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

JamesCare for Life offers free programs for cancer survivors, including caregivers/family members and can be accessed from the time of diagnosis. Offerings focus on many dimensions of well-being, including health care, physical, emotional, spiritual and social/practical.

Pre-registration is required at cancer.osu.edu/JCFL, where you will find detailed program information including dates, times and locations.

cancer.osu.edu/JCFL

The James
Education programs are led by 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 and survivorship. Classes rotate throughout the year.

- "Ask the Expert" – Discussions on specific cancer types and other topics of interest to cancer survivors and their caregivers
- Career Counseling Workshops – Interactive classes on the specific career needs of a cancer survivor
- Disease-Specific Conferences and Special Events – Offered throughout the year
- Emotional Health and Coping – Rotating programs with various topics on adjusting to living with cancer
- Know Your Legal Rights and Protections in the Workplace – Program topics include definition of disability, forms of work-related discrimination, disclosure, accommodation request(s) and available benefits
- Lunch and Learn: Oncology Rehabilitation – Monthly presentation on topics such as managing cancer-related side effects and exercising
- Medicare 101 – Medicare overview for cancer survivors
- Surfing the Web to Find Quality Health Information – Interactive computer workshop
- Women and Sexuality – Presentation about common sexual concerns following a cancer diagnosis

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
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 offered on a rotating basis with new series starting monthly. Instructors demonstrate techniques that can be modified to all fitness levels.

- **Aquatic Exercise** – 10-week series of low-impact movement in an indoor pool
- **Balance Class** – 8-week exercise series to improve balance and reduce fall risk
- **Gentle Yoga** – 8-week series that combines yoga poses, meditation and breath work; can be performed sitting or standing
- **Low-Impact Cardio** – 10-week series of low-impact exercises that can be performed sitting or standing
- **Nia Dance** – 12-week series that blends movement from dance, martial arts and healing arts with a mindful focus on body awareness; can be performed sitting or standing
- **Stretch for Life** – 10-week series of gentle exercises that use yoga-inspired stretching and breath work

Available on Video at: [go.osu.edu/JCFLvideos](go.osu.edu/JCFLvideos)
- Keeping the Weight Off

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Art-based programs are designed to help survivors deepen insight, provide inspiration, manage stress and improve overall sense of well-being through engaging in art-making with others. A variety of rotating themes and art methods are used. Previous art experience is not required. Art programs are funded in part by the Joyce Kerze Foundation.

- **Healing Through Art** – Monthly class focusing on self-care
- **Half-Day Workshops** – Weekend workshops that promote coping and strength-building tools

Music-based programs are designed to introduce survivors and their caregivers to ways of using music more purposefully in efforts to improve quality of life. Music instruments are provided, and no previous music experience is required. Music programs are funded in part by the Margaret and Frank White MusicCare Fund.

- **Monthly Workshops** – Classes with hands-on demonstration of music and music therapy techniques used in cancer survivorship
- **Weekly Music Groups** – Weekly gatherings that give survivors and caregivers the chance to foster empowerment and a sense of community by sharing in the joy of music-making
  - Victory Drummers
  - Victory Choir

Pre-registration is required. Please visit cancer.osu.edu/JCFL for more information and to register.
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 under the age of 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 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
- **Learning From Buckeye Athletes** – Programs are held at various sports venues in partnership with the Ohio State Athletics Department; topics focus on a healthy lifestyle and coping with unexpected life changes
- **Family Day at COSI** – An interactive program where families perform kid-friendly experiments and learn about how researchers create personalized cancer care
- **Mindfulness for Families at the Franklin Park Conservatory** – Program includes information and a guided tour to practice how mindfulness techniques can be a healthy coping strategy
- **Movie Night in the ’Shoe** – JamesCare for Life hosts cancer survivors at the Ohio State Athletics Department movie night in Ohio Stadium

Available on Video at: go.osu.edu/JCFLvideos
- Talking With Children About a Parent’s Cancer Diagnosis
- My Mom Has Cancer: What Happens Next?

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 classes are designed to promote relaxation, well-being and a sense of balance in one's life. Meditation, mindfulness and other relaxation techniques can provide restoration and comfort in times of stress and illness. Classes rotate throughout the year.

- **Half-Day Mindfulness Workshops** – 4-hour workshop that provides the opportunity to practice mindfulness techniques by focusing on the present moment; workshop topics rotate and focus on different aspects of daily life such as restorative sleep and building healthy habits

- **Introductory to Mind, Body, Spirit** – Rotating programs on topics such as reflexology, self-shiatsu/acupressure, Urban Zen Integrative Therapy and acupuncture

- **Mindfulness in Motion** – 8-week series offers guided mindfulness, meditation, community sharing and gentle yoga-inspired stretches within a structured curriculum

- **Tai Chi** – 10-week series that involves slow, flowing movements and deep breathing

- **Urban Zen Integrative Therapy (UZIT) Series** – 6-week series that incorporates mindful movement, breath practice and reiki with use of essential oils to practice self-care

Available on Video at: go.osu.edu/JCFLvideos
- Tips for Taming Stress During the Holidays

Pre-registration is required.
Please visit cancer.osu.edu/JCFL for more information and to register.
Evidence shows that a plant-rich diet may lower the risk for cancer and is recommended for cancer survivors. Rotating nutrition programs provide evidence-based nutritional information important for a healthy lifestyle. Facilitated by clinical dietitians from The James.

- **Eat Well, Live Well Email Program** – 6-week program with daily emails on various topics relating to nutrition and cancer – sign up anytime
- **Lunch and Learn** – Monthly presentation on various nutrition topics
- **Healthy Eating for the Cancer Survivor** – Introductory program on nutrition and cancer; topics vary monthly
- **Living a Plant-Based Lifestyle** – Presentation and cooking demonstration highlighting a plant-based-style eating pattern
- **Meal Planning Workshop** – 4-hour weekend workshop that teaches the basics of meal planning and preparation
- **Hands-On Cooking** – 2-hour cooking class that teaches participants how to prepare plant-based foods

**Available on Video at:** go.osu.edu/JCFLvideos

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

**The Garden of Hope** offers participants the opportunity to harvest fresh vegetables and take part in nutritional programs during the summer months. A classroom orientation is required prior to harvesting.
Support Groups, led by healthcare professionals, are held monthly and do not require pre-registration with the exception of online groups. Go to cancer.osu.edu/JCFL for a complete list of disease-specific and specialty groups including location, date and time.

Young Survivors, ages 18-39, have unique needs following a cancer diagnosis. Go to cancer.osu.edu/JCFL for additional information on available programs including an informal, monthly drop-in group for young cancer survivors.

Caregiver Resources

- Caregiver Support Group – Monthly online group; pre-registration required
- National Family Caregivers Month – Special programming during November; visit cancer.osu.edu/caregivermonth for more information
- VIDEO LIBRARY available at go.cancer.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

If you wish to continue the work of JamesCare for Life with a tax deductible donation, visit go.osu.edu/JCFLfund to donate.

JamesCare for Life contact information:
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The James