

many lives
ONE
community


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

NOVEMBER/DECEMBER 2011

newsletter & calendar of events

I AM SURE YOU
AGREE THAT
NO ONE SHOULD
FACE CANCER
ALONE

HOPE.
So No One Faces Cancer Alone.



Thanks to you, over 10,000 people did not this year! Through your support we provided cancer wellness education, support, and healthy lifestyle programs and services to individuals, families, friends and caregivers. This year, we ask you to consider a **GIFT OF HOPE** as your annual year-end tax deductible giving plan.

Expanding community collaborations was a top priority in 2011. New **programming at Nationwide Children's Hospital** provides Cancer Support Community *Welcome to Wellness* at the hospital. In addition, we are building a grassroots program with Nationwide Children's Hospital to support, educate, and connect adolescents and young adults (18-30 years) and their loved ones.

Cooking for Wellness at Gladden Community House provides cooking and nutrition education to help children and families learn about healthy choices and eating. Our Wellness Chef provides healthy recipes using items from the food pantry.

We are a **Community** unlike any other. More than 1.5 million people will be diagnosed with cancer this year. That is why our programs are so vital: research **continues to show** that **social and emotional support are critical components of complete cancer care** and help to optimize quality of life.

The most important words we heard were: Every cancer has a survival rate. We were stripped of our hope of survival until we met Cancer Support Community.

— Cancer Support Community Central Ohio Participant

The Cancer Support Community offers support to all people with all types of cancer, as well as their families and friends, so that no one has to face cancer alone. **Help support our growth and our commitment to extraordinary cancer support and education!**

Visit www.cancersupportohio.org to give the **GIFT OF HOPE NOW!** Read more about our Gift of Hope Campaign on page 7.

In September 2008 CSC CO volunteers gave 293 hours; in September 2011 volunteers gave 592 hours! This represents a 202% increase!

Please join us in thanking our 2011 volunteers:

Amina Abdullahi, Sue Arnold, David Arnold, Lorie Bayer, Amber Begley, Tara Bell, Lori Benseler, Wendy Blakely, Sue Bouzounis, Lina Bozzelli, Steve Bozzelli, Lynn Bradley, Heather Brown, Teresa Burchwell, Michelle Burckard, Josh Carlson, Sally Carlson, Lauren Carter, Catherine Casterline, Allison Chasko, Belinda Childress, Jessica Clay, Shara Collier, Karlene Coulson, Becki Craig, Eileen Defenbaugh, Ashley Delp, Roberta Deyo, Lauren Dick, Judy Dixon, Chyna Dolman, Amanda Douglas, Lindsey Drahos, Lacey Driver, Marilyn DuRoss, David DuRoss, Steven Dykes, Jay Eichenlaub, Leona Emrich, Susan Falconi, Laura Falconi, Anne Fausnough, Darlene Floss, Becky Frash, Rechele Frash, Barb Gall, Chris Gall, Katherine Garmann, Kyle Gasaway, Michelle Geissbuhler, Sharon Gilliam, Ashley Goins, Steve Goldblatt, Jackie Goldblatt, Cara Grantier, Bonnie Griffin, Charlotte Hamler, Whitney Headley, Macée Heughebart, Cameron Hiltner, Katie Hopper, Autumn Hutcherson, Jerron Hutcherson, Nancy James, Mary Jedlicka, Kristen Johnson, Carolyn Justus, Kanday Kerr, Suzanne Kirby, Sheizka Komala, Jeff Krein, Tara Lancione, Sydney Lee, Courtney Lewis, Mariann Main, John Main, Susan Massey, Steve Master, Gail Master, Maura McClelland, Pam McClelland, Cathy McMin, Monique Meadows, Natalie Melchiorre, Nick Menedis, Sandy Menedis, Nikki Menzel, Shawna Mitchell, Anita Mitchell, David Mitchell, Angela Moeller, Andrea Myers, Paige Myers, Shelley Nathan, Katie Nielsen, Megan Nuss, Jae Ober, Asia Ober, Tammi Oldham, Carol Paquette, Philip Paquette, Gayle Parkhill-Krein, Carol Payauys, Kristianna Peck, Jen Pedelco, Rajeanne Powers, Bob Powers, Kallie Rack, Sally Raymond, Arlene Reitter, Charmon Richardson, Merry Ridgway, Sue Ridolfo, Katie Riehl, Valerie Riley Donnelly, Melanie Ringle, Brandi Rogers, Pam Rose, Jerry Rose, Becca Schaeffer, Kathy Schwinne, Monica Scott, Cecilia Seebach, TC Sferra, Mariah Shamy, Jennifer Sheets, Keith Simon, Shirlene Smith, Angie Smith, Megan Snider, Janet Soinski, Bill Soinski, Daisy Songate, LG Staker, Sandy Stone, Cydnei Stoudt, JD Stout, Katia Tenney, Kathy Thomas, Rachel Thomas, Natalie Throckmorton, Marilyn Trux, Anne Turville, Nick Turville, Kristyn Underwood, Diane Vaillant, Mindy Valko, Danielle van Kalmthout, Amy VanArsdalen, Elizabeth VanDeVelde, Janeene Vargas, Renee Vidor, Amanda Vitale, Ashlee Walter, April Ware, Mike Ware, Paul Washington, Mia Westfall, Madison Wilcox, Kathy Williams, Ryan Williams, Alex Wovna, Jay Younger

A CANCER SUPPORT NETWORK that cares

As a leader in providing cancer support and education, the Cancer Support Community Central Ohio continues to build strong alliances with outstanding medical and community partners. We support people with cancer, as well as, their families and friends.

We're proud to announce a new community partnership with the **Ohio Department of Health Comprehensive Cancer Control Program**. Together, we are partnering to deliver education, support, and healthy lifestyle programming on colorectal cancer awareness, prevention and survival, and men's health. This partnership highlights the importance of a strong relationship between state and community based organizations. Our collaboration will enable those in need across the state of Ohio to participate in Cancer Support Community Central Ohio programs. CSC CO is a member of the Ohio Partners for Cancer Control statewide cancer coalition.



Cancer Support Community Central Ohio Making A Difference! – National Family Recognition Week, November 21,

2011, hosted by Franklin County Children's Services at St. Stephen's Community House: CSC CO is being recognized by Gladden Community House as their 2011 Outstanding Community Partner with children and families in the Franklinton Community.



Coffee and Conversation – November 18th and December 30th. Cancer Support Community programs and resources

that can help improve quality of life for patients and families at Nationwide Children's Hospital
Details on page 6.



Breast and Ovarian Health 101 – Mount Carmel St. Ann's Hospital Wednesday, November 23rd at 2:00 pm.

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

what's happening

= registration required = offsite program

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

Frankly Speaking About Lung Cancer – Thursday, November 17th, 5:30 – 7:30 pm, Doctors Hospital, Melanie Boren, R.N., Oncology Nurse, Lung & Colon Cancer Navigator

Frankly Speaking About Cancer Treatment: Take Control of Side Effects with Medicine, Mind, and Body – Thursday, December 1st, 5:30-7:30 pm, Columbus Public Health, 240 Parsons Ave., Columbus, 43215. Melanie Boren, R.N., Oncology Nurse and Lung and Colon Cancer Navigator

Frankly Speaking About Colorectal Cancer – 614.791.9510 for details

Frankly Speaking About Advanced Breast Cancer – 614.791.9510 for details

All participants receive free topic-specific educational materials for each *Frankly Speaking*. Caregivers, family, and friends welcomed to all CSC CO *Frankly Speaking* programs.

Resource Support Assistance – In partnership with the Breast Cancer Fund of Ohio For women in breast cancer treatment. For an application visit www.cancersupportohio.org or contact Nina at 614.791.9510 nlewis@cancersupportohio.org



Healthy Living: Cooking for Wellness – Special Date, 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

Tuesday, November 29th – The Taste Is In the Details: Elegant and Versatile Holiday Sides - RSVP (No December Class)



Cooking for Wellness at Giant Eagle Market District – 6:00 – 6:30 pm (Demonstration kitchen at 3061 Kingsdale Center, Upper Arlington 43221). 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**

November 17 – Holiday Cooking (Special Date!) RSVP November 15
December 29 – New Year's Resolutions (Special Date!) RSVP December 27

NBC 4 Daytime Columbus – 11:00 am November 16 (Special Date!) and December 28. Tune to NBC4 for a special segment with our Wellness Chef and a Market District top nutritionist who share food preparation tips, tasty recipes and healthful facts with Daytime Columbus host Gail Hogan!

Bob Evans Farms 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. Food provided. **RSVP**

November 14 – Thanksgiving Time
December 12 – Winter Festivities

Cooking at Gladden – 4th Mondays, 5:30 – 7:30 pm. For children ages 6 and up. Space is limited to 12 children and the adults who love them. Food and FUN provided. **RSVP**

November 28 – Cooking Healthy Appetizers & Dessert for the Annual Seniors Dinner.
December 5th – Winter Festivities (Special Date!)

IN THE CANCER SUPPORT COMMUNITY

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.

NEW! Cancer Support Community – HEALTH, WELLNESS & FITNESS EXPO 2012
Ohio University – Chillicothe Shoemaker Center!

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.

EATING AROUND THE HOLIDAYS



Cornish Hens stuffed with Whole Grains, Roasted Garlic, Caramelized Onions, Sage, Thyme, Parsnips and Carrots

6 Cornish Hens
Extra Virgin Olive Oil
Fresh Thyme (1-2 packages)
Fresh Garlic (1-2 bulbs)
1 onion (preferably Vidalia onion), chopped
1 small package of mushrooms
2 celery stalks, chopped
1 carrot, chopped
1 qt. Chicken or Vegetable Stock
½ cup Italian parsley, chopped
Ezekiel Bread, "Food for Life" (found in refrigerated or frozen section), ¾ loaf cubed
Kosher Salt
Fresh Ground Pepper
Fresh Rosemary (1 package)
Fresh Sage (1 package)
3-4 tablespoons Orange Juice

Christine Sardo, M.P.H., R.D., from the Canyon Ranch Institute, is a frequent contributor to our newsletter

Directions:

Preheat oven to 425°. Take Cornish hens out of the fridge so that they are out for about ½ hour before stuffing.

Stuffing

Sauté onions and garlic in olive oil on medium-high heat. Add mushrooms and continue to sauté until the onions are slightly caramelized. Add celery, carrots and parsley; continue to sauté while carrots and celery soften. Add salt and pepper to taste. Add bread and toss together with this mixture in pan. Gradually add the stock until the bread is covered (you will only need about ½ quart or slightly more), mixing all ingredients together.

Thoroughly wash the Cornish hens inside and out. Sprinkle with kosher salt and black pepper all over the outside and inside. Place 2-3 garlic cloves into the cavity followed by 2 sprigs of fresh thyme so that the thyme is sticking out. Put the stuffing into the cavity so that it is full, and place the hens in a large roasting pan.

Separate the skin from top of the hen and place fresh rosemary, garlic, and sage under the skin. Drizzle top with olive oil, orange juice, salt and pepper. Place in the oven for approximately 45-50 minutes; basting with the juices about every 20 minutes. Keep the hens moist! Otherwise they will dry out.

Remove from oven and place on a platter garnished with kale or lettuce and rounds of oranges and lemons. (Christine Sardo, November 2005)

Cancer Support Community Central Ohio

administrative staff

President/CEO: Bev Soult

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, Robert Powers, Shelly Nathan

Programming Interns: Valerie Riley and Melanie Ringle, The Ohio State University

Marketing Interns: Angie Smith, The Ohio State University

credits

Kathy Thomas, KatDesignWeb

Dancor, Inc.

The holidays are the perfect time to create a "rainbow" of vibrant, healthful colors on your plate. Cranberry sauce provides heart healthy and cancer fighting bioflavonoids! Include bright orange foods that contain beta carotene such as squash, pumpkin, and carrots and folate-rich greens such as spinach, kale, and mustard greens. Sauté these greens with olive oil, garlic, and Kosher salt.

Don't forget to include whole grains in your meal. Whole grains such as quinoa, barley, bulgur, and wheat berries add fiber, magnesium, and are a good source of antioxidants.

Consider making a wheat berry or quinoa salad or try making a turkey stuffing that is made with whole grain bread such as Ezekiel bread. The American Institute for Cancer Research recommends that two thirds (or more) of your plate should include vegetables, fruits, whole grains, and beans and fish, poultry, meat or low-fat dairy should cover one-third (or less) of the plate. www.aicr.org/new-american-plate

The new MyPlate tool created by the United States Department of Agriculture recommends the following:

- Make at least half your grains whole.
- Vary your veggies.
- Focus on fruits.
- Get your calcium-rich foods.
- Go with lean protein. Details about achieving each of these MyPlate goals can be found at www.choosemyplate.gov


november

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

SUN	MON	TUE	WED	THUR	FRI	SAT
November is Lung Cancer Awareness Month and Pancreatic Cancer Awareness Month		1 5pm - Welcome to Wellness 6:30pm - Grief Support Community Group (2 locations)	2 4pm - Adult Yoga 5:30pm - Renal Cancer Networking Group 6pm - Friends & Family (Caregiver Group) 6pm - People Living With Cancer Group	3 10:30am - Qigong 2pm - Welcome to Wellness 6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office Dublin Road	4 10am - Grief Support Group	5  a WALK with a DOC program 9:30am - Yoga
6 DAYLIGHT SAVINGS TIME ENDS	7 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - Grief Support Community Group	8 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6:30pm - Creative Family Connections 6:30pm - Grief Support Community Group (2 locations)	9 4pm - Adult Yoga 6pm - Friends & Family (Caregiver Group) 6pm - People Living with Cancer Group 7pm - PanCan Action Network	10 10am - Knitting Circle @ RMH Health Services 10:30am - Qigong 12pm - Managing the Journey 2pm - Welcome to Wellness 6pm - Family-Centered Grief Support Group @ MCHS Hospice & Palliative Care Office - Dublin Road 6pm - Tai Chi	11 10am - Grief Support Group	12  a WALK with a DOC program 9:30am - Yoga
13	14 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5pm - Family Fun in the Kitchen 6pm - Look Good, Feel Better 6:30pm - Grief Support Community Group	15 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6:30pm - Creative Family Connections 6:30pm - Grief Support Community Group (2 locations) 6:30pm - Multiple Myeloma Cancer Networking Group	16 11am - Daytime Columbus  1pm - Cooking for Wellness Ronald McDonald House 4pm - Adult Yoga 6pm - Friends & Family (Caregiver Group) 6pm - People Living with Cancer Group	17 10:30am - Qigong 11:30am - Reading Circle 2pm - Welcome to Wellness 5:30pm - Frankly Speaking about Lung Cancer (Doctors Hospital) 6pm - Cooking for Wellness @ GE Market District 6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office Dublin Road	18 10am - Coffee & Conversation @ Nationwide Children's Hosp. 10am - Grief Support Group	19  a WALK with a DOC program 9:30am - Yoga
20	21 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - Grief Support Community Group 6:30pm - People Living with Cancer Support Circle (Marysville)	22 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6:30pm - Creative Family Connections 6:30pm - Grief Support Community Group (2 locations)	23 2pm - Breast & Ovarian Health 101 @ St. Ann's Hospital 4pm - Adult Yoga 6pm - Coping During Stressful Times @ Ronald McDonald House	24 THANKSGIVING OFFICE CLOSED	25 OFFICE CLOSED	26  a WALK with a DOC program
27	28 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 4:30pm - Cooking @ GladDen 6:30pm - Grief Support Community Group	29 5pm - Welcome to Wellness 6pm - Cooking for Wellness 6:30pm - Grief Support Community Group (2 locations)	30 4pm - Adult Yoga 6pm - Friends & Family (Caregiver Group) 6pm - People Living with Cancer Group			

december

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

SUN	MON	TUE	WED	THUR	FRI	SAT
			<p>December is Cancer Fatigue Awareness Month</p>	<p>1 10:30am - Qigong 2pm - Welcome to Wellness 5:30pm - Frankly Speaking about Cancer Treatment: Take Control of Side Effects @ Cols Public Health Dept 6pm - Tai Chi 6:30pm - Grief Support Group @MCHS Hospice and Palliative Care Office Dublin Road</p>	<p>2 10am - Grief Support Group</p>	<p>3  a WALK with a DOC program 9:30am - Yoga</p>
<p>4</p>	<p>5 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5:30pm - Cooking @ Gladden 6:30pm - Grief Support Community Group</p>	<p>6 5pm - Welcome to Wellness 6:30pm - Creative Family Connections 6:30pm - Grief Support Community Group (2 locations)</p>	<p>7 4pm - Adult Yoga 5:30pm - Renal Cancer Networking Group 6pm - Friends & Family (Caregiver Group) 6pm - People Living with Cancer Group</p>	<p>8 10am - Knitting Circle @ RMH Health Services 10:30am - Qigong 11:30am - 3rd Annual Drop-In Holiday Appreciation Brunch 12pm - Managing the Journey 2pm - Welcome to Wellness 6pm - Family-Centered Grief Support Group @ MCHS Hospice & Palliative Care Office - Dublin Road</p>	<p>9 10am - Grief Support Group</p>	<p>10  a WALK with a DOC program 9:30am - Yoga</p>
<p>11</p>	<p>12 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 5pm - Family Fun in the Kitchen 6:30pm - Grief Support Community Group</p>	<p>13 10am - Mindfulness Meditation 5pm - Welcome to Wellness 6:30pm - Grief Support Community Group (2 locations)</p>	<p>14 4pm - Adult Yoga 6pm - Friends & Family (Caregiver Group) 6pm - People Living with Cancer Group 7pm - PanCan Action Network</p>	<p>15 10:30am - Qigong 11:30am - Reading Circle 2pm - Welcome to Wellness 6pm - Tai Chi 6:30pm - Grief Support Group @ MCHS Hospice and Palliative Care Office Dublin Road</p>	<p>16 10am - Grief Support Group</p>	<p>17  a WALK with a DOC program 9:30am - Yoga</p>
<p>18</p>	<p>19 11am - Adult Yoga 3pm - Teen Yoga Class @ Hilltop YMCA 6:30pm - Grief Support Community Group 6:30pm - People Living with Cancer Support Circle (Marysville)</p>	<p>20 10am - Express Yourself @ RMH 5pm - Welcome to Wellness 6:30pm - Creative Family Connections 6:30pm - Grief Support Community Group (2 locations)</p>	<p>21 1pm - Cooking for Wellness Ronald McDonald House 4pm - Adult Yoga 6pm - Friends & Family (Caregiver Group) 6pm - People Living with Cancer Group</p>	<p>22 10:30am - Qigong 2pm - Welcome to Wellness 6pm - Family-Centered Grief Support Group 6pm - Tai Chi</p>	<p>23 OFFICE CLOSED</p>	<p>24 OFFICE CLOSED CHRISTMAS EVE</p>
<p>25 CHRISTMAS</p>	<p>26</p>	<p>27</p>	<p>28 11 am - Daytime Columbus </p>	<p>29 6 pm - Cooking for Wellness @ GE Market District</p>	<p>30 10 am - Coffee & Conversation at Nationwide Children's Hosp.</p>	<p>31 OFFICE CLOSED NEW YEAR'S EVE</p>

Red text = activities of special note

Bold text = offsite activities

614.791.9510

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 about any of these offerings, visit www.cancersupportohio.org 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.

EDUCATION (listed in date order)

Look Good, Feel Better – November 14th, 6:00 – 8:00 pm. A non-medical, brand-neutral public service program teaching beauty techniques to cancer patients and helping them manage the appearance-related side effects of cancer treatment. Open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment. RSVP to the American Cancer Society at 1.888.227.6446 (press 0)

Frankly Speaking About Lung Cancer – Thursday, November 17th, 5:30-7:30pm, at Doctors Hospital. The newly updated two hour workshop will feature Melanie Boren, R.N., Oncology Nurse and Lung and Colon Cancer Navigator who will offer vital information about the most current lung cancer treatments, strategies for symptom/side effect management, and tools for survivorship. RSVP by Wednesday, November 16th at 5pm. 614.791.9510

Coffee and Conversation at Nationwide Children's Hospital – 10:00am -12:00pm. 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, **November 18th and December 30th**

Frankly Speaking about Cancer Treatment – Take Control of Side Effects with Medicine, Mind, and Body, Thursday, December 1st, 5:30-7:30pm, Columbus Public Health, 240 Parsons Ave., Columbus, 43215. Presenting ways to manage physical and psychological effects of cancer treatment. Presenter: Melanie Boren, R.N., Oncology Nurse and Lung and Colon Cancer Navigator. RSVP by 5:00pm, November 29th

Frankly Speaking About Advanced Breast Cancer – Call 614.791.9510 for more information. 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.

Frankly Speaking About Colorectal Cancer – Call 614.791.9510 for more information. Learn the most current colorectal treatments, symptom/side-effect management strategies, the social and emotional challenges of the diagnosis and survivorship issues specific to people with colorectal cancer.

All Frankly Speaking participants receive a free copy of the FSA publication linked to the FSA program attended. Caregivers and supporters are also welcomed.

📞 **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)

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.

Cooking for Wellness – November 16th and December 21st, 1:00 –2:00 pm.

Coping During Stressful Times – November 23rd, 6:00 – 7:00 pm.

📞 🚗 **Cooking at Gladden** 183 Hawkes Ave, Columbus, Ohio 43223) – 4th Mondays (**SPECIAL TIME 4:30 – 7 pm!**) **November 28th – Cooking Healthy Appetizers and Dessert for the Annual Seniors Dinner; December 5th – Winter Festivities (Special Date)**. Gladden Community House provides essential support for the families in Franklinton and surrounding neighborhoods. Made possible with generous support from Giant Eagle, Bob Evans Farms, Inc. and The Columbus Foundation.

📞 🚗 **Creative Family Connections** – Tuesdays, 6:30-8:00 pm, twice a month, at YMCA of Central Ohio/Hilltop (2879 Valleyview Drive, Columbus 43204). Art provides a way for families to express feelings they can't put into words, fostering greater self-awareness and promoting better decisions about health and survivorship. All materials provided. Adults and children ages 6 and up are welcome. **November 15th and 22nd and December 6th and 20th RSVP to 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. **November 15th, Altered Books:** Explore old books as they are recycled into new works of art using paint, collage, beads and found objects. **December 20th, Ornament:** Using photos, collage, and paint to create your unique holiday ornament. *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. **November 14th – Thanksgiving Time; December 12th – Winter Festivities.** *Chef: Adrienne Novak. RSVP*

📞 **Healthy Living: Cooking for Wellness** – 6:00 – 8:00 pm. **Tuesday, November 29th – The Taste Is In the Details: Elegant and Versatile Holiday Sides NO DECEMBER CLASS.** 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). **November 17th (SPECIAL DATE) Holidays! RSVP November 15th; December 29th (SPECIAL DATE) – New Year's Resolution! RSVP December 27th.**

Managing the Journey – 2nd Thursdays, 12:00 – 1:30pm (following Zhineng Qigong). **November 10th – Separate Paths, Shared Journey Screenings; December 8th – Winter Solstice.** Bring your own lunch. *Facilitator: Debra Weisenburger-Lipetz.*

Mindfulness Meditation – 2nd and 4th Tuesdays, 10:00 – 11:30am. **November 8th and 22nd; December 13th.** Calm mind and body with focused attention to reduce stress and promote a sense of well-being. *Instructor: Julie Kusiak.*

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*

🚗 **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. www.walkwithadoc.org lists times, locations and updates.

Weekly Adult Yoga – Mondays 11:00 am – 12:00 pm; Wednesdays 4:00 – 5:00pm; 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.*

🚗 **Weekly Teen Yoga Class** – YMCA Hilltop (2879 Valleyview Drive, Columbus, Ohio 43204) Mondays 3:00 - 4:00 pm. *Instructor: Abby Dorn.*

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.

3rd Annual Drop-In Light Holiday Appreciation Brunch – Join us in the Wellness Kitchen as our guests and valued Cancer Support Community Friends – Thursday, December 8th, 11:30 am – 2:00 pm.

SUPPORT

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

People Living with Cancer Group – Wednesdays, 6:00 – 8:00 pm Ongoing, weekly groups which allow people with cancer to explore ways to deal with the stress associated with cancer. Participants learn how to be active partners with their doctors and healthcare team, and become part of an extended family of people who truly understand the impact of cancer in their lives.

Friends & Family (Caregiver Group): Helping You Help Yourself and Others – Wednesdays, 6:00 – 8:00 pm. It makes a difference to be with others who understand and share your caregiving experiences.

People Living with Cancer 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 Groups – Grief & Loss weekly support groups at multiple 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!

Multiple Myeloma – 3rd Tuesdays, 6:30 – 8:00 pm. *Affiliated with the International Myeloma Foundation; for more information, call Nick at 614.216.4852. No December Meeting*

Pancreatic Cancer Action Network – 2nd Wednesdays, 7:00 – 8:00 pm. **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. Call Astrid, from the PanCan's Team of Hope Ohio-Columbus Affiliate, at 614.459.0344 or visit www.pancan.org for more information.

Renal Cancer Networking Group – 1st Wednesdays, 5:30 – 7:30 pm. Melanie Boren, R.N., Oncology Nurse and Lung and Colon Cancer Navigator: **SPECIAL** – Sunday, November 6th 12 pm – 4:30 pm. Join members of the CSC CO who will be attending the no cost Kidney Cancer Association Patient and Survivor Meeting at Taussig Cancer Institute, 9500 Euclid Ave – 3rd Floor, Cleveland, OH 44195. Hear the latest treatment options and how to manage brain and spine metastasis by doctors Brian Rini and Lilyana Angelov. Everyone affected by kidney cancer is welcome.

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. 24-hour a day live discussion boards, Instant Messenger, video journals, personal blog and access to other teens. www.grouploop.org.

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



Give the Gift of Hope this holiday season

Friends and family will LOVE a beautifully designed **Market District Gift Basket!** Get yours now at Giant Eagle Market District. The beautiful wooden gift basket is filled with **Grounds for Wellness coffee**, **Maramor Chocolates**, and an elegant Market District travel coffee mug. (proceeds benefiting CSC CO)

Go to www.cancersupportohio.org to donate online NOW!

OR cut out this box and mail to: 10330 Sawmill Parkway, Suite 600, Powell, Ohio 43065

I hereby pledge and promise to pay a gift of: \$1,100 \$640 \$120 \$65 other \$ _____.

Enclosed is my check, payable to Cancer Support Community. Please bill me for the full amount.

Please charge the amount above in _____ installments to my credit card.

I want to be a giving circle member! Please charge my card each month: \$25 \$50 \$100

Please make my donation in honor/in memory of: _____

Account Number _____ Expiration Date: _____

Name on Card (Please Print): _____

Signature: _____

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

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7

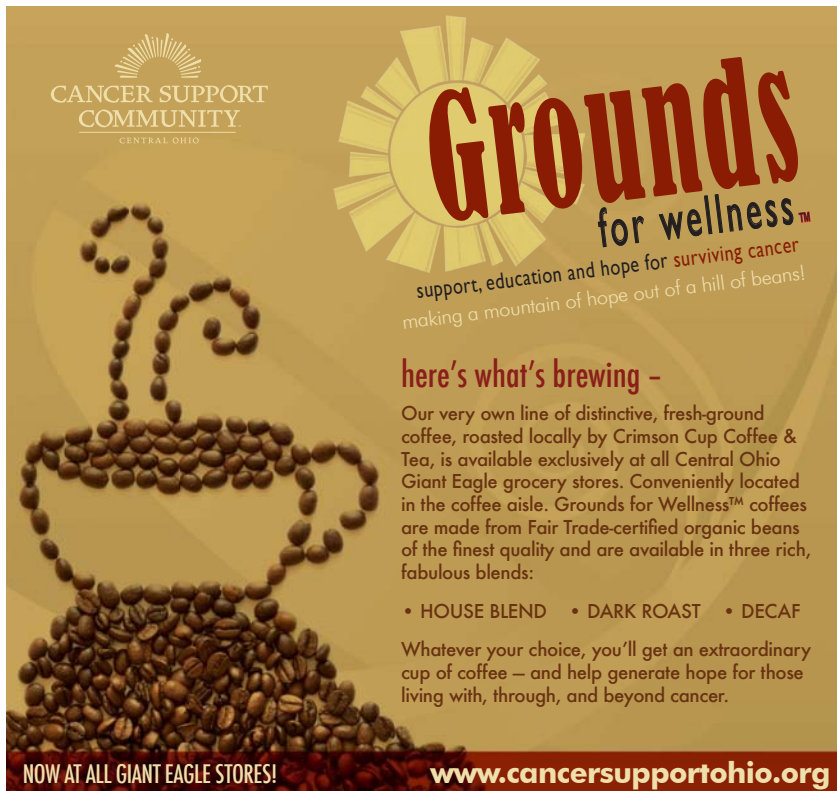
10330 Sawmill Parkway, Suite 600
Powell, OH 43065
www.cancersupportohio.org
614.791.9510
(Visit website for map & directions)



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.



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

Make A Difference and Get Involved? Professionals of Wellness Leadership Council

Want to get involved, give back and meet other Columbus professionals? Join this fundraising and fun volunteer arm of the CSC CO! Contact Megan at mellis@cancersupportohio.org.

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