



Exercise



Education



Expressive Arts



Families, Teens & Children



Mind, Body, Spirit



Nutrition

JamesCare for Life

Supportive Care Programs for Those Diagnosed With Cancer and Their Caregivers

Cancer survivorship begins the day of diagnosis and continues throughout the balance of life. Living with cancer often presents many new coping challenges and impacts all areas of life.

JamesCare for Life provides free supportive programs for those affected by cancer, including patients and caregivers/family members, and can be accessed from the time of diagnosis. Programs focus on the physical, emotional, practical and spiritual ways that life is changed by cancer, and are designed to empower survivors and caregivers by providing education, support and coping tools that aid health and well-being.

May-August 2022



The James



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Education Programs

Education programs offer survivors access to some of the world's leading experts from a broad range of disciplines who share their knowledge and experience about the latest in cancer research, prevention, early detection, treatment, side-effect management, survivorship and practical coping tools.

- Ask the Expert
- Career Counseling Workshops
- Disease-Specific Conferences and Special Events
- Emotional Health and Coping
- Legal Rights and Protections in the Workplace
- Living Well With Cancer as an LGBTQ+ Person
- Lunch & Learns: Cancer Rehabilitation
- Medicare 101
- Women and Sexuality



Available on video at:
go.osu.edu/jcflvideos

- Know Your Legal Rights and Protections in the Workplace
- Surfing the Web to Find Quality Health Information

Exercise Programs

There is growing evidence that exercise plays an important role in improving quality of life, managing side effects of cancer treatment and reducing cancer risk. Exercise classes are eight weeks long and led by certified instructors who demonstrate techniques that can be modified to all fitness levels. Classes are designed to benefit anyone who is living with cancer, including those currently in treatment, coping with the side effects of treatment or adjusting to life after treatment.

- Aquatic Exercise
- Balance Class
- Gentle Yoga
- Low-Impact Cardio
- Nia Dance
- Pilates
- Stretch for Life
- Zumba



Available on video at:
go.osu.edu/jcflvideos

- Keeping the Weight Off

Expressive Arts Programs

Expressive Arts can be powerful tools for healing and self-expression. JamesCare for Life Expressive Arts programs provide an opportunity for survivors and caregivers to engage in music, art, writing and poetry as a way to help manage common cancer survivorship challenges and improve overall sense of well-being. Previous music or art experience is not required. All art and music supplies are provided.

- Monthly "Healing Through Art" Program
- Half-Day Art Workshops
- Monthly Music Workshops
- Music Groups
 - Victory Choir
 - Victory Drummers

Family, Teens and Children Programs

Family, Teens and Children programs provide a supportive setting where families can learn about cancer, talk about the challenges of a cancer diagnosis, learn effective coping skills and gain knowledge about healthy lifestyle choices. Children must be accompanied by a parent or legal guardian. Programs are tailored to children between the ages of 5 and 18.

- Ceramic Blessing Bowls – Two-part class where families learn about the benefits of gratitude during challenging times through the creation of an art piece.
- Equine (Horse) Therapy – A guided interaction with horses that provides a learning opportunity about how cancer may affect family relationships.
- JamesCare Explorers – An interactive program that includes a video about cancer, a tour of treatment areas and a family art project.
- Family Day at COSI – An interactive program where families perform kid-friendly experiments and learn about how researchers create personalized cancer care.
- Learning from Buckeye Athletes – Programs are held at various sports venues in partnership with The Ohio State Department of Athletics. Programs focus on a healthy lifestyle and coping with unexpected life circumstances.
- Mindfulness for Families – Practice mindfulness techniques in a natural setting to promote healthy coping for families.

- **Movie Night in the 'Shoe** – JamesCare for Life hosts cancer survivors and families at the Ohio State Athletics Department movie night in the Ohio Stadium.



Available on video at:
go.osu.edu/jcflvideos

- *Mom Has Cancer: What Comes Next – Talking to Kids About a Family Diagnosis*
- *Talking With Children About a Parent's Cancer Diagnosis: Communicating With Your Child*

A Special Book for You

Survivors can write down special thoughts, memories and wishes to share with their children. To receive a copy, go to cancer.osu.edu/FamiliesTeensChildren.

Mind, Body, Spirit Programs

Mind, Body, Spirit classes are designed to promote relaxation, well-being and a sense of balance in one's life. Explore how meditation, mindfulness, breathwork and other stress-reduction techniques can provide restoration and comfort in times of stress and illness.

- Half-Day Mindfulness Workshops
- Introduction to Integrative Oncology Practices: Acupuncture; Reflexology; Self-Shiatsu/ Acupressure; Urban Zen Integrative Therapy
- Mindfulness in Motion Series
- Qigong
- Tai Chi
- Tea and Serenity
- Urban Zen Integrative Therapy (UZIT) Series



Available on video at:
go.osu.edu/jcflvideos

- Tips for Taming Stress During the Holidays

Nutrition Programs

Evidence shows that a diet rich in plant foods, including fruits, vegetables, beans, whole grains, nuts and seeds, helps lower the risk for cancer and

is recommended for cancer survivors. Nutrition programs are facilitated by clinical dietitians from The James and provide an opportunity to learn about the health benefits of these foods, how to incorporate them into your diet and gain evidence-based nutritional information important for a healthy lifestyle.

- **Cooking Demonstration: Living a Plant-Based Lifestyle**
- **Eat Well, Live Well Email Program** – Sign up anytime for this six-week online program
- **Hands-On Cooking Program**
- **Healthy Eating for the Cancer Survivor**
- **Meal-Planning Workshops**
- **Monthly Nutrition Lunch-and-Learn Program**
- **Grocery Shopping With a Dietitian**

Garden of Hope

The JamesCare for Life Garden of Hope program provides survivors and caregivers the opportunity to harvest fresh produce and learn nutritional information, practices and recipes that promote a healthy lifestyle throughout cancer survivorship. The garden is located at The Ohio State University Waterman Agricultural and Natural Resources Laboratory and is offered *June-October*. Participants must attend an orientation prior to harvesting and can participate in the garden for two years.



Available on video at:
go.osu.edu/jcflvideos

- Basics of Meal Planning
- Healthy Eating for the Cancer Survivor
- Keeping the Weight Off

Young Adult Cancer Survivors

JamesCare for Life aims to support the unique psychosocial and practical needs of young adult cancer survivors (ages of 18-39 years old) by offering programs that focus on building peer connections with other young cancer survivors and developing healthy lifestyle practices that aid wellness and coping.

- **Young Adult Monthly Meetups**

Support Groups

Groups are held monthly and facilitated by licensed professionals from The James.

Online Support Groups

Brain Tumor

Breast/Chest Cancer

Caregivers and Coffee

Gastrointestinal Cancers

Gynecologic Cancer

Head and Neck Cancer

Hematology

Living With Advanced Cancer

Lung Cancer

Prostate Cancer

Sarcoma

cancer.osu.edu/supportgroups

Caregiver Support

Caring for a loved one with cancer can present many new challenges. Caregivers often need as much information and support as the person with cancer. JamesCare for Life programs are designed to support survivors and caregivers as well as offer programs and resources for caregiver-specific needs.



- **Online Caregiver Support Group**
- **National Family Caregivers Month** – Special programming during November. cancer.osu.edu/caregivermonth
- **Grief and Loss Support** – The James provides free grief support services to adult family members and friends after the death of a loved one. For more information, visit cancer.osu.edu/griefsupport



Video library available at:
go.osu.edu/jcflvideos

- Caregiving 101
- Caregivers in Multiple Roles
- Caregivers Need Care Too: Tips for Managing Stress
- Basics of Meal Planning
- Organization Tips for Caregivers
- Simple Strategies to Aid Your Loved One With Daily Challenges



The H.O.P.E. Program connects patients and caregivers to someone who has had a similar experience with cancer. For more information, please call 614-293-8771 or visit cancer.osu.edu/HOPE.

The James



JamesCare for Life Contact Information:
cancer.osu.edu/JCFL
jamescareforlife@osumc.edu
614-293-6428

MAY 2022

Registration opens March 1. For more information and to register, visit cancer.osu.edu/JCFL or call JamesCare for Life at 614-293-6428.

In light of the coronavirus pandemic, all JamesCare for Life programs will be held virtually.

Whole Body Health Series Begins

May 5, Noon-1pm



Lunch & Learn: Have a Healthy Cookout

May 24, 11:30am-12:30pm

MON	TUES	WED	THURS	FRI	SAT/SUN
					1
2	3	4 Healthy Eating for the Cancer Survivor 1-2pm Women and Sexuality: An Information Opportunity for Cancer Survivors 5:30-7pm Grief Workshop: Adults Dealing With Parent Loss 6-7:30pm	5 Mindfulness Workshop 11:30am-12:30pm Whole Body Health Series Begins Noon-1pm Gentle Yoga Workshop 6-7pm	6	7
					8
9	10 Lunch & Learn: Pilates-Based Exercises for the Cancer Survivor 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm	11 Music Workshop: From Surviving to Thriving 11:30am-12:30pm	12 Young Adult Monthly Meet-Up: Starting a Workout Routine 6-7:30pm Ask the Expert: Aging With Cancer Series – Resiliency Among Older Adults Receiving Cancer Treatment 6-7:30pm	13	14 Patient and Family Brain Tumor Care Conference 10-11:30am
					15
16 Introduction to Acupuncture 6:30-7:30pm	17 Gentle Yoga Workshop 11am-noon Pilates Series Begins 1-2pm	18	19 Healing Through Art: Art of the Garden 6:30-7:45pm	20	21
					22
23 Living Well With Cancer as an LGBTQ+ Person 6-7pm	24 Lunch & Learn: Have a Healthy Cookout 11:30am-12:30pm Grief Workshop: Ways to Cope With Loss 6-7pm Nia: Dancing With Joy, Hope and Community 6-7pm	25	26	27	28
					29
30	31 Gentle Yoga Workshop 6-7pm				

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Hope Grows Here

June 2, 6:30-7:30pm

Hope and Resiliency Through Storytelling

June 7, 6-7:15pm



MON	TUES	WED	THURS	FRI	SAT/SUN
		1 Healthy Eating for the Cancer Survivor 6-7pm	2 Mindfulness Workshop 11:30am-12:30pm Hope Grows Here 6:30-7:30pm	3	4 5
6	7 Hope and Resiliency Through Storytelling 6-7:15pm	8 Music Workshop: Building Resilience 11:30am-12:30pm	9 Young Adult Monthly Meet Up: Celebrate Survivors Month With Trivia Night 6-7:30pm Grief Workshop: The First Year of Grief 6-7pm	10	11 12
13 Introduction to Reflexology 6-7:30pm	14 Lunch & Learn: How to Exercise With Minimal Equipment 11:30am-12:30pm Nia: Dancing with Joy, Hope & Community 6-7pm	15 Finding Peer Support: How to Connect With Other Survivors and Caregivers 6-7pm	16 Introduction to Tai Chi and Qigong 11am-noon Ask the Expert: Fertility Preservation and Reproductive Health Concerns 6-7:30pm Healing Through Art: Walking in Sunshine 6:30-7:45pm	17	18 19
20	21 Gentle Yoga Workshop 11am-noon	22 Grief Workshop: Grieving the Death of an Adult Child 6-7pm	23 Ask the Expert: Sexuality & Intimacy in Cancer Survivorship 6-7:30pm	24	25 26
27 Living Well With Cancer as an LGBTQ+ Person 6-7pm	28 Lunch & Learn: Understanding Food Labels 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm	29	30		

JULY 2022

Registration opens May 1. For more information and to register, visit cancer.osu.edu/JCFL or call JamesCare for Life at 614-293-6428.

In light of the coronavirus pandemic, all JamesCare for Life programs will be held virtually.

*Skin Care for
Cancer Survivors*
July 13, 6-7pm



*Living Well With Cancer as
an LGBTQ+ Person*
July 25, 6-7pm

MON	TUES	WED	THURS	FRI	SAT/SUN
				1	2
					3
4	5	6 Resistance Training Series Begins 11am-noon Healthy Eating for the Cancer Survivor 1-2pm	7 Mindfulness Workshop 11:30am-12:30pm Gentle Yoga Workshop 6-7pm	8	9
					10
11 Introduction to Self-Shiatsu/ Acupressure Series Begins 6-7pm	12 Lunch & Learn: Lymphedema 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm Growing Edible Flowers 7-8pm	13 Music Workshop: Tools for Coping With Pain 11:30am-12:30pm Skin Care for Cancer Survivors 6-7pm	14 Support for Your Career and Job Search 4-5:30pm Young Adult Monthly Meet Up: Gentle Yoga – Stretch, Breathe, Relax 6-7:30pm Garden to Plate: Education & Demo 6-7:15pm	15	16
					17
18	19 Gentle Yoga Workshop 11am-noon	20 Grief Workshop: What Makes Grief So Difficult? 6-7pm Beyond Counting Sheep: Best Strategies for Improving Sleep 6-7pm	21 Healing Through Art: Exploring Spirituality Through Art 6:30-7:45pm	22	23
					24
25 Living Well With Cancer as an LGBTQ+ Person 6-7pm	26 Lunch & Learn: Cooking With Whole Grains 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm	27	28	29	30
					31

In light of the coronavirus pandemic, all JamesCare for Life programs will be held virtually.

*Music Workshop:
Tools to Support Healthy Sleep*
August 10, 11:30am-12:30pm

*Ask the Expert:
Aging, Cancer and Fatigue*
August 18, 6-7:30pm



MON	TUES	WED	THURS	FRI	SAT/SUN
1	2	3 Women & Sexuality: An Information Opportunity for Cancer Survivors Noon-1:30pm Healthy Eating for the Cancer Survivor 1-2pm	4 Qigong Series Begins 11am-noon Mindfulness Workshop 11:30am-12:30pm Gentle Yoga Workshop 6-7pm	5	6 7
8	9 Lunch & Learn: Core Strengthening 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm	10 <i>Music Workshop: Tools to Support Healthy Sleep</i> 11:30am-12:30pm Loss of Spouse/ Significant Other Support Group Series Begins 6-7pm	11 Young Adult Monthly Meet Up: Tacos and Mocktails 6-7:30pm	12	13 14
15	16 Gentle Yoga Workshop 11am-noon	17	18 <i>Ask the Expert: Aging, Cancer and Fatigue</i> 6-7:30pm Healing Through Art: Simple Pleasures 6:30-7:45pm	19	20 21
22 Living Well With Cancer as an LGBTQ+ Person 6-7pm	23 Lunch & Learn: Tips on Increasing Fruits & Vegetables 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm	24	25 Know Your Legal Rights and Protections in the Workplace 6-7:30pm	26	27 28
29 Grief Workshop: Ways to Cope With Loss 6-7pm	30	31 Garden to Plate: Education & Demo Noon-1pm			