



Exercise



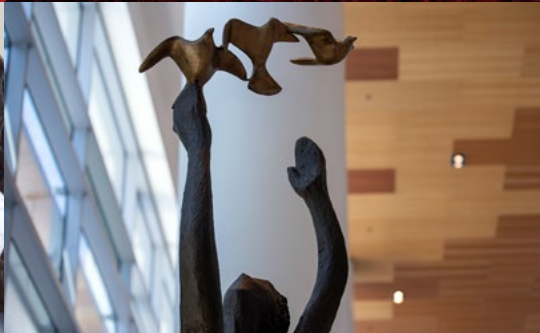
Education



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 their 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.

Sept.-Dec. 2024

The James



JamesCare for *Life*
Contact information:

jamescareforlife@osumc.edu
614-293-6428



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 Workshops
- Disease-Specific Conferences and Special Events
- Emotional Health and Coping
- Legal Rights and Protections in the Workplace
- 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 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
- Resistance Training
- Stretch for Life
- Zumba



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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
- 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
- Equine (Horse) Therapy
- JamesCare Explorers
- Family Day at COSI
- Learning from Buckeye Athletes
- Mindfulness 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.

Preregistration is required at cancer.osu.edu/JCFL

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.



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*
- *Helping children cope: Adjusting to life after a loved one's cancer diagnosis*

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.

- Mindfulness Workshops
- Introduction to Integrative Oncology Practices: Acupuncture; Reflexology; Self-Shiatsu/ Acupressure
- 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
- Hands-on Cooking Program
- Healthy Eating for the Cancer Survivor
- Monthly Nutrition Lunch-and-Learn Program
- Garden to Plate

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 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

Preregistration is required at cancer.osu.edu/JCFL



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.

Support Groups

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

Brain Tumor

Breast/Chest Cancer

Caregivers and Coffee

Gastrointestinal Cancers

Genitourinary (GU) and Urology

Gynecologic Cancer

Head and Neck Cancer

Hematology

Laryngectomy

Living with Advanced or Chronic Cancer

Lung Cancer

Melanoma and Cutaneous Malignancies

Parenting Through 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



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- *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*


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Icon denotes classes to be held in person. All other programs are virtual.




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4 Healthy Eating for the Cancer Survivor: Plant-Based Diet 1-2pm	5 Intro to Tai Chi and Qigong 11am-Noon Monthly Mindfulness Workshop: Mindful Listening 11:30am-12:30pm Everyday Practices for Resilience 6:30-7:30pm	6	7	8
9 Grief Workshop: First Year of Grief 6-7pm	10 Aquatic Exercise 11am-noon Lunch & Learn: Pelvic Floor Therapy 11:30am-12:30pm Career Workshop 1: Navigating Career Transitions 5:30-7pm Intro to Nia 6-7pm	11	12 Fall Garden Talk 11am-noon  IN PERSON Young Adult Monthly Meet Up: Pickleball Clinic 6-7:30pm  IN PERSON	13	14 Melanoma Symposium 9am-3pm  IN PERSON JamesCare Explorers 10am-12:30pm  IN PERSON	15
16 Medicare 101 11:30am-12:30pm Communicating with Kids About Cancer 6:30-7:30pm	17 Monthly Gentle Yoga 11am-Noon Career Workshop 2: Finding Your New Job 5:30-7pm	18 Mindfulness in Motion Series 11am-Noon  IN PERSON Caregiver's Grief: Life After Loss 6-7pm	19 Garden to Plate 6-7:30pm  IN PERSON Healing Through Art – Back to the Drawing Board: Art as a Healing Practice 6-8pm  IN PERSON	20	21 Family Equine Therapy 2-4pm  IN PERSON	22 Mindful Walk-Slow Looking: The Art of Mindful Seeing 1-3pm  IN PERSON
23 Monthly Music Workshop: Tools for dealing with Chemo Brain 5-6:30pm  IN PERSON	24 Lunch & Learn: All About Sugar 11:30am-12:30pm Career Workshop 3: Writing Your Resume and Cover Letter 5:30-7pm Victory Choir 6-7:30pm How to Support Kids with Intellectual Disabilities or Neurodivergence 6:30-7:30pm  IN PERSON	25	26 Grief Workshop: What Makes Grief So Difficult 6-7pm	27	28 12th Annual Breast Cancer Survivorship Conference 9am-3pm  IN PERSON 	29


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Career Workshop 4: Promoting Yourself with a Successful Interview 5:30-7pm	2 Seasons of Grief Support Group 6-7pm Healthy Eating for the Cancer Survivor: Shopping/Cooking Tips 6-7pm	3 Tai Chi for Balance Series 11am-12:30pm Whole Body Health Series Noon-1pm Monthly Mindfulness Workshop: Mindful Habits for Restful Sleep 6:30-8pm	4	5	6 Family Fall Day at Garden of Hope 3-5pm  IN PERSON
7 Nia Series: Dancing with Joy, Hope and Community 6-7pm  IN PERSON	8 Lunch & Learn: The Role of Physical Therapy in Chemotherapy-Induced Peripheral Neuropathy (CIPN) Management 11:30am-12:30pm Career Consultation 1:1 1-5pm Intro to Nia: Dancing with Joy, Hope and Community 6-7pm	9 Introduction to Acupuncture 6-7pm  IN PERSON	10 Coping Skills for Teens 6:30-7pm	11	12	13 Young Adult Monthly Meet Up: Equine Therapy 2-4pm  IN PERSON
14 Grief Workshop: Ways to Cope with Loss 6-7pm	15 Monthly Gentle Yoga Workshop 11am-noon Know Your Legal Rights and Protections in the Workplace 6-7:30pm Victory Choir 6-7:30pm  IN PERSON	16 Communicating with Kids About Cancer Noon-1pm	17 Gentle Yoga Series 3-4pm  IN PERSON Healing Through Art: Seasons of Change, Art of Transformation 6-8pm  IN PERSON	18	19	20
21	22 Lunch & Learn: Nutrition: Smart Shopping 11:30am-12:30pm	23	24	25	26	27
28	29	30	31 Music Workshop: Tools for Healthy Sleep Habits 5-6:30pm  IN PERSON			

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National Family Caregivers MONTH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5 Stretch for Life Series 3:30-4:30pm	6 Monthly Music Workshop: Tools for Caregiving 11:30am-1pm Healthy Eating: Eating Well Before and During Treatment 1-2pm Women and Sexuality 5:30-7pm Caregiver Grief: Life Before the Loss of a Loved One 6-7pm	7 Monthly Mindfulness Workshop: Self-Compassion for Caregivers 11:30am-12:30pm Young Adult Monthly Meet Up: Healing Through Writing Workshop 6-7:30pm	8	9	10
11	12 Lunch & Learn: Onc Rehab: Pacing Yourself Through the Holidays 11:30am-12:30pm Intro to Nia: Dancing with Joy, Hope and Community 6-7pm Parenting with Self-Compassion 6:30-7:30pm	13 Introduction to Self-Shiatsu/ Acupressure 6-7pm  IN PERSON	14 Coping with Holidays & Other Special Occasions When You've Lost a Loved One 6-7pm ATE: Aging with Cancer Series: Let's Get Physical! Cancer and Aging 6-7pm	15	16	17
18 Intro to Reflexology 6-7:30pm  IN PERSON Coping Skills for Kids 6:30-7pm	19 Monthly Gentle Yoga 11am-noon Victory Choir 6-7:30pm  IN PERSON	20 Coping with Holidays & Other Special Occasions When You've Lost a Loved One Noon-1pm Meal Planning 6-7pm	21 Lunch & Learn: Nutrition: Healthy Cooking Tips 11:30am-12:30pm Communicating with Kids About Cancer 6:30-7:30pm Healing Through Art – Expressing Gratitude: Art for a Grateful Heart 6:30-7:45pm	22	23	24
25	26	27	28	29	30	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3 Practical Strategies for Improving Sleep Noon-1pm	4 Monthly Music Workshop: From Surviving to Thriving 11:30am-1pm Healthy Eating for the Cancer Survivor: Guidelines for Survivorship 1-2pm Grief Workshop: Caregiver Grief: Life After Loss 6-7pm	5 Monthly Mindfulness Workshop: Emotional Resilience for the Holidays 11:30am-12:30pm	6	7	8
9 Spirituality and Hope: Finding New Meaning after a Cancer Diagnosis Noon-1pm	10 Lunch & Learn: Onc Rehab: Core Strengthening 11:30am-12:30pm Intro to Nia: Dancing with Joy, Hope and Community 6-7pm Victory Choir 6-7:30pm IN PERSON	11 Communicating with Kids About Cancer Noon-1pm	12 Intro to Tai Chi & Qigong 11am-noon Coping with Holidays & Other Special Occasions When You've Lost a Loved One 6-7pm Young Adult Monthly Meet Up: Paint Night, Exploring Nature Through Watercolor 6-7:30pm IN PERSON	13	14	15
16	17 Monthly Gentle Yoga Workshop 11am-Noon	18	19 Lunch & Learn: Nutrition: Heart Health for Cancer Survivorship 11:30am-12:30pm	20	21	22
23	24	25	26	27	28	29
30	31					