

Events

January

Jan. 10 – Apr. 10, Tuesdays

Gentle Yoga, * 12:00–1:00 p.m.
The Stephanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
To register call JamesCare for Life at 614.293.6429

Jan. 11

Mended Hearts of Central Ohio, 6:00–8:00 p.m.
Ross Auditorium, 452 W 10th Avenue
Topic: *Advances in the Cardiac Catheterization Lab: Plumbing in the 21st Century*
To register call Jeff Davidson 614.580.1561

Jan. 12 – Mar. 22, Thursdays

*Dance! Move! Stretch!**
10:00–11:00 a.m., BalletMet Columbus,
322 Mt. Vernon Ave.
To register call JamesCare for Life at 614.293.6429

Gold Buy Back Fundraiser with Posin Jewelers

Jan. 24 and Jan. 26

University Hospital
8:00 a.m.–5:00 p.m. both days
Ground Level Lobby near Wendy's

Jan. 25 and Jan. 27

University Hospital East
Jan. 25, 8:00 a.m.–12:00 p.m.
Jan. 27, 1:00–5:00 p.m., Cafeteria Lobby

Jan. 25 and Jan. 27

Administration 660 Ackerman
Jan. 25, 1:00–5:00 p.m. and
Jan. 27 8:00 a.m.–12:00 p.m., Lobby

February

Masquerade \$5 Jewelry Fundraiser

Feb. 7-8

University Hospital East
9:00–3:00 p.m. (18-hour around the clock)
Cafeteria Lobby

Feb. 8-10

University Hospital
9:00–2:00 p.m. (41-hour around the clock)
Ground Level Lobby near Wendy's

Feb. 8

Mended Hearts of Central Ohio, 6:00–8:00 p.m.
Ross Auditorium, 452 W 10th Avenue
Topic: *Heart Survivors Sharing Meeting*
To register call Jeff Davidson 614.580.1561

Feb. 17

Tea and Tranquility, * 4:00–6:00 p.m.
The Stephanie Spielman Comprehensive Breast Center
1145 Olentangy River Road
To register call JamesCare for Life at 614.293.6429
Tea and refreshments will be served

Feb. 21 – Mar. 27, Tuesdays

Qigong – Beginning, * 5:30–6:30 p.m.
The Stephanie Spielman Comprehensive Breast Center, 1145 Olentangy River Road
To register call JamesCare for Life at 614.293.6429

Feb. 28

Spiritual Affirmations, * 6:00–7:30 p.m.
The Stephanie Spielman Comprehensive Breast Center, 1145 Olentangy River Road
To register call JamesCare for Life at 614.293.6429

March

Mar. 1: *Top Doc Cooking Challenge*, *6:00–8:00 p.m.
The Ohio State University Student Union
Instructional Kitchen – Lower Level, 1739 N. High St.
To register call JamesCare for Life at 614.293.6429

Books Are Fun Fundraiser

Mar. 5

Administration 660 Ackerman,
11:00 a.m.–2:30 p.m., Lobby

Mar. 6

University Hospital East,
11:00 a.m.–4:00 p.m., Cafeteria Lobby

Mar. 7

Martha Morehouse Pavilion,
11:00 a.m.– 3:00 p.m., Lobby

Mar. 14-16

University Hospital
11:00 a.m.–4:00 p.m. all three days
Ground Level Lobby near Wendy's

Mar. 14

Mended Hearts of Central Ohio, 6:00–8:00 p.m.
Ross Auditorium, 452 W 10th Avenue
Topic: *The Genetics of Heart Disease & Arrhythmia*
To register call Jeff Davidson 614.580.1561

April - May

The Silver Lady Fundraiser

Apr. 30 and May 1

Administration 660 Ackerman
9:00 a.m.–4:00 p.m., both days, Lobby

May 2 – 3

University Hospital East
9:00 a.m.–4:00 p.m., Cafeteria Lobby

May 8 – 10

University Hospital
9:00 a.m.–4:00 p.m. all three days
Ground Level Lobby near Wendy's

5th Annual Grant Showcase Celebration

May 15 - More information to come

Bildstein's Hanging Baskets Fundraiser

May 23 – 25

University Hospital

10:00 a.m.–5:00 p.m. both days

Location TBA

June

June 5

2012-13 Officers' Oath to the Office

Ruth Mount Scholarship Awards

More information to come

Meetings

January

Jan. 2: *Development Committee* - 11:30 a.m. –12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall

Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan Hall

Jan. 26: *PR/Communications/Marketing Committee*
10:00-11:30 a.m., Volunteer Services Conference
Room 163, Doan Hall

February

Feb. 20: *Development Committee* - 11:30 a.m.–12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall

Executive Board - 1:00-3:00 p.m., Volunteer
Services Conference Room 163, Doan Hall

Feb. 21: *General Membership /Lunch/Program*
11:00 a.m.–1:00 p.m., Worthington Hills Country
Club – Reservations required
Speaker: Joanne, Lester, PhD, RN, and Clinical
Assistant Professor in The OSU College of Nursing
Topic: “*Cancer Survivorship*”

Feb. 22: *Membership Committee* – 12:00–1:00 p.m.
058 Meillling Hall, Room 058

Feb. 28: *PR/Communications/Marketing Committee*
10:00-11:30 a.m., Volunteer Services Conference
Room 163, Doan Hall

March

Grants Selection Committee for 2012-13 Awards –
TBA

Mar. 19: *Development Committee* - 11:30 a.m.–12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall

Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan Hall

Mar.27: *PR/Communications/Marketing Committee*
10:00-11:30 a.m., Volunteer Services Conference
Room 163, Doan Hall

April

Apr. 24: *PR/Communications/Marketing Committee*
10:00-11:30 a.m., Volunteer Services Conference
Room 163, Doan Hall

Apr. 30: *Development Committee* - 11:30 a.m.–12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall
Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan Hall

May

May: *Ruth Mount Scholarship Committee* – TBA

May 17: *Finance Committee* - 9:00–10:30 a.m.
Volunteer Services Conference Room 163, Doan Hall

May 21: *Development Committee* -11:30 a.m. –12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall
Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan Hall

May 22: *PR/Communications/Marketing Committee*
10:00-11:30 a.m., Volunteer Services Conference
Room 163, Doan Hall

June

June 5: *General Membership Meeting/Lunch/Program*
11:00 a.m.–1:00 p.m., Scioto Country Club
Reservations required
Speaker: Candace Hartzler, MA, LICDC, and
Family Advocacy Counselor at Talbot Hall,
University Hospital East
Topic: “*Effect of Addiction on Families*”

June 18: *Development Committee* -11:30 a.m.–12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall
Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan

July

July 16: *Development Committee* -11:30 a.m.–12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall
Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan Hall

August

Aug. 20: *Development Committee* -11:30 a.m.–12:30 p.m.
Volunteer Services Conference Room 163, Doan Hall
Executive Board - 1:00-3:00 p.m., Volunteer Services
Conference Room 163, Doan Hall

* These are Classes and Presentations offered by **JamesCare for Life** and everyone is welcome to attend from the preventive prospective.

Exercise has been found to be beneficial as a way to relieve stress, reduce fatigue, improve range of motion, loosen stiff muscles and provide an overall feeling of well being. Programs are led by certified instructors or physical therapists and geared to all fitness levels.

Explore meditation, guided imagery, stress-reduction techniques and the healing power of the mind. Studies show that relaxation techniques can alleviate pain, foster feelings of optimism and hope, reduce feelings of depression and encourage a sense of inner peace.

To register, call **JamesCare for Life** at 614.293.6428 or visit cancer.osu.edu/go/support.