JamesCare for Life
Survivorship Programs
for those diagnosed with cancer and their caregivers
2016 Spring Classes for April, May and June

Hope Grows Here!
Cancer Survivors Month – June 2016

The OSUCCC – James will continue its long tradition of celebrating cancer survivors in June. The James launched its annual newly designed, month-long celebration honoring cancer survivors in 2015. Messages of hope could be found throughout the hospital, with many survivors contributing personal messages in honor of themselves or their loved ones. The celebration was marked by the distinct and cheerful black-eyed Susan flower.

Our theme “Hope Grows Here,” represented by the symbol of the black-eyed Susan, will again make a colorful splash across the various James Cancer Hospital and Solove Research Institute sites throughout June. The cheerful black-eyed Susan represents encouragement, making it a perfect symbol of hope for cancer survivors everywhere. Cancer survivors are some of the most resilient individuals on the planet. It’s no wonder that there’s a time set aside to honor their journeys.

The James continues to be a state-of-the-art, cancer care provider and research institute providing hope to thousands of survivors, locally and across the globe, every year. Nationally, the number of cancer survivors in the United States is expected to grow to 19 million by 2024. While the OSUCCC – James continues to work to create a cancer-free world, we ask that you join us again this year as we celebrate you, your loved ones and the growing number of cancer survivors during National Cancer Survivors Month.

You and your loved ones are invited to enjoy the numerous activities planned during June. Visit the Survivors Month flower gardens in each of our locations, where you will be able to plant a black-eyed Susan in honor of yourself or someone you love. Take a black-eyed Susan seed packet home to plant and watch your own hope grow. For more information, please visit cancer.osu.edu/SurvivorsMonth2016. We look forward to celebrating with you.

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.
Clinical Services

James Survivorship Clinic
Martha Morehouse Tower
Third Floor
2050 Kenny Road

The James Survivorship clinics are 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, expressive arts (art or music therapy), cancer risk assessment (genetics), financial counseling, nutrition counseling, palliative care (symptom management), 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.

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. Open to anyone who wishes to learn more about cancer prevention, early detection, treatment and survivorship.

The Art of Breathing
Thursday, June 2
6–8 p.m.
Ground Floor – Room B050
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

In this session, you will learn about how your lungs work, how cancer treatments may impact your breathing and how to develop good breathing techniques, along with interventions that can improve your breathing. You will have an opportunity to experience first hand how pulmonary rehabilitation, music therapy and mindful breathing can be used to benefit your breathing before, during and after treatment.

Facilitators: Dr. Patrick Nana-Sinkam, MD, Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist, and an Urban Zen Integrative Therapist

Ask the Expert: Coping with Kidney Cancer
Wednesday, May 18
6–7:30 p.m.
Ground Floor – Room B050
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

A cancer diagnosis can be life changing. It imposes unique challenges on patients and their loved ones that require enhanced coping skills. This class will explore strategies to actively manage stressors and find meaning in the “new normal” that both patients and caregivers face. Topics will include developing emotional awareness, constructive thinking patterns, healthy communication, and relaxation techniques. Discussion will also address children’s concerns and changing family dynamics that come with illness.

Facilitators: Devita Streva, MSW, LISW-S, Clinical Social Worker

Ask the Expert: Depression in Cancer Survivors
Tuesday, May 3
6:30–8 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Depressive symptoms can go hand in hand with a cancer diagnosis. Often it can be difficult to detect depression in cancer survivors due to overlapping symptoms of the disease process. Please join an expert on depression to learn more about biological changes and resulting changes in behavior. Learn how physiological stress and an avoidant lifestyle can set the stage for depression.

Facilitator: Marlena Ryba, PhD, Clinical Psychologist
Pre-registration is required. Please visit cancer.osu.edu/go/support to register.

Ask the Expert: Esophageal Cancer Update
Monday, April 4
6–7:30 p.m.
Conference Level – Room B050
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Please join Dr. Sam Mikhail to learn about the latest in the prevention, diagnosis and treatment of esophageal cancer. His presentation will be followed by a question-and-answer session with a panel of physician experts, including Dr. Mikhail (medical oncology), Dr. Robert Merritt and Dr. Kyle Perry (surgery), Dr. Evan Wuthrick (radiation oncology) and Dr. Sean McCarthy (gastroenterology).

This program will be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Facilitator: Sameh Mikhail, MBBCH

Ask the Expert: Oral and Facial Reconstructive Surgery for Head and Neck Cancer
Tuesday, April 19
6–7:30 p.m.
Ground Floor – Room B050
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Treatment for head and neck cancer is often multidisciplinary involving head and neck surgeons as well as oral and maxillofacial surgeons. Please join us for an informative program discussing treatment that can be done to restore appearance and health when surgical intervention is necessary to treat cancer.

Facilitators: Stephen Kang, MD, Surgeon, and Meade Vanputten, DDS, Maxillofacial Prosthodontist.

Career Counseling Workshops and Private Consultations
Mondays, May 2, 9, 23 and June 6, 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 – Career Counseling and Support Services, for her workshops on building essential skills. Register for one or more.

Resume Writing and Cover Letters – May 2
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 useful to address 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 – May 9
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. Sample questions will be provided, as well as useful suggestions to enhance confidence. Find out what you are obligated to disclose and what questions are off-limits for employers.

Job Search Strategies – May 23
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 – June 6 and 20
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 will be available between 6 and 9 p.m. and 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: Gina McDowell, MA, LPC and Michael Hock, PhD
Caregiving 101  
Thursday, May 19  
6:30–8 p.m.  
Ground Floor – Room L035  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

In this program, we will discuss the basics of what it means to be a caregiver to someone facing cancer. 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. This program will be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Facilitator: Annie Trance, MSW, LISW, Clinical Social Worker

Know Your Legal Rights and Protections in the Workplace 
Thursday, April 7  
6:30–8 p.m.  
Ground Floor – Room B030  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

Participate in an informative presentation on cancer and your employment rights. 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, and more. Time will be allotted for questions.

Facilitator: L. Scott Lissner, ADA Coordinator, The Ohio State University

Lunch & Learn: Nutrition
Tuesday, Apr. 26  –  Introduction to Nutrition for the Cancer Survivor  
Tuesday, May 24  –  Are Foods Immune Boosting?  
11:30 a.m.–12:30 p.m.  
Second Floor – Room 2002  
Stefanie Spielman Comprehensive Breast Center  
1145 Olentangy River Road

Tuesday, June 21  – 411 on Organic Foods  
11:30 a.m.–12:30 p.m.  
Conference Level – Room L035  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

Join a clinical dietitian from JamesCare for Life for an informal discussion on nutrition and cancer. Time allotted for questions. Register for one or more. Light lunch provided. The June 21st program will be available online via live stream. Email jamescareforlife@osumc.edu for viewing instructions.

Facilitator: Clinical Dietitian from The James
Lunch & Learn: Oncology Rehabilitation
Apr. 12 – Balance
May 10 – How to Start an Exercise Program
June 14 – Combating Fatigue and Regaining Your Energy
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. Register for one or more. Light lunch will be provided.
Facilitators: Karen Hock, PT, MNS, CLT-LANA (April), Amy Compston, PT, DPT, CLT-LANA (May), and Allison Barber, PT, DPT, CLT-LANA (June), Physical Therapists

Lunch & Learn: Palliative Care and Music Therapy
Tuesday, May 3
Noon–1:30 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 can improve their comfort and overall quality of life by giving them an extra layer of support while providing them with relief from symptoms and stress that can accompany serious illness. In this session, survivors, including their caregivers, will be introduced to music therapy as a helpful tool in palliative care. Participants will have opportunities to learn and practice music-based strategies for increasing comfort, finding resilience in illness and supporting family togetherness. Time will be allowed for informal conversation and questions. CDs featuring basic music therapy exercises will be available to participants at the end of the class for home use. Participants are encouraged to wear comfortable clothing. Light lunch will be provided.
Facilitators: Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist, and Kimberly Frier, MS, MSN, FNP-BC, Certified Nurse Practitioner, Palliative Medicine

Patient and Family Brain Tumor Survivorship Conference
Saturday, May 21
8:30 a.m.–3:30 p.m.
Fawcett Center
2400 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 the brain cancer field at The Ohio State University and beyond. Topics will include the latest in brain cancer detection, treatment and research, as well as survivorship and wellness. Continental breakfast and lunch will be provided.

Understanding Melanoma:
From Prevention to Treatment
Saturday, May 7
9 a.m.–3 p.m.
OSU Eye and Ear Institute – Room 3000
915 Olentangy River Road
The Melanoma Research Foundation and The Ohio State University Medical Center present an educational event dedicated to melanoma patients and the people who support them. Join us as leading melanoma experts present the latest in melanoma prevention, diagnosis and treatment. Morning refreshments and lunch will be provided. To register, please visit: melanoma.org
Women and Sexuality: An Information Opportunity for Cancer Survivors
First Wednesday of the month
Apr. 6 or June 1
5:30–7p.m.
-or- (register for only one class)
May 4
Noon–1:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Sexual concerns can be 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 and 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

Exercise
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, April 5–June 7
(10-week series) 10–11 a.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.
Facilitator: Laura Perkins, PTA, CLT-LANA, Physical Therapy Assistant, Certified Lymphedema Therapist
Pre-registration is required. Please visit cancer.osu.edu/go/support to register.

**Argentine Tango for Cancer Survivors**
Tuesdays and Thursdays
April 5–June 9
(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 is a great opportunity to provide 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 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, March 24–May 26
(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 to maintain flexibility and fitness. This class is led by a BalletMet dance instructor.

**Gentle Yoga**
Mondays, April 11–June 20 (no class May 30)
(10-week series) 5:45–7 p.m.
Granville Senior Center – Building D
3825 Columbus Road
Granville, OH

-or- (register for one series)

Wednesdays, April 13–June 15
(10-week series) 6:30–7:45 p.m.
iResolve Fitness
449 East Main St.
-or- (register for one series)

**Low-Impact Cardio**
Mondays, April 4–June 13 (no class May 30)
(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. This class provides you with the knowledge of how to practice the same exercise program in your own home at the end of the 10-week series.

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

**Stretch for Life**
Fridays, April 8–June 10
(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 series uses gentle exercises, including yoga-inspired stretching, designed to improve flexibility, strength and balance. Breathing exercises are also included.

Facilitator: Allison Barber, PT, DPT, CLT-LANA, Physical Therapist, Certified Lymphedema Therapist
Expressive Arts

Art Therapy

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 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 a board-certified art therapist. All supplies included. No experience is necessary. Art programs are funded in part by the Joyce Kerze Endowment.

Art Series: Path of the Garden
Thursdays, April 28–May 26
(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

In this expressive arts group, you will have the opportunity to use the garden as a metaphor to explore personal growth as a cancer survivor. Through a variety of art exercises and modalities, you will experience the benefits of nurturing, replenishing and caring for your inner garden. Attendance at all five sessions is recommended. The last class will take place at Ohio State’s Learning Gardens by Howlett Hall.

Facilitator: Anne Harding, MAAT, ATR-BC, Art Therapist

Half-Day Workshop: Beyond the Coloring Book
Saturday, May 21
9 a.m.–noon
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Today’s adult coloring book craze brings into question whether coloring printed images is a mindful therapeutic activity or a mindless distraction. Explore the difference between coloring and creating mindfully and using coloring books as an escape. A variety of “color-FULL” activities will be provided as well as discussion on your own personalized images related to your current journey as a survivor or caregiver. Crayons and colored pencils will be provided.

Facilitator: Anne Harding, MAAT, ATR-BC, Art Therapist

Healing through Art
Thursdays, April 21 and June 16
6:30–8:30 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

Art exercises will provide you with the opportunity to explore emotions and promote self-care within a supportive and safe environment. A variety of media will be used. We will also take time to share and process our artwork as a group. You may sign up for one or both classes.

Facilitator: Anne Harding, MAAT, ATR-BC, Art Therapist
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. 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.

See pages 2 and 5 for more music therapy programs.

Music-based Health Claims: A Closer Look
Saturday, April 2
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. Previous music experience is not 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

Music Performance Groups

Victory Choir
Wednesdays, April 6–June 29
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.

Facilitators: Christopher Urbiel, PhD, Choir Director, and Kristin Schoeff, Piano Accompanist

Victory Drummers
Fridays, April 1–May 27
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.

Facilitator: Caitie Thompson, BA, Drumming Facilitator
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 only 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, Apr. 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 is designed to heal, restore and treat symptoms such as pain, nausea, insomnia, constipation, exhaustion and anxiety. A certified Urban Zen Integrative Therapist will lead you through practices that include gentle movement, 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.

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

**Mindfulness Workshop: Restorative Sleep**
Saturday, May 14
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. 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*

**Tai Chi Beginners**
Mondays, April 11–June 20 (no class May 30) (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*

**Walkscape**
Saturday, Apr. 23
10 a.m.–noon
Inniswood Metro Gardens
940 S. Hempstead Road

Walkscape is a unique, interactive experience that will introduce you to “mindful walking” as you connect with your surroundings and become aware of the discoveries on your own path. Join us as we mindfully walk the paths of this nature preserve where wildflowers and wildlife nestle among streams and woodlands providing a backdrop to beautiful flowerbeds and rock gardens. “Gardens are a metaphor for life itself...a perpetual gift renewing itself in beauty and wonder...” the Inniswood Garden Society.

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

The National Cancer Institute estimates that at least 35% 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.

**Hands-on Cooking Class**
Monday, May 16
6–8 p.m.
The Kitchen
231 E. Livingston Ave.

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 various ways to prepare nutritious, plant-based foods, while learning the health benefits and current research pertaining to these foods. Space is limited and preference is given to first-time participants.

*Facilitator: Clinical Dietitian from The James*

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**Plant-Based Diets: Inpatient Nutrition Education and Cooking Demo**

**Wednesdays, Apr. 13, May 11, June 8**
6–7:30 p.m.
**Fourteenth Floor – Bloch Café**
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

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 what 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, May 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 Ave.

Join us on a special guided tour to learn how to shop for a variety of healthy plant-based foods as well as meat and seafood. 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. You will be provided with tips and ideas on how to prepare these foods to maximize taste and nutrition.

**Facilitators:** Chef Jim Warner, Program Director of Nutrition Services, The Ohio State University Wexner Medical Center, and a Clinical Dietitian from The James
Pre-registration is required. Please visit cancer.osu.edu/go/support to register.

Garden to Table

Garden of Hope: Orientations
Monday, May 2
6–7:30 p.m.
Longaberger Alumni House
2200 Olentangy River Road
-or-
Saturday, May 14
10–11:30 a.m.
Fawcett Center – Alumni Room
2400 Olentangy River Road
-or-
Monday, June 6
5:30–7 p.m.
Waterman Farm Headquarters Building
2490 Carmack Road
-or-
Saturday, June 25
10–11:30 a.m.
Waterman Farm Headquarters Building
2490 Carmack Road

The JamesCare for Life Garden of Hope is a two-acre vegetable garden located on Ohio State’s Waterman Farm. The mission of the garden is to introduce cancer survivors, including caregivers, to evidence-based nutritional information and education on the benefits of a plant-based diet. This unique experience will use practical teaching methods such as how to harvest fresh garden produce properly, recipes to help make the most of your vegetables, garden-side cooking demonstrations and education, personal gardening classes and more. Survivors will have the opportunity to harvest up to one time each week per household. Additional orientations will be offered throughout the summer for new participants. Whether a caregiver or a patient, all harvesters are required to complete a classroom orientation along with the necessary paperwork prior to harvesting.

Container Vegetable Gardening
Thursday, May 12
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. 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. Participants will put together a small container garden to take home. Please bring the vegetable(s) you wish to plant. One container and soilless mix will be provided.

Facilitators: Franklin County OSU Extension Master Gardener, The Ohio State University Extension, and a Clinical Dietitian from The James
How to Start a Home Vegetable Garden
Saturday, May 21
9 a.m.–noon
Waterman Farm Headquarters Building
2490 Carmack 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. Also, receive information on which plants you may want to include because of beneficial nutrients that may improve your health and reduce your cancer risk.
New this year is the addition of a small demonstration garden that will be planted during this session and used as a learning garden throughout the growing season.
Facilitators: Franklin County OSU Extension Master Gardener, The Ohio State University Extension, and a Clinical Dietitian from The James

Maintaining Your Home Vegetable Garden
Monday, June 20
6–7:30 p.m.
Garden of Hope – Waterman Farm
2490 Carmack Road
Join an expert at our demonstration garden at the Garden of Hope to learn how to assess for any potential issues in your garden. Participants will learn how to control insects, diseases, and wildlife, and how to 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

Make the Most out of Your Vegetables
Monday, June 27
6–7 p.m.
Garden of Hope
2490 Carmack Road
While harvesting your vegetables at the Garden of Hope, stop by the garden-side nutrition station to learn the best ways to cook various vegetables 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. Learn what foods pair best together. Various cooking techniques that can preserve the nutrients will be discussed. This drop-in 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 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 of cancer while learning effective coping skills. Through group discussions, games, music and art activities, children and teens affected by a loved one’s cancer diagnosis 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. Children and teens must be accompanied by a parent or legal guardian.

**Family Day “Trees of the Oval”**  
**Saturday, Apr. 30**  
3–5 p.m.  
**The Ohio Union**  
**Student-Council Room**  
**1739 North High St**

Join us on a guided tour of the “Trees of the Oval” and discover important attributes of trees, including how they can be protective and adaptive to changes in their environment. Similarly, explore how your family has responded to the unexpected changes that have occurred following a cancer diagnosis. Each family will complete an art project and be given a tree seedling to take home and plant. Open to cancer survivors and their children ages 6 to 18. Limited to two adults per family. Parking vouchers will be provided.

**Facilitators: Jacob Nau, BS, and Timberlee Harris, MAAT, Art Therapist**

**Family Equine Therapy**  
**Sunday, Apr. 10**  
1–4 p.m.  
**Ohio State Equine Center**  
**3658 Kays Ave., Dublin**

This program will introduce you and your family to equine-assisted therapy. Your family will interact with horses in order 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 involved. Open to cancer survivors and their children ages 6 to 18. Limited to two adults per family.

**Facilitators: Holly Jedlicka, MSW, LSW-S, Clinical Director, PBJ Connections, Stacia Barnes, LPCC-S, Elizabeth Rolland, EAGALA Certified Equine Specialist, and Dorothy Kluesener, EAGALA Certified Equine Specialist, PBJ Connections**
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 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.
Facilitators: Chris Krall, BSN, RN, OCN, and Alissa Jackson, MSW, LISW-S

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 Avenue
Open to individuals who have had a bone marrow transplant and their caregiver(s).
Facilitators: Amy Lindsey, RN, PMHCNS, and Joanna Newlin, MSSA, 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 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
Open to individuals with breast cancer.
Facilitator: Marlena Barge, MSW, LISW-S, and Nicole Muscari, RN, BSN, OCN

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).
Facilitators: Ilene Lattimer, BSN, RN, OCN, CCRC, and Michelle Wunsch, BSN, RN, PCRM
Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.

**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

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 and to learn more about the group.

*Facilitators: Vicki Heinke, MSW, LISW-S, and Kathleen Bellamy, MSW, LISW*

**Hematology Survivors - Inpatient Support Group**  
First and third Wednesday of the month  
1:30–2:30 p.m.  
Sixteenth Floor - Room B1614  
The James Cancer Hospital and Solove Research Institute  
460 W. 10th Ave.

Contact Kimberly Harris at 614-685-6422 for more information.

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

*Facilitator: Kimberly Harris, MSW, LSW*

**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 St.

This group is open to individuals with any cancer diagnosis and their caregiver(s). To register, please call Kelly Callahan at 614-257-3778.

*Facilitators: Kelly Callahan, MSW, LISW-S, and Cherie Winter, RN, BSN, OCN*

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

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

*Facilitator: Kathy Clarkson, RN, BSN, PCRM*

**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).

*Facilitators: Phuong Hoang, MSN, RN, CNP, and Janet Shaffstall, BSN, RN*
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
1145 Olentangy River Road

This is open to individuals with cancer.

*Facilitator: Patrick DiMeo, BSN, RN, OCN*

“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.

*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 sarcoma and their caregiver(s).

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

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

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*

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**New Group!**

**Young Survivors Support**

**Young Survivors Support Group**
First Tuesday of the month
6:30–8 p.m.
Ground Floor – Room B030
The James Cancer Hospital and Solove Research Institute
460 W. 10th Ave.

Open to young individuals with cancer ages 18-39 coping with the challenges of diagnosis and treatment. Parking passes will be provided for the South Cannon Garage.

*Facilitators: Nicole Liebner, RN, BSN, and Chelsea Fitzgerald, LISW*

**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.

*Facilitators: Alissa Jackson, MSW, LISW-S, and Paula Sandborn, RN, BSN, CPHON*
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.

Facilitator: Audrey Buss, MSW, LSW

Pathways Grief Support Group
Tuesdays, May 24–June 28
(6-week series) 6:30–8 p.m.
JamesCare for Life Activity Center – Suite 2100
The 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 the death of a friend or loved one. 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.

Facilitators: Lamece Shouman, MSW, and Annie Trance, MSW, LISW, Clinical Social Workers
Resources

JamesCare for Life: Programs via Live Stream
Access JamesCare for Life resources online! Select programs are available for viewing via live stream. Look for “Live Stream Available” throughout this brochure, or email jamescareforlife@osumc.edu for more details.

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.

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 is provided in a small-group setting. This evidence-based program meets twice a week for a total of 24 sessions and includes physical activity with trained coaches. A wide variety of activities, including water fitness, yoga, resistance equipment, TRX and Pilates, are included. In addition to the classes, the participants receive a YMCA membership for the 12 weeks of the program to continue getting stronger and to enjoy all 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, please contact a YMCA of Central Ohio branch in your community or Caroline Rankin at 614-384-2281.

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 personal story, experiences and ideas in order 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
Two-hour class for women in cancer treatment designed to demonstrate wig fittings, head coverings and makeup application. To register, call The American Cancer Society at 1-800-227-2345 option 1.
Register Online Today!

Detailed program information is available online. All programs are free of charge. 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 caregivers, with new skills, knowledge and a sense of community. Class offerings focus on introducing techniques, strategies and modes of expression intended to improve quality of life of individuals affected by a cancer diagnosis. Programs are offered free of charge. 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.