



On July 12, 2010 twelve children ranging from a young six year old to a few teenagers walked into a special kitchen designed just for their fun and learning. The kitchen was The Wellness Kitchen at The Wellness Community-Central Ohio. Set up with their own aprons, special chef hats, and very own working station one could see the excitement and wonder in their eyes. Before them were ingredients such as basil, feta cheese, rice milk, whole wheat pasta, and fresh fruit and vegetables and within an hour all twelve were tasting the delights of their creations. As the children mixed and created their “chef specials” they experienced a hands-on lesson in healthy food choices and safe cooking practices. In addition and even more profound, they connected with one another; all of them have been affected by cancer through a loved one and the support and bonds created through this program are invaluable.

The need to build these support systems is shared by all in our community and is extremely valuable to our youth. Childhood cancer affects the entire family and can have lasting effects on the child, parents and siblings. There are currently an estimated 270,000 survivors of childhood and adolescent cancer and more than 12 million adult survivors.

In Franklin County and our seven contiguous counties, there are about 50 to 75 new childhood cancer diagnoses per year. Over a five year period, that number can impact more than 1500 immediate family members (for a family of four) directly affected by a child’s cancer diagnosis. These staggering numbers illustrate the imperative need for this type of educational, fun, and family engaging series.

On September 13 from 5:00-6:00pm we’re back in the Wellness Kitchen for *A Back to School Lunch ‘Story Problem’ with a Tasty Solution!* Chef Adrienne will teach the children and their families how to pack sandwich wraps and a quinoa lentil salad that will keep them energized all day. RSVP to The Wellness Community, 614-791-9510.

On Saturday, October 16, we’re spending the day learning new strategies for communicating, coping, and caring for on another. In partnership with The Mount Carmel Hospice Evergreen Program we are hosting, *Kneading to Rise: Family Strategies for Strengthening Mealtime*. The fun filled day will take place at The Wellness Community-Central Ohio and interested families can RSVP to Myra Clark or Renee Ahern at 614-234.0200 at Mount Carmel Hospice.