JamesCare for Life
Survivorship Programs

2015 Fall Classes

Nutrition Therapy

Nutrition therapy is an important part of the cancer journey. Eating well before, during and after treatment provides the body with essential nutrients and energy to help aid in recovery and to promote optimal health. Getting proper nutrients and maintaining a healthy weight are two important factors for survivorship and reducing cancer risk. Study after study shows that the foods we eat greatly affect our health, disease risk and quality of life. It is important to make food choices that positively impact your survivorship journey.

For healthy survivorship, diets should be composed mainly of plant-based foods including fruits, vegetables, whole grains, beans, nuts, and seeds. These contain many vitamins, minerals, and phytochemicals, or compounds that give plant foods their distinct color, smell and taste. While they are not essential nutrients, phytochemicals may offer additional health benefits such as inhibiting cancer cell growth, slowing cancer progression, and reducing inflammation. It is important to eat a variety of these foods since they offer different nutrients.

To help survivors meet nutritional needs at any stage of their survivorship journey, The OSUCCC – James offers inpatient as well as outpatient nutrition counseling. During nutrition consults, our registered dietitians can help you determine your individual nutrient needs, help you plan to meet these needs, advise you in managing cancer treatment-related side effects, discuss weight management, and answer any additional questions on diet and nutrition.

JamesCare for Life also offers various nutrition classes to help participants learn how to choose healthy foods and ways to prepare them. Cooking demonstrations and grocery shopping tours are some interactive ways this information is delivered to maximize survivors’ learning. During nutrition programs, participants also learn about up-to-date research on cancer and nutrition as well as practical ways to incorporate these behaviors into their everyday lives.

See pages 12 – 13 for more details about upcoming nutrition programs.

To register online, please visit cancer.osu.edu/go/support. For more information, please call JamesCare for Life at 614-293-6428 or 1-800-293-5066.
Caregivers Month

November is designated as National Caregivers Month. A caregiver is anyone who provides a level of practical and emotional support to someone experiencing cancer. Often caregivers are family members, partners or friends. Caregivers share in the challenges and joys experienced in a loved one’s cancer journey. JamesCare for Life is recognizing the important role of caregivers by offering both inpatient and outpatient programming during November.

Caring for Your Loved One With Cancer:
A Conference for Caregivers
Saturday, Nov. 14
9 a.m. – 1 p.m.
Fawcett Center
2400 Olentangy River Road

Join other caregivers for a conference that will include information on how to support your loved one facing the challenges of a cancer diagnosis. Caregivers will learn skills and resources to support loved ones and practice self-care. Lunch will feature a cooking demonstration by Chef Jim Warner and a clinical dietitian. Caregivers will learn how to prepare meals in advance as well as tips for creating healthy menu options to nurture themselves and the cancer survivors for whom they care. Programming will also include music therapy for managing fatigue and your choice of a mini reflexology session, shiatsu chair massage, or Urban Zen (a restorative experience with aromatherapy). For caregivers’ ease and convenience, alternative programming for the survivors they care for will be provided. These programs include an art therapy activity to help them express gratitude for their caregiver, a Tai Chi class, and more. All participants should wear comfortable clothes.

Facilitators: Annie Trance, MSW, LISW-S, Anne Harding, ATR-BC, Terel Jackson, MMT, NMT-F, MT-BC, and a clinical dietitian

Take Care of You!
The James Cancer Hospital and Solove Research Institute
Ground Floor – Room B030
460 W. 10th Avenue

Many times caregivers of cancer survivors put their needs and feelings aside to care for a loved one. During November, to celebrate caregivers visiting loved ones in the hospital, JamesCare for Life is offering several opportunities to engage family caregivers in self-care services and provide strategies and tips for caregiving. We encourage caregivers to join us for mini sessions in reflexology, shiatsu chair massage, Urban Zen, mindfulness techniques and more. Mini talks on caregiving issues will be offered by a clinical social worker to provide tips for caregiving and to support and highlight the important work that caregivers provide. No registration required. Please visit cancer.osu.edu/events for a schedule of events during November.

Clinical Services

James Survivorship Clinic
Martha Morehouse Tower
Third Floor
2050 Kenny Road

The James Survivorship Clinic is designed to address issues that result from your cancer treatment and assist you with the physical, emotional, spiritual and practical concerns (job, insurance, financial) of living with cancer. The clinic offers experts in emotional counseling, expressive arts (art or music therapy), cancer risk assessment (genetics), financial counseling, nutrition counseling, palliative care (symptom management), physical therapy, neuropathic pain consults, occupational therapy, massage therapy, and spiritual counseling. Ask your cancer doctor or nurse practitioner for a referral to one or more of our specialists in The James Survivorship Clinic. Scheduling Line: 614-366-8700.
Education

The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James) is the only cancer program in the country that features a National Cancer Institute-designated comprehensive cancer center aligned with a nationally-ranked academic medical center and free-standing cancer hospital. At The Ohio State University, some of the world’s leading experts from a broad range of disciplines join forces to share knowledge and integrate groundbreaking research with excellence in education and patient-centered personalized care. These offerings are open to anyone who wishes to learn more about cancer prevention, early detection, treatment and survivorship.

Breast Cancer Survivorship Conference
Saturday, Oct. 24
9 a.m. – 3 p.m.
Fawcett Center
2400 Olentangy River Road

Join breast cancer experts from The OSUCCC – James’ Stefanie Spielman Comprehensive Breast Center at the 3rd annual Breast Cancer Survivorship Conference. The conference will feature a keynote presentation by Melanie Nix, a BRCA1, triple-negative breast cancer survivor, health advocate and author. In addition, WBNS-10TV news anchor and breast cancer survivor Tracy Townsend will be the day’s emcee and will share her survivorship story. The day will also include a special session for caregivers, panel presentations from James experts, and sessions on nutrition and fitness, sexuality and body image, genetics and hereditary breast cancer, Urban Zen Integrative Therapy, and spirituality.

Changes in Healthcare Law and the Impact on Cancer Survivors
Thursday, Nov. 5
6:30 – 8 p.m.
The James Cancer Hospital and Solove Research Institute
Ground Floor – Room B030
460 W. 10th Avenue

Join L. Scott Lissner, Ohio State University ADA (Americans with Disabilities Act) coordinator, Office of Diversity and Inclusion, for an informative presentation on cancer and your employment rights. This lecture will include information about the Americans with Disabilities Act, The Family and Medical Leave Act and The Affordable Care Act. Lissner has been appointed to the Ohio Governors Council for People with Disabilities and serves on the Columbus Advisory Council on Disability Issues. Time will be allotted for questions.

Easing Symptoms of Cancer Treatment With Palliative Care
Thursday, Oct. 29
6:30 – 7:30 p.m.
The James Cancer Hospital and Solove Research Institute
Ground Floor – Room B030
460 W. 10th Avenue

Palliative care is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain and stress of a serious illness – whatever the diagnosis. The goal is to improve quality of life for both patient and family. Join us for an informal conversation with time allotted for questions.

Facilitator: Kimberly Frier, MS, MSN, FNP-BC, Certified Nurse Practitioner, Palliative Medicine

Fighting Kidney Cancer With Immunotherapy
Wednesday, Oct. 14
6 – 7:30 p.m.
The James Cancer Hospital and Solove Research Institute
Ground Floor – Room B050
460 W. 10th Avenue

Immunotherapy is a form of treatment that boosts the body’s immune system to destroy cancer cells. Immunotherapy is considered one of the standard treatment options for metastatic kidney cancer patients. Recently, there has been tremendous research focus on this area and new drugs have been approved for use. This presentation will review how these drugs work in fighting kidney cancer, side effects and clinical trials for this form of treatment.

Facilitator: J. Paul Monk, MD, Associate Professor of Internal Medicine, Division of Medical Oncology at Ohio State, GU Medical Oncology
Introduction to Acupuncture
Wednesday, Nov. 4
6:30 – 8 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This class will focus on acupuncture as a complementary and integrative therapy for individuals with cancer. The presentation will include an overview of acupuncture, what it can treat, and how it can improve quality of life. There will be a demonstration during the program where participants can experience a mini-acupuncture session.
Facilitators: Steve Drugan, LAc, and Susan Bowlus, LAc, Board Certified, Licensed Acupuncturists

Introduction to Reflexology
Tuesday, Dec. 8
6:30 – 8 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This class will focus on reflexology as a complementary and integrative therapy for individuals with cancer. Reflexology is the application of pressure to areas on the feet to promote relaxation and relieve stress. This presentation will include an overview of reflexology and how it can improve quality of life. There will be a demonstration during the program where participants can experience a mini-reflexology session.
Facilitator: Terri Fender, LMT, Licensed Massage Therapist and Reflexologist

Lunch & Learn: Nutrition
Oct. 27 – Introduction to Nutrition for the Cancer Survivor
Nov. 24 – Healthy Holiday Meals
Dec. 22 – Vegetarian Diet; Is It Right for Me?
11:30 a.m. – 12:30 p.m.
The Oct. 27 and Dec. 22 Lunch & Learn will take place on the Second Floor – Room 2002 of the Stefanie Spielman Comprehensive Breast Center, 1145 Olentangy River Road.
The Nov. 24 Lunch & Learn will take place at The James Cancer Hospital and Solove Research Institute, Ground Floor – B050.
Join a clinical dietitian from JamesCare for Life for an informal discussion on nutrition and cancer. Time will be allotted for questions. Register for one or more. A light lunch will be provided.

Lunch & Learn: Oncology Rehabilitation
Oct. 13 – Managing Lymphedema
Nov. 10 – Ways to Pace Yourself Through the Holiday Season
Dec. 8 – Cognitive Strategies for “Chemo Brain”
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. Rachel Walton, occupational therapist, is the newest member of the oncology rehabilitation team and will be adding her expertise to programs. Register for one or more. A light lunch will be provided.
Facilitators: Karen Hock, PT, MS, CLT-LANA (Oct.), Allison Barber, PT, DPT, CLT-LANA (Nov.), Rachel Walton, OTR/L (Nov. and Dec.)

Support for Your Career and Job Search
Monday, Nov. 9
6 – 8 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This program is intended to assist job seekers who need guidance with some aspect of a job search. The first hour will be an open Q&A session regarding the job search process including developing a strategy, writing a resume and cover letter, conducting an effective interview or discussing career issues surrounding cancer survivorship. The second hour will provide an opportunity to meet one-on-one with a career professional to discuss specific needs. A limited number of consults are available. To reserve a consult, please call JamesCare for Life at 614-293-6428.
Facilitators: Ana Berrios-Allison, PhD, LPC, Michael Hock, PhD, and Gina McDowell, MA, LPC

Pre-registration is required. Please visit cancer.osu.edu/go/support to register.
Surfing the Web to Find Quality Health Information
Wednesday, Oct. 7
6:30 – 8 p.m.
First Floor - Computer Lab #350
660 Ackerman Road
Join Abigail Jones, MLIS, MA, adjunct assistant professor and consumer health librarian with the Library for Health Information at The Ohio State University Wexner Medical Center, for an interactive workshop on searching for quality health information on the Internet. This workshop will take place in a computer lab and include step-by-step guidelines for evaluating Internet information.

Facilitator: Abigail Jones, MLIS, MA

Tips for Taming Stress During the Holidays
Tuesday, Nov. 17
6:30 – 8 p.m.
The James Cancer Hospital and Solove Research Institute
Ground Floor – Room L035
460 W. 10th Avenue
The holiday season can be filled with mixed emotions – joy, sadness, as well as positive and negative stress. For those with cancer and their family members, the holidays can be challenging, especially with unwelcome guests such as fatigue, pain, or grief. During this program, we will explore some causes of holiday stress and develop a personalized plan for taming sources of stress. We will discuss setting holiday priorities, communication strategies including setting healthy boundaries, and staying healthy during the holidays – physically, emotionally, financially, and spiritually. You will also learn the difference between stress, seasonal affective disorder (SAD) and depression, and how to address each. The program will be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Facilitator: Sharla Wells-DiGregorio, PhD, Clinical Psychologist, Psychosocial Oncology

Women and Sexuality: An Information Opportunity for Cancer Survivors
First Wednesday of the Month
Oct. 7, Dec. 2
5:30 – 7 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Sexual concerns are surprisingly common among individuals following a cancer diagnosis. This program is designed for women treated for cancer. It offers a first step to learn about sexuality and common difficulties arising from cancer and other natural changes throughout one’s life. In addition to general information, “first line” suggestions for difficulties such as vaginal dryness, loss of desire, or related concerns with your body. Registration is encouraged but not required. Register for one class session as content repeats. To register, visit cancer.osu.edu/go/support or call 614-293-0066.

Facilitator: Barbara Andersen, PhD, Clinical Psychologist
Exercise

The JamesCare for Life exercise series utilize a 10-week format in which each class session builds upon the previous one. It is recommended that participants attend each week for maximum benefit. Instructors demonstrate techniques that can be adapted for home use at the completion of the series. The goal is to provide a framework that empowers individuals to continue on their own to support their healing. Participants may take each series one time. Programs are led by certified instructors or physical therapists and are geared to all fitness levels. These classes may assist with the following:

- Flexibility
- Muscle tone
- Muscle strength
- Balance
- Pain management
- Energy
- Range of motion
- Edema management
- Stress reduction
- Mindfulness

Aquatic Exercise
Tuesdays, Oct. 6 – Dec. 8
(10-week series) 10 – 11 a.m.
-or- (register for one series)
Wednesdays, Oct. 7 – Dec. 16
(no class Nov. 11 and 25)
(9-week series) 5:30 – 6:30 p.m.
Ward Family YMCA of Central Ohio
130 Woodland Avenue

Water is a healing medium that provides many benefits to cancer survivors. Aquatic exercise can help reduce edema, increase range of motion and promote relaxation. Led by staff from oncology rehabilitation, this class offers low-impact exercise in an indoor pool.

Facilitators: Laura Perkins, PTA, CLT-LANA, Physical Therapy Assistant, Certified Lymphedema Therapist (Tuesday), and Amy Compston, PT, DPT, CLT-LANA, Physical Therapist, Certified Lymphedema Therapist (Wednesday)

Argentine Tango for Cancer Survivors
Tuesdays and Thursdays
Oct. 1 – Dec. 10 (no class Nov. 26)
(10-week series) 4:30 – 5:30 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Argentine Tango is known as a walking dance and may help participants improve balance and coordination using expressive movements. This class provides participants with knowledge about the Tango technique, moving to music and dancing with a partner. Cancer survivors are encouraged to bring a family member or friend to class, but this is not required as partners will be rotated throughout the class. Those who are interested will be able to participate in a year-long study about the effects of Argentine Tango for cancer survivors. Participants must be 18 years or older.

Facilitators: Marie Lamantia, OSU Undergraduate Student, Pre-Medicine/Dance Major and Lise Worthen-Chaudhari, MFA, MS, OSU Physical Medicine & Rehabilitation, Research Assistant Professor

Dance! Move! Stretch!
Thursdays, Oct. 8 – Dec. 17 (no class Nov. 26)
(10-week series) 11 a.m. – noon
BalletMet
322 Mt. Vernon Avenue

Enjoy movement to music and a gentle dance experience with other cancer survivors, including caregivers. This class is led by a BalletMet dance instructor.
Pre-registration is required. Please visit cancer.osu.edu/go/support to register.

Gentle Yoga

Mondays, Oct. 19 – Dec. 14
(9-week series) 5:45 – 7 p.m.
Granville Senior Center – Building D
3825 Columbus Road
Granville, OH
-or- (register for one series)
Tuesdays, Oct. 13 – Dec. 15
(10-week series) Noon – 1:15 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
-or- (register for one series)
Wednesdays, Oct. 7 – Dec. 16 (no class Nov. 11)
(10-week series) 6:15 – 7:30 p.m.
iResolve Fitness
449 East Main Street
-or- (register for one series)
Thursdays, Oct. 8 – Dec. 17 (no class Nov. 26)
(10-week series) Noon – 1:15 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

This class combines yoga postures, breathing, meditation and imagery to support those in treatment or post-treatment for cancer. Primary caregivers are also welcome to attend. Classes are adapted to each individual. Techniques and practices are taught to build strength and stamina, cultivate well-being, and nurture inner resolve and awareness. The series will provide a framework to experience the benefits of a regular yoga practice so that individuals can continue on their own to support their healing. This class is adapted to all fitness levels. Yoga mats and blocks are provided, or you may bring your own.

Facilitators: Sharon Thomas, RYT (Monday and Wednesday) and Abby Dorn, RYT (Tuesday and Thursday), Registered Yoga Teachers

Low-Impact Cardio

Mondays, Oct. 5 – Dec. 7
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

This low-impact cardio class will have you on your feet improving your muscle and bone strength, improving your physical function and aerobic capacity, and reducing your fatigue and anxiety. The class will show you how to practice the same exercise program in your home at the end of the 10-week series.

Facilitator: Cari Utendorf, PT, DPT, Physical Therapist, Certified Lymphedema Therapist

Stretch for Life

Fridays, Oct. 9 – Dec. 18 (no class Nov. 27)
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

A physical therapist from oncology rehabilitation will lead participants in gentle exercise. This class series includes yoga-inspired stretching designed to improve flexibility, strength and balance. Breathing exercises are also included.

Facilitator: Jaime Thornton, MTP, CLT-LANA, Physical Therapist and Certified Lymphedema Therapist
Expressive Arts (Art, Music, Writing)

Art Therapy
Art-making can be a powerful way to process feelings related to a cancer diagnosis. Discover creative self-expression, including drawing, painting and journaling, and experience the many benefits of the art process. These tools can be a valuable way to reduce stress, provide inspiration, deepen insight and improve well-being. Visual arts classes allow you the opportunity to explore different media under the guidance of JamesCare for Life art therapist, Anne Harding, ATR-BC. All supplies included. No art experience necessary. Art programs are funded in part by the Joyce Kerze Endowment.

Art Series: Altered Books
Thursdays, Oct. 8 – Nov. 12
6:30 – 8:30 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Altered books utilize art-making and journaling, both useful tools in exploring emotions related to having cancer. In this six-week series, you will create and illustrate your own altered book using a variety of art materials. Each week we will cover a different topic related to the journey of survivorship. This class series is designed for cancer survivors. Attendance at all sessions is recommended. The final class will be held in the first floor café, where participants can share their books and enjoy light refreshments.

Facilitator: Anne Harding, ATR-BC, Art Therapist

Healing Through Art
Thursday, Nov. 19
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 help explore emotions and promote self-care within a supportive and safe environment. A variety of media will be used. We will also take time to share and process our artwork as a group.

Facilitator: Anne Harding, ATR-BC, Art Therapist

The Art of Giving and Receiving
Thursday, Dec. 3
6:30 – 8:30 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Enjoy a pleasant evening creating inspirational cards with other survivors, including caregivers, for those who are hospitalized over the holidays. You will also have the opportunity to create a work of art for yourself or to give to friends or family. Time will be provided to share expressions of gratitude as we create and celebrate.

Facilitator: Timberlee Myers, MAAT, Art Therapist
Music Therapy

Music therapy involves individualized, music-based experiences to help survivors manage challenges along their survivorship journeys. With guidance, survivors and families can participate in musical exercises to manage symptoms like pain, improve quality of sleep, improve mood, support family togetherness and manage stress and anxiety. Programs are facilitated by music therapist, Terel Jackson, MMT, NMT-F, MT-BC. No previous music experience is required. Music materials are provided, but participants may feel free to bring their own. Sponsored in part by the Margaret and Frank White MusicCare Endowment Fund.

“Chemo Brain”: Music Therapy Workshop
Saturday, Oct. 3
10 – 11:30 a.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

For some cancer survivors, chemo and radiation therapies can be accompanied by mild cognitive impairments often described as “Chemo Brain.” This workshop will provide an introduction to therapeutic music exercises designed to enhance attention, organization, planning, and problem solving. Instruments will be provided. Free CDs featuring exercises from the Handbook of Neurologic Music Therapy will be available to participants upon completion of the class. Participants are encouraged to wear comfortable clothing. The workshop is open to new and previous participants of “Chemo Brain” programs.

Facilitator: Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist
A Crash Course in Using Therapeutic Music Exercises to Improve Your Well-Being
Saturday, Oct. 31
10 – 11:30 a.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

In this workshop, participants will be shown how to get even more benefit from their regular musical choices. Participants will be introduced to therapeutic music exercises designed to help manage some of the most common cancer-related concerns such as stress, anxiety, and physical discomfort. Instruments will be provided. No music experience is required. Booklets and CDs featuring the workshop’s music exercises will be available to participants at the end of the class for home practice. Participants are encouraged to wear comfortable clothing.

Facilitator: Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Music-Based Health Claims: A Closer Look
Saturday, Nov. 7
10 – 11:30 a.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

With so much information freely available about the therapeutic effects of music, it can be hard to separate information that is trustworthy from information that is not. In this workshop, survivors, including caregivers, will be introduced to practical strategies for judging the trustworthiness of music-based health claims. This will include a review of misrepresentations commonly found in health claims related to music products and services, and opportunities to practice spotting them. No music experience is required. Printed resources will be available to participants at the end of the class for home use. Participants are encouraged to wear comfortable clothing.

Facilitator: Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Neuropathy Management: Music Therapy Workshop
Saturday, Nov. 21
10 – 11:30 a.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

For survivors who experience chemotherapy-related neuropathy, symptoms such as pain, numbness, and changes in motor function can present practical challenges within the survivorship journey. This workshop will provide an introduction to functional, therapeutic music strategies designed to promote nerve health. This will include new tools to manage discomfort, encourage body movement and enhance pleasant mood states. Instruments will be provided. Free CDs featuring exercises from the Handbook of Neurologic Music Therapy will be available to participants upon completion of the class. Participants are encouraged to wear comfortable clothing.

Facilitator: Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Using Music (Better!) to Support Healthy Sleep Habits
Saturday, Dec. 12
10 – 11:30 a.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

In this workshop, survivors and caregivers will be introduced to music-based strategies for supporting healthy sleep habits. Participants will be provided with basic information about lifestyle habits that impact sleep satisfaction and will be introduced to therapeutic music exercises designed to reduce mental noise and enhance relaxation as part of an effective bedtime routine. No music experience is required. Booklets and CDs featuring the workshop’s music exercises will be available to participants at the end of the class for home practice. Participants are encouraged to wear comfortable clothing.

Facilitator: Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist
Mind, Body, Spirit

Explore meditation, guided imagery, stress-reduction techniques and the healing power of the mind. 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. Instructors demonstrate techniques that can be adapted for home use at the completion of the series. 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

**Introduction to Urban Zen Integrative Therapy**

**Thursday, Nov. 12**

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 is designed to heal, restore and treat symptoms such as pain, nausea and anxiety. A certified Urban Zen Integrative Therapist will lead you through practices that include gentle movements, restorative poses, aromatherapy, soothing breath awareness exercises, Reiki and meditation. In the urban world of overstimulation and overwork, these practices can offer you a meditative sanctuary. This class is open to all levels.

*Facilitator: Sharon Thomas, RYT, Registered Yoga Teacher and Urban Zen Integrative Therapist*

**Pathway to Meditation: A Labyrinth Walk**

**Saturday, Nov. 7**

10 – 11 a.m.

OSU Chadwick Arboretum & Learning Gardens

2001 Fyffe Road

A labyrinth is a winding path designed to foster awareness and acceptance. Learn how to walk the labyrinth and gain practical insights into this ancient practice that can be applied when walking anywhere. This is a low-impact, slow-walking activity.

*Facilitator: Daron Larson, Bachelor-trained Social Worker*

**Self-Shiatsu Series**

**Mondays, Oct. 12 – Dec. 14**

(10-week series) 11:30 a.m. – 12:30 p.m.

JamesCare for Life Activity Center – Suite 2100

Stefanie Spielman Comprehensive Breast Center

1145 Olentangy River Road

Shiatsu (which means “finger pressure”) combines acupressure, joint rotation and stretching to stimulate and promote health. Shiatsu is a valuable support from the point of diagnosis throughout treatment and beyond. Learn easy self-Shiatsu practices in a group setting to increase self-awareness and promote relaxation. Wear loose, comfortable clothing.

*Facilitator: Jan Wiltjer, AOBTA, Certified Shiatsu Practitioner*

**Tai Chi – Beginners**

**Mondays, Oct. 5 – Dec. 7**

(10-week series) 6 – 7:30 p.m.

JamesCare for Life Activity Center – Suite 2100

Stefanie Spielman Comprehensive Breast Center

1145 Olentangy River Road

This class will combine presentations about natural movement with opportunities to practice introductory techniques. Tai Chi may help address health issues and increase internal awareness.

*Facilitator: Yijing Sun, PhD, MD*
Pre-registration is required. Please visit cancer.osu.edu/go/support to register.

Walkscape: Strolling the Oval
Saturday, Oct. 3
10 a.m. – noon
The Ohio State University Campus
Meet at Wexner Center for the Arts (main doors)
1871 N. High Street

Walkscape is an interactive experience that will introduce you to mindful walking as you reconnect with your surroundings and become aware of discoveries on your path. This is a casual observational walk. You may choose to walk all or part of the way at whatever pace you find comfortable. Opportunities for journaling and sketching will be provided.

Facilitators: Ann Bremner and Anne Harding, ATR-BC, Art Therapist

Nutrition
The National Cancer Institute estimates that at least 35 percent of all cancers have a nutritional connection. JamesCare for Life’s monthly nutrition program provides an opportunity to learn about the value of food in cancer prevention and survivorship. Please join us to learn how you can protect your family and yourself with a diet rich in super foods. Learn how to prepare healthy meals, receive new recipes and gain access to evidence-based nutritional information. Open to cancer survivors, including caregivers.

Eat Well Throughout the Year
Thursday, Oct. 8
6 – 7 p.m.
4-H Center
2201 Fred Taylor Drive

While the warm weather and garden season are coming to an end, it is important to continue eating an abundance of fruits and vegetables during the colder months. Research shows that the foods we consume on a regular basis have the greatest effect on our cancer risk. Eating a diet rich in fruits, vegetables, and other plant foods all year long may help reduce cancer risk. Come and learn about which foods are in season during the winter months and how to make healthy alternative choices when fresh foods are less available or not in your budget.

Facilitator: Clinical Dietitian from The James

Hands-on Cooking Class
Mondays, Oct. 26 and Nov. 9
6 – 8 p.m.
The Kitchen
231 E. Livingston Avenue

This class will be a combination of hands-on cooking demonstrations and nutrition education. The program will focus on in-season, plant-based meal preparation and education. Participants will learn ways to prepare nutritious, plant-based foods while learning the health benefits and current research pertaining to these foods. Space is limited. Each class is for new participants only.

Facilitator: Clinical Dietitian from The James
Plant-Based Diets: Inpatient Nutrition Education and Cooking Demo
Wednesday, Oct. 14, Nov. 18, Dec. 9
6 – 7:30 p.m.
The James Cancer Hospital and Solove Research Institute
Fourteenth Floor – Café
460 W. 10th Avenue
Plant foods are an abundant source of nutrients and may possess many cancer-fighting properties. This class will teach patients and families the importance of plant-based foods and the role they play in the cancer journey. The class will feature a cooking demonstration on preparing plant-based foods, including cooking methods and ways to enhance the taste of foods using herbs and spices. This drop-in class is for current inpatients at The James and their visitors, or outpatients attending an ambulatory appointment.
Facilitators: Chef Jim Warner, Program Director of Nutrition Services, The Ohio State University Wexner Medical Center, and a Clinical Dietitian from The James

Shopping With the Experts
Thursday, Nov. 5
Tour #1: 6 – 6:40 p.m.
Demonstration: 6:45 – 7:15 p.m.
Tour #2: 7:20 – 8 p.m.
Whole Foods
1555 W. Lane Avenue
Join us on a special guided tour at Whole Foods to learn how to shop for healthy, in-season foods. Learn how these foods help reduce cancer risk and how to incorporate them into your diet. This program includes a cooking demonstration and information on preparing balanced meals.
Facilitators: Chef Jim Warner, Program Director of Nutrition Services at The Ohio State University Wexner Medical Center, and a Clinical Dietitian from The James

Families, Teens and Children
Our Families, Teens and Children’s programs provide a healthy, safe environment where families, teens, and children can ask questions and talk about challenges while learning effective coping skills. Through group discussions, games, music, and art activities, children and teens can learn to express themselves and minimize fear and anxiety. Parents and caregivers are given the information, resources and support they need to help everyone in the family better cope with cancer survivorship. Programs are open to children and teens who have been affected by a loved one’s cancer diagnosis. Children and teens must be accompanied by a parent or legal guardian.

Family Day at COSI
Saturday, Nov. 7
12:30 – 3 p.m.
COSI
333 W. Broad Street
Join us for an afternoon of hands-on learning at the Center of Science and Industry (COSI). This program includes kid-friendly experiments led by scientists from The Ohio State University College of Pharmacy’s Generation Rx Lab. Participants will interact with a human-patient simulator that mimics changes that occur with lung diseases such as cancer, emphysema or asthma, and their treatment. A discussion on lifestyle choices that can impact lung health will follow. Participants will also perform age-appropriate experiments, including isolating their own DNA or demonstrating how scientists create personalized medicine by using a patient’s DNA to determine the best treatment. All participants will receive wristbands to explore COSI on their own after the program. Lunch will also be served. This program is open to cancer survivors and their children ages 5-18.
Family Equine Therapy
Sunday, Oct. 4
1 – 4 p.m.
Ohio State Equine Center
3658 Kays Avenue, Dublin

This program will introduce your family to equine-assisted therapy. Equine therapists will ask your family to discuss family roles and changes in relationships that may result from a cancer diagnosis, and to project those emotions onto the horses. Because horses are perceptive creatures, they can sense our emotions and provide social cues using their body language. Participants will learn how each member of your family uses body language to communicate in a healthy way. Your family will interact with horses by leading, petting, and brushing them. Sessions are designed for the entire family and are facilitated by licensed mental health professionals and certified equine specialists. No horseback riding is involved. This program is open to cancer survivors and their children ages 6 to 18 years.

Facilitators: Holly Jedlicka, MSW, LISW-S, Clinical Director, PBJ Connections, Stacia Barnes, LPCC-S, Elizabeth Rolland, EAGALA certified equine specialist; Dorothy Kluesener, EAGALA certified equine specialist, PBJ Connections

Family Strengths and Animal Totems
Saturday, Oct. 17
11 a.m. – 1 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Your family will have the chance to explore personal strengths and family resiliency through the construction of animal totems using art materials. Each family will work together to create one symbolic totem pole based on your family’s strengths and experiences. There will be an opportunity to discuss how these strengths may be joined to help maintain healthy resiliency and adapt in times of uncertainty. Children must be accompanied by their parent or guardian. This program is open to cancer survivors and their children ages 5 to 18 years. Limited to two adults per family.

Facilitator: Timberlee Myers, MAAT, Art Therapist

Talking With Children When a Loved One has Cancer
Tuesday, Dec. 1
6 – 7:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

During this program for adults, we will discuss the responses children may experience when a parent is diagnosed with cancer. Our focus will be on how to have open, age-appropriate communication with children, including suggested conversation topics and ways to respond to children. Parents will learn risk and resiliency factors that impact children, how to improve coping skills and how to recognize when a child may benefit from therapy. We will identify the most common cancer-related communication difficulties children experience, and how to encourage them to remain engaged.

Facilitator: Stacy Flowers, PsyD, Pediatric Psychologist
JamesCare Support Connections

Each person’s path in cancer survivorship is unique. JamesCare Support Connections provides a safe and supportive environment to share personal experiences and benefit from the resources of others. It also offers an opportunity to make the journey through cancer survivorship in the company of others. Groups are facilitated by licensed healthcare professionals from The James and The Ohio State University Wexner Medical Center. Some groups may occasionally include guest speakers and presentations. Please call JamesCare for Life for more information and to confirm meeting dates and locations prior to attending.

Book Clubs

**Cancer Survivors Book Club**
Third Wednesday of the Month
10 – 11 a.m.
Westerville Library
126 S. State Street, Westerville

This club is open to individuals with any cancer diagnosis and their caregiver(s).

For questions, please call The Leukemia & Lymphoma Society, at 614-498-0431.

*Facilitators: Chris Krall, MSN, RN, OCN, and Alissa Jackson, MSW, LISW-S*

**Young Survivors Book Club**
Third Wednesday of the Month
7 – 8 p.m.
Colin’s Coffee
3714 Riverside Drive
Upper Arlington 43221

This club is open to individuals with cancer ages 18-39 and their caregiver(s).

Books are sponsored in part by The Leukemia & Lymphoma Society.

*Facilitator: Alissa Jackson, MSW, LISW-S*
Support Groups

BMT Gathering
First and Third Wednesday of the Month
1 – 2 p.m.
The James Cancer Hospital and Solove Research Institute
BMT Conference Room 1410
460 W. 10th Avenue
This group is open to individuals who have had a bone marrow transplant and their caregiver(s).
Facilitators: Amy Lindsey, RN, PMHCNS, and Joanna Newlin, MSW, LISW-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
This group is open to individuals with brain cancer and their caregiver(s).
Facilitators: Danette Birkhimer, CNS and Emily Lambrecht, MSW, LISW-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
Please note: This group does not meet during November and December
It is open to individuals with breast cancer.
Facilitators: Susan Fugget, MSW, LISW, and Marlena Barge, MSW, LISW-S

JamesCare East Cancer Support Group
First Wednesday of the month
Noon – 1 p.m.
Ground Floor – BistrOH Conference Room
University Hospital East
1492 E. Broad Street
This group is open to individuals who are currently in treatment for any cancer diagnosis. Caregivers are welcome to attend. Registration is required by calling Kelly Callahan at 614-257-3778.
Facilitators: Kelly Callahan, MSW, LISW-S, and Cherie Winter, RN, BSN, OCN

Living With Gastrointestinal (GI) Cancer
Third Tuesday of the Month
6 – 7:30 p.m.
Martha Morehouse Medical Plaza
Eighth Floor - Conference Room #820
2050 Kenny Road
This group is open to individuals with gastrointestinal cancer (including colon, esophageal, pancreatic, stomach, intestinal, liver, gallbladder, and rectal/anal) and their caregiver(s).
Facilitators: Ilene Lattimer, BSN, RN, OCN, CCRC and Michelle Wunsch, BSN, RN, PCRM

Women With Gynecological Cancers Support Group
Third Wednesday of the Month
6:30 – 8 p.m.
Gynecologic Oncology at Mill Run
3651 Ridge Mill Drive, Hilliard 43026
This group is open to individuals with gynecological cancer.
Facilitators: Diane Tilus, CNS and Joan Huelisman, MSW, LSW

Head and Neck Cancer Survivor 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
This group is 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). New participants are encouraged to call Vicki Heinke or Kathleen Bellamy at 614-293-7042 prior to attending the first time to learn more about the group.
Facilitators: Vicki Heinke, MSW, LISW-S, and Kathleen Bellamy, MSW, LISW
Inpatient Support Group for Hematology Survivors
First and Third Wednesday of the Month
1:30 – 2:30 p.m.
The James Cancer Hospital and Solove Research Institute
16 Conference Rm B1614
460 W. 10th Avenue
This group is open to individuals with blood cancer and their caregiver(s).
Contact Kimberly Harris at 614-685-6422 for more information.
Facilitator: Kimberly Harris, LSW, MSW

LUCE – Latinos Unidos Contra el Cancer en Espanol
(Latinos United Against Cancer in Spanish)
El Tercer Lunes del Mes de 6 a 8 de la Tarde
(Third Monday of the Month, 6 – 8 p.m.)
University Hospital East
(Hospital Universitario OSU Este)
1492 E. Broad Street
Ground Floor - BistroOH Conference Room
(Planta Baja - Sala de Conferencias BistroOH)
Grupo de apoyo gratuito en Español para personas con diagnóstico de cáncer y sus cuidadores. Cuenta con el apoyo y colaboración de la Red Hispana Latina del centro médico. This support group in Spanish for individuals with a cancer diagnosis and their caregivers is presented in partnership with the Hispanic Latino Network at the medical center.
Facilitadoras (Facilitators): Ana Berrios-Allison, PhD, LPC, y (and) Argelia Garza

Living With Thyroid Cancer
Second Tuesday of the Month
6 – 7:30 p.m.
Martha Morehouse Tower
Tenth Floor – Lobby
2050 Kenny Road
This group is open to individuals with thyroid cancer and their caregiver(s).
Facilitators: Ilene Lattimer, BSN, RN, OCN, CCRC; Jean Perlick, BSN, RN; Melissa Fox, BSN, RN, OCN; and Hilary Van Auker, BSN, RN

Melanoma Support Group
Third Wednesday of the Month
6:30 – 7:30 p.m.
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This group is open to individuals with melanoma and their caregiver(s).
Facilitators: Phuong Hoang, MSN, RN, CNP, and Janet Shaffstall, BSN, RN

Prostate Cancer Support Group, “Just the Guys”
Fourth Wednesday of the Month
7 – 9 p.m.
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Note: November and December meetings will be combined on Dec. 9 with special guest speaker Steven Clinton, MD, PhD, who will present “Prostate Cancer Update: From Prevention to Chemotherapy and Everything in Between.”
This group is open to individuals with prostate cancer.
Facilitator: Patrick DiMeo, BSN, RN, OCN

“Just the Caregivers” – A support group for partners of men with prostate cancer meets at the same time in BistroOH to Go on the 1st floor. Note: Groups will meet together for Dr. Clinton's presentation.
Facilitator: Kathie Houchens, Caregiver
Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.

**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

Please note: The December meeting will occur on a different date due to the holidays. Call JamesCare for Life at 293-6428 for details in November.

This group is open to individuals with sarcoma and their caregiver(s).

*Facilitators: Amira Hartman, RN, OCN, and Rachel Collins, MSW, LISW*

**Events**

**Courage, Conquer and Cure**
Saturday, Oct. 3
Historic Canal Winchester
36 S. High Street
Canal Winchester, OH 43110
www.courageconquercure.com

Register for this year’s 4th Annual Courage, Conquer and Cure 5K run/walk and children’s race benefiting the Stefanie Spielman Fund for Breast Cancer Research at the OSUCCC – James. Participants in this event will travel through the streets of historic Canal Winchester. Courage, Conquer and Cure is one of five featured races in The James 5K Race Series.
Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.

Stef’s Celebrate Life Tailgate
Saturday, Oct. 3
1919 Cambridge Boulevard
Columbus, OH 43221
www.stefscelebratelifetailgate.org
Join other Ohio State Buckeyes to tailgate and raise funds for the Stefanie Spielman Fund for Breast Cancer Research at the OSUCCC – James. Enjoy the game, food, music and so much more at this family-friendly event.

St. Mary’s Tailgate for Cancer
Friday, Oct. 9 and Saturday, Oct. 10
404 E. Spring Street
St. Marys, Ohio 45885
www.tailgateforcancer.com
Help cheer on the Buckeyes at the Eagles Parking Lot in St. Marys, Ohio while supporting the Urban and Shelley Meyer Fund for Cancer Research at the OSUCCC – James. You and your friends can watch the Buckeyes, enjoy live music, food, and a silent and live auction.

Columbus Donut Run
Saturday, Oct. 31
Genoa Park
303 W. Broad Street
Columbus, OH 43215
www.joansfoundation.org/donutrun
The 2nd Annual Columbus Donut Run is a family-friendly 5K at Genoa Park. Participants will receive a T-shirt, timing chip, half dozen donuts at the finish line and Starbucks coffee! In addition, during the race, Gatorade, water and donut holes will be provided at every kilometer! All proceeds will benefit the Joan Bisesi Fund for Head and Neck Oncology Research at the OSUCCC – James.

Resources

CancerConnect: Cancer Social Media Platform for OSUCCC – James
Members can learn from leading cancer experts, ask questions, share experiences and connect with others in a secure, confidential environment. Explore The James CancerConnect Community by visiting cancerconnect.com/thejames.

LIVESTRONG at the YMCA
The YMCA of Central Ohio offers LIVESTRONG at the YMCA, a 12-week physical activity program to help cancer survivors build cardiovascular endurance, core muscular strength, flexibility and balance. The program is offered at no cost and provides a small-group, research-based agenda designed to help survivors move beyond their diagnosis. The class meets twice a week for a total of 24 sessions and includes physical activity with trained coaches. Many activities, including water fitness, yoga, resistance equipment, TRX and Pilates, are included. In addition to the classes, participants receive a YMCA membership for the 12 weeks of the program to continue getting stronger and to enjoy all that the YMCA offers. Each of the Central Ohio YMCA full facility branches offers two 12-week sessions annually. To learn more about the program and to become a registered participant, contact a YMCA of Central Ohio branch in your community or Caroline Rankin at 614-384-2281.

Patient/Family Experience Adviser Program
Have you been a patient or primary caregiver of a patient who has received services at The Ohio State University Wexner Medical Center? Are you willing to share your story, experiences, and ideas to improve services for future patients and caregivers? To learn more, contact patientadvisors@osumc.edu or 614-293-0526.

Look Good...Feel Better
Second Monday of the month
2-4 p.m.
The Location will be provided upon registration.
This two-hour class for women in cancer treatment will demonstrate wig fittings, head coverings and makeup application. To register, call The American Cancer Society at 1-800-227-2345, option 1.
Pre-registration is required. Please visit cancer.osu.edu/go/support to register.

Team Buckeye’s “I Ride for You” program matches students who are riding in Pelotonia with cancer survivors who have been treated by The James. The “I Ride for You” program requires no financial obligation of the survivor. Once paired with a rider, survivors are encouraged to tell their family and friends about their Team Buckeye Student Rider in order to help that individual reach their Pelotonia fundraising goal.

TO JOIN, EMAIL TEAMBUCKEYE@OSUMC.EDU OR CALL 614-685-5967.

Justine rides for Jasmine as part of Team Buckeye’s “I Ride For You” program.