Newcomers Newsletter

Our Program
Is Always
Available free of charge to anyone with cancer and their loved ones at any stage, from diagnosis through survivorship.

Our Programs
Include
• Support Groups
• Education
• Nutrition, Movement and Mind-Body Classes
• Social Connections
• Family Friendly Programs
• Resources and Referrals

We Invite You To
Join Us
Become part of our community
• Attend one of our Connect to Community sessions
• Attend a program
• Visit our website: www.CancerSupportCincinnati.org
• Call us at (513) 791-4060

Welcome To Our Community

All programs are free of charge and open to anyone affected by cancer.
Cincinnati, Ohio • 513-791-4060 • CancerSupportCincinnati.org
OUR MISSION...

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

How Do You Get Started With CSC?

We recommend that you attend a “Connect To Community” meeting as a first step in learning what CSC has to offer.

“Connect To Community”
Offered at 2 convenient locations

Blue Ash Location Times
Wednesdays @ 6pm
2nd & 4th Wednesday @ 6:30pm
By Appointment Only
To Schedule, Please Call
(859) 331-5568

Northern KY Location Times
By Appointment Only
To Schedule, Please Call
(859) 331-5568

BLUE ASH, OH
The Lynn Stern Center
4918 Cooper Road
Blue Ash, OH 45242
(513) 791-4060

EASTGATE, OH
Community Resource Center of Hope
601 Ivy Pointe Blvd, Suite 1200
Cincinnati, OH 45245
(513) 791-4060

FT. WRIGHT, KY
Lookout Corporate Center
1717 Dixie Highway, Suite 160
Ft. Wright, KY 41011
(859) 331-5568

MEET THE CSC STAFF

JOE WORKMAN
Executive Director

KELLY SCHOEN
LSW-S, OSW-C
Executive V.P. of Programs

GRETCIAH RAMSTETTER
Vice President of Development

SARAH THOMPSON
LSW, CSW, OSW-C
Ziegler & Northern Kentucky Program Manager

ARLENE SALTER-OLIVER
Program Manager, Women to Women

JEN VANNANDINGHAM
LSW
Cincinnati Program Manager

REBECCA IRWIN
LSW
Special Programs Manager

JULIE LEUDEER
Mission Advancement & Volunteerism

CHRISTINE DICKS
Program & Volunteer Support OAs Coordinator

MARY WORKMAN
Mission Advancement & Volunteerism

LUKE DERMODY
Business Manager

ADDITIONAL OFF-SITE LOCATIONS

In conjunction with our community partners, Cancer Support Community is proud to offer additional off-site programs at convenient locations throughout the community.

CHRIST HOSPITAL
Joint & Spine Center
2139 Auburn Ave
6th Floor

WEST CHESTER HOSPITAL
7700 University Drive
West Chester, OH 45069

MERCY WESTERN HILLS HEALTHPLEX
3131 Queen City Avenue
Cincinnati, OH 45238

YWCA
898 Walnut Street

VETERAN'S ADMINISTRATION MEDICAL CENTER
1st Floor Room C122

WAYS TO SUPPORT CSC

Through the generosity of others, CSC empowers, educates, and builds community around local cancer patients, survivors, and families. Your support makes an immediate impact...so that no one faces cancer alone.

MAKE AN INVESTMENT!

(Tax ID 31-1287785)
- Gift of Cash & Securities
- Qualified Charitable Distribution via IRA
- Bequest & Legacy Gift
- Gift via Donor Advised Fund
- Beneficiary of Insurance/Retirement Policies
- Corporate Sponsor of a Program or Event

GET INVOLVED!

Call (513) 791-4060 for more info
- Community Ambassador
- Front Desk Friend - Blue Ash
- Weekly/Saturday Program Assistants
- Professionals with Special Expertise
- Work with our Teens/Young Adult
- Corporate/Team Give Back

GIVE WHILE YOU PURCHASE!

Did you know that 100% of proceeds from Legacies Upscale Resale benefit CSC! While you shop, give the gift of hope to local families!

www.shoplegacies.com

Feed your family while benefiting CSC! Use us as your Kroger Community Rewards charity of choice. (our code is 88030)

www.kroger.com/communityrewards

Choose Cancer Support Community Greater Cincinnati as your organization to support and Amazon gives back a % of qualified purchases.

www.smile.amazon.com

For More Information, please contact Gretchen Ramstetter, VP of Development (513) 745-6322 or gramstetter@cancer-support.org

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GROUPS

- Networking Groups
  - Blue Ash, Ohio: 4918 Cooper Road, 45242

    In addition to weekly support groups, CSCI also offers other opportunities to give and get support. Networking groups bring together individuals coping with similar diagnosis or facing similar cancer-related issues.

    Most Networking Groups are drop-in (no registration required) and are open to both patients, survivors, and loved ones.

- AMYLOIDOSIS GROUP
  - 2nd Wednesday of the Month 6:30pm-8:00pm
  - For any person with Amyloidosis to give and receive support.

- WOMEN WITH GVHD AFTER BMT
  - Check Website or Bi-Monthly Calendar for details
  - With women with Genetic Disorder.

- PROFESSIONAL FACILITATOR, Karen Vandal, LSW-S.

- YOUNG ADULT NETWORKING & SOCIAL GROUP
  - 2nd Thursday of the Month 6:30pm-8:30pm
  - For young adult ages 20-40 living with and supporting someone with cancer.

- BLOOD CANCER GROUP
  - 1st Tuesday of the Month 6:00pm-7:30pm
  - In collaboration with Leukemia & Lymphoma Networking Group

- SLOW GROWING BLOOD CANCER GROUP
  - 2nd Saturday of the Month 10:00am-12:00pm
  - Leukemia & Lymphoma Support group held at CSCI. For any person/patient/caregiver with CLL, CML, Waldenstrom’s lymphoma, and other chronic lymphoid/ blood diseases.

- ENNEAGRAM WORKSHOP (DEVELOPING THE EMOTIONAL PERSONALITY)
  - See “High Arts & Entertainment” for description.
  - FORCE: (Facing Our Risk of Cancer Empowerment)

- NO GROUP IN FEBRUARY

- GYNECOLOGIC CANCER
  - 2nd Saturday of the Month 11:00am-12:30pm

- MULTIPLE MYELOMA
  - 3rd Thursday 6:30pm-8:00pm

- PANCREATIC CANCER
  - 2nd Wednesday of the Month 7:00pm-9:00pm
  - Pancreatic Cancer Action Network held at CSCI.

- PROSTATE CANCER NETWORKING (MIN ONLY)
  - 2nd Wednesday of the Month 7:00pm-9:00pm

- PROSTATE CANCER SUPPORT GROUP
  - Last Wednesday 7:00pm-9:00pm See website for details:
  - www.cincinnati prostate.org

- SURVIVORS GROUP
  - 2nd & 4th Tuesday 6:30pm-8:00pm
  - For those who have completed their cancer treatment.

- CANCER NETWORKING GROUP – WEST CHESTER
  - 3rd Wednesday of the month 7:00pm-9:00pm
  - West Chester Sleep Medicine Center, Conference Room
  - 9750 Discovery Drive, Cincinnati, Ohio 45242

- OPEN to anyone affected by cancer to connect with others and give and get support.
  - This group is professionally facilitated.

- METASTATIC STAGE IV BREAST CANCER SUPPORT GROUP
  - 2nd & 4th Tuesdays 6:30pm-8:00pm
  - For those who have a loved one with cancer.

- GRIEF RECOVERY METHOD GROUP
  - See “Weekly Groups” for details.

- HEAD AND NECK CANCER NETWORK GROUP
  - 4th Monday of the Month 7:00pm-9:00pm
  - 3200 Vine Street. 1st Floor, Room C122

- LIVER TRANSPLANT BEREAVEMENT SUPPORT
  - WEDNESDAY OF THE MONTH 12:00pm-2:00pm
  - CHRIST HOSPITAL JOINT CENTER
  - 2123 Auburn Ave, Cincinnati

- A professionally led support group providing information and peer support to patients with Stage IV Breast Cancer. This meeting is open to the community. Luncheon following. RSVP for networking.
  - RSVP to cancer-support@christhospital.org or call 513-385-4802.

- 2020 0G PROGRAMS

- BLOOD CANCER GROUP
  - See website for “What’s New at CSCI” Calendar for details.

- ENNEAGRAM WORKSHOP (DEVELOPING THE EMOTIONAL PERSONALITY)
  - See “High Arts & Entertainment” for description.

- ALL PROGRAMS IN 4918 Cooper Road, 45242

- RSVP 513-791-4060 for all programs above

- VISIT OUR WEBSITE OR CHECK OUR MONTHLY CALENDAR FOR MORE UPDATE INFORMATION & EXPLORATORY PROGRAMS

- HEALTHY LIFESTYLE PROGRAMS

- YOGA
  - Mondays 5:30pm-6:20pm & Thursdays 2:00pm-3:30pm
  - Relaxation practices that provides an effective way to reduce stress.

- TAI CHI
  - Tuesdays 10:00am-11:30am
  - Location

- ZUMBA GOLD
  - Mondays & Fridays 12:00pm-1:00pm

- WATERLILIES
  - Tuesdays 5:30pm-6:15pm
  - Walnut Creek Park, 45202
  - See website for “What’s New at CSCI” Calendar for details.

- YOGA
  - Wednesdays 11:00am-12:30pm
  - Location

- TAI CHI
  - Tuesdays 12:00pm-1:00pm
  - Location

- TAI CHI
  - Wednesdays 12:00pm-1:00pm
  - Location

- FLEXIBILITY TRAINING
  - Wednesdays 12:00pm-1:00pm
  - Location

- YOGA
  - Wednesdays 11:00am-12:30pm
  - Location

- TAI CHI
  - Tuesdays 12:00pm-1:00pm
  - Location

- WATERLILIES
  - Tuesdays 5:30pm-6:15pm
  - Walnut Creek Park, 45202
  - See website for “What’s New at CSCI” Calendar for details.

- GENTLE YOGA
  - Sundays 12:00pm-1:00pm
  - Gentle, relaxing practice that provides an effective way to reduce stress, manage treatment side effects, reduce pain, live and adjust your life style.

- PAPILLON
  - Wednesdays 12:00pm-1:00pm
  - Location

- GENTLE YOGA
  - Sundays 12:00pm-1:00pm
  - Gentle, relaxing practice that provides an effective way to reduce stress, manage treatment side effects, reduce pain, live and adjust your life style.

- PIATES
  - 2nd & 4th Thursday 7:00pm-7:30pm
  - Location

- A healthy lifestyle is the key to restoring balance in your body, mind and soul.

- RELAXATION AND GUIDED IMAGERY
  - Tuesdays 12:00pm-1:00pm
  - Location

- A guide meditation to help you relax, focus your mind, reduce body pain, anxiety & stress.

- TAI CHI
  - Wednesdays 10:00am-11:30am
  - Location

- TAI CHI
  - Wednesdays 10:00am-11:30am
  - Location

- PIATES
  - 2nd & 4th Thursday 7:00pm-7:30pm
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- PIATES
  - 2nd & 4th Thursday 7:00pm-7:30pm
  - Location
BLUE ASH PROGRAMS

CONTINUED...

SOCIAL OPPORTUNITIES

BLUE ASH, OHIO: 4918 COOPER ROAD, 45242

SUSTAINED BY COMMUNITY

KNITTING, CROCHET & FIBER ARTS

Wednesdays 9:30am-11:30am
Do you knit, crochet, needlepoint or do other fabric related art? Do you want to learn to knit or crochet? If so, this group is for you. Join others for conversation, delicious coffee, cake and creativity. All are welcome. No RSVP required.

OPEN ART STUDIO: WATERCOLORS

Wednesdays 1:00pm-3:00pm
Our art room and supplies are waiting for you to practice your skills and connect with others. These sessions do not have an instructor.

OPEN WRITING STUDIO

First Wednesday of the Month 6:30pm-8:00pm
Join community member Darvis Smith for this monthly writing studio. Bring a piece of writing that you’re working on and receive constructive, considerate feedback, or just come and spend some time writing something new. No instruction for this program.

COJOURAGE CAPS

4th Tuesday of the Month 11:00am-3:00pm
The Covey Caps project, sponsored by the Ohio Cancer Alliance of Greater Cincinnati, is a program aimed at encouraging and caring for women with cancer. Courage Caps are distributed to women who are dealing with hair loss due to cancer treatment. You do not need to know how to sew in order to help. If you have patterns and supplies such as fabric, yarn, and notions, please bring them to the meeting. If you need materials to make caps, we will provide them. RSVP to Karen at dgram@blueash.com.

COOKING AND NUTRITION

COOKING FOR WELLNESS

3rd Saturday of Every Month (See website or “What’s New at CSC” Calendar for dates)
Led by chefs and certified dieticians, participants learn how to plan and prepare a cancer-fighting diet. Programs offer hands-on experience preparing clean and healthy meals.

FAMILY FRIENDLY PROGRAMS

BLUE ASH, OHIO: 4918 COOPER ROAD, 45242

ALL PROGRAMS ARE OPEN TO ANYONE WHO WISHES TO ATTEND

RSVP (513) 791-4060 for all programs below.

MONTHLY FAMILY DINNER

3rd Tuesday of the Month 6:00pm – 7:00pm
Join us for the monthly dinner provided by GJ. Assistant Co-ordinator before or after support group, or bring your family for a warm meal, on us! All ages welcome.

WEDNESDAY FAMILY DINNER

See website or “What’s New at CSC” Calendar for dates
Join us for this monthly dinner provided by RD! Bring your family for a warm meal, on us! All ages welcome.

FAMILY CHECKUP

See website or “What’s New at CSC” Calendar for dates
Family Connect, formerly called Walking the Diagonals, is a program designed to aid children and adolescents (ages 3-18) coping with a loved one’s cancer diagnosis. At this session, children will attend their own age-appropriate support group while parents/caregivers attend an adult group.

AND SO MUCH MORE!

VISIT OUR WEBSITE OR CHECK OUT OUR BI-MONTHLY CALENDAR FOR DETAILS ON UPCOMING FAMILY FRIENDLY PROGRAMS!

NORTHERN KENTUCKY PROGRAMS

LOOKOUT CORPORATE CENTER

1717 DIXIE HWY, SUITE 160, FT. WRIGHT, KY 41011 (859) 331-5568

HEALTHY LIFESTYLE PROGRAMS

GENTLE YOGA – ROOM 930

Monday 1:30pm-2:30pm & Tuesdays 6:30pm-7:30pm
Increase flexibility and relieve stress.

TAI CHI – ROOM 930

1st & 3rd Thursday 7:00pm-8:00pm
Ancient Chinese movements and meditations to calm the mind and strengthen the body.

AROMATHERAPY FOR BEGINNERS – SUITE 160

1st & 3rd Thursday of the month 6:00pm-7:00pm
Learn about the health benefits of essential oils.

PILATES AND RELAXATION – ROOM 930

2nd & 4th Wednesdays 11:00 am – 1:15 pm
Improve your body’s awareness, posture, flexibility, and agility in this mind-body workshop.

VISUALIZATION & REIKI

4th Wednesday of the month – see description for times
You are invited to enjoy the benefits of Reiki in a small group setting. This will be facilitated by Mische Mooser, a Reiki Master/Teacher and RN. Reiki is an energy balancing practice that helps reduce stress and pain as well processes overall wellness.

You may register for either the 6:00 pm group, 7:00 pm group or 8:00 pm group. Space is limited to 2 people per session, so please reserve your spot as soon as possible!

GROUP SUPPORT

HEALTHY STEPS LEAD METHOD

1st & 3rd Saturday of the month 10:30am-11:30am
Dance exercise program to help prevent or reduce lymphedema, increase range of motion and improve overall health.

GENTLE YOGA

2nd and 4th (and any 5th) Saturday of the month 10:30am-11:30am
Gentle, relaxing practice that provides an effective way to reduce stress, manage treatment side effects, relieve pain, regain health and attain peace of mind.

SOCIAL OPPORTUNITIES

KNITTING AND CROCHET GROUP

3rd Tuesday of the month 2:00pm-4:00pm
Do you knit or crochet? Do you want to learn to knit or crochet if so, this group is for you! Join others for connection and creativity.

Please bring a size 7, 16-inch circular needle for knitting or a H8, 8-inch crochet hook.

*Group concentrates on making chemo caps for those going through treatment, although all projects are welcome.

GROUP SUPPORT

BREAST CANCER SUPPORT GROUP

ST. ELIZABETH’S WOMEN’S HEALTH CENTER

600 Medical Village Dr. Edgewood, KY 41017 (Enter in The Back of Building)

First Monday of the month 7:00pm-9:00pm
This group is open to those diagnosed with breast cancer in long-term survivorship.

CANCER SUPPORT GROUP

3rd Wednesday of the month 6:30pm-8:30pm
Open to anyone affected by cancer to connect with others and give and get support.

This group is professionally facilitated by a mental health professional.

EASTGATE PROGRAMS

MERCY HEALTH EASTGATE MEDICAL CENTER COMMUNITY RESOURCE CENTER OF HOPE

601 Ivy Pointe Blvd, Suite 1200
CINCINNATI, OHIO 45245 (513) 791-4060

GROUP SUPPORT

CANCER SUPPORT GROUP

1st and 3rd Monday of the month 7:00pm-8:30pm
Open to anyone affected by cancer to connect with others and give and get support. This group is professionally facilitated by a mental health professional.

CANCER & SPIRITUALITY

4th Monday of the month 11:00am-12:00pm
Join Jackie Drake, UWS-V, and the Mercy Oncologist Spiritual Care Team for a monthly discussion about various topics related to spirituality. Please see What’s New at CSC bi-monthly calendar or website for the topic each month.

HEALTHY LIFESTYLE PROGRAMS

HEALTHY STEPS LEAD METHOD

1st & 3rd Saturday of the month 10:30am-11:30am
Dance exercise program to help prevent or reduce lymphedema, increase range of motion and improve overall health.

GENTLE YOGA

2nd and 4th (and any 5th) Saturday of the month 10:30am-11:30am
Gentle, relaxing practice that provides an effective way to reduce stress, manage treatment side effects, relieve pain, regain health and attain peace of mind.

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What Community Members are Saying!

Check out what our community members said in our Annual 2019 Survey:

“It’s so comforting to have a place to attend where others can relate to what you are going through. It’s nice to have a place to belong when going through something so life changing. I learned so much from my fellow breast cancer survivors about the illness, treatments, and diagnosing some of the things happening to my body as a result of the treatments.”

“CSC deserves to be added to your list of charities. They offer so many programs, for basically all types of cancer & it’s all free & it is so extremely helpful to have it available during & after your cancer diagnosis & treatments.”

“It gives tremendous support to those battling cancer and all programs are free when bills for treatment are always on cancer survivor’s minds.”

“CSC is place for those faced with a cancer diagnosis and their loved ones to get the support, education, and social interaction they need during a difficult time. CSC allows you an opportunity to interact with professionals and others who are on a cancer journey in a safe and welcoming environment.”

“I was blown away by all the services offered and it helped change my perspective on dealing with my treatment.”

All programs are free of charge and open to anyone affected by cancer.

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