June is National Survivors Month, and June 7 is specifically dedicated as Cancer Survivors Day. With over 14.5 million cancer survivors in the United States, a number that is expected to grow to 19 million by 2024, this is truly a time of celebration and remembrance for many. It’s a time to remember the journey, with all of its challenges and victories.

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. As the OSUCCC – James works to create a cancer-free world, we also take great pride in celebrating every survivor who has ever walked through our doors. Instead of celebrating for just a single day, we’ve decided to celebrate you all month. This year we have chosen the theme “Hope Grows Here.” You will see the black-eyed Susan flower making a colorful splash across the various James Cancer Hospital and Solove Research Institute sites. The cheerful black-eyed Susan represents encouragement, making it a perfect symbol of hope for cancer survivors everywhere.

You and your loved ones are invited to enjoy the numerous activities planned during June, including music, mindfulness and yoga sessions on the lawn of the Phyllis A. Jones Legacy Park outside the new James. 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. Look for a special light display each night in Legacy Park. For more information, please visit cancer.osu.edu/SurvivorsMonth. We look forward to celebrating with you!
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 and to assist you with the physical, emotional, spiritual and practical concerns (job, insurance, financial) of living with cancer. The James Survivorship Clinic offers experts in emotional counseling, 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 cancer doctor or nurse practitioner for a referral to see one or more of our specialists in education, referral to see one or more of our specialists in care (symptom management), physical therapy, music therapy), cancer risk assessment (genetics), 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.

Private Consultations – Tuesday, Oct. 17 or Thursday, Oct. 15
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

Career Counseling Workshops
Mondays, Sept. 14, 28 and Oct. 5
6:30 – 8 p.m.

Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1415 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 essential skill-building workshops on Career Counseling.

Register for one or more.

Resume Writing and Cover Letters – Sept. 14
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 transferrable 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 – Sept. 28
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 useful suggestions to enhance confidence. Find out what you’re obligated to disclose and what questions are off-limits for employers.

Job Search Strategies – Oct. 5
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.

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

This all-day conference will feature keynote speaker, Melanie Nix, survivor and author. Melanie is a BRCA1 triple negative breast cancer survivor who was diagnosed at the age of 38. She is a fifth generation breast cancer survivor whose story has been profiled by national media outlets including NBC Nightly News. Joining Melanie as the day’s emcee will be Tracy Townsend, WBN5-10TV.

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

Caregiver Programs
July 8 – Tips for Managing Stress
Aug. 12 – Caregivers and Multiple Roles
Sept. 9 – Organization Tips
6 – 7:15 p.m.

The James Cancer Hospital and Solove Research Institute Conference Level - Room L035
460 W. 10th Avenue

Caregiving can be incredibly rewarding. Being there for 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. These programs will help you identify and prevent the signs of caregiver burnout and focus on strategies and skills to cope with caregiver stress. Register for one or more.

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

Facilitator: Elizabeth Muensik, PhD, Clinical Psychologist, Psychosocial Oncology

Easing Symptoms of Cancer Treatment With Palliative Care
Thursday, Aug. 27
6:30 – 7:30 p.m.
The James Cancer Hospital and Solove Research Institute
Ground Floor – Room B030
460 W. 10th Avenue

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

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

Introduction to Acupuncture
Wednesday, Aug. 26
6:30 – 7:45 p.m.
CarePoint East – Room 3081
543 Taylor Avenue

This educational 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. There will be a demonstration during the program allowing participants to experience a mini-acupuncture session.

Facilitators: Steve Dragun, LAc, and Susan Bowles, LAc. Board Certified, Licensed Acupuncturists

Introduction to Reflexology
Tuesday, Aug. 4
6:30 – 7:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1415 Olentangy River Road

This educational 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 Gerona, LMT, Licensed Massage Therapist and Reflexologist

Lunch & Learn: Nutrition
July 28 – Introduction to Nutrition for the Cancer Survivor
Aug. 25 – Summer Cooking
Sept. 22 – Cooking with Herbs and Spices
11:30 a.m. – 12:30 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1415 Olentangy River Road

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.

Facilitator: Candice Schreiber, RD, LD, Clinical Dietitian

Education

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

Pre-registration is required. Please visit cancer.osu.edu/go/support to register.
**Lunch & Learn: Oncology Rehabilitation**

**July 14 – How to Start an Exercise Program**

Asg. 11 – Core Strengthening

Sept. 8 – How to Manage Fatigue at Any Age

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 to improve overall quality of life and wellness. Register for one or more. Light lunch provided.

**Making the Most of Your Mood**

Tuesday, July 14

6 – 7:30 p.m.

Second Floor – Room 2002

Stefanie Spielman Comprehensive Breast Center

1145 Olentangy River Road

Can cancer take a toll on your mood? It is important to be able to distinguish sadness or grief from depression. Managing your mood is essential to your physical and mental well-being during your cancer journey. This session will help you learn more about mood disorders that are common for people living with cancer and will help you explore strategies to enhance your overall mood, sense of purpose and general well-being.

Facilitator: Alexandra Zaleta, PhD, Psychosocial Oncology Fellow

**Managing Common Side Effects of Kidney Cancer Therapies**

Wednesday, July 15

6 – 7:30 p.m.

The James Cancer Hospital and Solove Research Institute

Ground Floor – Room B050

460 W. 10th Avenue

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

Facilitator: Sherry Moi Vegh, PharmD, BCOP, Clinical Specialist Pharmacist – Medical Oncology

**Medicare 101**

Tuesday, Sept. 1

6 – 7:30 p.m.

The James Cancer Hospital and Solove Research Institute

Conference Level - Room L035

460 W. 10th Avenue

Join OSHPD, the lead Medicare education program for the State of Ohio, for a program on community resources and a Medicare overview for cancer survivors. We will discuss how Medicare covers different services and procedures, such as inpatient versus outpatient care, and specific cancer care-related services. Learn how to pick the appropriate Part D plan for your needs and how Medigap and Medicare Advantage plans work. The program will be available online via interactive live stream.

Email Jamescareforlife@osumc.edu for viewing instructions.

Facilitator: Kendra Burford, OSHPD Community Liaison

**Women and Sexuality: An Information Opportunity for Cancer Survivors**

July 1, Sept. 2

Noon – 1:30 p.m.

Aug. 5

5:30 – 7 p.m.

Second Floor – Room 2002

Stefanie Spielman Comprehensive Breast Center

1145 Olentangy River Road

Sexual concerns are surprisingly common among individuals following a cancer diagnosis. This program is designed 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. Register for one class session as content repeats.

Facilitators: Marie Lamantia, Ohio State Undergraduate Student, Pre-Medicine/Dance Major and Lise Wortthen-Choudhari, MFA, MS, Ohio State Physical Medicine & Rehabilitation, Research Assistant Professor

**Aquatic Exercise**

Tuesdays, July 14 – Sept. 15

(10-week series) 10 – 11 a.m.

or (register for one series)

Wednesdays, July 15 – Sept. 16

(10-week series) 5:30 – 6:30 p.m.

Ward Family YMCA of Central Ohio

130 Woodland Avenue

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

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

**Exercise**

TheJamesCore for Life exercise series utilizes 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

**Argentine Tango for Cancer Survivors**

Tuesdays and Thursdays

July 7 – Sept. 10

(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 by 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, but this is not required as partners will be rotated throughout the class.

Those who are interested will be able to participate in a year-long study about the effects of Argentine Tango for cancer survivors. Participants must be 18 years or older.

Facilitators: Marie Lamantia, Ohio State Undergraduate Student, Pre-Medicine/Dance Major and Lise Wortthen-Choudhari, MFA, MS, Ohio State Physical Medicine & Rehabilitation, Research Assistant Professor

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

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

Art programs are funded in part by the Joyce Kerze Endowment.

Expressive Arts (Art, Music, Writing)

Gentle Yoga
Mondays, July 27 – Oct. 5 (no class Sept. 7)
(10-week series) 5:45 – 7 p.m.
Granville Senior Center – Building D
3825 Columbus Road
Granville, Ohio
-or- (register for one series)
Tuesdays, July 14 – Sept. 15
(10-week series) Noon – 1:15 p.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
-or- (register for one series)
Wednesdays, July 15 – Sept. 16
(10-week series) 6:15 – 7:30 p.m.
Low-Impact Cardio
Mondays, July 13 – Sept. 21 (no class Sept. 7)
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This 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 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 are provided or you may bring your own.

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

Low-Impact Cardio
Mondays, July 13 – Sept. 21 (no class Sept. 7)
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
This low-impact cardio class will have you on your feet improving your muscle and bone strength, improving your physical function and aerobic capacity and reducing your fatigue and anxiety. 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, July 17 – Sept. 18
(10-week series) 10 – 11 a.m.
JamesCare for Life Activity Center – Suite 2100
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
Gentle exercise led by a physical therapist from oncology rehabilitation. This class series includes yoga-inspired stretching designed to improve flexibility, strength and balance. Breathing exercises are also included.
Facilitator: Lori Carmendy, PTA, CLT, Physical Therapy Assistant and Certified Lymphedema Therapist

Art Therapy

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

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

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Reframing Your Life Picture through the Art of Paper-Making
Friday, July 24
6 – 8 p.m.
and
Saturday, July 25
10 a.m. – noon
Waterman Farm Headquarters Building
2490 Carmack Road
In this two-part series, survivors will use the art of papermaking as a transformative process to explore emotions related to their diagnosis and treatment. This symbolic form of expression will provide an opportunity to identify and begin the process of letting go of negative thoughts and experiences and transforming them into a renewed sense of positivity and empowerment. Writing and journaling will also be incorporated into the workshop. We will make use of both natural materials from the Garden of Hope and papers provided by participants as part of the transformation process. Attendance at both sessions is required. Class size is limited. Open to individuals who have had a cancer diagnosis.
Facilitators: Anne Harding, ATR-BC, Art Therapist and Timberlee Myers, MAAT, Art Therapist

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

"Chemo Brain:" Music Therapy Series
Wednesdays, July 22 – Aug. 26
(6-week series) 5 – 6 p.m.
JamesCare for Life Activity Center – Suite 2100
1145 Olentangy River Road
For some cancer survivors, chemo and radiation therapies may cause mild cognitive impairments, often described by the term “Chemo Brain.” This series provides opportunities for participants to sharpen skills through music-based exercises designed to enhance attention, organization, planning and problem solving. Instruments will be provided. No music experience is required and CDs with program exercises will be available to participants upon completion of the series. 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, Aug. 8
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. Participants will be introduced to therapeutic music exercises designed to help manage some of the most common cancer-related concerns such as stress, anxiety and physical discomfort. Instruments will be provided. No music experience is required. Booklets and CDs featuring the workshop’s music exercises will be available to participants at the end of the class for home practice. Participants are encouraged to wear comfortable clothing.
Facilitator: Ms. Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Using Music (Better!) to Support Healthy Sleep Habits
Saturday, Sept. 12
10 – 11:30 a.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
In this workshop, survivors and caregivers will be introduced to music-based strategies for supporting healthy sleep habits. Participants will be provided with basic information about lifestyle habits that impact sleep satisfaction and will be introduced to therapeutic music exercises designed to reduce mental noise and enhance relaxation as part of an effective bedtime routine. No music experience is required. Booklets and CDs featuring the workshop’s music exercises will be available to participants at the end of the class for home practice. Participants are encouraged to wear comfortable clothing.
Facilitator: Ms. Terel Jackson, MMT, NMT-F, MT-BC, Music Therapist

Victory Choir and Victory Drummers will resume rehearsals in September.
For more information, please email jamescareforlife@osumc.edu.
Mind, Body, Spirit

Explore meditation, guided imagery, stress-reduction techniques and the healing power of the mind. Series classes utilize a format in which each class builds upon the previous one. It is recommended that participants attend each week for maximum benefit. Instructors demonstrate techniques that can be adapted for home use at the completion of the series. Participants may take each series one time. These mindfulness practices may:

- Alleviate pain and depressive symptoms
- Foster feelings of optimism and hope
- Encourage a sense of inner peace
- Promote relaxation and well-being

Introduction to Self-Shiatsu
Monday, July 13
6 – 7 p.m.
JamesCare for Life Activity Center – Suite 2100
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.

Facilitator: Jan Wiltrer, AOBTA, Certified Shiatsu Practitioner

Introduction to Urban Zen
Wednesday, Aug. 5
6:30 – 8 p.m.
JamesCare for Life Activity Center – Suite 2100
1145 Olentangy River Road

Urban Zen Integrative Therapy is designed to heal, restore and treat symptoms such as pain, nausea and anxiety. A certified Urban Zen Integrative Therapist will lead you through practices that include gentle movements, restorative poses, aromatherapy, soothing breath awareness exercises, Reiki and meditation. In the urban world of over-stimulation and over-work, these practices can offer you a meditative sanctuary. This class is open to all levels. No yoga experience necessary.

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

Mindfulness in Motion
Wednesdays, Aug. 26 – Oct. 14
(8-week series) Noon – 1 p.m.
Second Floor – Room 2002
Stefanie Spielman Comprehensive Breast Center
1145 Olentangy River Road

This class combines guided mindfulness, meditation, community sharing, gentle yoga-inspired stretches and relaxing music to aid in stress reduction. This course was developed by Dr. Klatt to reduce stress and inflammation, increase mindfulness and improve quality of sleep. Each participant will receive access to guided mindfulness recordings to assist in daily practice.

Facilitator: Maryanna Klatt, PhD

Tai Chi – Beginners
Mondays, July 20 – Sept. 28 (no class Sept. 7)
(10-week series) 6 – 7:30 p.m.
JamesCare for Life Activity Center – Suite 2100
1145 Olentangy River Road

This class combines 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, July 18
10 a.m. – noon
Highbanks Metro Park
9466 Columbus Pike (US Route 23N)
Lewis Center

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. Join us as we observe nature along the scenic riverbank of the Olentangy River. This is a casual observational walk intended for adult cancer survivors and their caregivers. You may choose to walk all or part of the way at whatever pace you are comfortable. Opportunities for journaling and sketching will be provided. You may wish to bring binoculars.

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

Get to the Root of Habits with Mindfulness
Saturday, Aug. 22
9 a.m. – noon
The Wilma H. Schiermeier Olentangy River Wetland Research Park
Heffner Building
352 W. Dodridge Street

Mindfulness practice is more than breath awareness and relaxation. It is about becoming familiar with how our thoughts and feelings work together and drive behavior. Healthy habits are difficult to establish while less healthy ones are hard to break. This workshop explores insights and exercises for changing behaviors by directly observing what drives them. Discover how changing your relationship to discomfort and confusion can lead to acting in ways that are consistent with your goals and values. Whether your goals include healthy living, weight loss or quitting smoking, discover how observing the thoughts surrounding your habits and behaviors can have a positive impact on the lifestyle changes you would like to make.

Facilitator: Daron Larson, Bachelor-trained Social Worker

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

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

Following a Plant Based Diet: Inpatient Nutrition Education and Cooking Demonstration

Wednesday, Aug. 12
6 – 7:30 p.m.
The James Cancer Hospital and Solove Research Institute
Fourteenth Floor – Café
460 W. 10th Avenue

Plant foods are an abundant source of nutrients and may possess many cancer-fighting properties. This class will teach patients and families the importance of plant-based foods and what role they play in the cancer journey. The class will feature a cooking demonstration to teach participants how to bring food from farm to table. Space is limited. Each class is for new participants only.
Facilitator: Candice Schreiber, RD, LD, Clinical Dietitian

Hands-on Cooking Class
Mondays, July 6, Aug. 10, Sept. 14
6 – 8 p.m.
The Kitchen
231 E. Livingston Avenue

This class will be a combination of hands-on cooking demonstrations and nutrition education. The program will focus on 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 be centered on foods grown in the Garden of Hope, teaching participants how to bring food from farm to table. Space is limited. Each class is for new participants only.
Facilitator: Candice Schreiber, RD, LD, Clinical Dietitian

Food Preservation: Freezing and Canning Workshop
Thursday, Sept. 10
6 – 8 p.m.
Fawcett Center – Alumini Room
2400 Olentangy River Road

Come see how to extend the season’s bounty of fresh produce by learning about home-preserving fruits and vegetables. This workshop will focus on the basics of home canning and freezing and is appropriate for people with all levels of experience. The program will not only teach you the basics of food preservation, but you will also understand why certain procedures must be followed to insure a high-quality, safe product that you and your family can enjoy. The class will address basic food safety principles, how to use a water bath and pressure canner, canning tomatoes, pickling, making jams and jellies, and freezing fruits and vegetables. Learn how to access resources from the U.S. Department of Agriculture, OSU extension, and other research-based food preservation information sources.
Facilitator: Kathy Green, M.S. OSU Extension Educator

Shopping with the Experts
Saturday, August 29
Tour #1: 8:30 – 9:30 a.m.
Tour #2: 9:45 – 10:45 a.m.
North Market
59 Spruce Street

Join us on a special guided tour at the North Market farmers’ market to learn about in-season and local produce. Come learn about the health benefits and nutrition of various foods at the market and why it is important to buy local. The tour will also teach participants how to select produce and ways to prepare these foods.
Facilitators: Chef Jim Warner, Program Director of Nutrition Services at Ohio State’s Wexner Medical Center and Candice Schreiber, RD, LD, Clinical Dietitian for JamesCare for Life

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 through treatment and beyond. Additionally, survivors may designate a caregiver or support person to participate in the program. Multiple harvest sessions will be offered each week through September. All participants must complete a classroom garden orientation along with the necessary paperwork to be eligible to harvest from the garden. Orientation sessions are offered as follows:

Garden of Hope Orientations
Mondays, June 8, July 6, Aug. 3, Aug. 31
5:30 – 7:30 p.m.
Waterman Farm Headquarters Building
2490 Carmack Road

Saturdays, June 20, July 18, Aug. 15
10 a.m. – noon
Waterman Farm Headquarters Building
2490 Carmack Road

Pre-registration required. Participation in one classroom orientation is required for all garden participants prior to harvesting. Orientations include time to harvest from the Garden of Hope.

Garden to Table

Make the Most Out of Your Vegetables
Mondays, July 20 and Aug. 17
6 – 7 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 in the vegetables and which vegetables are more beneficial with or without cooking. Various cooking techniques that can preserve the nutrients will be demonstrated. Each class will highlight different vegetables. Open to Garden of Hope participants. Register for one or more.
Facilitators: Chef Jim Warner, Program Director of Nutrition Services at Ohio State’s Wexner Medical Center and Candice Schreiber, RD, LD, Clinical Dietitian for JamesCare for Life
Families, Teens and Children

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

**Family Equine Therapy**
Saturday, July 18
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 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. Appropriate for ages 6-18. Snacks provided.
Facilitators: Holly Jadicka, MSW, LSW-S, Clinical Director, PBJS Connections; Stacia Barnes, LPC-C, Elizabeth Rolland, EAGALA certified equine specialist; Dorothy Kousens, EAGALA certified equine specialist, PBJS Connections

**Family Storytime: Building Family Bonds When a Parent has Cancer**
Sunday, July 26
3:30 – 4:30 p.m.
Wheatstone Library
3909 N. High Street
Reading together and sharing stories as a family can empower families to cope with many of life’s challenges. Parents and children are invited to join us at the Columbus Metropolitan Library to learn how to use the library to empower children to cope with a parent’s cancer diagnosis. Reading books together provides an opportunity for families to have open, age-appropriate communication. Information in the form of stories can also help children to learn about cancer, develop the ability to creatively respond to challenges and know that they are not alone. Families will participate in an activity designed to enhance family communication around feelings about cancer. Open to cancer survivors and their children ages 5-18. Limited to two adults per family.
Facilitator: Holly Jadicka, MSW, LSW-S, Clinical Director, PBJS Connections; Dorothy Kousens, EAGALA certified equine specialist; Stacia Barnes, LPCC-S, Elizabeth Rolland, EAGALA certified equine specialist; Holly Jadicka, MSW, LSW-S, Clinical Director, PBJS Connections

**Strike Out Cancer**
Friday, Aug. 28
4:30 – 6 p.m.
(Game begins at 7:15 p.m.)
Huntington Park
330 Huntington Park Lane
Join us for a family night at Huntington Park and learn how you can “strike out cancer” by reducing your child’s risk of developing cancer later in life. Families will work in teams and complete a number of activities, including testing your knowledge about the importance of healthy lifestyle choices, cancer prevention and risk reduction activities, and wellness check-ups. On hand to serve as your umpire and lend his expertise to the conversation will be Dr. Joseph Flynn. Dinner will be provided along with game tickets and parking passes. Limit of four tickets per family and a maximum of two adults. Children ages 9-18 only.
Facilitator: Joseph Flynn, DO, Associate Physician-in-Chief, Co-director, Division of Hematology; Director, Clinical Operations, and Medical Director of Survivorship, and Candice Schreiber, RD, LD, Clinical Dietitian

**Talking with Children about a Parent’s Cancer Diagnosis**
Tuesday, Sept. 22
7 – 8 p.m.
The James Cancer Hospital and Solove Research Institute
Conference Level - Room L035
460 W. 10th Avenue
During this educational program, we will discuss the responses children may experience when a parent is diagnosed with cancer. Our focus will be on how to have open, age-appropriate communication with children, including suggested conversation topics and ways to respond to children. Parents will learn risk and resiliency factors that impact children, how to improve coping skills and how to recognize when a child may benefit from therapy. We will identify the most common cancer-related communication difficulties children experience, while also encouraging children to remain engaged. The program is for adults and will be available online via interactive live stream. Email jamescareforlife@osumc.edu for viewing instructions.
Facilitator: Stacy Flowers, PsyD, Pediatric Psychologist

**Blooms, Butterflies and Bugs**
Sunday, Aug. 16
Tour #1: 1:30 – 3:20 p.m.
Franklin Park Conservatory
1777 East Broad Street
It is not uncommon when dealing with a cancer diagnosis for families to have feelings of worry and uncertainty. These feelings can take attention away from the things families once enjoyed. Under the guidance of a science therapist, families will use their five senses to discover the world around them. Explore the fascinating world of butterflies, bugs and plants using all five senses. Enjoy a guided tour through current exhibitions including “Blooms & Butterflies” and “David Rogers’ Big Bugs.” Visit the Butterfly Emergence Center to see caterpillars transform into adult butterflies and are released to fly freely throughout the Conservatory’s Pacific Island Water Garden. Children will be able to release their own butterfly with the assistance of family members or staff. Explore giant insect sculptures including an 18-foot praying mantis, a 12-foot wide spider web and a butterfly with a wingspan broader than the average human height. The program is designed to help participants with their journey through the cancer experience. Open to cancer survivors and their children ages 5-18. Limited to two adults per family.
Facilitators: Anne Harding, ATR-BC and Timberlee Myers, MAAT, Art Therapists

**Pre-registration is required. Please visit cancer.osu.edu/go/support to register.**
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 more information and to confirm meeting dates and locations prior to attending.

Book Clubs

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

Young Survivors Book Club
Third Wednesday of the month
7 – 8 p.m.
Colin’s Coffee
3714 Riverside Drive
Upper Arlington 43221
Open to individuals with cancer ages 18-39 and their caregiver(s).
Books sponsored in part by The Leukemia and Lymphoma Society.
Facilitator: Alissa Jackson, MSW, LSW - S

Support Groups

BMT Gathering
First and third Wednesday of the month
1 – 2 p.m.
The James Cancer Hospital and Solove Research Institute
BMT Conference Room 1410
460 W. 10th Avenue
Open to individuals who have had a bone marrow transplant and their caregiver(s).
Facilitators: Amy Lindsey, RN, PMHCNS and Joanna Newlin, MSW, LSW - S

Brain Tumor Support Group
Third Monday of the month
6 – 7:30 p.m.
Second Floor – Room 2002
Stefanie Spelman Comprehensive Breast Center
1145 Olentangy River Road
Please note: Group does not meet during the month of July.
This is open to individuals with brain cancer and their caregiver(s).
Facilitators: Donette Birkhimer, CNS and Emily Lombrecht, MSW, LSW - S

Breast Cancer Support Group
Third Tuesday of the month
11:30 – noon Lunch
Noon – 1 p.m. Group
Second Floor – Room 2002
Stefanie Spelman Comprehensive Breast Center
1145 Olentangy River Road
This is open to individuals with cancer.
Facilitators: Susan Fugett, M.S.W., L.S.W., and Marlena Barge, M.S.W., L.S.W.

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

Living with Gastrointestinal (GI) Cancer
Third Tuesday of the month
6 – 7:30 p.m.
Martha Morehouse Medical Plaza
Eighth Floor – Conference Room #B20
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

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
Please note: Group does not meet during the months of June, July, Aug.
Open to individuals with gynecological cancer.
Facilitators: Diane Tius, CNS and Joan Huetzman, MSW, LSW

Head and Neck Cancer Survivor Group
First Monday of the month
3:30 – 5:30 p.m.
Second Floor – Room 2002
Stefanie Spelman Comprehensive Breast Center
1145 Olentangy River Road
Please note: Group will meet the second Monday in September due to Labor Day. The time will be 4 – 5:30 p.m.
Open to individuals with cancer in the head and neck region (including the nasal cavity, sinuses, lips, mouth, salivary glands, throat or larynx) and their caregiver(s).
Facilitators: Susan Fugett, MSW, LSW, and Marlena Barge, MSW, LSW

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
16th floor, Conference Rm B1614
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

L U CE – 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 Spelman Comprehensive Breast Center
1145 Olentangy River Road
En BistrOH to Go – primer piso
(First Floor – BistrOH to Go)
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): Ana Berrios-Allison, PhD, LPC y (and) Angelia Garza

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

Living With Thyroid Cancer
Second Tuesday of the month
6 – 7:30 p.m.
Martha Morehouse Medical Plaza Tower
Tenth Floor – Lobby
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
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

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
Facilitators:  Amira Hartman, RN, OCN and Rachel Collins, MSW, LISW
Open to individuals with prostate cancer and their caregiver(s).

Grief Support
Life after Loss – daytime
Third Wednesday of the month
July 15, Aug. 19, Sept. 16
Noon – 1 p.m.
JamesCare for Life Activity Center – Suite 2100
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: Shelley Draime, MSW, LISW-S

Events

Steps for Sarcoma Walk/Run
September 13, 2015
Wendy’s International Headquarters
4288 W. Dublin - Granville Road
Dublin, Ohio 43077
SteptosSarcoma.com
Benefiting the Steps for Sarcoma Walk/Run Fund at the OSUCCC – James
Participants in the Steps for Sarcoma Walk/Run will enjoy a beautiful 5K course at the Wendy’s International Headquarters in Dublin, Ohio. This family-friendly and pet-friendly event includes survivor photos, face painting, a silent auction and a 50/50 raffle. Steps for Sarcoma is one of five featured races in the James 5K Race Series.

Movie Night in the Shoe, Big Hero 6
August 1, 2015
As a continuation of Cancer Survivors Month, JamesCare for Life is hosting cancer survivors at the Athletics Department movie night in Ohio Stadium. The event benefits Pelotonia; however, JamesCare for Life is taking care of the donation for you and your family of four. Registration will be required. Look for your invitation in the mail!

Rock n Roll over Brain Cancer
September 22, 2015
Columbus Zoo and Aquarium
4850 Powell Road
Powell, Ohio 43065
Benefitting the Lisa B. Landes Brain Cancer Fund at the OSUCCC – James
This September will be the 5th Annual Rock and Roll over Brain Cancer event. This high-energy event will be held at the Columbus Zoo and Aquarium and guests will enjoy fun, food and live musical entertainment. Proceeds benefit the Lisa B. Landes Brain Cancer Fund, which supports research in brain cancer and enhances patient care and experience at the OSUCCC – James. To learn more, contact Mary Kay Fenlon at mfk842@att.com.

Get your Rear in Gear
July 25, 2015
Creekside Plaza
101 Mill Street, Suite 300
Gahanna, Ohio 43230
coloncancercoalition.org
Benefiting the Colon Cancer Genetics Research and Prevention Fund at the OSUCCC – James Register for the Columbus Get Your Rear in Gear 5K Run/Walk to help raise funds for colon cancer awareness and research efforts. Funds raised will support efforts at The James, helping with prevention, early detection and treatment, and healthy living efforts for patients with colon cancer. The event includes refreshments, tech shirts and marathon quality medals for age group winners. Get Your Rear in Gear provides a special opportunity to honor survivors and those who have had colon cancer in our community.

FORE Cancer Research Golf Outing
August 3, 2015
The Lakes Golf and Country Club
6740 Worthington Road
Westerville, Ohio 43082
forecancerresearch.org
Benefiting the FORE Cancer Research Fund at the OSUCCC – James This Charity Pro-Am style outing will provide an opportunity for golfers of all skill levels, business leaders, philanthropists, friends and celebrities to team up with PGA Pros for a great cause for what promises to be a fun-filled, memorable event at a fantastic golf venue. The 18-hole course at The Lakes Golf and Country Club is one of the best in central Ohio. The day includes golf, lunch, silent auction and an evening speaking program and dinner.

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

LIVESTRONG at the YMCA
The YMCA of Central Ohio offers LIVESTRONG at the YMCA, a 12-week physical activity program to help cancer survivors build cardiovascular endurance, core muscular strength, flexibility and balance. The program is offered at no cost and provides a small-group, research-based program designed to help a survivor 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, including water fitness, yoga, resistance equipment, TRX and Pilates are included. In addition to the classes, the participants are provided a YMCA membership for the 12 weeks of the program to continue getting stronger and to enjoy all 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.

Patient/Family Experience Advisor Program
Have you been a patient or primary caregiver of a patient who has received services at The James? 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.

Pre-registration is not required for most support groups. Please call 614-293-6428 or the group facilitator for more information.
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.