



**the
wellness.
community**[®]
greater columbus
support, education and hope for surviving cancer

JULY/AUGUST 2009

calendar of events

“Trash to Treasures”

Community Yard Sale at TWC-GC

July 18, 10:00am – 5:00 pm

July 19, 12:00 – 4:00 pm

This is not your mother’s yard sale! In addition to great bargains, kids will enjoy playing on giant inflatables and adults will love the Power Parachute experience (pictured). We’ll also have a concession stand, selling grilled hotdogs, popcorn and other goodies. Please search your closets, air out your attics, and donate items you no longer need to help raise funds for our programs and services. Call 614.791.9510 to arrange drop-off of donations. *Thanks to The Women’s Board for managing this event, and to The Ovarian Cancer Alliance of Ohio.*

SAVE THE DATE!

Night of Chocolate

September 25, 7:30 pm

Join The Wellness Community-Greater Columbus for the fifth annual Night of Chocolate fundraiser. This year our event will be held in the beautiful, new Haaf Hall located at the Grange Corporate Office at 650 South Front Street. This signature event will feature musical entertainment, a scrumptious cocktail buffet, live and silent auctions, and a new and unique raffle created in a community partnership with the Crew. Featured wines and a new style show of decadent chocolate will complete the evening. For more information or to order tickets call 614-791-9510 or visit www.wellnesscolumbus.org.

NEW! Azur[®] Sunscreen fundraiser benefits you and us

To participate, just do what we all should do anyway — **wear sunscreen.** But what sunscreen?

Most people don’t realize that almost all commercial sunscreens require a 15-30 minute lag time between application and going outdoors; that’s because their active ingredients are chemicals that take time to work their way into your skin before they begin protecting. Many of those chemicals are also known or suspected endocrine-disrupting chemicals (EDCs), and growing evidence suggests EDCs pose a risk of causing cancer and other health problems. However, sunscreens made from only natural ingredients, such as zinc oxide (ZO) and titanium dioxide (TiO₂), provide immediate protection and have no harmful side effects.

Azur[®] Advanced Pro-Cellular Sunscreen is a luxurious, cosmetic-grade sunscreen made from natural, mineral-based active ingredients and no known harmful ingredients. We are proud to announce that our friends at A.I. Specialty Healthcare, Ltd., the makers of Azur[®], have generously offered to donate sales proceeds to help fund our programs and initiatives.

Do something good for yourself and your family. Go to www.azurskin.com. **Enter TWC** — all caps — **in the “discount code” field at checkout** to ensure we benefit. Please pass this news on to your friends and families so they can participate as well!

— Joseph Pinzone, MD, MBA



together, we can!

coming this Fall...

The Wellness Community Cancer Support Network

The Cancer Support Network (CSN) represents a growing number of partnerships between outstanding medical institutions and TWC-GC. The CSN is working to ensure that cancer patients receive comprehensive care, including emotional and educational support.



Mount Carmel Health System: Cancer Survivorship Services

Our alliance with Mount Carmel enables us to reach more people more effectively. We oversee all cancer-support services for the hospital and are collaborating to identify additional needs. As a result, we're offering two new groups:

NEW! Advanced Breast Cancer Group – 3rd Mondays, 6:00 – 8:00 pm

Participants discuss life with advanced cancer, treatment and recovery. Pre-registration is not required.

NEW! Breast Cancer Group – 4th Mondays, 6:00 – 8:00 pm

Participants discuss life with cancer, treatment and recovery. Open to family and friends.

OhioHealth

"Express Yourself," an art therapy program offering life-affirming visual art

activities, will debut at Riverside Methodist Hospital this fall under the guidance of registered art therapist Jennifer Quinn.

For more information about these and other CSN offerings, visit our website (www.wellnesscolumbus.org). To register, call Cathy at 614.791.9510 or e-mail cathy@wellnesscolumbus.org.



Clear Channel Radio: Official Radio Sponsor

The Clear Channel Radio family of radio stations

(97.9 WNCI, WCOL 92.3, TALK 1230, The Brew 105.7, 93.3 FM, Radio 106.7, 610 WTVN) will provide promotions and PSA's for us. We are proud to be associated with such a great community leader.

Mindfulness-Based Stress Reduction Program – begins September 14

In this six-week series, participants learn to relieve stress, manage feelings of hopelessness, and develop a different relationship with pain through meditation, gentle exercise, readings, discussions, homework assignments and a half-day meditation retreat. Classes are on consecutive Mondays from 3:00 – 5:00 pm. The half-day retreat is on Saturday, October 17, from 9:00 am – 1:00 pm. **Note: this series requires registration, purchase of a text** (*Full Catastrophe Living*, by Jon Kabat-Zinn) **and attendance at the first session.**

NEW! Frankly Speaking: Coping with the Cost of Your Care – September 24

Practical advice for patients and families navigating the numerous and complex challenges of managing the cost of cancer care.

Celebrate Nursing! – September 27 at Columbus State Community College

NNP (Nurturing the Nursing Profession) is planning an afternoon event to raise awareness of the community's nursing shortage, raise money to fund nursing endowments and scholarships, and show appreciation for the care provided by nurses. Along with vendor booths, refreshments, raffles and auctions, three speakers will provide free CEU opportunities. At Columbus State, 4th floor ballroom, 1:00 – 5:00 pm. Free parking with security provided. **To register, call Tara Lanicone at 614-876-2428.**

Cancer Transitions: Moving Beyond Treatment – returns this September!

This seven-week series provides cancer survivors with the information, skills and tools to address exercise, nutrition and emotional health, quality of life and medical management after treatment ends. We are the first in the city to offer this excellent program and were featured on the front page of *The Columbus Dispatch* (5/17/09).

Provided via a partnership with The Lance Armstrong Foundation.



Registration has begun! To secure your spot, please contact Cathy at 791-9510 or cathy@wellnesscolumbus.org.

Creative Journaling Workshops

Keeping a journal has been shown to reduce stress and strengthen the immune system. Please join us to experience a variety of different approaches to this healthful practice.

Guided Imagery Workshops

Use the mind's power to engage the body's natural healing capacity via the relaxation response — especially helpful for pain and stress reduction.

The Wellness Community Greater Columbus Staff

Executive Director: Bev Soult

Development/Communications Director:
Debra Lipkowitz, M.A., Ed.D.

Program Director: Now Hiring

Office Manager: Cathy Simensen

Project Coordinator: Karen Lee

Facilitators:

Darla Bolon, MSW, LISW
Marilyn DuRoss, MSW, BFA
Julie Kusiak, MA, PYT, RYT, CWE
Shirley Torrance, BA, RN
Holly Wood, MSW, LISW

Exercise Specialists:

Patti Petrella, BA, FIT, FOH, CLM, NFPT
Abby Dorn, RYT
Debra Weisenburger-Lipetz, BFA, RMT, CDI, KMT, CRT
Dan Lucas, Tai-Chi Instructor

credits

Michelle Geissbuhler/Goathill Productions
Kathy Thomas/www.katdesignweb.com
Dancor, Inc.

WHAT'S HAPPENING AT THE WELLNESS COMMUNITY

All programs are held at The Wellness Community unless otherwise specified.



Focus on: Healthy Steps (formerly Lebed)

Healthy Steps: Moving You to Better Health with the Lebed Method is a therapeutic exercise and movement program designed to help you thrive! It's a specially designed program for those with, or at risk for, lymphedema. Offering wellness programs for everyone, from young adults to seniors, regardless of health, age or ability level, Healthy Steps uses easily-done smooth and gentle movements that improve overall wellness, range of motion, balance, strength and endurance, emotional well-being and self-image.

Patti Petrella, certified Healthy Steps Instructor, leads a class **every Tuesday from 4:30 – 5:30 pm**. Join the class and take your own Healthy Steps!

Spirituality – July 9, 12:00 – 2:00 pm

Join **Dennis Fuhr and Dennis McFadden** for a "Journey of Enlightenment."

NEW! Caregiving Workshop – July 25, 9:00 am – 12:00 pm; Mount Carmel West

Experience the uplifting support of other caregivers. This workshop provides tips for staying healthy and controlling stress, including a tremendously helpful nitty-gritty check-list. *This program is made possible through a grant provided by The Alice and Robert Estrich Fund of The Columbus Foundation.*



Look Good, Feel Better – July 13, 6:00 – 8:00 pm

2nd Mondays, every other month

This program helps women with cancer improve their self-image by providing hands-on beauty techniques to combat the physical side effects of chemotherapy and radiation. Participants may bring one female guest to assist them; registration is limited to 24 women (12 participant/friend pairings). **A makeup kit valued at over \$300 will be given to each participant** (limit one kit per person). **Registration is required; to do so, contact the American Cancer Society at 1-888-227-6446 and press 0.**



Vision Board Workshop – July 16, 6:00 – 9:00 pm

This hands-on session guides you through the creation of a collage that manifests your goals and dreams, and becomes an inspirational reminder of the life you want to live. Please bring source materials (photos, quotations, magazines, etc.) for yourself and to share; all other supplies are provided. *Thanks to Melissa Lawson, MA, LOACC, and Professional Life Coach for facilitating this workshop, and to Wendy Suminski for arranging it.*

Spirituality – August 13, 12:00 – 2:00 pm

Special guest Sharee' Laine, Reiki Master/Teacher, will lead an uplifting experiential Spoon Bending workshop. It's not really about bending metal, it's about reducing the artificial limits on your life. Please sign up for this playful, joyful meeting by contacting Cathy at 614-791-9510 or cathy@wellnesscolumbus.org. **Note: bring your own lunch.**

Frankly Speaking: New Discoveries in Cancer Treatment – August 27, 6:00 – 8:00 pm

Healthy Living: Cooking for Wellness – August 20, 6:00 – 8:00 pm

This session features an "end of summer" menu, featuring Mini Inside-Out Bleu Cheese Turkey Burgers, Extra-Healthy Potato Salad, Watermelon Soup and a "Peachy" Dessert! Presented by Chef Bryan Loveless and Registered Dietician Nancy Smith. Register now! Call Cathy at 614.791.9510 or send an e-mail to cathy@wellnesscolumbus.org.



networking opportunities

Professionals for Wellness

3rd Wednesdays, 6:30 pm

Join Meghan Farkasovsky and other Professionals for Wellness as they build a foundation for supporting TWC-GC through fund raising, community events, and other rewarding activities.

We are currently seeking volunteers to serve refreshments and hand out TWC-GC information at WaterFire Columbus this summer. **WaterFire** is one of the most exciting art exhibits in Central Ohio. Viewers enjoy the magnificent spectacle of floating bonfires reflecting on the Scioto River, accompanied by music and other activities. This remarkable display is located on the east side of COSI in front of Genoa Park. **For more information, contact President Meghan Farkasovsky at farkasovsky@scsearchconsultants.com.**

The Women's Board of The Wellness Community-Greater Columbus in partnership with Like Minded Moms

2nd Tuesdays, 9:30 am





The Women's Board has been busy, busy, busy! Officially launched on April 7, the group has hosted a Ladies' Day Out fundraiser in Gahanna that benefited TWC-GC. They provided volunteers for the Conehead Golf Classic and are managing our "Trash to Treasures" Community Yard Sale July 17 – 18. Contact President Autumn Hutcherson (ahutch_29@yahoo.com) to participate in these or other Women's Board Activities.

NEW GROUPS

Advanced Breast Cancer Group – 3rd Mondays from 6:00 – 8:00 pm





Breast Cancer Group – 4th Mondays from 6:00 – 8:00 pm

614.791.9510

SUN	MON	TUE	WED	THUR	FRI	SAT
28	29 11:00 Yoga	30 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	1 10:00 Tai Chi 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 5:30 Renal Cell Cancer Group	2 10:30 Qigong 2:00 Welcome to Wellness	3 CLOSED FOR INDEPENDENCE DAY	4 CLOSED FOR INDEPENDENCE DAY 
5	6 11:00 Yoga	7 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:00 Bereavement Group	8 10:00 Tai Chi 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 7:00 Pancreatic CancerAction Network – Columbus	9 10:30 Qigong 12:00 Spirituality Journey of Enlightenment 2:00 Welcome to Wellness 5:30 Knitting Circle 	10 11:00 Tai Chi	11 8:00 Yoga II 9:30-11:00 Yoga
12	13 11:00 Yoga 6:00 Look Good, Feel Better 6:00 Southside Breast Cancer Group at Hosack Baptist Church	14 9:30 Like Minded Moms 10:00 Mindfulness 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	15 10:00 Tai Chi 11:00 Marysville Support Group 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 6:30 Professionals for Wellness	16 10:30 Qigong 11:30 Brown Bag Book Club 2:00 Welcome to Wellness 6:00 Vision Board Workshop	17 11:00 Tai Chi	18 8:00 Yoga II 9:30-11:00 Yoga 10:00-5:00 Trash to Treasures Community Yard Sale 
19 12:00-4:00 Trash to Treasures Community Yard Sale 	20 11:00 Yoga 6:00 Advanced Breast Cancer Group	21 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	22 10:00 Tai Chi 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	23 10:30 Qigong 2:00 Welcome to Wellness	24 11:00 Tai Chi	25 8:00 Yoga II 9:00 Caregiver Workshop 9:30-11:00 Yoga
26	27 11:00 Yoga 6:00 Breast Cancer Group	28 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	29 10:00 Tai Chi 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	30 10:30 Qigong 2:00 Welcome to Wellness	31 11:00 Tai Chi	1 8:00 Yoga II 9:30-11:00 Yoga

august

All programs and services of TWC-GC are provided FREE OF CHARGE!

SUN	MON	TUE	WED	THUR	FRI	SAT
2 	3 11:00 Yoga	4 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group 6:00 Bereavement Group	5 10:00 Tai Chi 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 5:30 Renal Cell Cancer Group	6 10:30 Qigong 2:00 Welcome to Wellness	7 11:00 Tai Chi	8 Note: 8:00 Yoga II Cancelled 8.8.09 9:30-11:00 Yoga
9	10 11:00 Yoga 6:00 Southside Breast Cancer Group at Hosack Baptist Church	11 9:30 Like Minded Moms 10:00 Mindfulness 4:30 Healthy Steps Note: 4:30 Healthy Steps Cancelled 8.11.09 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	12 10:00 Tai Chi 11:30 Pilates 12:00 Spirituality 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 7:00 Pancreatic Cancer Action Network-Columbus	13 10:30 Qigong 12:00 Spirituality Guest: Sharee' Laine 2:00 Welcome to Wellness 5:30 Knitting Circle 	14 11:00 Tai Chi	15 Note: 8:00 Yoga II Cancelled 8.15.09 9:30-11:00 Yoga
16	17 11:00 Yoga 6:00 Advanced Breast Cancer Group	18 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	19 10:00 Tai Chi 11:00 Marysville Support Group 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group 6:30 Professionals for Wellness	20 10:30 Qigong 11:30 Brown Bag Book Club 2:00 Welcome to Wellness 6:00 Cooking for Wellness 	21 11:00 Tai Chi	22 8:00 Yoga II 9:30-11:00 Yoga 9:00 Caregiver Workshop
23	24 11:00 Yoga 6:00 Breast Cancer Group	25 4:30 Healthy Steps 5:00 Welcome to Wellness 6:00 Breast Cancer Transitions Group	26 10:00 Tai Chi 11:30 Pilates 4:00 Yoga 5:00 Caregiver Support Group 5:00 Participant Support Group	27 10:30 Qigong 2:00 Welcome to Wellness 6:00 Frankly Speaking	28 11:00 Tai Chi	29 8:00 Yoga II 9:30-11:00 Yoga
30	31 11:00 Yoga	 Please help us GO GREEN! Send your email address to cathy@wellnesscolumbus.org and get your calendar online . This convenient option reduces paper waste, saves printing costs, and gives you instant access to updates . We will continue to mail newsletters to those without internet access or who prefer this means of contact.				

ONLINE – We are listed on **GoodSearch.com**, a Yahoo!-powered search engine that donates 50% of its advertising revenues to the charities designated by its users. And it's easy! Just log on to goodsearch.com as you would any other search engine. Answer "Who do you GoodSearch for?" by typing in "The Wellness Community – Greater Columbus," press "verify," and begin searching. Each search sends a penny to us, and every penny counts!

614.791.9510

Monthly presentations/Q&A sessions with doctors, nurses, researchers, and other professionals. Become a more informed and active member of your treatment team.

Caregiver Workshops – Saturdays, July 25 and August 22, 9:00 am – 12:00 pm

Look Good, Feel Better – Monday, July 13, 6:00 – 8:00 pm

Vision Board Workshop – Thursday, July 16, 6:00 – 9:00 pm


Frankly Speaking: New Discoveries in Cancer Treatment – Thursday, August 27, 6:00 – 8:00 pm

Cooking for Wellness: Healthy Living, Cooking and Nutrition – August 20, 6:00 – 8:00 pm




Online support is available (for adults) at www.thewellnesscommunity.org and (for teens) at www.grouploop.org.


TWC programs

Support groups decrease distress and improve quality of life. Adult group members of different ages and with different types of cancer experience a caring, uplifting, and supportive community with others. Family members, significant others and/or caregivers can explore new ways to support a loved one while also supporting themselves. **Groups with the symbol  require attendance at a "Welcome to Wellness" orientation session and a brief group preparation interview. For more information, please call 614.791.9510.**

Welcome to Wellness – This newcomers' orientation provides an overview of TWC-GC programs/services and includes a brief assessment. Tuesdays at 5:00 pm, Thursdays at 2:00 pm, or by appointment. Sessions last between one-half and one hour.


 **Bereavement and Loss Support Group** – 1st Tuesdays, 6:00 – 8:00 pm

 **Caregiver Support Group** – Wednesdays, 5:00 – 7:00 pm
Weekly groups for families and caregivers, facilitated by a licensed therapist, offer those supporting a person with cancer the opportunity to learn new ways to deal with their stresses and concerns, and new ways to help their loved ones.

 **Participant Support Group** – Wednesdays, 5:00 – 7:00 pm
By sharing thoughts, feelings and information, people with cancer experience warmth and understanding, and explore new ways to deal with the stress cancer often brings.

Marysville Participant Support Group – 3rd Wednesdays, 11:00 am - 12:30 pm
Contact Noreen Runyan at 937-578-2237 for more information.

 **NEW! Advanced Breast Cancer Group** – 3rd Mondays, 6:00 – 8:00 pm
Funded by a grant from the Susan G. Komen Breast Cancer Foundation and in partnership with Mount Carmel.

 **NEW! Breast Cancer Group** – 4th Mondays, 6:00 – 8:00 pm
Made possible by a grant from the Susan G. Komen Foundation in partnership with Mount Carmel.

Southside Breast Cancer Support Group – 2nd Mondays, 6:00 – 8:00 pm
Hosack Baptist Church. *Made possible by a grant from the Susan G. Komen Breast Cancer Foundation.*

 **Breast Cancer Transitions Group: Where I am Now, Living With Breast Cancer** – Tuesdays, 6:00 – 8:00 pm
For those with advanced breast cancer. Sponsored in part by the Susan G. Komen Breast Cancer Foundation.

Pancreatic Cancer Action Network – 2nd Wednesdays, 7:00 – 8:00 pm
Hosted by the Pancreatic Cancer Network/ PanCan's Team of Hope Ohio-Columbus. Call Astrid at 614-459-0344 for more information.

Renal Cell Cancer – 1st Wednesdays, 5:30 – 7:30 pm

Knitting Circle – 2nd Thursdays, 5:30 – 7:30 pm
Whether you are a beginner or advanced, knit or crochet, you'll enjoy the company of others in a social, fun activity. *Materials provided free of charge.*

Brown Bag Book Club – 3rd Thursdays, 11:30 am – 12:30 pm
Come join this dedicated group of readers as they continue to enjoy their time together. Books recommended by participants include *The Last Lecture*, by Randy Pausch; *The Answer to Cancer: Is Never Giving It a Chance to Start*, by Hari Sharma; *The Cancer Conqueror: An Incredible Journey to Wellness and Cancer: 50 Essential Things to Do*, both by Greg Anderson.

Healthy Steps (formerly Lebed) – Tuesdays, 4:30 – 5:30 pm (no class August 11)
A therapeutic exercise program for those with, or at risk for, lymphedema, Healthy Steps helps participants return to health through the use of smooth, gentle movements that are fun and easy to do. *Instructor: Patti Petrella*

Mindfulness Meditation – 2nd Tuesday, 10:00 am – 12:00 pm
Calming the mind and body with focused attention can reduce stress and promote a sense of well-being. Join us to experience the benefits of this simple, gentle practice. *Instructor: Julie Kusiak*

Pilates – Wednesdays, 11:30 am – 12:30 pm
These exercises strengthen the deep torso ("core") muscles that help keep the body balanced and support and align the spine. *Instructor: Abby Dorn*

Spirituality – 2nd Thursdays, 12:00 pm (about 2 hours)
Following Zhineng Qigong. Topics and speakers vary. **Please bring your own lunch.**

Tai Chi – Wednesdays, 10:00 am; Fridays, 11:00 am
This Chinese system of slow and meditative physical exercise is designed for relaxation, balance and health. *Instructor: Dan Lucas*

Yoga – Mondays, 11:00 am – 12:00 pm; Wednesdays, 4:00-5:00 pm; Saturdays, 8:00-9:00 am and 9:30 – 11:00 am
Through exercise, breathing and meditation, yoga helps improve alignment and blood flow, reduces stress and induces relaxation. *Instructors: Patti Petrella (Saturday, 8:00am) and Abby Dorn (all other classes). Note: no 8:00 am classes on Saturday, August 8 and Saturday, August 15*

Zhineng Qigong – Thursdays, 10:30 am – 11:30 am
Qi means "life energy" and Gong means "daily effort"; thus, Qigong focuses life energy for different purposes including self-healing. *Instructor: Debra Weisenberger-Lipetz*



The Healing Power of Support Groups

In the May 2009 issue of *More* magazine, Elizabeth DeVita-Raeburn wrote about a study conducted by the Ohio State University's Comprehensive Cancer Center tracking the positive effects of attending breast cancer support groups:

"The study followed 227 women for more than seven years after they had been treated for stage II or III breast cancer. All the women were monitored regularly by a medical team, but half the subjects were enrolled in a group led by a clinical psychologist. ... **Women who went to the meetings were, on average, 56 percent less likely to die from breast cancer than those who had not met with a group. And those who attended the sessions showed signs of stronger immune systems ... and suffered from fewer treatment side effects, like fatigue, than those who didn't participate. ... The sessions improved participants' well-being by teaching them ways to reduce tension as well as how to improve communication with doctors.**"

The study was published in the December 2008 issue of the journal *Cancer*. For more information, go to www.jamesline.com/viewer/Pages/index.aspx?P=482.

Your financial support helps us **create a better quality of life with, through and beyond cancer** for our participants, their families and caregivers, by enabling us to provide our programs and services **completely free of charge**. Here's how you can help in 2009. Thank you — we can't do it without you!

ANNUAL GIVING OPPORTUNITIES

The President's Family Giving Circle

Individuals or families contributing \$1,000 or more annually.

The Wellness Community Circle of Friends

Individuals or families contributing \$25 or more a month annually.

Community Partners

Corporations, foundations, and organizations contributing \$1,000 or more annually.

Program Sponsorships

Sponsorship opportunities for specific programs include support groups, cooking and nutrition program, exercise programs, educational programs, survivorship program, and stress management programs.

Special Event Sponsorships

Sponsorship opportunities are available for our signature fundraisers: Conehead Golf Classic and Night of Chocolate.

FUNDRAISING SPECIAL EVENTS

Trash to Treasures Community Yard Sale – July 18, 10:00 am – 5:00 pm & July 19, 12:00 pm – 4:00 pm

Planned and organized by TWC-GC Women's Board. Call 614-791-9510 for drop-off dates.

Night of Chocolate – September 25, 7:30 – 10:30 pm

Save the date for our signature event. Individual tickets begin at \$125; corporate packages and sponsorships are available.

The Peggy Bock Memorial Race for Hope — October 11

We are proud to be a community partner for this annual race raising cancer awareness.

OTHER OPPORTUNITIES

Wear Azur® Sunscreen

Do something good for yourself, your family and us! Go to www.azurskin.com and order all-natural sunscreen. Remember to **enter TWC** — all caps — **in the "discount code" field at checkout** in order for proceeds to benefit us.

Purchase a CD

Go to www.qfm96stuff.com, click on "QFM Merch." Sales of the "Fatman" CD and T-shirt/CD gift bundle benefit TWC-GC. Thanks to everyone involved in the project!

Host a Fundraiser

You can benefit our programs and services directly by hosting your own bowling party, dinner, garage sale or other fundraiser. We'll help you publicize your event with our calendar of events and website promotions.

Deferred Giving Opportunities

Leave a legacy — remember The Wellness Community in your estate planning. For more information, please contact us.

our profuse thanks ...

Conehead Golf Classic Fundraiser

You are our heroes! Thank you to **Ken Pritchett, Doug Paplaczyk**, their team of volunteers, our hole sponsors, foursomes and all the people who gave in-kind gifts and services resulting in another successful year. From the Board of Directors, the staff, and participants, THANK YOU for truly making a difference!

Wilson's Garden Store – Newark, Ohio

Thank you for generously supporting TWC-GC at our Memorial Day Fundraising Event and for your time and expertise in our featured Garden Workshop. You're the greatest!

Updated Kitchen

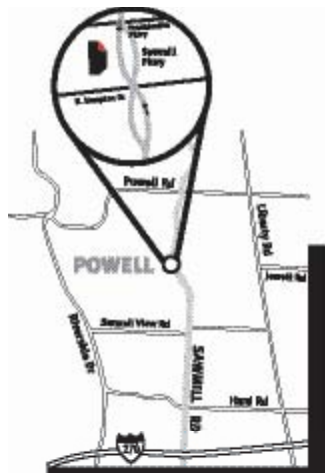
Thanks to Giant Eagle, Mount Carmel, The Columbus Jewish Foundation and our newest community partner — The Dublin AM Rotary — we'll be updating our kitchen just in time for a brand new "Cooking for Wellness" series!

WELCOME DEBRA LIPKOWITZ! Please help us welcome our new Senior Director of Development and Communications, Debra L. Lipkowitz. Debra joins us July 6 and will lead TWC-GC in managing grants and sponsorships, media relations, annual giving programs, strategic marketing and communications programs as well as participating in community events.

the wellness. community®

greater columbus
support, education and hope for surviving cancer

The Wellness Community
10330 Sawmill Parkway, Suite 600
Powell, OH 43065
www.wellnesscolumbus.org
614.791.9510



Community Partners



2009 BOARD OF DIRECTORS

Skip Weiler, Chairman
President, The Robert Weiler Company

Ken Pritchett, Vice Chairman
President, Midwest Retail Services Inc.

Susan Haller, Secretary
Principal, Susan Haller & Associates

Terry Weisenstein, Treasurer
CPA, Retired

Jim Bandeen
Vice President, First Merit Bank

Chris Baxla-Lewandowski
President, Communications Ink!

Deborah Beyer
Vice President Marketing,
Fifth Third Bank

Tom Brennan
State Farm Agent, Retired

Michael Collins
President, Promotions One

Lisa Morales Cook
Marketing and Branding Executive

Kelly Crouse
General Manager, JM Smucker Co.

Dan Fronk
President, Dancor Inc.

James A. Gardner
Manager, Coca-Cola Enterprises
Bottling Companies

Joyce Garver Keller
Executive Director,
Ohio Jewish Communities

James D. Gilbert
Attorney at Law

Florence Greasamar
Community Volunteer

Phillip Hartmann
Attorney, Schottenstein,
Zox & Dunn Co. LPA

Don Kenney Jr.
Principal, Kenney Company LLC

Mike Maraldo
Regional Business Manager,
Giant Eagle

Stephanie Malas
Member, Arlington Energy

Robin Napier
Owner, Posin Diamonds & Fine Jewelry

Joseph J. Pinzone, MD, MBA
Assistant Professor of Medicine
The Ohio State University
James Cancer Hospital and
Solove Research Institute

Kathleen Powell
Senior District Manager, Amgen Inc.

Greer Rouda
President, Monarch Title Services

David Ruma
Vice President, Virginia Homes

Dennis Shaffer
Sr. Vice President, Champaign Bank

Julie Shane
Vice President, Grange Mutual
Casualty Company

Chris Spade
Owner, Kitchen Kraft

Mark Swepston
President,
Atlas Butler Heating & Cooling

Jasmin Tucker
President, Advantage Media

Mark Wagenbrenner
President, Wagenbrenner Development

Steve Weyl
Founder, Able Roofing

MEMBERS EMERITI

Bill Ashbaugh
Procter & Gamble, Retired

Harry Davidow
Real Estate Developer, Retired

Christine Sardo, MPH, RD, LD
Partnerships and Policies Director
Canyon Ranch Institute