd and 4th Wednesdays at the Ronald McDonald House Charities of Ohio (711 East Livingston Avenue, Columbus 43205). Learn simple ways to maintain your well-being as you care for your child. **Call RMDH at 614.227.3775 for more information.**

September 21 and October 19, 1 – 2 pm: **Cooking for Wellness**

September 28 and October 26, 6:00 – 7:00 pm: **Coping During Stressful Times**

🕒 🚗 **Creative Family Connections** – 3rd and 4th Tuesdays 6:30-8:00 pm at YMCA of Central Ohio/Hilltop Branch (2879 Valleyview Drive, Columbus 43204). Art provides a way for families to express feelings they can't put into words. All materials provided. Adults and children ages 6 and up are welcome. To sign-up, call the YMCA at 614.276.8224.

🕒 🚗 **Express Yourself! Art Therapy** – 3rd Tuesdays, 10:00 am – 12:00 pm, at Riverside Methodist Hospital Health Services, 500 Thomas Lane, Suite 3A. All materials provided. **September 20th Bracelet Time, October 18th Handprint:** Create a collage image using your unique one-of-a-kind handprint. *Instructor: Jennifer Quinn. RSVP*

🕒 **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. **September 12** – The New Millennium 'All-American Meal'. **October 10** - Harvest Time – Apple Time! *Presenter: Adrienne Novak. RSVP*

🕒 **Healthy Living: Cooking for Wellness** – 3rd Thursdays, 6:00 – 8:00 pm. **September 15th** - Fast and Fabulous: Semi-Homemade! **October 20th** - Bake a Lasting Impression: A new spin on healthy eating to feed your soul! Space is limited; **RSVP to 614.791.9510.** *Presenters: Executive Chef Bryan Loveless and Registered Dietitian Jennifer Sheets.*

🕒 🚗 **Healthy Living: Cooking for Wellness at Market District** – 4th Thursdays, 6:00 pm (Giant Eagle Market District, 3061 Kingsdale Center, Upper Arlington 43221). **September 29** — Tailgating Season **RSVP by 5:00pm Sept. 27th. October 27** – Holiday Cooking! **RSVP by 5:00pm, Oct. 25th**

Managing the Journey – 2nd Thursdays, 12:00 – 1:30 pm (*following Zhineng Qigong*). **September 8th:** Autumn Equinox Meditation **October 13th:** Cognitive Spirituality: a 5-part Affirmation. Bring your own lunch. *Facilitator: Debra Weisenburger-Lipetz.*

Mindfulness Meditation – 2nd and 4th Tuesdays, 10:00 – 11:30 am. **September 13th & 27th and October 11th & October 25th** Calm mind and body with focused attention to reduce stress and promote a sense of well-being. *Instructor: Julie Kusiak.*

🕒 🚗 **Our Corner in the Kitchen at Gladden Community House** (183 Hawkes Ave, Columbus, OH 43223) – 4th Mondays, 5:30 – 7:30 pm. **September 26th:** Sloppy School-Night Supper! **October 24th:** Chili for a Chilly Night! *Gladden Community House provides essential support for the families in Franklin and surrounding neighborhoods. Made possible with generous support from Giant Eagle, Bob Evans Farms, Inc. and The Columbus Foundation.*

Tai Chi – Thursdays, 6:00 – 7:00 pm. This Chinese system of slow and meditative physical exercise is designed for relaxation, balance and health. All experience levels welcome. *Instructor: Dan Lucas*

🚗 **NEW! Weekly Teen Yoga Class** – YMCA Hilltop (2879 Valleyview Drive, Columbus, Ohio 43204) Starting Monday, Sept. 12th 3 - 4:00 pm Gentle exercise, breathing and meditation helps improve alignment and blood flow, reduces stress and induces relaxation. *Instructor: Abby Dorn.*

🚗 **Weekly Walk with a Doc** – Every Saturday morning at several locations. Lace up your shoes and join us for some fresh air, fun and fitness. Check out the Dublin Walk, with Dr. Patricia Stafford (Wellness ReSolutions), at Glacier Ridge at 8:00 am. For details visit www.walkwithadoc.org.

Zhineng Qigong – Thursdays, 10:30 am – 11:30 am. Qi means "life energy" and gong means "daily effort"; Qigong focuses life energy for different purposes including self-healing. *Instructor: Debra Weisenburger-Lipetz.*

SOCIAL ACTIVITIES (listed by day of week)

🚗 **Daytime Knitting Circle** – 2nd Thursdays, 10:00 am – 12:00 pm at Riverside Methodist Hospital Health Services, 500 Thomas Lane. Knit, crochet and make friends! For all experience levels. Bring your own materials. Participants receive vouchers for **FREE PARKING** in the attached garage.

Readers Circle – 3rd Thursdays, 11:30 am – 12:30 pm. Bring a favorite book and your own lunch to this fun and informative gathering.

2011 Cancer Survivor Celebration – Join the CSC CO at Homestead Park in Hilliard on Sunday, October 2nd from 1-5 pm to commemorate and applaud cancer survivors on another year of life! Sponsored by Nationwide Children's Hospital.

Ornament Exchange – Thursday October 20th . All day in the CSC CO Library. Get organized and an early jump on the Winter Holidays! Bring unwanted ornaments to exchange or donate; apple cider and fall fun will be shared!

EDUCATION (listed in date order)

NEW! Shoulder to Shoulder – Men's Health Kick-Off – Tuesday, October 18, 6:00 pm at Huntington Park, Home of the Columbus Clippers. Families, friends, women and loved ones...Join the special "men" in your life at this evening with Ken Schnacke, General Manager of the Columbus Clippers and Cabot Rea, NBC4 news anchor and a panel of medical, nutrition and exercise experts.

NEW! Frankly Speaking About Cancer: Spotlight on Breast Reconstruction – October 6, 2011 from 6:00-8:00 pm; Location TBA – call for details. A comprehensive empowerment program streamlining information for women diagnosed with breast cancer emphasizing options/tools for decision-making around breast reconstruction. In partnership with Young Survival Coalition Central Ohio, Licking County Health Department - Screening and Survivor Support for Breast Cancer Program. Resource materials and refreshments provided. *Guest presenter: Dr. K. Roxanne Grawe, Columbus Institute of Plastic Surgery.* **RSVP by October 4th 614.791.9510.**

NEW! Coffee and Conversation @ Nationwide Children's Hospital – 4th Friday of the Month 9:30-11:30 am. Providing a great cup of Grounds for Wellness™ coffee and resource information to parents and families at Nationwide Children's Hospital. 5th Floor Family Resource Center. Friday, September 23rd.

Look Good, Feel Better – **NEW Time** September 12th, 6:00 – 8:00 pm. **RSVP to the American Cancer Society at 1.888.227.6446 (press 0).**

Breast and Ovarian Health 101: Call for specifics. This one (1) hour educational program is for women between the ages of 18 – 45 interested in understanding their lifetime risk of getting these cancers and what steps they can take today to be proactive with their health. Presented in partnership with Bright Pink, The Young Survival Coalition Central Ohio and Licking County Health Department.

Frankly Speaking About Cancer Treatment: Take Control of Side Effects with Medicine, Mind and Body – 6:00- 8:00 pm; Call for details. Oncology nurse Melanie Boren, RN will present ways to manage physical and psychological effects of cancer treatment. Participants receive resource materials and light refreshments. RSVP to CSC CO at 614.791.9510

Frankly Speaking about Advanced Breast Cancer – Call for details. Women with advanced breast cancer and their loved ones are invited to get help managing 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.

NEW! Grief and Loss in the Workplace – Friday Oct. 14th 8:00-9:30 am at 1900 East Dublin Granville Road. Designed for people experiencing grief & loss at work due to the death of a co-worker. All are welcome. Social workers will receive one (1) free CEU for attending. Free parking, written materials and continental breakfast included. Co-sponsored by VITAS Innovative Hospice Care and Ashland Theological Seminary Columbus branch. **RSVP 614.791.9510.**

RESOURCES and REFERRAL

Information and referral to cancer and other related resources through the Cancer Support Community are available by phone, at the office and online. Online support and information is available 24/7 for adults (at www.cancersupportcommunity.org) and teens (at www.grouploop.org).

Remember to check our library when you are here. You'll find books, pamphlets, DVDs and other materials related to cancer available for you to take, read here or borrow for home use.

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

2011 philanthropic spotlight



The Chocolate That Loves You Back! NEW! Natural Indulgence and Protection

ACTICOA® chocolate strengthens and protects the human body and mind in an entirely natural way. All you need is a small portion of ACTICOA dark chocolate a day to maximize the beneficial effects of this ancient fruit. The most active natural components in the cocoa bean are preserved with a special, gentle chocolate making process. Thanks to a high concentration of cocoa flavanols, **ACTICOA®** chocolate helps to restore the balance between antioxidants and free radicals in our body.

Look for the Maramor Chocolate and Cancer Support Community display in Central Ohio Giant Eagle stores today! Proceeds from ACTICOA® and other functional chocolates benefit the Cancer Support Community. Enjoy your ACTICOA® chocolate with a delicious cup of Grounds for Wellness™ organic coffee. Available at Central Ohio Giant Eagle grocery stores.

Many thanks to our Board Members, who give generously of their time and resources in serving our community:

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614.791.9510



CANCER SUPPORT COMMUNITY™

CENTRAL OHIO

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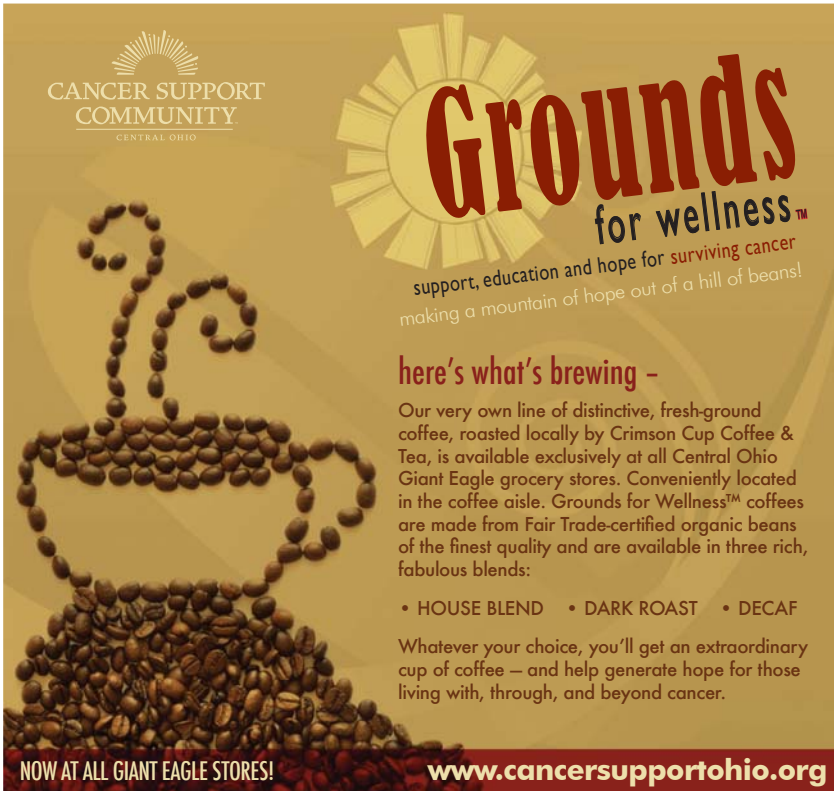


(Visit website for map & directions)

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.



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO

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™ 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 AT ALL GIANT EAGLE STORES! www.cancersupportohio.org

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