JamesCare for Life
Supportive Care Programs for Those Diagnosed With Cancer and Their Caregivers

Cancer survivorship begins the day of diagnosis and continues throughout the balance of life. Living with cancer often presents many new coping challenges and impacts all areas of life.

JamesCare for Life provides free supportive programs for cancer patients and caregivers/family members that can be accessed from the time of diagnosis. Programs focus on the physical, emotional, practical and spiritual ways that life is impacted by cancer, and are designed to empower survivors and caregivers by providing education, support and coping tools that aid health and well-being.

Look inside for a calendar of upcoming programs and events for January – April 2020
Education programs

Education programs offer survivors access to some of the world’s leading experts from a broad range of disciplines who share their knowledge and experience about the latest in cancer research, prevention, early detection, treatment, side-effect management, survivorship and practical coping tools.

- Ask the Expert
- Career Counseling Workshops
- Disease-Specific Conferences and Special Events
- Emotional Health and Coping
- Legal Rights and Protections in the Workplace
- Lunch & Learns: Cancer Rehabilitation
- Medicare 101
- Women and Sexuality

Available on video at: go.osu.edu/jcflvideos
- Know Your Legal Rights and Protections in the Workplace
- Surfing the Web to Find Quality Health Information

Exercise programs

There is growing evidence that exercise plays an important role in improving quality of life, managing side effects of cancer treatment and reducing cancer risk. Exercise classes are eight weeks long and led by certified instructors who demonstrate techniques that can be modified to all fitness levels. Classes are designed to benefit anyone who is living with cancer, including those currently in treatment, coping with the side effects of treatment or adjusting to life after treatment.

- Aquatic Exercise
- Balance Class
- Gentle Yoga
- Low-Impact Cardio
- Nia Dance
- Stretch for Life
- Zumba

Available on video at: go.osu.edu/jcflvideos
- Keeping the Weight Off

Expressive Arts programs

Expressive Arts can be powerful tools for healing and self-expression. JamesCare for Life Expressive Arts programs provide an opportunity for survivors and caregivers to engage in music, art, writing and poetry as a way to help manage common cancer survivorship challenges and improve overall sense of well-being. Previous music or art experience is not required. All art and music supplies are provided.

- Monthly “Healing Through Art” Program
- Half-Day Art Workshops
- Monthly Music Workshops
- Weekly Music Groups
  - Victory Choir
  - Victory Drummers

Family, Teens and Children programs

Family, Teens and Children programs provide a supportive setting where families can learn about cancer, talk about the challenges of a cancer diagnosis, learn effective coping skills and gain knowledge about healthy lifestyle choices. Children must be accompanied by a parent or legal guardian. Programs are tailored to children between the ages of 5 and 18.

- Ceramic Blessings Bowls – Two-part class where families learn about the benefits of gratitude during challenging times through the creation of an art piece.
- Equine (Horse) Therapy – A guided interaction with horses that provides a learning opportunity about how cancer may affect family relationships.
- JamesCare Explorers – An interactive program that includes a video about cancer, a tour of treatment areas and a family art project.
- Family Day at COSI – An interactive program where families perform kid-friendly experiments and learn about how researchers create personalized cancer care.
- Learning from Buckeye Athletes – Programs are held at various sports venues in partnership with the Ohio State Athletics Department. Programs focus on a healthy lifestyle and coping with unexpected life circumstances.
- Mindfulness for Families – Practice mindfulness techniques in a natural setting to promote healthy coping for families.

Preregistration is required at cancer.osu.edu/JCFL
**Movie Night in the 'Shoe – JamesCare for Life**
hosts cancer survivors and families at the Ohio State Athletics Department movie night in the Ohio Stadium.

Available on video at:
go.osu.edu/jcflvideos

- “Mom Has Cancer: What Comes Next – Talking to Kids About a Family Diagnosis”
- “Talking with Children About a Parent’s Cancer Diagnosis: Communicating With Your Child”

**A Special Book for You**
Survivors can write down special thoughts, memories and wishes to share with their children. To receive a copy, go to cancer.osu.edu/FamiliesTeensChildren.

**Mind, Body, Spirit programs**
Mind, Body, Spirit classes are designed to promote relaxation, well-being and a sense of balance in one’s life. Explore how meditation, mindfulness, breathwork and other stress-reduction techniques can provide restoration and comfort in times of stress and illness.

- Half-Day Mindfulness Workshops
- Introduction to Integrative Oncology Practices: Acupuncture; Reflexology; Self-Shiatsu/Acupressure; Urban Zen Integrative Therapy
- Labyrinth Walk at Ohio State’s Chadwick Arboretum
- Mindfulness in Motion Series
- Tai Chi
- Tea and Serenity
- Urban Zen Integrative Therapy (UZIT) Series

Available on video at:
go.osu.edu/jcflvideos

- Tips for Taming Stress During the Holidays

**Nutrition programs**
Evidence shows that a diet rich in plant foods including fruits, vegetables, beans, whole grains, nuts and seeds helps lower the risk for cancer and is recommended for cancer survivors. Nutrition programs are facilitated by clinical dietitians from OSUCCC – The James and provide an opportunity to learn about the health benefits of these foods, how to incorporate them into your diet and gain evidence-based nutritional information important for a healthy lifestyle.

- Cooking Demonstration: Living a Plant-Based Lifestyle
- Eat Well, Live Well Email Program – Sign up anytime for this six-week online program
- Hands-On Cooking Program
- Healthy Eating for the Cancer Survivor
- Meal-Planning Workshops
- Monthly Nutrition Lunch and Learn Program
- Grocery Shopping With a Dietitian

**Garden of Hope**
The JamesCare for Life Garden of Hope program provides survivors and caregivers the opportunity to harvest fresh produce and learn nutritional information, practices and recipes that promote a healthy lifestyle throughout cancer survivorship. The garden is located on The Ohio State University Waterman Farm and is offered June-October. Participants must attend an orientation prior to harvesting and can participate in the garden for two years.

Available on video at:
go.osu.edu/jcflvideos

- Basics of Meal Planning
- Healthy Eating for the Cancer Survivor
- Keeping the Weight Off

**Young Adult Cancer Survivors**
JamesCare for Life aims to support the unique psychosocial and practical needs of young adult cancer survivors, ages 18-39, by offering programs that focus on building peer connections with other young cancer survivors and developing healthy lifestyle practices that aid wellness and coping.

- Young Cancer Survivor Meet-ups
- Monthly Young Cancer Survivor Support Group

Preregistration is required at cancer.osu.edu/JCFL
Caregivers Support

Caregiving for a loved one with cancer can present many new challenges. Caregivers often need as much information and support as the person with cancer. JamesCare for Life programs are designed to support survivors and caregivers as well as offer programs and resources for caregiver-specific needs.

- Online Caregiver Support Group
- National Family Caregivers Month – Special programming during November. cancer.osu.edu/caregivermonth
- Grief and Loss Support - The James provides free grief support services to adult families and friends after the death of a loved one. For more information, visit cancer.osu.edu/griefsupport

Video library available at:
go.osu.edu/jcflvideos
- Caregiving 101
- Caregivers in Multiple Roles
- Caregivers Need Care Too: Tips for Managing Stress
- Basics of Meal Planning
- Organization Tips for Caregivers
- Simple Strategies to Aid Your Loved One with Daily Challenges

Support Groups

Groups are held monthly and facilitated by licensed professionals from The James.

In-Person Support Groups
- Bone marrow transplant
- Brain tumor
- Breast cancer
- Gastrointestinal cancers
- JamesCare East (all cancer types)
- Head and neck cancer
- Hematology
- Lung cancer
- Melanoma
- Prostate cancer
- Sarcoma
- Thyroid cancer
- Young cancer survivors (all cancer types)

Online Support Groups
- Caregiver
- Living With Advanced Cancer

cancer.osu.edu/supportgroups

The H.O.P.E. Program connects patients and caregivers to someone who has had a similar experience with cancer. For more information, please call 614-293-8771 or visit cancer.osu.edu/HOPE.
Registration is open. For more information and to register, visit cancer.osu.edu/JCFL or call JamesCare for Life at 614-293-6428.

### Ask the Expert: CLL Disease Progression and Richter’s Transformation

### JAN 2020

**Monday (MON)**

- **6th:** Aquatics series begins 12 p.m.
- **7th:** Gentle Yoga series begins 3:45-5 p.m.
- **8th:** Healthy Eating for the Cancer Survivor: “Plant-Based Diet” 12 p.m.
- **13th:** Lunch & Learn: How to Start an Exercise Program 11:30 a.m.-12:30 p.m.
- **20th:** HOLIDAY: Martin Luther King Day
- **27th:** Ask the Expert: CLL Disease Progression and Richter’s Transformation 6-7:30 p.m.

**Tuesday (TUES)**

- **7th:** Introduction to Self-Shiatsu/ Acupressure 6-7 p.m.
- **8th:** Argentine Tango for Balance series begins 6-7 p.m.
- **14th:** Introduction to Self-Shiatsu/ Acupressure 6-7 p.m.
- **21st:** Music Workshop: Tools for Self-Care 6-7:30 p.m.

**Wednesday (WED)**

- **1st:** Happy New Year!
- **8th:** Healthy Eating for the Cancer Survivor: “Plant-Based Diet” 12 p.m.
- **15th:** Victory Choir 6-7:30 p.m.
- **22nd:** Victory Choir 6-7:30 p.m.

**Thursday (THURS)**

- **2nd:** 2 p.m.
- **9th:** Victory Choir 6-7:30 p.m.
- **16th:** Young Adult Meetup: Cooking and Dining 6-9 p.m.
- **23rd:** Grocery Shopping With a Dietitian 5-6 p.m.

**Friday (FRI)**

- **3rd:** 3 p.m.
- **10th:** Victory Drummers 9:30-11 a.m.
- **17th:** Victory Drummers 9:30-11 a.m.
- **24th:** Victory Drummers 9:30-11 a.m.

**Saturday & Sunday (SAT/SUN)**

- **4th:** 12 p.m.
- **11th:** 11/12
- **18th:** 18/19
- **25th:** 25/26
- **31st:** Victory Drummers 9:30-11 a.m.
Visit the JamesCare for Life video library for additional programs.  
go.osu.edu/jcflvideos

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- **Women & Sexuality**  
  noon-1:30 p.m.  
  Healthy Eating for the Cancer Survivor  
  12 p.m.  
  Victory Choir  
  6-7:30 p.m.

- **Balance series begins**  
  10-11 a.m.

- **Victory Drummers**  
  9:30-11 a.m.

- **Are You as Fit as a Buckeye?**  
  2:15-4:15 p.m.  
  (Hockey game begins at 5:00 p.m.)

- **Lunch & Learn: Fatigue and Energy Conservation**  
  11:30 a.m.-12:30 p.m.

- **Living a Plant-Based Lifestyle**  
  6-7:30 p.m.  
  Victory Choir  
  6-7:30 p.m.

- **Mindfulness in Motion series begins**  
  11 a.m.-noon  
  Victory Choir  
  6-7:30 p.m.

- **Gentle Yoga series begins**  
  noon-1:15 p.m.  
  Healing Through Art  
  6:30-8:30 p.m.

- **Lunch & Learn: Nutrition**  
  11:30 a.m.-12:30 p.m.

- **Victory Choir**  
  6-7:30 p.m.

- **Victory Drummers**  
  9:30-11 a.m.
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<td>Healthy Eating for the Cancer Survivor 6-7 p.m.</td>
<td>Victory Drummers 9:30-11 a.m.</td>
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<td>10</td>
<td>Music Workshop: Coping with Uncertainty 6-7:30 p.m.</td>
<td>Meal Planning 14 p.m.</td>
<td>Unplug and Recharge: A Morning of Mindfulness 9:30 a.m.-1:30 p.m.</td>
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<td>Lunch &amp; Learn: Lymphedema 11:30 a.m.-12:30 p.m.</td>
<td>Victory Choir 6-7:30 p.m.</td>
<td>Victory Drummers 9:30-11 a.m.</td>
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<td>Grief Workshop: The First Year of Grief 6-7 p.m.</td>
<td>Ask the Expert: GI - Colorectal 6-7:30 p.m.</td>
<td>Healing Through Art 6:30-8:30 p.m.</td>
<td>Victory Drummers 9:30-11 a.m.</td>
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<td>23</td>
<td>Introduction to Urban Zen Integrative Therapy 5:30-6:45 p.m.</td>
<td>Lunch &amp; Learn: Nutrition 11:30 a.m.-12:30 p.m.</td>
<td>Victory Choir 6-7:30 p.m.</td>
<td>Family Day at COSI 12:30-2 p.m.</td>
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<td>Tai Chi series begins 3:15-4:45 p.m.</td>
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<td>Ask the Expert: Car-T 6-7:30 p.m.</td>
<td>Victory Drummers 9:30-11 a.m.</td>
<td>Art Workshop: The Art of Journaling 9 a.m.-noon</td>
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<td>Ask the Expert: GI Gastroesophageal</td>
<td>Low-Impact Cardio series begins 4:30-5:30 p.m.</td>
<td>Victory Choir 6-7:30 p.m.</td>
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<td>Career Workshop: Resume Writing &amp; Cover Letters</td>
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<td>Urban Zen Integrative Therapy series begins</td>
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<td>Lunch &amp; Learn: Bone Health</td>
<td>Victory Choir 6-7:30 p.m.</td>
<td>Healing Through Art 6:30-8:30 p.m.</td>
<td>Victory Drummers 9:30-11 a.m.</td>
<td>Garden of Hope Orientation 10-11:30 a.m.</td>
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<td>Career Workshop: Effective Interviewing Skills</td>
<td>Spouse or Significant Other Loss Support Group series begins</td>
<td>Victory Choir 6-7:30 p.m.</td>
<td>Victory Drummers 9:30-11 a.m.</td>
<td>Vegetable &amp; Herb Container Gardening 10-11:30 a.m.</td>
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<td>Young Survivor Meet-Up: Take a Hike noon-2 p.m.</td>
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<td>Ask the Expert: CLL — Sexual Health</td>
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