JamesCare for Life listings will be transitioning to an online format in Spring 2018.

Program information will continue to be available in your provider’s clinic.

Look for more information on our newly designed webpage: cancer.osu.edu/JCFL in the coming months.

JamesCare for Life services are 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. Programs are offered free of charge. Pre-registration is required for all programs.

To register online, please visit cancer.osu.edu/JCFL. A valid email address will be required.

For more information, or if you have no email, please call JamesCare for Life at 614-293-6428 or 1-800-293-5066. Registration opens Dec. 1.
JamesCare for Life
programs for those diagnosed with cancer and their caregivers

2018 WINTER
JANUARY-FEBRUARY-MARCH

Table of Contents

Education ........................................................... 4
Video Library ..................................................... 6
Exercise .............................................................. 8
Expressive Arts ................................................. 10
Mind, Body, Spirit ............................................... 14
Nutrition............................................................... 16
Families, Teens and Children ......................... 18
JamesCare Support Connections ............ 20
Resources .......................................................... BC

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

Register Online Today! Please visit cancer.osu.edu/JCFL.
Registration opens Dec. 1.

Inclement weather policy: Programs will be canceled if there is a Level 2 or 3 snow emergency in Franklin County.

Register Online Today!

Preregistration is required for all programs unless specifically stated in the program description. Support groups are drop-in unless otherwise noted.

To register for a program:
• Visit cancer.osu.edu/JCFL
• Click on the link “Registration is required” under “Activities and Classes”
• Enter the program title in the “Search by Keyword” box and click the “Search” button
• Move your cursor to the class and click on “Register”

You will receive a confirmation email of your registration and then a reminder email approximately one week before the program date. Streamers will receive the link and viewing instructions in their reminder email.

Video Library: Please check out our video library of past programs for on-demand viewing. Over 60 videos are available.
• Visit go.osu.edu/JCFLvideos
• See pg. 7 for more information

Look for this symbol for live stream programs and new videos.
Being Your Own Advocate: A CLL Patient’s Perspective

Monday, Jan. 29
6 – 7:30 p.m.
Wasserstrom Family Conference Room - L035
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Please join Brian Koffman, MD, who will share what he has learned from his journey as a doctor turned CLL patient/cancer survivor and founder of the nonprofit CLL Society. He will discuss how to become your own advocate, and why that is important to your care.

Fireside Chat with Michael A. Caligiuri, MD

Thursday, Jan. 25
6 – 7:30 p.m.
Fawcett Center
2400 Olentangy River Road

Michael A. Caligiuri, MD, director of Ohio State’s Comprehensive Cancer Center and CEO of the James Cancer Hospital and Solove Research Institute, will present an informative fireside chat about the future of cancer research, prevention and treatment. Guests will learn about some of the exciting new cancer therapies and discoveries being made at Ohio State. Enjoy listening to one of the world’s leading cancer experts and learning how scientists, researchers, pharmacists, physicians, nurses and allied healthcare professionals are working together to create a cancer-free world.

Lunch and Learn: Nutrition

Tuesday, Jan. 23 – Introduction to Nutrition for the Cancer Survivor
Tuesday, Feb. 27 – All About Sugar
Tuesday, March 27 – Is this Diet Trend for Me?
11:30 a.m. – 12:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Join a clinical dietitian from JamesCare for Life for an informal presentation on nutrition and cancer.

Lunch and Learn: Oncology Rehabilitation

Tuesday, Jan. 9 – How to Start a Home Exercise Program
11:30 a.m. – 12:30 p.m.
Wasserstrom Family Conference Room - L035
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Tuesday, Feb. 13 – CIPN (Chemotherapy-Induced Peripheral Neuropathy)
11:30 a.m. – 12:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Tuesday, March 13 – Managing Lymphedema
11:30 a.m. – 12:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Join staff from oncology rehabilitation for an informal discussion on a wide range of topics intended to assist in managing side effects related to cancer treatment and to improve overall quality of life and wellness.

Education

JamesCare for Life educational programs at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James) offer survivors access to some of the world’s leading experts from a broad range of disciplines to help you manage survivorship.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.
Resiliency: From Survivor to Thriver
Wednesday, March 7
6 - 7:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Learn how to experience positive psychological change and thrive in the midst of highly challenging life circumstances. Join a social worker from The James to learn about the essential components of resilience and the importance of examining thoughts and beliefs after a cancer diagnosis.

Support for Your Career and Job Search
Monday, Jan. 22
6 – 8 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This will be an open Q&A session regarding the job search process. Topics may include developing a strategy, writing a resume and cover letter, conducting an effective interview or discussing career issues surrounding cancer survivorship.

Women and Sexuality: An Information Opportunity for Cancer Survivors
Wednesday, Feb. 7
12 – 1:30 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Join Barbara Andersen, PhD, clinical psychologist, to learn about sexuality and common difficulties arising from cancer and other natural changes throughout one’s life. First-line suggestions for difficulties such as vaginal dryness, loss of desire, or related concerns with your body will be covered. Registration is encouraged but not required.

Video Library
Check out our growing library of videos from past programs by visiting go.osu.edu/JCFLvideos.

Current offerings include:
- Basics of Meal Planning
- Caregiver Programs:
  - Caregiving 101
  - Caregivers in Multiple Roles
  - Caregivers Need Care Too: Tips for Managing Stress
  - Organizational Tips for Caregivers
  - Simple Strategies to Aid Your Loved One With Daily Challenges
- Fireside Chat with Dr. Michael A. Caligiuri — 2017
- Healthy Eating for the Cancer Survivor
- Keeping the Weight Off
- Surfing the Web to Find Quality Health Information
- Talking with Children about a Parent’s Cancer Diagnosis
- Tips for Taming Stress During the Holidays
Aquatic Exercise
Tuesdays, Jan. 9 – March 13
(10-week series) 10 – 11 a.m.
Eldon & Elsie Ward Family YMCA
130 Woodland Ave.
Aquatic exercise offers low-impact movement in an indoor pool.

Gentle Yoga
Mondays, Jan. 22 – March 26
(10-week series) 5:45 – 7 p.m.
Granville Senior Center, Building D
3825 Columbus Road, Granville
-or- (register for one series)
Wednesdays, Jan. 10 – March 14
(10-week series) 6:30 – 7:45 p.m.
Modo Yoga
1042 Dublin Road, Columbus
-or- (register for one series)
Thursdays, Jan. 18 – March 22
(10-week series) Noon – 1:15 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
The series provides a framework for individuals to experience the benefits of regular yoga practice.

Gentle Yoga Refresher Course
Thursday, Jan. 11
6:30 – 8:30 p.m.
Modo Yoga
1042 Dublin Road, Columbus
Get inspired to continue regular yoga practice! Revisit gentle yoga poses and modifications as well as information on home-based yoga practice. You will have the chance to ask questions about ongoing challenges and ensure proper form and function. This class is a refresher for past participants of the gentle yoga series. Class can be adapted to different levels of fitness and performed from a chair.

Low-Impact Cardio
Mondays, Jan. 22 – March 26
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Learn low-impact aerobic exercises that can be performed either sitting or standing.

NIA
Tuesdays, Jan. 9 – March 27
(12-week series) 6 – 7 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Set to music, NIA blends movement from dance arts, martial arts and healing arts with a mindful focus on body awareness/sensation and is adaptable to all fitness levels (can be performed from a chair).

Exercise
Certified instructors demonstrate techniques that can be modified to all fitness levels and may be adaptable for home or community use at the completion of the series. It is recommended that participants attend each week for maximum benefit as each class session builds upon the previous one. Participants may take each series one time.

These classes may assist with:
- Flexibility
- Muscle tone
- Muscle strength
- Balance
- Pain management
- Energy
- Range of motion
- Edema management
- Stress reduction
- Mindfulness

Pre-registration is required.
Please visit cancer.osu.edu/JCFL to register.
Expressive Arts

Art-Based Services
Making use of expressive art-making techniques can help survivors deepen insight, provide inspiration, manage stress and improve sense of well-being. Classes are offered under the guidance of a board-certified art therapist. Previous art experience is not required. Art programs are funded in part by the Joyce Kerze Foundation.

Music-Based Services
Using guided music-based strategies can help survivors manage stress, anxiety, pain, poor sleep, adjustment to lifestyle changes, family togetherness and quality of life. Programs are facilitated by a board-certified music therapist. Previous music experience is not required. Participants are encouraged to wear comfortable clothing. Music programs are funded in part by the Margaret and Frank White MusicCare Fund.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.

Art-Based Services

Art Series: Navigating Seasons of Change
Thursdays, March 1 – 29
(Five-week series) 6:30 – 8:30 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
In this series, survivors will use the changing seasons to express their personal cancer journey. Each season will provide an opportunity to reflect on strengths, challenges and self-care practices. A variety of art media will be used, and all supplies are provided.

Half-Day Workshop: Expressing Yourself Through Journaling
Saturday, Feb. 24
9 a.m. – noon
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Explore a variety of ways to chronicle your journey using both visual and written journaling techniques including drawing and collaging as well as making use of writing prompts and meditative techniques.

New participants only.

Healing Through Art
Thursdays, Jan. 18, Feb. 15
6:30 – 8:30 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Art exercises will provide you with the opportunity to explore emotions and promote self-care within a supportive and safe environment. We will also take time to share and process our artwork as a group. Register for one or both.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.
Music-Based Services

Using Music (Better!) to Support Healthy Sleep Habits
Saturday, Jan. 20
10 – 11:30 a.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Participants will be introduced to music-based strategies designed to support healthy sleep habits by reducing mental noise and enhancing relaxation as part of an effective bedtime routine.

Using Music (Better!) to Deal With Stress
Saturday, Feb. 10
10 – 11:30 a.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Participants will be provided with basic information about stress and will be introduced to therapeutic music exercises designed to strengthen healthy stress-management skills.

Music-Based Strategies in Survivorship
Saturday, March 24
10 – 11:30 a.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Participants will be introduced to common music techniques used in cancer survivorship.

Music Groups

Victory Choir
Wednesdays, Jan. 3 – March 28
6 – 7:30 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Learn to sing and have the opportunity to perform in the company of other cancer survivors, including caregivers. A varied repertoire of pop, classical, folk, jazz and world music will be sung.

Victory Drummers
Fridays, Jan. 5 – March 23
9:30 – 11 a.m.
BalletMet
322 Mt. Vernon Ave.

The Victory Drummers group gives survivors, including caregivers, a chance to foster empowerment and a sense of community by sharing in the joy of music-making. Prior drumming skills are not required. Drums will be provided, or you are welcome to bring your own.
Mind, Body, Spirit

Explore meditation, guided imagery, stress-reduction techniques and the healing power of the mind. Instructors demonstrate techniques that can be adapted for home use. Series classes utilize a format in which each class builds upon the previous one. It is recommended that participants attend each week for maximum benefit. Participants may take each series one time.

These mindfulness practices may:
- Alleviate pain and depressive symptoms
- Foster feelings of optimism and hope
- Encourage a sense of inner peace
- Promote relaxation and well-being

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.

Mindfulness in Motion
Wednesdays, March 21 – May 9
11 a.m. – noon
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This class will combine guided mindfulness, meditation, community sharing and gentle yoga-inspired stretches.

Self-Shiatsu and Acupressure
Thursday, Feb. 22
6:30 – 7:30 p.m.
Second Floor, Room 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Shiatsu (which means finger pressure) combines acupressure, joint rotation and stretching. Learn easy self-shiatsu practices in a group setting.

Tai Chi – Beginners
Mondays, Jan. 22 – March 26
(10-week series) 6 – 7:30 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Tai chi involves a series of flowing movements performed in a slow, focused manner and accompanied by deep breathing. This class will combine discussions about this natural movement with opportunities to practice introductory techniques.

Unplug and Recharge: A Day of Mindfulness
Saturday, March 10
9 a.m. – 3 p.m.
The Wilma H. Schiermeier Olentangy River Wetland Research Park
Heffner Teaching and Research Building
352 W. Dodridge St.
Learn how to find and savor the many aspects of restfulness that are available throughout the day, including simple mindful eating strategies and gentle stretches.

Urban Zen Integrative Therapy
Tuesday, March 20
7 – 8:15 p.m.
Modo Yoga
1042 Dublin Rd., Columbus
Urban Zen Integrative Therapy (UZIT) incorporates mindful movement, breath practices, aromatherapy, restorative postures and Reiki. Whether you are currently in treatment or in need of self-care, learn about UZIT and experience deep relaxation by taking this introductory class.
Nutrition

Strong evidence shows that a diet rich in plant foods including fruits, vegetables, beans, whole grains, nuts and seeds helps lower risk for cancer and is important for healthy survivorship. JamesCare for Life’s monthly nutrition program provides an opportunity to learn about the health benefits of these foods and how to incorporate them into your diet. Learn how to prepare healthy meals, receive new recipes and gain access to evidence-based nutritional information. Open to cancer survivors, including caregivers. Facilitated by clinical dietitians from The James.

March is National Nutrition Month. JamesCare for Life offers a video library with a number of nutrition topics. Please see pg. 7 for videos available for on-demand viewing or visit go.osu.edu/JCFLvideos.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.

Coffee and Conversation: Nutrition and Cancer

Wednesdays, Jan. 3 – Feb. 7
(Six-week series) 1 – 2 p.m.
Panera Bread Clintonville
4519 N. High St.

Open discussion with a registered dietitian regarding the challenges of eating well for cancer survivorship. Come for one or all classes. Series may be taken one time.

Eat Well, Feel Well

Online Program
Survivors, including caregivers, will receive daily emails with information on topics related to nutrition and cancer. Emails will arrive daily for thirty days, and you may sign up anytime during the quarter. Registration for this program will begin January 8, 2018. Go to cancer.osu.edu/nutrition for more details and to register.

Hands-On Cooking Class

Monday, March 12
6 – 8 p.m.
The Kitchen
231 E. Livingston Ave.

This class will be a combination of hands-on cooking and nutrition education. Participants will learn various ways to prepare nutritious, plant-based foods, while learning the health benefits and current research pertaining to these foods. New participants only.

Living a Plant-Based Lifestyle

Monday, Feb. 26
6 – 7:30 p.m.
The Kitchen
231 E. Livingston Ave.

Come learn about the health benefits of a plant-based diet, why it is recommended for cancer survivorship and how to live a plant-based lifestyle. A cooking demo will be provided, along with recipes to help you get started cooking more plant-based meals.

Meal-Planning Workshop

Saturday, Feb. 10
9 a.m. – 1 p.m.
Atwell Hall, Room 526
453 W. 10th Ave.

Save money, stress less and eat well by learning how to meal plan! This workshop will teach the fundamentals of plant-based meal planning along with various tips to help fit it into your life. Participants will also do hands-on prep work to learn steps they can take to make meals faster and easier. Space is limited and open to one survivor or caregiver per family unit. New participants only.

New Year, New You

Thursday, Jan. 18
6 – 7:30 p.m.
Wasserstrom Family Conference Room - L035
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Make this your best year yet! Learn how to more easily live a plant-based lifestyle by making small and sustainable changes to your diet. Make eating well easier and learn how to set goals you can actually achieve. Some of the things we will touch on include meal planning, mindful eating and goal setting.

Shopping with the Experts

Wednesday, March 21
Tour #1: 6 – 7 p.m.
Tour #2: 7 – 8 p.m.
933 N. High St., Worthington

Join a James dietitian on a special guided tour to learn how to shop for healthy, plant-based foods.
Families, Teens and Children

These programs will provide a supportive and safe setting where families, teens and children can learn about cancer, talk about the challenges of a cancer diagnosis and learn effective coping skills. Parents and caregivers will receive the information, resources and support they need. Other programs are designed to provide families with knowledge about healthy lifestyle choices that can have a positive impact now and in the future. Children and teens must be accompanied by a parent or legal guardian.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.

Ceramic “Blessings Bowls”
Jan. 21 and 28
(Two-week series)
1:30 – 4 p.m.
McConnell Arts Center
777 Evening St.

Join an art therapist for a two-part series to create a collaborative family art piece, a “blessings bowl.” Experience the calming effect of molding clay and learn how you can use this blessings bowl to develop a gratitude practice to enhance your family’s resilience to stress. Attendance at both sessions is required. Open to cancer survivors and their children ages 6 to 18. This series is limited to two adults per family.

How Flexible Is Your Family?
Saturday, Feb. 17
2 – 3:30 p.m.
French Field House
460 Woody Hayes Drive

(Women’s gymnastics competition begins at 4 p.m. at St. John Arena, next door to French Field House)

Join us to learn about the benefits of flexibility and stretching as part of a healthy exercise program. Together, families will complete a warm-up and a series of flexibility exercises led by our James Outpatient Rehabilitation Manager, with student athletes assisting to demonstrate the exercises. Following the program, you will attend the women’s gymnastics meet. Tickets will be provided and parking is free. Open to cancer survivors and their school-age children kindergarten to 8th grade. This program is limited to two adults per family.

Video: Talking With Children About a Parent’s Cancer Diagnosis
Learn how to have age-appropriate conversations with children about a parent’s cancer diagnosis. To view, please visit go.osu.edu/JCFLvideos.

Booklet: A Special Book for You
Write down special thoughts, memories and wishes that you would like to share with your child or grandchild. To request a booklet, please email jamescareforlife@osumc.edu or call JamesCare for Life at 614-293-6428. Include your mailing address and age(s) of child(ren).
JamesCare Support Connections

JamesCare Support Connections provides a safe and supportive environment to share personal experiences and benefit from the support of others. These drop-in groups are facilitated by licensed healthcare professionals from The James and The Ohio State University Wexner Medical Center.

No registration is required to attend these groups unless noted.

SUPPORT CONNECTIONS

Book Club

**Cancer Survivors Book Club**
Third Wednesday of the month
10 – 11 a.m.
Westerville Library
126 S. State St., Westerville
Open to individuals with any cancer diagnosis and their caregiver(s).
Co-sponsored by The Leukemia & Lymphoma Society.

Support Groups

**Bone Marrow Transplant Support Group**
First and third Wednesday of the month
1 – 2 p.m.
BMT Conference Room 1410
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.
Open to individuals who have had a bone marrow transplant and their caregiver(s).

**Brain Tumor Support Group**
Third Monday of the month
6 – 7:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Open to individuals with brain cancer and their caregiver(s).

**Breast Cancer Support Group**
Third Tuesday of the month
11:30 – noon (Lunch)
Noon – 1 p.m. Group
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Open to individuals with breast cancer.

**Caregiver Support Group - Online!**
Second Tuesday of the Month
Beginning in November
6 – 7 p.m.
Connect with other caregivers face-to-face in a virtual setting. Participation in this group will require the use of a smart phone and access to Wi-Fi. Preregistration is required at cancer.osu.edu/JCFL.

**Gastrointestinal (GI) Cancer Support Group**
Third Tuesday of the month
6 – 7 p.m.
Eighth Floor, Lobby
Martha Morehouse Medical Plaza
2050 Kenny Road
Open to individuals with gastrointestinal cancer (including colon, esophageal, pancreatic, stomach, intestinal, liver, gallbladder and rectal/anal) and their caregivers.
Head and Neck Cancer Support Group
First Monday of the month
3:30 – 5:30 p.m.
Second Floor, Room 2002
Stefanie Spielman
Comprehensive Breast Center
1145 Olentangy River Road

Please note: The January meeting will be the second Monday, Jan. 8, from 4 – 5:30 p.m. Open to individuals with cancer in the head and neck region (including the nasal cavity, sinuses, lips, mouth, salivary glands, throat or larynx) and their caregivers. New participants are asked to register by calling Greta Ziegler, facilitator, at 614-366-9977.

I'm a Young Cancer Survivor, Now What?
Third Wednesday of the month
7 – 8 p.m.
Panera Bread Clintonville
4519 N. High Street

Come enjoy a cup of coffee or tea and connect with other young survivors (ages 18-39). The group will have the opportunity to address topics on adjusting to a “new normal” as a cancer survivor. Offered in collaboration with Nationwide Children’s Hospital.

JamesCare East Cancer Support Group
First Wednesday of the month
Noon – 1 p.m.
Ground Floor, BistrOH! Conference Room
University Hospital East
181 Taylor Avenue

This group is open to individuals with any cancer diagnosis and their caregiver(s). New participants are asked to register by calling Kelly Callahan at 614-257-3778.

Hematology Support Group
First and third Wednesday of the month
1:30 – 2:30 p.m.
Fifteenth Floor, Patient Visitor Lounge, Room B1502
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Open to James patients (inpatient or outpatient) with blood cancer and their caregiver(s).

Lung Cancer Support Group
Fourth Wednesday of the month
6 – 7:30 p.m.
First Floor, Room 1069C
Martha Morehouse Medical Plaza Pavilion
2050 Kenny Road

Open to individuals with lung cancer and their caregiver(s).

Melanoma Support Group
Third Wednesday of the month
6:30 – 7:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Open to individuals with melanoma and their caregiver(s).

Prostate Cancer Support Group, “Just the Guys”
Fourth Wednesday of the month
7 – 9 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Open to individuals with prostate cancer.

“Just the Caregivers” – Support group for partners of men with prostate cancer meets at the same time in BistrOH! to Go located on the 1st floor.

Sarcoma Support Group
Last Tuesday of the month
6 – 7:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Open to individuals with sarcoma and their caregiver(s).

Thyroid Cancer Support Group
Second Tuesday of the month
6 – 7 p.m.
Tenth Floor, Lobby
Martha Morehouse Medical Plaza Tower
2050 Kenny Road

Open to individuals with thyroid cancer and their caregiver(s).

H.O.P.E. Program
The H.O.P.E. Program matches cancer patients or caregivers looking for peer support to someone who has had a similar cancer experience.

A Partner is a patient at The James, or their caregiver, who is looking for information and support from someone who has had a cancer experience.

A Guide is someone who has had similar experiences with cancer and is trained to offer appropriate peer support. A Guide is at least one year past active cancer treatment or caregiving of a patient at The James.

For more information, call the H.O.P.E. Program at 614-293-8771 or visit cancer.osu.edu/HOPE.
Resources

The James Cancer Supportive Care Clinic

The James Cancer Supportive Care Clinic is designed to address issues that result from your cancer treatment and to assist you with the physical, emotional, spiritual and practical concerns (job, insurance, financial) of living with cancer. The clinic offers experts in emotional and expressive therapies (art and music) as well as spiritual counseling, cancer risk assessment (genetics), nutrition counseling, oncology rehabilitation (physical medicine and rehabilitation physicians, physical therapy, occupational therapy, or massage therapy). Ask your cancer doctor or nurse practitioner for a referral to see one or more of our specialists in The James Cancer Supportive Care Clinic. **Scheduling line: 614-366-8700.**

**Clinic Locations:**

Martha Morehouse Medical Plaza Tower
2050 Kenny Road

Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road


The James provides easy-to-understand health information to help patients and their loved ones learn more about cancer and its treatment. These resources were created with our clinical experts to help you make informed decisions about your health care. We encourage you to visit The James website at [cancer.osu.edu/patienteducation](http://cancer.osu.edu/patienteducation) to see the patient education resources we have available to help you understand more about your diagnosis, treatment and care.

In addition, the Patient and Family Resource Center, located on the ground floor of The James, has trained staff and volunteers to assist you with information requests. You may also call the center at 614-366-0692 for assistance or email your request to cancerinfo@osumc.edu.

For more information about our patient education resources, call The James Patient Education Department at 614-293-5853, Monday through Friday from 8 a.m. – 4:30 p.m.

Register Online Today!

Detailed program information is available online. All programs are free of charge. Visit [cancer.osu.edu/JCFL](http://cancer.osu.edu/JCFL) for a class listing and link to registration. A valid email address will be required.

If you wish to continue the work of JamesCare for Life with a tax deductible donation, go to [go.osu.edu/JCFLfund](http://go.osu.edu/JCFLfund) and donate.