JamesCare for Life

programs for those diagnosed with cancer and their caregivers

The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

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.
JamesCare for Life

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2016 FALL
OCTOBER - NOVEMBER - DECEMBER

Register Online Today! Please visit cancer.osu.edu/JCFL
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Programs with this icon are available for online viewing in real time via Live Stream

Live Stream Available!
Caregivers Month

November is designated National Family Caregivers Month. JamesCare for Life is recognizing the important role of caregivers by offering both inpatient and outpatient programming during November. For more information, please visit cancer.osu.edu/caregivermonth.

A caregiver is a person who provides hands-on care and emotional support for a loved one diagnosed with cancer. Caregivers can be critical partners in their loved one’s care by helping them with things such as accessing and following treatment recommendations, emotional support, daily activities, and legal matters to name a few. The demands of this role can lead to burnout and increased risk of health concerns for caregivers. For National Family Caregivers Month, we will have additional programming that focuses on the challenges unique to the role of a caregiver.
Caregiver Conference: Caring for Your Loved One With Cancer
Saturday, Nov. 19
8:30 a.m. – 1 p.m.
Fawcett Center
2400 Olentangy River Road
Join us for a conference to learn valuable information and resources for caregivers of cancer survivors. Get practical advice on managing legal and financial matters. Learn quick-and-easy self-care tools from a music therapist and certified yoga instructor to help prevent caregiver burnout.

Caregiving 101
Wednesday, Nov. 30
11:30 – 12:30 p.m.
Martha Morehouse Medical Plaza
Pavilion Auditorium
1050 Kenny Road
Topics include common issues that caregivers encounter, tips and resources to help ease the role of caregiving and resources that are available at The James. Presented by a clinical social worker from The James.

Simple Strategies to Aid Your Loved One With Daily Challenges
Thursday, Nov. 17
6 – 7 p.m.
Conference Level – L035
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.
Caregivers will learn simple strategies from occupational therapists to help their loved one with daily challenges. Strategies will address cancer-related pain, emotional distress, fatigue, cognitive difficulties, and peripheral neuropathy. This program will also be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Videos for Caregivers
Available for on-demand viewing in the NEW! Video Library at go.osu.edu/JCFL. Videos include Caregiving 101, Caregivers Need Care Too: Tips for Managing Stress, Caregivers and Multiple Roles and Organization Tips for Caregivers.
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: Advancements in the Treatment of Lung Cancer  
Wednesday, Nov. 9  
6 – 7:30 p.m.  
Ground Floor, B050  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.  

Please join David Carbone, MD, PhD, to discuss the latest developments in lung cancer treatment. Learn how personalized care with targeted therapies and the addition of immunotherapies have changed the landscape of cancer treatment. He will also discuss the importance of participating in clinical trials and programs like Total Cancer Care in the development of new therapies. There will be time for questions following his presentation. This program will also be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Ask the Expert: Update in Treatment for Metastatic Renal Cell Carcinoma  
Wednesday, Oct. 19  
6 – 7:30 p.m.  
Ground Floor, B050  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.  

Please join Thomas Olencki, DO, to learn about new targets and treatments for metastatic renal cell carcinoma. Dr. Olencki has extensive clinical and research interests in this cancer.

Career Counseling Workshops and Private Consultations  
Mondays, Oct. 24, Nov. 7, 14, 21  
6:30 – 8 p.m.  
Second Floor, Room 2002  
Stefanie Spielman Comprehensive Breast Center  
1145 Olentangy River Road  
Please join Ana Berrios-Allison, PhD, LPC, from The Ohio State University Office of Student Life – Career Counseling and Support Services, for her workshops on building essential skills. Register for one or more.

Resume Writing and Cover Letters – Oct. 24  
Learn how to create an effective resume and cover letter. Emphasis will be on format and content, while highlighting career tips useful to address issues of disclosure, gaps in work history and transferable skills.

Effective Interviewing Skills – Nov. 7  
Learn what to do before, during and after an interview. Emphasis will be on career strategies, interviewing techniques and familiarity with employer expectations.

Job Search Strategies – Nov. 14  
Learn about strategies to generate job opportunities, including networking, using social media and responding to ads. Helpful hints will be provided on searching for potential employers who will be sensitive to the needs of cancer survivors.

Private Consultations – Nov. 21  
Meet one-on-one with a professional career counselor for a one-hour consultation to discuss personal needs related to resume writing, interviewing skills and job-search strategies. Appointments are available between 6-9 p.m. and must be made in advance at cancer.osu.edu/JCFL or by calling JamesCare for Life at 614-293-6428. Please bring a copy of your current resume and/or examples of current job listings of interest.
Introduction to Reflexology
Tuesday, Oct. 4
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 mini-reflexology session.

Know Your Legal Rights and Protections in the Workplace
Thursday, Oct. 20
6:30 – 8 p.m.
Ground Floor – B050
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Topics will include the definition of a disability, forms of discrimination, disclosure, accommodation request(s) and benefits available such as Family Medical Leave or health insurance through the Affordable Care Act. This program will also be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Lunch & Learn: Nutrition
Tuesday, Oct. 25 – Introduction to Nutrition for the Cancer Survivor
Tuesday, Nov. 22 – The Ins and Outs of Reading Nutrition Labels
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.

Lunch & Learn: Oncology Rehabilitation
Tuesday, Oct. 11 – Lymphedema
Tuesday, Nov. 8 – Pacing Yourself Through the Holidays
Tuesday, Dec. 13 – Managing Chemo-Related Memory Loss
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. December’s program will be presented by a music therapist and occupational therapist to help participants learn and practice strategies for managing chemo-related memory loss.

Women and Sexuality: An Information Opportunity for Cancer Survivors
First Wednesday of the month
Nov. 2
Noon – 1:30 p.m.
Second Floor, Room 2100
-or- (register for one class)
Oct. 5 or Dec. 7
5:30 – 7 p.m.
Second Floor, Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Please join Barbara Andersen, PhD, clinical psychologist, to learn about sexuality and common difficulties arising from cancer and other natural changes throughout one’s life. This session will offer first-line suggestions for difficulties such as vaginal dryness, loss of desire or related concerns with your body. Registration is encouraged but not required. To register, visit cancer.osu.edu/JCFL or call 614-293-0066.
NEW! Video Library

Our NEW! Video Library lets you catch up on past programs when it is most convenient for you. Check out our growing library of videos by visiting go.osu.edu/JCFLvideos.

Current offerings include:

- **Ask the Expert: Esophageal Cancer**

- **Caregiver Programs:**
  - Caregivers Need Care Too: Tips for Managing Stress
  - Caregivers in Multiple Roles
  - Organization Tips for Caregivers
  - Caregiving 101

- **Fireside Chat with Michael A. Caligiuri, MD**

- **Keeping the Weight Off**

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

- **Tips for Taming Stress During the Holidays**
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, Oct. 4 – Dec. 6
(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.

Dance! Move! Stretch!
Thursdays, Oct. 6 – Dec. 15 (no class Nov. 24)
(10-week series) 11 a.m. – noon
BalletMet
322 Mt. Vernon Ave.
Enjoy the benefits of a gentle dance experience in the company of other survivors, including caregivers. Dance can reduce stress and help maintain flexibility and fitness. This class is led by a BalletMet dance instructor.

Gentle Yoga
Mondays, Oct. 10 – Dec. 12
(10-week series) 5:45 – 7 p.m.
Granville Senior Center, Building D
3825 Columbus Road
Granville, OH
-or- (register for one series)
Wednesdays, Oct. 5 – Dec. 14 (no class Nov. 23)
(10-week series) 6 – 7:15 p.m.
Replenish
124 S. Washington Ave.
-or- (register for one series)
Thursdays, Oct. 6 – Dec. 15 (no class Nov. 24)
(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.

Stretch for Life
Fridays, Sept. 30 – Dec. 16
(no class Nov. 11 and 25)
(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 Therapy
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 Therapy
Music therapy involves individualized, music-based experiences to help survivors manage challenges related to pain, improve quality of sleep, improve mood, support family togetherness, and manage stress and anxiety. Programs are facilitated by a board-certified music therapist. Previous music experience is not required. Sponsored in part by the Margaret and Frank White MusicCare Endowment Fund.

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

Art Series: Altered Books
Thursdays, Oct. 13 – Nov. 10
(5-week series) 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. Participants will create and illustrate their own altered book using a variety of art materials in the process of working through emotions related to diagnosis and treatment. This class series is for cancer survivors, and attendance at all sessions is recommended. An intake assessment will be completed prior to acceptance into this class.

Half-Day Workshop:
The Art of Giving and Receiving
Saturday, Dec. 3
9 a.m. – noon
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Create inspirational artwork 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 to keep or give to friends or family.

Healing Through Art
Thursdays, Nov. 17 and Dec. 8
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 an opportunity to explore emotions and promote self-care within a supportive and safe environment. Participants will also share and process their artwork as a group.

Music Therapy

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

Participants will be introduced to therapeutic music exercises designed to reduce mental noise and enhance relaxation as part of an effective bedtime routine.

Music Performance Groups

Victory Choir
Wednesdays, Oct. 5 – Nov. 30 (no class Nov. 23)
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 repertoire of pop, classical, folk, jazz and world music will be sung.

Holiday Caroling at The James
Wednesday, Dec. 7
6 – 7 p.m.
The James
460 W. 10th Ave.

Join other survivors, including caregivers, as we sing holiday songs throughout The James. Dress in holiday attire. Participants must show proof of flu shot immunization and sign a privacy waiver. Parking vouchers provided.

Victory Drummers

Fridays, Sept. 9 – Dec. 16 (no class Nov. 11 and 25)
9–10:30 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 participants are welcome to bring their 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.
Labyrinth Walk: A Journey of Contemplation
Sunday, Oct. 2
2 – 3 p.m.
OSU Chadwick Arboretum & Learning Gardens
2001 Fyffe Road

A labyrinth is an ancient spiritual practice used by many faiths to foster awareness and reflection. A labyrinth’s path spirals inward to symbolize the journey to one’s spiritual center, and then spirals back out to meet the events of one’s world. A chaplain from The James will provide guidance for your Labyrinth Walk experience.

Introduction to Urban Zen Integrative Therapy
Wednesday, Dec. 7
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 incorporates mindful movement, breath practices, aromatherapy, restorative postures and Reiki. Whether you are currently in treatment or in need of self care, these practices will help you feel relaxed and restored.

Tai Chi – Beginners
Mondays, Oct. 3 – Dec. 5
(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, Oct. 22
10 a.m.–noon
Blendon Woods
4265 E. Dublin Granville Road

Walkscape is a unique interactive experience that will introduce participants to “mindful walking” as they connect with their surroundings. Attendees will visit Thoreau Lake and Walden Waterfowl Refuge using the writings of these nature writers after whom these locations are named to reflect upon their own path.
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.

Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.
Hands-On Cooking Class  
Monday, Oct. 10  
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.

Healthy Holiday Tips and Tricks  
Thursday, Oct. 27  
6 – 7:30 p.m.  
Fawcett Center – Alumni Room  
2400 Olentangy River Road  
Learn ways to make the holidays healthier and prevent winter weight gain. This program will include ideas to make nutritious holiday meals and eat mindfully during all the festivities. A simple, plant-based recipe will be demonstrated.

Shopping With the Experts  
Thursday, Nov. 10  
Tour #1: 6 – 6:40 p.m.  
Tour #2: 7:20 – 8 p.m.  
Giant Eagle Market District  
3061 Kingsdale Center  
Join us on a special guided tour to learn how to shop for healthy, in-season, and 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.
Family Equine Therapy
Sunday, Oct. 16
1–4 p.m.
Ohio State Equine Center
3658 Kays Avenue
Dublin
Participants’ family will interact 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.

Video: Talking With Children About a Parent’s Cancer Diagnosis
Learn how to have age-appropriate communication 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, 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.
**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).
For questions, please call the Leukemia & Lymphoma Society, at 614-498-0431.

**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

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

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 requested to call Vicki Heinke or Kathleen Bellamy at 614-293-7042 prior to attending the first time or to learn more about the group.

**Hematology Survivors Support Group**
First Wednesday of the month
1:30–2:30 p.m.
Fifteenth Floor, Room D1500
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).

*Note: Group will not meet in December.*
JamesCare East Cancer Support Group
First Wednesday of the month
Noon–1 p.m.
Ground Floor, BistrOH! Conference Room
University Hospital East
181 Taylor Ave.
This group is open to individuals with any cancer diagnosis and their caregiver(s). To register, please call Kelly Callahan at 614-257-3778.

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
Note: Group will not meet in November.
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.
Note: November and December meetings will be combined on Dec. 7 with special guest speaker Steven Clinton, MD, PhD, who will present “Prostate Cancer Update: From Prevention to Chemotherapy and Everything in Between.”

“Just the Caregivers” – Support Group for partners of men with prostate cancer meets at the same time in BistrOH! to go located on the first floor of the Stefanie Spielman Comprehensive Breast Center.
Note: Groups will meet together for Dr. Clinton’s presentation.

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).
Young Survivors Support

I’m a Young Cancer Survivor, Now What?
Third Wednesday of the month
7–8 p.m.
Colin’s Coffee
3714 Riverside Drive
Upper Arlington 43221

Come enjoy a cup of coffee 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.

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.

Pathways Grief Support Group
Tuesdays, Oct. 4 – 18 and Nov. 8 – 22
(6-week series) 6:30 – 8 p.m.
JamesCare for Life Activity Center, Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

This group provides the opportunity to discuss and learn healthy responses to various aspects of grief, including emotions, physical reactions, social relationships and role changes. Designed for adults whose loss occurred between 3 and 13 months ago. Pre-registration is required. Please visit cancer.osu.edu/JCFL to register.

Coming Soon!

H.O.P.E. Program

H.O.P.E. (Helping Others through Peer Experiences) is a new program at The James that will be coming soon. H.O.P.E. provides limited-term one-to-one peer support that helps patients and caregivers (survivors) adjust 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 needing support. We hope to create positive cancer journey experiences through compassionate peer connections. For more information about this peer support program, please visit cancer.osu.edu/HOPE.
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/.

James Survivorship Clinic

Martha Morehouse Medical Plaza Tower
Third Floor
2050 Kenny Road

The James Survivorship Clinic is designed to address issues that result from your cancer treatment 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.

Patient Education: Empower, Enrich, Educate

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 to see the patient education handouts, books and videos. These materials will help you understand more about your cancer diagnosis, treatment and care: cancer.osu.edu/patienteducation. Patient education materials for you to take can also be found in the waiting rooms and resource centers located in the hospital and clinic areas. For more information about our patient education resources, please 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 for a class listing and link to registration.