JamesCare for Life
Survivorship Programs

2015 Spring Class Series

Benefits of Music Therapy in Survivorship

Do you know about the music therapy services offered through JamesCare for Life?

Music therapy is an evidence-based clinical service, and research supports its safe and effective use as a tool for improving quality of life in survivorship. Music therapy is most commonly provided for survivors to reduce tension during cancer treatment, lessen treatment side effects, improve mood and improve pain management. Music therapy is known to be effective for reducing anxiety. When combined with standard treatment, music therapy has been shown to help improve survivors' body image and nausea-management efforts.

Music therapy from JamesCare for Life is provided by a board-certified, master's-prepared therapist who is trained to use music therapy exercises to help comfort and support cancer survivors. These exercises are significantly more effective than other kinds of music experiences, such as listening to pre-recorded music. During music therapy sessions, survivors work with the music therapist through a structured therapeutic process. This involves deciding on personalized goals together, discussing the best ways to use music-therapy exercises to reach those goals, and participating in experiences that might include: guided music making, body movement, singing, songwriting and conversation about lyrics that are meaningful to survivors on their journeys. Survivors may be given personalized CDs to use in their rooms or homes to practice these music therapy exercises between sessions. In addition, survivors can register for music therapy programs through JamesCare for Life to learn techniques for managing challenges that come with “chemo brain” and chemotherapy-related neuropathy.

Music therapy services may be provided at The James, at The James Survivorship Supportive Care Clinic, or as part of the supportive programming offered by JamesCare for Life. In certain cases, survivors must be referred for music therapy by their nurse, social worker, case manager or doctor. Survivors of all backgrounds are encouraged to consider and discuss with their healthcare team whether music therapy sessions or classes would be helpful to them on their journey.

See pages 8-9 for more details about music therapy groups, classes and workshops.
Clinical Services

James Survivorship Clinic

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 Cancer Survivorship 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, and spiritual counseling. Ask your 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.

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 a 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. The following events are open to anyone who wishes to learn more about cancer prevention, early detection, treatment and survivorship.

Ask the Expert: Metastatic Renal Cell Carcinoma Update
Wednesday, April 15
6 – 7:30 p.m.
Martha Morehouse Pavilion – Room 1069C
2050 Kenny Road

Please join Thomas Olencki, DO, of the Genitourinary Oncology team, to learn about new targets and new treatments for metastatic renal cell carcinoma. Dr. Olencki has extensive clinical and research interest in this cancer. There will be a short time for questions and answers.

Facilitator: Thomas Olencki, DO

Career Counseling Workshops
Mondays, April 6 – 27 (no workshop April 20)
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’s Career Connection for her essential skill-building workshops on Career Counseling. Sign up for one or more workshops.

Resume Writing and Cover Letters – April 6
Through this workshop participants will learn how to create an effective resume and cover letter. Emphasis will be on format and content while highlighting career tips for addressing issues of disclosure, gaps in work history, and transferable skills. Discover which approaches are the most relevant for cancer survivors, including caregivers, looking for work. Resources and samples will be provided.

Effective Interviewing Skills – April 13
This workshop will highlight what to do before, during, and after an interview. Emphasis will be on career strategies, interviewing techniques, and familiarity with employers’ expectations. Samples of questions will be provided as well as suggestions for enhancing confidence. Find out what you’re obligated to disclose and what questions are off-limits for employers.

Job Search Strategies – April 27
This workshop will focus on a variety of strategies to generate job opportunities, including networking, using social media and responding to ads. Resources in the community will be provided as well as helpful hints to search for potential employers who will be sensitive to the needs of cancer survivors, including caregivers.

Private Consultations – May 5
This is an opportunity to meet one-on-one with a professional counselor for a one-hour consultation to discuss personal needs related to resume writing, interviewing skills, job search strategies and self-exploration. Appointments must be made in advance at cancer.osu.edu/go/support 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 that may be of interest.

Facilitators: Michael Hock, PhD and Gina McDowell, MA, LPC

Pre-registration is required. Please visit cancer.osu.edu/go/support to register.
**Caregivers Need Care Too: Tips for Managing Stress**
**Tuesday, May 5**
**6 – 7 p.m.**
**Second Floor – Room 2002**
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Caregiving can be incredibly rewarding. Being there for your loved ones is often something we value and find important. This responsibility, however, can also take a toll on caregivers, leading to physical, emotional and mental exhaustion. Learn how to make your well-being a priority. This program will help you prevent and identify the signs of caregiver burnout and focus on strategies and skills to cope with caregiver stress.

**Facilitator:** Elizabeth Muenks, PhD, Clinical Psychologist, Psychosocial Oncology

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**Coping With Worry and Living With Uncertainty**
**Tuesday, April 14**
**6 – 7:30 p.m.**
**Second Floor – Room 2002**
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Worry and uncertainty are frequent visitors during the cancer experience. They can distract us from focusing on what is most meaningful and important to us. In this interactive presentation we will learn strategies for coping with worry and living more purposefully despite uncertainty.

**Facilitator:** Alexandra Zaleta, PhD, Psychosocial Oncology Fellow

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**Easing Symptoms of Cancer Treatment With Palliative Care**
**Monday, May 4**
**6:30 – 7:30 p.m.**
**Second Floor – Room 2002**
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

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

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**Introduction to Acupuncture**
**Wednesday, May 13**
**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 what acupuncture is, what it can treat, and how it can improve quality of life.

**Facilitators:** Steve Drugan, LAc, and Susan Bowlus, LAc, Board Certified, Licensed Acupuncturists

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**Introduction to Reflexology**
**Wednesday, May 27**
**6:30 – 7:30 p.m.**
Ohio State’s University Hospital East
Seasons Garden Café Conference Room
1492 E. Broad St.

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 what reflexology is and how it can improve quality of life.

**Facilitator:** Terri Gerano, LMT, Licensed Massage Therapist and Reflexologist

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Pre-registration is required. Please visit cancer.osu.edu/go/support to register.
Lunch & Learn: Nutrition
Fourth Tuesday of the month
April 28 – Introduction to Nutrition for the Cancer Survivor
May 26 – Meal Planning
June 23 – Diet and Inflammation
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. Time will be allotted for questions. Sign up for one or more. A light lunch will be provided.

Lunch & Learn: Oncology Rehabilitation
Second Tuesday of the month
April 14 – Combating Fatigue and Regaining Your Energy
May 12 – Improving Bone Health and Strength-Training Tips
June 9 – Managing Lymphedema
11:30 a.m. – 12:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Join a physical therapist from The James for an informal discussion on a wide range of topics intended to assist in managing side effects related to cancer treatment and improve overall quality of life and wellness. Sign up for one or more. A light lunch will be provided.

Patient and Family Brain Tumor Survivorship Conference
Saturday, May 9
8:30 a.m. – 3 p.m.
Longaberger Alumni House – Sanders Grand Lounge 2200 Olentangy River Road

Join us for a collaborative conference hosted by The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute in partnership with the American Brain Tumor Association (ABTA). The day’s events will include a variety of presentations from top experts in brain cancer at The Ohio State University and beyond. Topics will include the latest in brain cancer detection, treatment and research, as well as survivorship, nutrition and wellness. A continental breakfast and lunch will be provided.

Women and Sexuality: An Information Opportunity for Cancer Survivors
First Wednesday of the month
April 1, June 3
5:30 – 7 p.m.
May 6
Noon – 1:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Sexual concerns are common among individuals following a cancer diagnosis. This program is designed specifically 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 will be provided. Registration is encouraged but not required. To register, visit cancer.osu.edu/go/support or call 614-293-0066.

Facilitator: Barbara Andersen, PhD, Clinical Psychologist

Pre-registration is required. Please visit cancer.osu.edu/go/support to register.
Exercise

The JamesCare for Life exercise series utilizes a 10-week format in which each 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, April 7 – June 9 (10-week series) 10 – 11 a.m.
-or- (register for one series)
Wednesdays, April 8 – June 10 (10-week series) 5:30 – 6:30 p.m.
Ward Family YMCA of Central Ohio
130 Woodland Ave.

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 (Tuesday) and Lori Carmendy, PTA, CLT (Wednesday), Physical Therapy Assistants and Certified Lymphedema Therapists

Dance! Move! Stretch!
Mondays, April 6 – June 8 (no class May 25) (9-week series) 10 – 11 a.m.
BalletMet
322 Mt. Vernon Ave.

Enjoy movement to music and a gentle dance experience with other cancer survivors, including caregivers. This class is led by a BalletMet instructor.
**Gentle Yoga**
Mondays, April 13 – June 22 (no class May 25)
(10-week series) 5:45 – 7 p.m.
Granville Senior Center – Building D
3825 Columbus Road
Granville, OH
-or- (register for one series)
Tuesdays, April 14 – June 16
(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, April 15 - June 17
(10-week series) 6:15 - 7:30 p.m.
iResolve Fitness
449 East Main Street
-or- (register for one series)
Thursdays, April 16 – June 18
(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 goal of the series is to provide a framework to experience the benefits of a regular yoga practice so that individuals can be empowered to continue on their own to support their healing. This class is adapted to all fitness levels. Yoga mats and blocks will be provided, or you may bring your own.

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

**Stretch for Life**
Fridays, April 10 – June 12
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

A gentle yoga-inspired exercise class led by staff from oncology rehabilitation.

*Facilitator: Lori Carmendy, PTA, CLT, Physical Therapy Assistant and Certified Lymphedema Therapist*
Art-making can be a powerful way to process feelings related to a cancer diagnosis. Discover creative self-expression and experience the many benefits of the art process, including drawing, painting and journaling. These tools can reduce stress, provide inspiration, deepen insight and improve well-being. Visual arts classes allow you to explore different media under the guidance of JamesCare for Life Art Therapist Anne Harding, ATR-BC. All supplies will be included. Art experience is not necessary. Art programs are funded in part by the Joyce Kerze Endowment.

Creating a Personal Healing Image
Thursday, April 30
6:30 – 8:30 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
A mandala, or sacred circle, can provide a backdrop for healing meditation as well as inspiration. In this class you can create your own healing image using paint, pastels, collage and watercolors. You may also participate in a research study that will give other women who have experienced cancer the opportunity to heal emotionally through imagery. Open to cancer survivors.
Facilitator: Anne Harding, ATR-BC, Art Therapist
Guest Presenter: Maria DiFranco, MFA

Half-Day Workshop: Lessons From the Garden
Saturday, May 2
9 a.m. – noon
Waterman Farm Headquarters Building
2490 Carmack Road
Using the garden as a metaphor for life we will explore ways to find meaning in our life experiences. A variety of art media will be used. We will also take time to process our work in the group setting. All supplies will be provided. Art experience is not necessary. This workshop is open to cancer survivors, including caregivers. A continental breakfast will be provided.
Facilitator: Anne Harding, ATR-BC, Art Therapist

Healing Through Art Class
Thursday, May 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 enable you to 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: Timberlee Myers, MAAT, Art Therapist

Expressive Arts (Art, Music, Writing)
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, unless otherwise noted. Previous music experience is not required. Music materials are provided, but participants may bring their own. Series classes utilize a six-week format in which each session builds on the previous week. It is recommended that participants attend each week for maximum benefit. Each series may be taken one time. This series is sponsored in part by the Margaret and Frank White MusicCare Endowment Fund.

“Chemo Brain”: Music Therapy “Booster” Class
Wednesday, April 29
6 – 7:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

For survivors who participated in past “Chemo Brain”: Music Therapy series, this booster class will provide opportunities to reunite with former classmates and to learn updated therapeutic music exercises designed to enhance attention, organization, planning, and problem solving. Previous registration in a “Chemo Brain”: Music Therapy series is required. Instruments will be provided. Free CDs featuring exercises from the newly released Handbook of Neurologic Music Therapy will be available to participants upon completion of the class. Participants are encouraged to wear comfortable clothing.

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

A Crash Course in Using Therapeutic Music Exercises to Improve Your Well-Being
Saturday, June 27
10 a.m. – Noon
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. They 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. Music experience is not 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: Ms. Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Neuropathy Management: Music Therapy “Booster” Class
Wednesday, May 6
6 – 7:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

For survivors who participated in past Neuropathy Management: Music Therapy series, this booster class will provide opportunities to reunite with former classmates and to learn updated 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. Previous registration in a Neuropathy Management: Music Therapy series is required. Instruments will be provided. Free CDs featuring exercises from the newly released Handbook of Neurologic Music Therapy will be available to participants upon completion of the class. Participants are encouraged to wear comfortable clothing.

Facilitator: Ms. Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist
Using Music (Better!) to Support Healthy Sleep Habits
Saturday, June 6
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 affect 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. Music experience is not 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: Ms. Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Victory Choir
Wednesdays, April 1 – May 6
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. Singing experience is not necessary. Presented in collaboration with The Ohio State University School of Music.

Facilitators: Megan Sheridan, MA, BM, Choir Director, and Kristin Schoeff, Piano Accompanist

Victory Drummers
Fridays, April 3 – May 29
9 – 10:30 a.m.
BalletMet
322 Mt Vernon Ave.

Join other survivors, including caregivers, in learning and performing traditional West African songs on an assortment of instruments such as Djembe, drums, rattles, and shekeres.

Facilitator: Kevin Estes, DMA Music Performance, The Ohio State University
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 Shiatsu 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 Self-Shiatsu**
Monday, April 6
6 – 7 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*

**Introduction to Urban Zen**
Thursday, May 14
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 was inspired by Donna Karan and developed by Rodney Yee and Colleen Saidman. This class is designed to heal and restore. 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 a world of over-stimulation and over-work, these practices can offer a meditative sanctuary. This class is open to all levels. Yoga experience is not necessary.

*Facilitator: Sharon Thomas, RYT, Registered Yoga Teacher and Urban Zen Integrative Therapist*
Mindfulness Workshop: Restorative Sleep
Saturday, April 25
9 a.m. – Noon
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Explore useful strategies for insomnia and exercises that help quiet the discomfort, confusion and worry that sometimes keep us awake at night. This workshop explores simple exercises for noticing the stillness hiding in plain sight in your body, your mind, and the world around you. Contrary to popular assumptions, mindfulness is not about trying to make your thoughts and feelings stop. It is about getting more familiar and comfortable with them and learning to co-exist with your inner dialogue so you can drift into a restorative night of sleep.
Facilitator: Daron Larson, Bachelor-trained Social Worker

Self-Shiatsu Series
Mondays, April 20 – June 29 (no class May 25) (10-week series)
6 – 7 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Shiatsu is Japanese therapeutic bodywork. It combines finger pressure, 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. Wear loose, comfortable clothing.
Facilitator: Jan Wiltjer, AOBTA, Certified Shiatsu Practitioner

Walkscape
Saturday, April 18
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 reconnect with your surroundings and become aware of discoveries on your path. Come and experience birds, wildflowers, and other aspects of nature’s beauty while viewing the river and walking the trails of this park.

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. This program is open to cancer survivors, including caregivers.

Hands-on Cooking Class
Monday, June 15
6 – 8 p.m.
The Kitchen
231 E. Livingston Ave.
This class will be a combination of hands-on cooking demonstrations and nutrition education. It will focus on plant-based meal preparation and education. Participants will learn various ways to prepare nutritious, plant-based foods while learning the health benefits and current research pertaining to these foods. Cooking demonstrations will center on foods grown in the Garden of Hope, teaching participants how to bring food from farm to table. Space is limited. This class is for new participants only.
Facilitator: Candice Schreiber, RD, LD, Clinical Dietitian
Shopping with the Experts
Thursday, May 28
Tour #1: 6 – 6:40 p.m.
Demonstration: 6:45 – 7:15 p.m.
Tour #2: 7:20 – 8 p.m.
Kroger
2000 East Main St.

Join us on a special guided tour to learn how to shop for healthy, in-season, plant-based foods. Learn how these foods help reduce cancer risk and how to incorporate them into your diet. This program includes a cooking demonstration and education on preparing balanced meals. Light refreshments will be served. Space is limited. This event is for new participants only.

Facilitators: Chef Jim Warner, Program Director of Nutrition Services at Ohio State’s Wexner Medical Center, and Candice Schreiber, RD, LD, Clinical Dietitian

Garden to Table

Make the Most Out of Your Vegetables
Monday, May 18
6 – 7 p.m.
Monday, June 29
4:30 – 5:30 p.m.
Waterman Farm Headquarters Building
2490 Carmack Road

Cooking vegetables can increase or decrease certain beneficial nutrients. 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 of the vegetables and which vegetables are more beneficial with or without cooking. Various cooking techniques that can preserve the nutrients will also be demonstrated. This class is open to Garden of Hope participants.

Facilitators: Chef Jim Warner, Program Director of Nutrition Services at Ohio State’s Wexner Medical Center, and Candice Schreiber, RD, LD, Clinical Dietitian

Pre-registration is required. Please visit cancer.osu.edu/go/support to register.
Garden of Hope

The JamesCare for Life Garden of Hope is a three-acre vegetable garden located on Ohio State’s Waterman Farm. The mission of the garden is to offer cancer survivors access to fresh produce, nutritional information and recipes to promote a healthy lifestyle from the day of diagnosis, throughout treatment and beyond. Additionally, survivors may designate a caregiver or support person to participate in the program. All participants must complete a classroom garden orientation along with the necessary paperwork to be eligible to harvest from the garden. Harvest sessions begin on Saturday, May 23. Survivors may also participate in a research study during the season. Orientation sessions are offered as follows:

**Garden of Hope Orientations**

- **Monday, April 20**
  - 6 – 7:30 p.m.
  - Longaberger Alumni House
  - 2200 Olentangy River Road
  - or-
  - Saturday, May 16
  - 10 – 11:30 a.m.
  - Fawcett Center – Clinton Room
  - 2400 Olentangy River Road
  - or-
  - Monday, June 8
  - 5:30 – 7:30 p.m.
  - Waterman Farm Headquarters Building
  - 2490 Carmack Road
  - or-
  - Saturday, June 20
  - 10 a.m. – noon
  - Waterman Farm Headquarters Building
  - 2490 Carmack Road

Participation in one classroom orientation is required for all garden participants prior to harvesting. Additional orientations will be offered throughout the summer for new participants.

**How to Start a Home Vegetable Garden**

- **Saturday, April 25**
  - 9 a.m. – noon
  - Havener Eye Institute – Room 3000
  - 915 Olentangy River Road

Learn all of the basic requirements needed to produce your own vegetables, including locating the garden, soil requirements, preparing the garden site, plant and seed selection, planting, maintenance and much more. Additionally, discover which plants you may want to include in your garden and the beneficial nutrients they contain that may improve your health and reduce your cancer risk.

*Facilitators: Pam Bennett, Assistant Professor, The Ohio State University Extension, State Master Gardener Volunteer Coordinator and Director, Horticulture Education, Candice Schreiber, RD, LD, Clinical Dietitian, and Jim Warner, Program Director of Nutrition Services*

**Container Vegetable Gardening**

- **Thursday, May 14**
  - 6 – 7:30 p.m.
  - Waterman Farm Headquarters Building
  - 2490 Carmack Road

You do not need to have a large garden to grow and enjoy fresh, nutritious vegetables. Container gardening on patios, porches, and balconies can be an easy way to grow many vegetables and herbs during the growing season. Come and learn how to grow your own container garden for your family. Discover which plants you may want to include and the beneficial nutrients they contain that may improve your health and reduce your cancer risk. During the workshop, participants will put together a small container garden that they may take home and enjoy throughout the season.

*Facilitators: Master Gardener, The Ohio State University Extension and Candice Schreiber, RD, LD, Clinical Dietitian*

**Maintaining Your Home Vegetable Garden**

- **Thursday, June 18**
  - 6 – 7:30 p.m.
  - Garden of Hope – Waterman Farm
  - 2490 Carmack Road

Come and take a walk through the Garden of Hope and learn how to keep the critters at bay! Participants will learn how to control insects, diseases, and wildlife, and address other problems in the home vegetable garden. You will also learn about proper garden maintenance, including pruning, plant staking, pest management, and use of pesticides or other alternatives.

*Facilitator: Mike Hogan, Extension Educator and Associate Professor, Agriculture and Natural Resources, The Ohio State University Extension, President, National Association of County Agricultural Agents*
Families, Teens and Children

Our Families, Teens and Children’s programs provide a healthy, safe environment where participants 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 an adult.

Family Day “Trees of the Oval”
Saturday, April 25
3 – 5 p.m.
The Ohio State University
The Oval (meeting place will be provided)

Join us on a guided tour of the “Trees of the Oval” led by a Chadwick Arboretum staff member and learn the fascinating historical significance and environmental benefits of trees. Your family will work as a team to complete a number of activities including testing your knowledge about trees and completing a family art project that you can enjoy long after the walk. Explore how trees can teach you helpful ways to manage your survivorship journey. Each child will be given a tree seedling to take home, plant, care for and watch grow for many years ahead.

Parking vouchers will be provided.

Facilitators: Christina Vaise, Accessions Specialist, Chadwick Arboretum & Learning Gardens and Timberlee Myers, MAAT, Art Therapist

Family Equine Therapy
Saturday, May 16
10 a.m. – 1 p.m.
Department of Animal Sciences
The Ohio State University
Plumb Hall
2027 Coffey Road

This half-day program will introduce you and your family to equine-assisted therapy. Your family will interact with horses to explore the feelings brought on by a cancer diagnosis and understand how the cancer journey can affect family relationships. Sessions are designed for the entire family and are facilitated by licensed mental health professionals and certified equine specialists. No horseback riding will be involved. This program is appropriate for ages 6 and up. Snacks will be provided.

Facilitator: Holly Jedlicka, MSW, LISW-S, Clinical Director, PBJ Connections

To register for these programs, visit cancer.osu.edu/go/support. For more information call JamesCare for Life at 614-293-6428.
JamesCare Explorers
Thursday, June 25
6 – 8 p.m.
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This program will provide an interactive tour of the Stefanie Spielman Comprehensive Breast Center for children and teens who have a mother or loved one with breast cancer. We will observe and discuss the treatment areas, answer questions and explore how to communicate with children about breast cancer. Children and teens must be accompanied by a parent or caregiver. A light dinner will be served. The program will begin in Seasons Café.
Facilitators: Clinical staff of the Stefanie Spielman Comprehensive Breast Center, Marlena Dukes, LISW-S and Chelsea Fitzgerald, LISW

JamesCare Support Connections
Each person’s path in cancer survivorship is uniquely their own. JamesCare Support Connections provides a safe and supportive environment to share personal experiences and benefit from the resources of others. JamesCare Support Connections 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 St.
Westerville
This 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, BSN, RN, OCN, and Alissa Jackson, LISW-S

Young Survivors Book Club
Third Wednesday of the month
7 – 8 p.m.
Colin’s Coffee
3714 Riverside Drive
Upper Arlington
This is open to individuals with cancer ages 18-39 and their caregiver(s).
Books are sponsored in part by The Leukemia and Lymphoma Society.
Facilitator: Alissa Jackson, LISW-S
Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.

Support Groups

**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 is open to individuals with cancer and their caregiver(s).
*Facilitators: Danette Birkhimer, CNS, and Emily Lambrecht, MSW, LISW*

**Breast Cancer Support Group**
Third Tuesday of the month
11:30 – noon Lunch
(vouchers provided for Season’s Café)
Noon – 1 p.m. Group
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This is open to individuals with cancer.
*Facilitators: Susan Fugett, MSW, LSW, and Marlena Dukes, MSW, LISW*

**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
This is open to individuals who have had a bone marrow transplant and their caregiver(s).
*Facilitators: Joanna Newlin, LISW-S, and Amy Lindsey, RN, PMHCNS*

**JamesCare East Cancer Support Group**
First Wednesday of the month
Noon – 1 p.m.
OSU East – Seasons Garden Café
1492 E. Broad St.
This is open to individuals currently in treatment for any cancer and their caregiver(s). Lunch is provided. Registration is required by calling Kelly Callahan, LISW-S at 614-257-3778.
*Facilitators: Kelly Callahan, MSW, LISW-S, and Cherie Winter, RN*

**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 is open to individuals with cancer 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
This is open to individuals with cancer.
*Facilitators: Diane Tilus, CNS, and Joan Huelsman, 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 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).
*Facilitators: Vicki Heinke, LISW-S, and Kathleen Bellamy, 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
15 East Conference Room B1507
460 W. 10th Ave.
Contact Katie Klakos at 614-293-7041 for more information.
This is open to individuals with cancer and their caregiver(s).
*Facilitator: Katie Klakos, LISW-S, MSW*
Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.

LUCE – Latinos Unidos contra el Cancer en Español (Latinos United Against Cancer in Spanish)
El tercer Lunes del mes de 6 a 8 de la tarde
(Third Monday of the month, 6 p.m. – 8 p.m.)
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
En Seasons Cafe´ - primer piso
(First Floor - Seasons Cafe)
Grupo de apoyo gratuito en Español para mujeres y hombres con diagnóstico de cancer y sus cuidadores. En asociación con la Red Hispana Latina.
(A support group in Spanish for women and men with a cancer diagnosis and their caregivers. Presented in partnership with the Hispanic Latino Network – HLN)
Facilitadoras (Facilitators): Aubrie Mejia-Miranda, MSW, LSW, Ana Berrios-Allison, PhD, LPC, y (and) Argelia Garza

Living with Lung Cancer
Fourth Wednesday of the month
6 – 7:30 p.m.
Martha Morehouse Medical Plaza Pavilion – Room 1069C
2050 Kenny Road
Open to individuals with cancer and their caregiver(s).
Facilitator: Kathy Clarkson, RN, BSN, PCRM

Living With Thyroid Cancer
Second Tuesday of the month
6:00 – 7:30 p.m.
Martha Morehouse Medical Plaza Tower
Tenth Floor – Lobby
2050 Kenny Road
Open to individuals with 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.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Open to individuals with cancer and their caregiver(s).
Facilitators: Phuong Hoang, MSN, RN, CNP, and Janet Shaffstall, RN, BSN
Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.

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
This is open to individuals with cancer.
Facilitator: Patrick DiMeo, BSN, RN, OCN

“Just the Caregivers” – This support group for partners of men with prostate cancer meets at the same time in Seasons Café on the 1st floor.
Facilitator: Kathie Houchens, Caregiver

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 cancer and their caregiver(s).
Facilitators: Amira Hartman, RN, OCN, and Rachel Collins, MSW, LSW

Young Survivorship Support Group
First Wednesday of the month
6:30 – 8 p.m.
Martha Morehouse Pavilion – Room 1069C
2050 Kenny Road
Open to young individuals with cancer ages 18-39.
Facilitators: Nicole Liebner, RN, BSN, PCRM and Karis Wold, LSW

Grief Support

Pathways Grief Support Group
Tuesdays, April 14 – May 19
6:30 – 8 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Pathways is a six-week psycho-educational support group for any person in the community who has experienced a death. 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.
Pre-registration is required.
Facilitator: Lamece Shouman, MSW

Life After Loss – daytime
Third Wednesday of the month
April 15, May 20, June 17
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 enable you to talk with other people who have experienced an adult dying of cancer. Seasons Café lunch vouchers are available to group participants.
Facilitator: Shelley Draime, MSW, LISW-S

EVENTS

8th Annual Cesidia Cugini Fund Benefit
Saturday, April 11
Villa Milano
1630 Schrock Road
This event benefits the Cesidia Cugini Memorial Fund for Lymphoma Cancer Research at the OSUCCC – James. Help make a difference in the fight against lymphoma with an evening of Italian food, wine, live music, dancing and more.
For more information and to register, please visit cesidia.org.

Jack Roth 5K Rock & Run/Walk
Sunday, June 7
Bexley High School
326 S. Cassingham Road, Bexley
This program will benefit the Jack Roth Endowment Fund and additional lung cancer research projects at the OSUCCC – James. Start your day with a 5K and other fun-filled activities throughout Bexley neighborhoods.
For more information and to register, please visit jackrothfund.com.
Move MMORE 5K
Saturday, June 6
Wolfe Park
105 Park Drive

This program will benefit MMore for Multiple Myeloma Research Fund at the OSUCCC – James. The Move MMORE 5K Run/Walk is a family-friendly event with 5-K and 1-mile course selection.

For more information and to register, please visit mmore.org.

Ohio Pituitary Patient Symposium
Saturday, April 18, 2015
The Fawcett Center Ballroom
2400 Olentangy River Road

Please join the Pituitary Network Association and Ohio State University for a Pituitary Patient Symposium featuring a series of pituitary and hormonal patient education seminars presented by some of the top physicians of pituitary and hormonal medicine. The symposium faculty will share the most up-to-date information and be available to answer your most pressing questions. Following the Patient Symposium you are cordially invited to attend Pituitary Network Association’s Gentle Giant Award Dinner.

Registration is available for one or both events. The Patient Symposium registration fee is $30 and includes continental breakfast and lunch*. The Award Dinner is $50 per person or $80 for two (bring a friend or loved one and receive a discount of $20 on the purchase of 2 tickets). Learn more at pituitary.org by clicking on Calendar and Ohio Pituitary Patient Symposium at OSU and Gentle Giant Awards Dinner.

15th Annual Angel Open Golf Outing
Friday, June 12
Oakhaven Golf Club
2871 U.S. Highway 23N, Delaware

This program will benefit the Stefanie Spielman Fund for Breast Cancer Research at the OSUCCC – James. The Angel Open is a great way to play a round of golf and help in the fight against breast cancer.

For more information and to register, please visit angelopen.com.

Resources

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 program 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. A wide variety of activities, such as 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. The program is available at all Central Ohio YMCA full-facility branches. To learn more about the program and to become a registered participant, please contact a YMCA of Central Ohio branch in your community or Caroline Rankin at 614-384-2281.

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.

Patient/Family Experience Advisor Program

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

Look Good...Feel Better
Second Monday of the month, 2 – 4 p.m.
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.
JamesCare for Life
Survivorship Programs
2015 Spring Class Series

Register Online Today!
Detailed program information is available online. All programs are free. Visit cancer.osu.edu/go/support for a class listing and link to registration.

JamesCare for Life programs are designed to empower cancer survivors, including primary caregivers, with new skills, knowledge and a sense of community. Class offerings focus on introducing techniques, strategies, and modes of expression to improve quality of life for individuals affected by a cancer diagnosis. Many participants have found these tools valuable and have incorporated them into their everyday lives. Programs are introductory and offered for free. Pre-registration is required for all 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.