



Time spent together reading a favorite book, working in an activity book, or playing board games is invaluable to families and children. This family bonding creates memories a child will treasure for a lifetime and provides an educational element. Spending time as a family or one on one with a child is exceedingly important when the family is facing the challenges associated with cancer.

"Going through something as difficult as cancer, you can overlook simple things like just being together (and) reading," Ann Partridge, MD, MPH says of the value experienced between families reading with their children.

We have a new Family and Children's Library in addition to the expanded Wellness Community Library built and provided by the Olentangy Rotary. Our Family and Children's Library is designed to welcome families and children into a warm, comfortable environment surrounded by children's books, coloring activities, board and interactive games.

Parents, grandparents and family members are invited to relax in the Family and Children's Library with a favorite book, as the family faces cancer together.

**YOU CAN HELP TOO** by donating children's books, activity books, coloring books, crayons, markers, children's décor, rugs, big floor pillows and board games. Please contact Megan Ellis, 614-791-9510 or [megan@wellnesscolumbus.org](mailto:megan@wellnesscolumbus.org) for more information on how to donate to The Wellness Community-Central Ohio and charitable tax deduction information.

The Wellness Community-Central Ohio strives to ensure all people affected by cancer are empowered by knowledge, strengthened by action, and sustained by community. Our programs and services are provided at *no cost*, to ensure that there is not an additional financial burden on those already coping with life-threatening issues.

### **Upcoming Family and Children's Programs:**

**Saturday, October 16**, we're spending the day learning new strategies for communicating, coping, and caring for one another. In partnership with The Mount Carmel Hospice Evergreen Program we are hosting, *Kneading to Rise: Family Strategies for Strengthening Mealtimes*. The fun filled day will take place at The Wellness Community-Central Ohio; interested families can RSVP to Myra Clark or Renee Ahern at 614-234-0200 at Mount Carmel Hospice.



**Monday, October 18, Kids in the Kitchen** Make 'Ghoulash' and 'Scary Berry Crisp'! Call for more information and reserve your spot, 614-791-9510.