



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.

September-December 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.

- **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.
- **Parenting Through Cancer** – The James provides free parenting support services to cancer survivors and caregivers who are providing care to a child. For more information, contact the Parenting Through Cancer social worker at 614-293-6428 or email jamescareforlife@osumc.edu.
- **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*

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.

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
- **The H.O.P.E. Program** offers one-on-one peer support to patients and caregivers



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



H.O.P.E.
Helping Others through Peer Experiences

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



Classes that will be held in person



MON	TUES	WED	THURS	FRI	SAT/SUN
			1 Monthly Mindfulness Workshop: Mindfulness to Support Healthy Sleep Habits 6-7pm	2	3
					4
5	6 Low Impact Cardio Series Begins 3-4pm Food Preservation 101 6-7pm	7 Healthy Eating for the Cancer Survivor 1-2pm	8 Young Adult Monthly Meet-Up: Exploring Nature Through Watercolor 6-7:30pm	9	10
					11
12 Medicare 101 11:30am-12:30pm Communicating With Your Kids about Cancer 6-7pm	13 Lunch & Learn: Cognitive Strategies for Chemo Brain 11:30am-12:30pm Nia: Dancing with Joy, Hope and Community 6-7pm	14 Mindfulness in Motion Series Begins 11am-12pm Ask the Expert: Multiple Myeloma: How It Started/ How It's Going 6-7pm	15 Intro to Tai Chi & QiGong 11am-noon Healing Through Art: Back to the Drawing Board 6:30-8pm	16	17
					18
19 Monthly Music Workshop: Tools for Dealing with 'Chemo Brain' noon-1:30pm Caregiver's Grief: Grief Before the Loss of a Loved One 6-7pm	20 Monthly Gentle Yoga Workshop 11am-noon	21	22 Parenting Through Cancer Group 6-7pm	23 Urban Zen Integrative Therapy (UZIT) Series Begins 12:30-1:30pm	24
					25 Family Equine Therapy 1-3pm
26 Living Well with Cancer as an LGBTQ+ Person: Managing Decisions About Healthcare 6-7pm	27 Lunch & Learn: Plant Based Cooking Tips 11:30am-12:30pm Nia: Dancing With Joy, Hope and Community 6-7pm	28	29 Grief Workshop: First Year of Grief 6-7pm	30	

Classes that will be held in person



MON	TUES	WED	THURS	FRI	SAT/SUN
					2 Young Adult Monthly Meet Up: Equine Therapy 1-3pm
3	4 Career Counseling Workshop: Job Search Strategies 6-7:30pm	5 Healthy Eating for the Cancer Survivor: Shopping/Cooking Tips 1-2pm Seasons of Grief Support Group Begins 6-7pm	6 Monthly Mindfulness Workshop: Mindful Listening 11:30am-12:30pm	7	8 Cooking Demo — Embrace Fall and Winter Flavors 11am-12:15pm
					9
10 Music Workshop: Tools for Healthy Sleep Habits 6-7:30pm	11 Lunch & Learn: Chemotherapy Induced Peripheral Neuropathy (CIPN) & Balance 11:30am-12:30pm Nia: Dancing With Joy, Hope & Community 6-7pm Career Counseling Workshop: Resume Writing and Cover Letters 6-7:30pm	12	13 Tai Chi for Balance Series Begins 11am-12:30pm Communicating With Your Kids About Cancer 6-7pm	14	15 Breast Cancer Survivorship Conference 9am-12:30pm
					16
17 Grief Workshop: Adults Dealing With Parent Loss 6-7pm	18 Monthly Gentle Yoga Workshop 11am-noon Career Counseling Workshop: Effective Interviewing Skills 6-7:30pm	19 Coping With Self-Image noon-1pm	20 Healing Through Art: Seasons of Change 6:30-8pm	21	22
					23
24 Living Well With Cancer as an LGBTQ+ Person: Self-Care for Cancer Survivors and Caregivers 6-7pm	25 Lunch & Learn: Have a Healthy Holiday 11:30am-12:30pm Career Counseling Workshop: Private Consultations 1-3pm / 4-6pm Nia: Dancing With Joy, Hope & Community 6-7pm	26	27 Parenting Through Cancer Group 6-7pm	28	29
					30/31

NOV 2022

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

Classes that will be held in person



National Family Caregivers MONTH

MON	TUES	WED	THURS	FRI	SAT/SUN
	1	2 Balance Series Begins 10-11am 🧑🏻🧑🏻🧑🏻 Women and Sexuality: An Information Opportunity for Cancer Survivors 5:30-7pm	Caregiver Grief: Life After Loss 6-7pm ATE: Aging and Cancer: Caregiver of an Older Cancer Patient 6-7:30pm	3 Monthly Mindfulness Workshop: Self Compassion for Caregivers 11:30am-12:30pm Healthy Eating for the Cancer Survivor: Eating Well Before and During Treatment 6-7pm	4 5 6
7 Monthly Music Workshop: Tools for Caregiving noon-1:30pm 🧑🏻🧑🏻🧑🏻 Introduction to Acupuncture 6:30-7:30pm 🧑🏻🧑🏻🧑🏻	8 Lunch & Learn: The Role of Pelvic Floor Physical Therapy in Oncology 11:30am-12:30pm Thriving with Multiple Myeloma 6-7pm Nia: Dancing with Joy, Hope and Community 6-7pm	9 Lunch & Learn: Cancer Nutrition Myths and Facts 11:30am-12:30pm Caregiver Panel Discussion 6-7:15pm	10	11	12 13
14 Young Adult Monthly Meet Up: Mindfulness 6-7:30 pm	15 Monthly Gentle Yoga Workshop 11am-noon	16 Coping with Holidays & Other Special Occasions When You've Lost a Loved One 6-7pm	17 Spirituality and Hope: Finding New Meaning After a Cancer Diagnosis 11:30am-12:30pm Healing Through Art: Expressing Gratitude 6:30-8pm 🧑🏻🧑🏻🧑🏻	18	19 20
21	22 Parenting through Cancer Group 6-7pm Nia: Dancing With Joy, Hope & Community 6-7pm	23	24	25	26 27
28 Living Well With Cancer as an LGBTQ+ Person: Resources for Cancer Survivors and Caregivers 6-7pm	29	30 Introduction to Reflexology 6-7:30pm 🧑🏻🧑🏻🧑🏻			

Classes that will be held in person



MON	TUES	WED	THURS	FRI	SAT/SUN
			1 Monthly Mindfulness Workshop: Emotional Resilience for the Holidays 11:30am-12:30pm	2	3 4
5 Monthly Music Workshop: From Surviving to Thriving 6-7:30pm	6	7 Coping With Holidays & Other Special Occasions When You've Lost a Loved One noon-1pm Healthy Eating for the Cancer Survivor: Guidelines for Survivorship 1-2pm	8	9	10 11
12	13 Nia: Dancing With Joy, Hope and Community 6-7pm	14	15	16	17 18
19	20 Monthly Gentle Yoga Workshop 11am-12pm Lunch & Learn: Diet and Inflammation 11:30am-12:30pm	21	22 Parenting through Cancer Group 6-7pm	23	24 25
26	27	28	29	30	31