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.

For more information, please call JamesCare for Life at 614-293-6428 or 1-800-293-5066.
To register online, please visit cancer.osu.edu/JCFL. A valid email address will be required. Registration opens June 1.
JamesCare for Life
programs for those diagnosed with cancer and their caregivers

2017 SUMMER
JULY-AUGUST-SEPTEMBER

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

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**What’s New This Issue?**

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- **New Location!**  
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**Movie Night in the Shoe: MOANA**  
Saturday, June 24  
Space is limited. Register today!  
See page 19 for details!
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.
Ask the Expert: The Treatment Landscape for Chronic Lymphocytic Leukemia: Part Two
Monday, July 24
6–7:30 p.m.
Conference Level, Room L035
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

John Byrd, MD, will provide information on upcoming therapies and discuss the latest treatment recommendations for chronic lymphocytic leukemia. His presentation will be followed by a question-and-answer session. Whether you are attending in person or viewing online via stream, please register at cancer.osu.edu/JCFL.

Note: The next CLL “Ask the Expert” will be Medicare 101 on September 19. For more information, please see p. 6.

Ask the Expert: Managing Common Side Effects of Kidney Cancer Therapies
Wednesday, Aug. 23
6–7:30 p.m.
Ground Floor, Room B050
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Many of the new oral therapies for renal cell cancer can cause unwanted side effects. This presentation will highlight the most common side effects that may occur with these medications and introduce both drug-related and non-drug-related ways to manage them.

Ask the Expert: Thyroid Cancer
Tuesday, Sept. 12
6:30–8 p.m.
Conference Level, Room L045
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Join an open question-and-answer session with Matthew Ringel, MD, to learn the latest on the treatment of thyroid cancer. Dr. Ringel is the director of the Division of Endocrinology, Diabetes and Metabolism at Ohio State and co-director of the Thyroid Cancer Unit at the OSUCCC – James.

Fifth Annual Breast Cancer Survivorship Conference
Saturday, Sept. 30
9 a.m.–3 p.m.
Research Breakfast 7:30–8:45 a.m.
Fawcett Center
2400 Olentangy River Road

This conference will feature educational offerings by breast cancer experts from the OSUCCC – James’ Stefanie Spielman Comprehensive Breast Center. Keynote speaker, Sheri Prentiss, MD, is a physician, public health expert, author and a breast cancer survivor who brings the unique perspective of being both a patient and a physician to her impassioned and captivating speeches. Breakout sessions will be offered on a number of topics. New this year is the addition of a Research Breakfast with an opportunity to interact with James researchers and clinical staff to learn about the innovative projects and research studies available through The James.
**Lunch and Learn: Coping with Worry and Living with Uncertainty**

Thursday, Sept. 14  
11:30 a.m.–12:30 p.m.  
Second Floor, Room 2002  
Stefanie Spielman Comprehensive Breast Center  
1145 Olentangy River Road

Join staff from the psychosocial oncology team for an informal discussion on living more purposefully despite worry and uncertainty.

**Lunch and Learn: Nutrition**

Tuesday, July 25 – Introduction to Nutrition for the Cancer Survivor  
11:30 a.m.–12:30 p.m.  
Second Floor, Room 2002  
Stefanie Spielman Comprehensive Breast Center  
1145 Olentangy River Road

Tuesday, Aug. 22 – 411 on Organic Foods  
Noon–1 p.m.  
Conference Level, Room L035  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

Tuesday, Sept. 26 – Using Herbs and Spices  
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 discussion on nutrition and cancer. The Aug. 22 program will also be available via live stream. Whether you are attending in person or viewing online via stream, please register at cancer.osu.edu/JCFL.

**Lunch & Learn: Oncology Rehabilitation**

Tuesday, July 11 – Making the Most of Exercising Outdoors  
11:30 a.m.–12:30 p.m.  
Second Floor, Room 2002  
Stefanie Spielman Comprehensive Breast Center  
1145 Olentangy River Road

Tuesday, Aug. 8 – Tips to Save Your Energy  
Noon–1 p.m.  
Conference Level, Room L035  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

Tuesday, Sept. 12 – Core Strengthening  
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. The Aug. 8 program will also be available via live stream. Whether you are attending in person or viewing online via stream, please register at cancer.osu.edu/JCFL.

**Medicare 101**

Tuesday, Sept. 19  
6–7:30 p.m.  
Conference Level, Room L035  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

Join the Ohio Senior Health Insurance Information Program (OSHIIP), the lead Medicare education program for the state of Ohio, for a program on community resources and a Medicare overview for cancer survivors. Learn how to pick the appropriate Part D plan for your needs and how Medigap and Medicare Advantage plans work. This program will also be available via live stream. Whether you are attending in person or viewing online via stream, please register at cancer.osu.edu/JCFL.
Support for Your Career and Job Search Refresher

Monday, Aug. 14
6–8 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

This will be an open question-and-answer 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. Open to individuals who have previously attended one or more of the JCFL Career Workshops.

Surfing the Web to Find Quality Health Information

Wednesday, Sept. 13
6:30–8 p.m.
First Floor Computer Lab #350
660 Ackerman Road

This interactive workshop will provide tools and resources to search for quality health information on the internet.

Women and Sexuality: An Information Opportunity for Cancer Survivors

Wednesday, Aug. 2
Noon–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. To register, visit cancer.osu.edu/JCFL or call 614-293-0066.

Coming this November during National Caregiver Month!

Retreat for Caregivers - Save the Date
Saturday, Nov. 4

This half day retreat is just for you to take care of you. Join other caregivers for a retreat that is designed especially with caregivers in mind and will include resources and respite for a rejuvenating day focused on learning the art of self-care.

Live Stream Event: Ask the Expert: Legal and Financial Information

Presented by an attorney who will provide legal and financial information to help caregivers plan for the future.
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.
Aquatic Exercise
Tuesdays, July 11–Sept. 12
(10-week series) 10–11 a.m.
Ward Family YMCA of Central Ohio
130 Woodland Ave.

Aquatic exercise can help reduce edema, increase range of motion and promote relaxation by offering low-impact exercise in an indoor pool.

Gentle Yoga
Mondays, July 24–Oct. 2 (no class Sept. 4)
(10-week series) 5:45–7 p.m.
Granville Senior Center, Building D
3825 Columbus Road
Granville, OH
- or- (register for one series)
Wednesdays, July 12–Sept. 13
(10-week series) 6:30–7:45 p.m.
modo Yoga
1042 Dublin Road
- or- (register for one series)
Thursdays, July 20–Sept. 28
(no class Aug. 17)
(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 a regular yoga practice. Modifications will be used to assist participants with symptom management.

Gentle Yoga Refresher Course
Wednesday, Sept. 20
6:30–8:30 p.m.
modo Yoga
1042 Dublin Road

Give new energy to your commitment to what you learned as a past participant of the Gentle Yoga series. This class will feature a review of gentle yoga poses and modifications as well as updated information on a home-based yoga practice. Participants may take class on a limited basis.

Nia
Tuesdays, July 11–Sept. 26
(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 and sensation. Nia provides the benefits of exercise and is adaptable to all fitness levels (can be performed from a chair).

Stretch for Life
Fridays, July 7–Sept. 8
(10-week series) 10–11 a.m.
JamesCare for Life Activity Center,
Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

This class uses gentle exercises, including yoga-inspired stretching, that are designed to improve flexibility, strength and balance. Breathing exercises are included.
Expressive Arts

Art-Based Services
Art-making can be a powerful way to process feelings related to a cancer diagnosis. It can deepen insight, provide inspiration, reduce stress and improve 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 Endowment.

Music-Based Services
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. 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

**Half-Day Workshop: Art and Spirituality**

Saturday, Aug. 26  
9 a.m.–noon  
JamesCare for Life Activity Center, Suite 2100  
Stefanie Spielman Comprehensive Breast Center  
1145 Olentangy River Road

Guided art therapy and journaling exercises will assist you in exploring your spirituality related to diagnosis and treatment. You will also have the opportunity to process your artwork and journal exercises within the safety of the therapeutic group setting.

**Healing Through Art**

Thursdays, July 20, Aug. 17, Sept. 21  
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.
Music-Based Services

“Chemo Brain”:
Music Therapeutic Series

Fridays, Sept. 8–29  
(4-week series) 11:30 a.m.–12:30 p.m.  
Second Floor, Room 2002  
Stefanie Spielman Comprehensive  
Breast Center  
1145 Olentangy River Road

In this series, survivors and caregivers will be introduced to therapeutic music exercises designed to enhance attention, organization, planning and problem solving. Attendance at all four sessions is expected.

Using Music (Better!) to Deal with Pain

Saturday, Aug. 19  
10 a.m.–noon  
Second Floor, Room 2002  
Stefanie Spielman Comprehensive  
Breast Center  
1145 Olentangy River Road

In this music-based workshop, survivors and caregivers will be introduced to therapeutic music exercises designed to reduce the physical and emotional impact of cancer-related pain.

Music Performance Groups

Victory Choir

Wednesdays, July 12 – Sept. 27  
6–7:30 p.m.  
JamesCare for Life Activity Center, Suite 2100  
Stefanie Spielman Comprehensive  
Breast Center  
1145 Olentangy River Road

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

Victory Drummers

Fridays, Sept. 8–29  
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. The Victory Drummers explore a wide range of musical styles, genres and drumming traditions. Prior drumming skills are not required. Drums will be provided or you are welcome to bring your own.
Video Library

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

Current offerings include:

• **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 Michael A. Caligiuri, MD - 2017**

• **Healthy Eating Habits for the Cancer Survivor**

• **Keeping the Weight Off**

• **Talking With Children About a Parent’s Cancer Diagnosis**

• **Tips for Taming Stress During the Holidays**
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.
Experience Urban Zen Integrative Therapy
Thursday, July 27
6:30–8 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
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 and restoration in this introductory class.

Get to the Root of Habits with Mindfulness
Saturday, July 22
9 a.m.–noon
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This workshop will explore insights into what drives behaviors and mindfulness exercises for developing healthier habits. Whether you are trying to lose weight, stop smoking, exercise more or snack less, join us to explore attention-related strategies that may help you improve your well-being.

Experience Reflexology
Tuesday, July 18
6:30–8 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Reflexology is the application of pressure to areas on the feet to promote relaxation, relieve stress and assist with symptom management. This presentation will include an overview of reflexology and a demonstration where participants can experience a reflexology mini-session.

Mindfulness in Motion
Wednesdays, Aug. 23–Oct. 11
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 to reduce stress and inflammation, increase mindfulness and improve quality of sleep.

Self-Shiatsu and Acupressure
Tuesday, Aug. 8
6:30–7:30 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Shiatsu (which means finger pressure) combines acupressure, joint rotation and stretching to stimulate health and promote relaxation. Learn easy self-shiatsu practices in a group setting.

Tai Chi – Beginners
Mondays, July 10–Sept. 18 (no class Sept. 4)
(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. A graceful form of gentle exercise and stretching, tai chi promotes meditation in motion. This class will combine discussions about this natural movement with opportunities to practice introductory techniques.

Walkscape
Saturday, July 15
10 a.m.–noon
Scioto Audubon Metro Park
505 W. Whittier St.
Walkscape is a unique interactive experience that will introduce you to “mindful walking” as you connect with your surroundings. Join us as we mindfully walk the paths of this nature preserve.
Nutrition

Strong 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 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.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.
**Hands-On Cooking**

Mondays, July 24, Aug. 14, Sept. 18
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.

**New! Pickling and Fermentation Class**

Thursdays, Sept. 7, 14, 21 or 28
(register for one date)
6–7:30 p.m.
Franklin County Extension – Kitchen
2105 S. Hamilton Road, #100

Join an Ohio State Extension educator for a hands-on class on pickling and fermentation. Participants will learn the basics of fermentation and how to make quick-processed pickled vegetables in a water bath canner. All who attend will make and take home a jar of quick-processed pickled vegetables. Space is limited.

**Shopping With the Experts**

Wednesday, Aug. 9
Tour: #1 3:30–4:30 p.m.
Tour: #2 4:30–5:30 p.m.
Farmers Market – Franklin Park Conservatory
1777 E. Broad St.

Join us on a special guided tour to learn how to shop for healthy, in-season and plant-based foods.

**Garden to Table**

**Garden of Hope: Orientations**

Mondays, July 17, Aug. 21
5:30–7 p.m.
-or-
Saturdays, July 8, Aug. 12
9–10:30 a.m.
Waterman Farm Headquarters Building
2490 Carmack Road

The Garden of Hope is a two-acre vegetable garden located on Ohio State's Waterman Farm. The mission of the garden is to introduce cancer survivors, including caregivers, to evidence-based nutritional information and education on the benefits of a plant-based diet. Whether a caregiver or a patient, all harvesters are required to complete a classroom orientation prior to harvesting. Harvest sessions are offered three times per week from June through August and one time per week from September through October 1. Participation is limited to cancer survivors or caregivers who are new to the garden program in 2017 or participated in 2016 for the first time.

**Make the Most Out of Your Vegetables**

Saturday, July 15
10–11:30 a.m.
and
Monday, Aug. 28
5:30–7 p.m.
Waterman Farm Headquarters Building
2490 Carmack Road

This cooking demonstration and educational class will teach you the best ways to cook various vegetables from the Garden of Hope to get the most nutrients possible. You will learn about the cancer-fighting properties in the vegetables. Various cooking techniques that can preserve the nutrients will also be demonstrated. Open to Garden of Hope participants. Sign up for one or both classes.
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.
Blooms, Butterflies and Mindful Families

Sunday, July 23
1–4 p.m.
Franklin Park Conservatory
1777 E. Broad St.

With the guidance of an art therapist, families will mindfully focus their appreciation on the world around them. They will practice using their five senses to learn mindfulness-based stress reduction for families. A mindfulness practice including meditation may help families and children cope with feelings of worry and uncertainty brought on by a cancer diagnosis. Families will practice mindful walking on a guided tour through the current exhibition “Blooms and Butterflies”. Open to cancer survivors and their children ages 5 to 18. Limited to two adults per family.

Family Equine Therapy

Sunday, Sept. 24
1:30–4 p.m.
Ohio State Equine Center
3658 Kays Ave.

Your family will work with horses to explore the feelings brought on by a cancer diagnosis and to understand how the cancer journey can affect family relationships. Sessions will be facilitated by licensed mental health professionals and certified equine specialists. Horseback riding is not involved. Open to cancer survivors and their children ages 6 to 18. Limited to two adults per family.

Movie Night in the Shoe: MOANA

Saturday, June 24
7:30–9:30 p.m. (doors open at 6 p.m.)
Ohio Stadium
411 Woody Hayes Drive

JamesCare for Life is hosting cancer survivors at the Athletics Department movie night in the Ohio Stadium. In honor of Cancer Survivors Month in June, JamesCare for Life will cover the entry donation for cancer survivors and up to three guests each to attend this event. All donations benefit Pelotonia. Pre-registration is required at movieintheshoe2017.eventbrite.com. Tickets will be mailed to your home address.

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/JCFLvimages.

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).

Booklet for Teens
Booklet for Children
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.
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

**BMT Gathering**
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
Note: No meeting in July or August.
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.

**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 caregiver(s).

**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
Note: The September meeting will be the second Monday, Sept. 11 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 caregiver(s).

**Hematology Survivors Support Group**
First 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).
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). To register, please call Kelly Callahan at 614-257-3778.

New! Keeping the Weight Off Support Group
First Tuesday of the month
6–7 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Note: No meeting in July.
According to the American Institute of Cancer Research, reaching a healthy weight is the single most important thing you can do, besides not smoking, to lower your cancer risk. Unfortunately, that isn’t always easy! The purpose of this group is to provide nutrition education and a safe and caring environment to discuss the struggles and challenges faced when trying to maintain a healthy weight or lose weight. Open to cancer survivors and caregivers. This is a drop-in group. Facilitated by a clinical dietitian from The James.

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
Note: No meeting in July or August.
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
Note: September meeting will be “Ask the Expert: Thyroid Cancer” at The James. See p. 5 for more information.
Open to individuals with thyroid cancer and their caregiver(s).

Grief Support
Life after Loss
Third Wednesday of the month
Noon–1 p.m.
JamesCare for Life Activity Center, Suite 2100
The Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This is a drop-in cancer bereavement support group that will offer you the opportunity to talk with other people who have experienced an adult dying of cancer.

H.O.P.E. Program
H.O.P.E. (Helping Others through Peer Experiences) provides one-to-one peer support that assists patients and caregivers in adjusting to living with, through and beyond a diagnosis of cancer. The James will provide this support by facilitating confidential connections between trained volunteers whose experiences with cancer are similar to those currently needing support. We hope to create positive cancer journey experiences through compassionate peer connections. For more information about this peer support program or to sign up, please visit cancer.osu.edu/HOPE or call 614-293-8771.
The James Survivorship Clinic

The James Survivorship 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 James Survivorship Clinic offers experts in emotional counseling, art therapy, music therapy, cancer risk assessment (genetics), financial counseling, nutrition counseling, physical therapy, occupational therapy, massage therapy and spiritual counseling. Ask your cancer doctor or nurse practitioner for a referral to see one or more of our specialists in The James Survivorship 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 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 call the center at 614-366-0602 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.