

2019 Home Tour



September 8, 2019



FEATURED HOMES:

2094 Edgemont Road
1677 Guilford Road
2288 Coventry Road
2400 Onandaga Drive

3117 Asbury Road
1661 Guilford Road
2584 Coventry Road



Benefiting Riverside Methodist Hospital

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Thanks to the gracious sponsorship of K.A. Menendian Rug Gallery, our guests will be entered to win a 3'x5' Tufenkian hand knotted Tibetan rug (approx. retail value \$2250). Rug is on display at 2400 Onandaga Drive.

Dear Tour Guests,

Welcome to the 32nd Annual Kitchen Kapers Home Tour, a philanthropic endeavor of 58 dedicated volunteers and our partner, the OhioHealth Foundation. Since our inception in 1987, Kitchen Kapers has been committed to raising funds to support cancer care at OhioHealth Riverside Methodist Hospital. To date, we have raised over \$1,000,000! With continued success, Kitchen Kapers proceeds will reach even further to support more OhioHealth programs that are important to our community.

We are currently assisting many Integrative Cancer Care programs at the OhioHealth Arthur G. H. Bing, MD, Cancer Center. These include the Artist in Residence program, acupuncture, massage therapy, nutrition and mind-body counseling, and Cold Cap therapy, among other wonderful offerings. Several of the current and former Kitchen Kapers members also volunteer for High Tea, a weekly service to patients, and their families, admitted to Riverside Methodist Hospital undergoing cancer treatment.

Hundreds of hours go into preparing for the tour, but our success is also attributed to the many individuals and businesses with whom we have partnered this year. We also extend a heartfelt thank you to our homeowners, who have generously and graciously opened their homes to us today!

We express sincere gratitude to our Tour Sponsor, Kegler Brown Hill + Ritter, and each of our Home Sponsors. Thank you to our Media Sponsor, NBC4, and our Honorary Spokesperson, Mark Taylor, for continuing to support our cause. We also appreciate our wonderful restaurant and floral partners, our Advertising Sponsors and our generous Individual Donors!

As a child of a breast cancer surgeon, former employee of the breast cancer practice, and now a Riverside Methodist Hospital volunteer, I have personally witnessed the impact that cancer has on patients and their families. Until there is a cure for the dreadful disease, I am thankful that the dedicated Kitchen Kapers volunteers are contributing to the tremendous care provided each day!

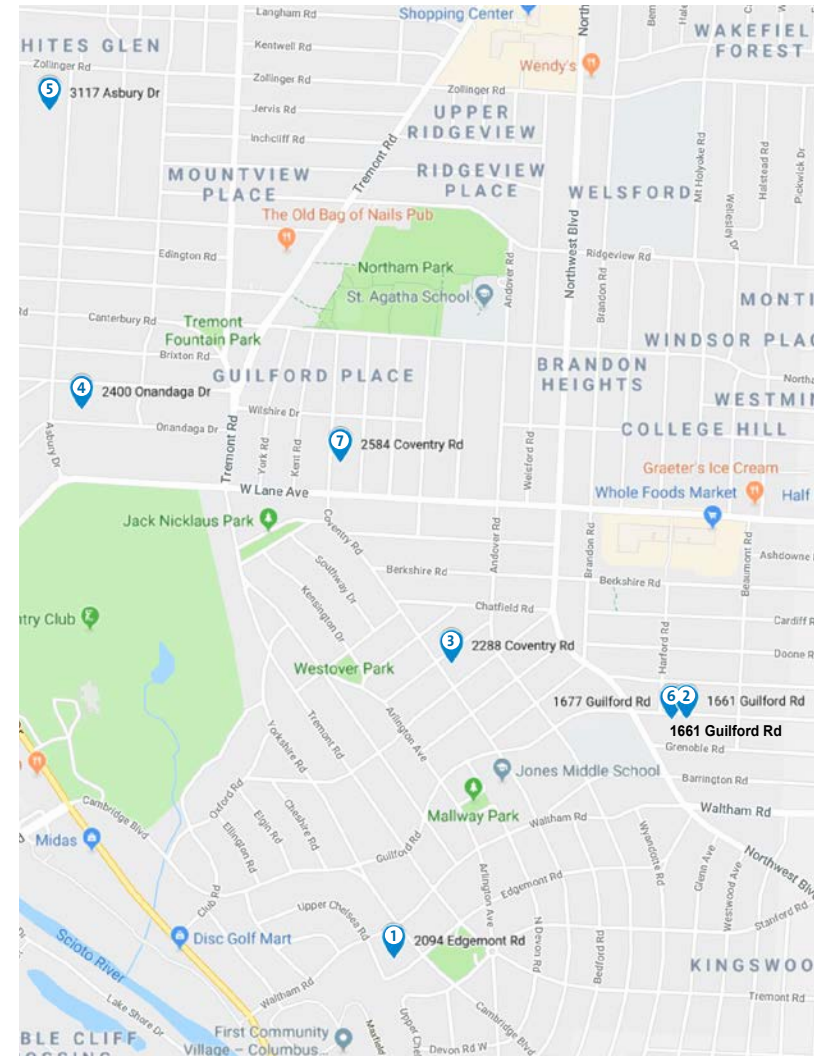
Finally, whether today is your very first Kitchen Kapers Tour or your 32nd, we thank you for your support and hope you enjoy! Please leave knowing that **YOU** have made a difference in the lives of those living with cancer.

Warm Regards,



Angela Lanctot
2019 Kitchen Kapers President

Map of Homes



LOCATIONS

- | | |
|------------------------|-----------------------|
| 1. 2094 Edgemont Road | 5. 3117 Asbury Road |
| 2. 1677 Guilford Road | 6. 1661 Guilford Road |
| 3. 2288 Coventry Road | 7. 2584 Coventry Road |
| 4. 2400 Onandaga Drive | |

Dear Volunteers and Touring Friends,



For more than 30 years, the members of Kitchen Kapers have raised over \$1 million to support cancer care at OhioHealth Riverside Methodist Hospital.

Kitchen Kapers is a group of dedicated and hardworking volunteers who affect great change in the lives of patients through their fundraising efforts. Proceeds from the annual tour provide philanthropic support to the Integrated Cancer Care Program, a holistic program aimed at treating more

than a patient's cancer. This area of medicine draws on the fields of nutrition, stress management, physical fitness, massage therapy, acupuncture and many other non-traditional therapies.

This year, their philanthropic efforts also enabled patients to participate in our Cold Cap Therapy program. Cold Cap Therapy is a cooling system that constricts blood vessels in the scalp, which may allow patients to keep more of their hair during treatment by reducing the amount of chemotherapy medicine reaching hair follicles. Kitchen Kapers' support is helping patients participate in the program for less than half the cost!

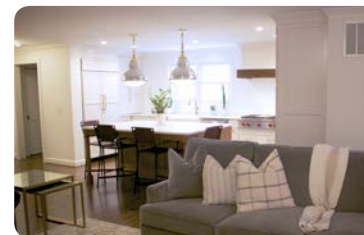
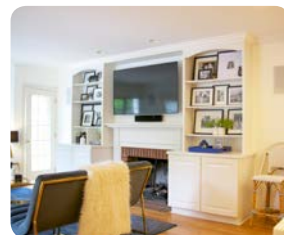
Kitchen Kapers members have not only worked tirelessly to prepare an outstanding tour, they have also shared their time at Riverside Methodist, preparing over 600 art kits for the Art Therapy Program and volunteering with the "high tea" service on Seven Yellow (Oncology). Once a week, patients, family and friends are treated to a "high tea" service, complete with music, tea and pastries. Each patient is also given a single rose.

By working in the hospital and around the patients for whom they seek to help, Kitchen Kapers members are able to see firsthand the impact of their efforts. And we at OhioHealth are beyond grateful for their devotion to the patients and families we serve.

Thank you for supporting this event. Your participation will help us continue to sustain these important endeavors which promise a welcoming, uplifting and comforting environment for patients, caregivers and their families. If you are interested in further supporting our efforts, please contact Mark Mangia, Senior Advisor for Cancer Care Philanthropy, at mark.mangia@ohiohealth.com or 614.788.3883.

With appreciation and thanks,

Dr. Andrew Grainger
Medical Director of Cancer Services
OhioHealth Riverside Methodist Hospital



Sponsorships and Donations

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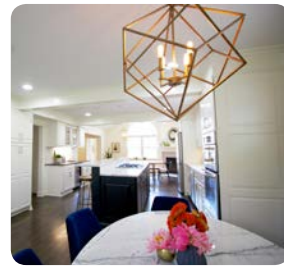
Angela Lanctot

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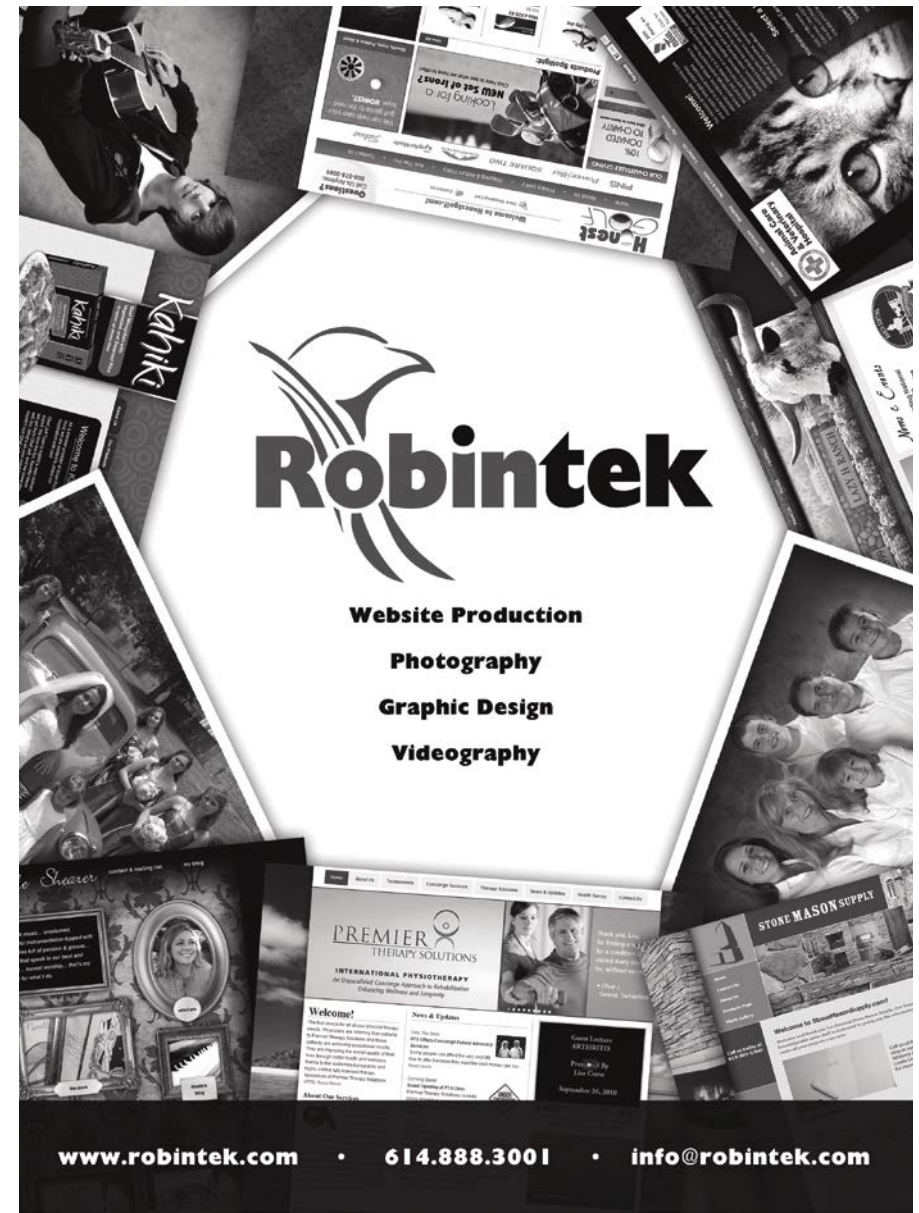
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The image shows a collage of various website pages and photographs. The central focus is the Robintek logo, which features a stylized bird or wing design above the company name. Below the logo, the services offered are listed: Website Production, Photography, Graphic Design, and Videography. At the bottom, the company's contact information is provided: www.robintek.com, 614.888.3001, and info@robintek.com. The collage includes pages for 'Kahiki', 'Hest', 'Premier Therapy Solutions', and 'Store Mason Supply', along with various photographs of people and products.

Media Partners



Mark Taylor, NBC4
2018 Honorary Spokesperson

Kitchen Kapers is proud to have Mark Taylor as the Tour Honorary Spokesperson. Mark joined NBC4 in December 2016 as co-anchor of the 5pm news. He is thrilled to call Columbus home and is developing a growing wardrobe of scarlet and gray!

Mark is an award winning journalist who has covered deadly tornadoes in Oklahoma, devastating floods in Colorado and destructive wildfires in Oregon. He is also a nationally published writer and Huffington Post contributor.

Most recently, Mark was the weekend anchor at the CBS affiliate in Denver, Colorado where he covered the aftermath and sentencing of the Aurora theater shooter's trial. He was also on the front lines of Colorado's devastating flood in 2013 that caused millions of dollars in damage and left several dead.

Before Denver, Mark was the weekend anchor at the Fox affiliate in Oklahoma City, Oklahoma where he was one of the first reporters on the scene after the 2013 Moore Tornado which killed more than two dozen people and caused two billion dollars in damage. His investigative reporting in the aftermath revealed mistakes made by the OKC animal shelter and the accidental euthanization of a family dog, which led to new changes in procedure.

Mark has also been a reporter and anchor in Phoenix Arizona and Eugene, Oregon. He graduated from The Walter Cronkite School of Journalism at Arizona State University with a degree in Mass Communications and Journalism.

Mark was born in Phoenix, Arizona but both his parents are from Toronto, Canada. In his free time you can catch him at Starbucks, the gym, or hanging out with his pug Paige.



Special Thanks

OhioHealth Foundation

OhioHealth Print Shop

OhioHealth Riverside Methodist Hospital

Jeff Alvis: Keller Williams Realty

John Morgan, Guitarist, OhioHealth Art in Medicine

Jennifer McHale, Art Therapist, OhioHealth Art in Medicine

Ryan Montgomery/RL Memories, Home Photographer

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Out of courtesy to the homeowners who have graciously opened their homes for this special event, we request:

- + No strollers or backpacks.
- + No smoking.
- + **No cameras.**
- + Children must remain with parent or adult at all times.
- + No food or drinks except for that which is provided in the home.
- + Guests please refrain from touching home contents.



Guy/Ingram Home

2094 EDMONT ROAD

Greg Guy and Lisa Ingram welcome you to their home, located at 2094 Edgemont Road. This stately structure was built in 1920 and has been home to some notable Upper Arlington residents, including the Aschinger Family who lived in the home from the late 1920's until the early 1950's. Also, Chris and Stefanie Spielman owned the home beginning in the 1990's. Greg and Lisa purchased the home from Chris Spielman in 2013.

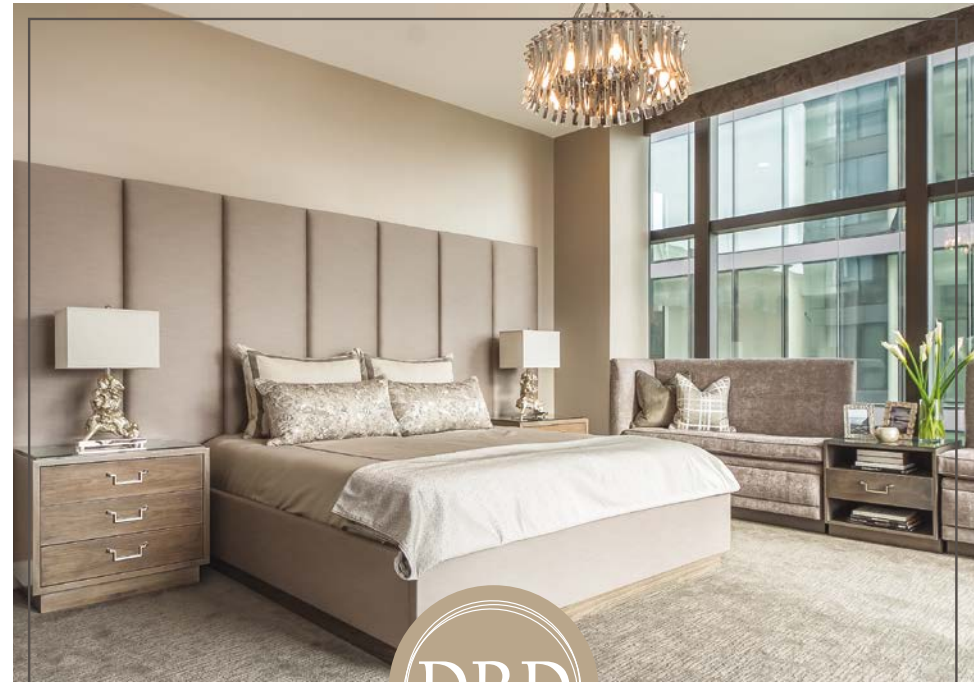
Greg and Lisa completed renovations on the home before moving in on March 1, 2014. The home had seen improvements before with the Spielman Family adding on and renovating in the late 1990's, but Greg and Lisa wanted to update and modernize things. The kitchen features two islands, one of which offers ample seating for guests. Granite countertops surround the kitchen except for on the center island where butcher block can be found. The two copper farmhouse sinks will also catch your eye. Storage is no issue with a multitude of cabinetry, as well as a large pantry just off the kitchen that is shielded by two gorgeous wood and glass doors.

Greg and Lisa enlisted the help of their designer, architect and general

contractor in 2018 when they set out to increase use of the outdoors by transforming their front patio, adding an outdoor summer kitchen, as well as completing a pool project. Lisa and Greg love to cook outdoors whenever possible. They are a family with four children, three of whom have a summertime birthday, so the warmer months present many opportunities to entertain.

Many of their family members and friends have been touched by cancer, prompting Greg and Lisa to support the fight against the disease in various ways. We can't thank them enough for graciously welcoming all our tour day guests into their home and for supporting our cause.





DRD

NOTES

Architect: Nate Sampson, Behal Sampson Dietz (front patio, summer kitchen, pool project)

Designer: Amanda Sexton, Distinctive Residential Design

General Contractor: Derrick Layer Custom Homes



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Torres Home

2400 ONANDAGA DRIVE

Welcome to 2400 Onandaga Drive, the home of Adam and Jessica Torres. Prepare to enjoy an abundance of natural light while touring this home. The sun illuminates nearly every square inch thanks to countless windows, including some that are floor to ceiling.

The Torres family purchased the home in 2016 and have remodeled it extensively both inside and out. They spent close to two years working on the property, which was originally built in 1942. The footprint of the home changed some during renovations, with Adam and Jessica getting creative with what they had to work with. With the help of their architect, they were able to steal square footage from the second floor of the house to create double-height ceilings in a portion of the first floor. For the kitchen, they focused on creating a place where everyone could congregate during parties and gatherings but not feel disjointed from the rest of the main living space. Jessica shares that the new kitchen is essentially a larger version of the kitchen they had in their previous home.

Quartz countertops with distinctive veining and an arabesque style backsplash tile work together with the white cabinetry and brushed chrome hardware to create an aesthetic feel. European Oak hardwood floors in a natural finish gleam underneath all the

home's light. The ocean blue accent color on the bookshelves in the nearby family room add color, while the black windows and door frames add contrast. Jessica shares that one of her favorite kitchen features is her "appliance garage," which houses the coffee maker, espresso machine, toaster and other gadgets. The cabinet front raises and lowers on custom hinges for easy access and keeps the counters free of clutter.

Cooking and entertaining are also an outdoor activity for the Torres family. Their outdoor space features a kitchen with built-in grill and overhead vent as well as a sink. They also have an in-ground spa which doubles as a plunge pool in the warmer months.

Cancer hits close to home for the Torres Family. Adam's father has battled kidney cancer. Jessica's best friend is a three-time melanoma survivor. We extend our sincere gratitude to the Torres family for joining us in support of cancer care by opening their stunning home for tour day.





NOTES

Countertops: Calacatta Classique Quartz
Backsplash: The Home Depot
Hardwood Floors: BuildDirect.com
Appliances: Big Sandy
Lighting: Houzz.com

Wall paint/Coverings: Kitchen, Extra White, Sherwin Williams. Light French Gray and Oceanside by Sherwin Williams also featured in the home.



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Lee Home

2288 COVENTRY ROAD

A light and airy atmosphere awaits you behind the front door of 2288 Coventry Road. This is the feel John and Whitney Lee wanted to create when they began renovating the house they purchased in 2014. They moved out of the home when work began and returned eight months later to a space that had been revitalized.

But one element of the past remains in their new kitchen as a reminder of the history that the home holds. The original map/lot plan can be found hanging at the foot of the stairs, which the Lees found in the basement upon moving in. The previous owner, Mary Ross, kept the plans from when she built the home with her husband in 1946. The home was a part of the original King Thompson development in South Upper Arlington.

Those plans are all that remain of the old dwelling thanks to architect Tom Beery and general contractor Derrick Layer Custom Homes. The Lees were looking for the home to feel livable, with every single room being used. They veered away from wasted spaces and anything that felt formal. Therefore, the

home does not house a formal dining room. They wanted the home to feel less choppy and aimed to add some southern touches in the style of Joanna Gaines. Whitney did all the design and décor on her own, as it is something that she really enjoys.

The kitchen features quartz countertops, white cabinets with oil-rubbed bronze hardware and accents of black and gray tones. Special features complete this kitchen including a rollout in the bar area, so guests have easy access to drink selections. Don't miss the pantry door, which Whitney worked with her general contractor to have custom made after seeing something similar on Pinterest. She enjoys using it to make grocery lists, share fun sayings, etc.



Next the Lees will move on to the outdoor space of their home. They have big plans for an outdoor kitchen and a lounge area. In the meantime, they mainly entertain inside and share that low-key hangouts are their favorite – usually with pizza, family and friends hanging out around the island.

Whitney lost her grandmother, with who she was extremely close, to cancer. We can't thank the Lee family enough for supporting our cause, which provides care to so many fighting the disease.



NOTES

General Contractor: Derrick Layer
Custom Homes

Hardware: InHome Concepts

Countertops: Quartz

Backsplash: Floor Décor & More

Wall paint/coverings: Collingswood,
Benjamin Moore

Appliances: HH Gregg Fine Lines



OhioHealth Cancer Care



Larry Lilly, MD, FACS, Medical Director, OhioHealth Cancer Survivorship Program

Dr. Lilly is a board-certified surgeon and MD Anderson Cancer Network® certified physician who practiced surgery at OhioHealth Riverside Methodist Hospital and OhioHealth Dublin Methodist Hospital from 1980 to 2018. In April 2019, he became the medical director of OhioHealth's Cancer Survivorship program.

The OhioHealth Cancer Survivorship program will help you prepare for a healthy life after cancer treatment, including information and resources about nutrition and fitness, as well as other cancer wellness and support opportunities.



For more information about OhioHealth Cancer Care, contact OhioHealth CancerCall at (614) 566.4321 or 1(800) 752.9119 from 8 a.m. to 5 p.m Monday through Friday or visit [OhioHealth.com/Cancer](https://www.ohiohealth.com/Cancer)

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Cancer Care: Arts in Medicine Program Brings Comfort to Patients and Families

Where do the arts fit into healthcare? Right at the bedside! Living with cancer can create unbearable stress and anxiety. It can come from constant worry about the condition of cancer or fearful waiting before a procedure or surgery.



The Arts in Medicine program at OhioHealth Riverside Methodist is designed to help patients and their families cope during these times by providing cancer resources and a means to help them relax through creative activities, as well as express and explore their emotions and concerns.

Research studies on arts in medicine programs have proven artistic activities can lower stress levels, decrease anxiety and improve a sense of well-being. Riverside Methodist's Arts in Medicine program includes, but is not limited to, visual, literary and musical arts that can help the patient shift focus into a more peaceful and hopeful mental space.

Solely funded by philanthropic support and the only program in central Ohio recognized by the National Endowment for the Arts as a "Best Practice," the Arts in Medicine program is founded on the belief that the creative process involved in artistic self-expression helps people in many significant ways.



Kitchen Kapers would like to thank Jennifer McHale, art therapist, for providing an opportunity to see how art impacts others.

We would also like to thank John Morgan for sharing his musical talents during the tour today. John is a current Artist in Residence at Riverside Methodist Hospital.

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Rigo Home

1677 GUILFORD ROAD

Welcome to 1677 Guilford Road, the home of Dave and Kori Rigo. The Rigos purchased the home in September 2018, relocating from just a few streets over. Once settled into the home that was built in 1939, they set out to create an open-concept kitchen that was bright, white and inviting.

Armed with design ideas of their own, the Rigos teamed up with their general contractor and their designer to create a kitchen space that would be ideal for them and their two children.

The finished product took about three months to complete and incorporates the white finishes favored by the Rigos, complimented by splashes of gold and black. Be sure to take in all the thoughtfully planned touches in these hues while touring this home.

Most striking of these features is the variety of artistic backsplash tile used throughout the kitchen. Three different types were used, which means with each turn you are greeted by another stunning tile. The hardware that completes the white inset cabinetry adds a touch of gold, as do the regal light fixtures through the kitchen. These are worth an extra look, especially the one that was placed just above the window by the sink.

All these tasteful details are tied together by quartz and marble countertops as well as by the gorgeous oak floors you will find under foot. No newly remodeled kitchen is complete without a special feature that is loved by the cook who uses it the most. For Kori, that feature is the knife drawer. She loves that she no longer needs to store knives on the counter.

The Rigo family loves to cook anything and everything. They also enjoy entertaining others. They often host large groups, which prompted them to also upgrade a powder room, an upstairs bathroom and their patio area.

Cancer has touched the Rigo family in the past, making it personal when it comes to their support of Kitchen Kapers. We can't thank them enough for opening their home, and we hope you enjoyed visiting it on the tour.

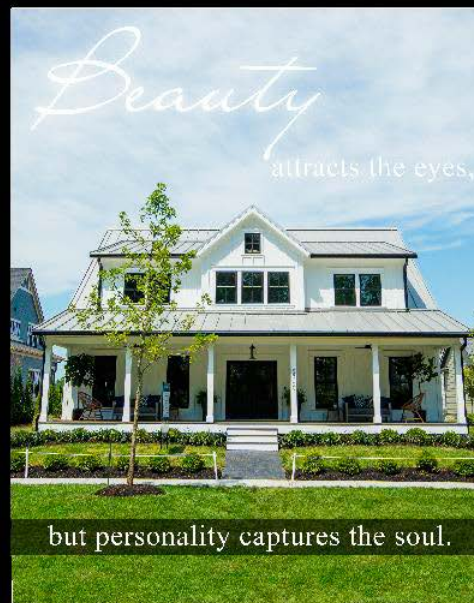




NOTES

Contractor: ALTA Design Build
Cabinet Hardware: Etsy
Flooring: Hardwood, Oak

Wall Color: Simply White,
Benjamin Moore



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Smith Home

3117 ASBURY ROAD

Admire the curb appeal and then step inside the home of the Smith family. The land that the home sits on was once part of a large horse farm before a local builder obtained it and the Smiths purchased the lot. Located at 3117 Asbury Road in the popular Canterbury area of Upper Arlington, this house was built in 2017 by Compass Homes.

Vincent and Kathleen Smith selected all the finishes for the kitchen through Compass, working to create an open kitchen perfect for everyday use and entertaining. A large island anchors the space, complete with seating and open shelf storage. Custom Amish-built white shaker-style cabinetry wraps around the entire kitchen. There is plenty of prep space thanks to the quartz countertops that span the space. The kitchen is outfitted with GE Monogram stainless steel appliances, including a large gas range that serves as a focal point. You will also find two dishwashers, one on each side of the white farmhouse sink, making clean-up a breeze.

The kitchen is surrounded by functional and beautifully decorated spaces. The Smiths especially enjoy the large mudroom/ coat closet found just behind the kitchen. Shades of blue add pops of color and welcome you into the neighboring dining room. A cozy living room is also positioned nearby.

The Smith family enjoys hosting casual parties for family and friends and they can do so both inside and outside of their home. The outdoor oasis includes a fiberglass pool, outdoor fireplace, gas line grill and a fridge. The family enjoys grilling as well as preparing pizzas and Italian food.

Before exiting the home, be sure to admire the original artwork that hangs above the bench in the foyer. These three pieces hold special meaning to the family, as they were created by Shawn Smith, Vincent's brother.

Join us in thanking the Smith family for opening their home for our tour and for supporting our cause. Also, join us in positive thoughts to Vincent's father, who was recently diagnosed with cancer. His cancer was detected and removed by our friends at Ohio Health and is he is currently in remission.





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NOTES

Builder: Compass Homes
Cabinets: Amish-built cabinets
Cabinet Hardware: Amerock
Countertops: Color; Lagoon with pencil edge
Appliances: The Appliance Company

Kitchen Faucet/Pot filler: Moen
Wall paint/coverings: Kitchen: PPG Pegasus #PPG-1010-1. Door and trim paint: PPG Vincente Wolfe White #PPG-1001-1. Dining space off the Kitchen: Sherwin William. Gray Matters #SW7066



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Stanley Home

1661 GUILFORD ROAD

Just steps inside the home of Joe and Sonja Stanley lies a kitchen that will take your breath away. This Guilford Road home has undergone extensive renovations and now houses several custom designed furniture pieces and several works of art.

Joe and Sonja purchased the home in 2011 and began working on various projects including the remodel of the master bedroom, followed by a new garage in 2014. In 2018 a more extensive addition and remodel was completed, which included a new family room, screened-in patio, mudroom and a fourth bedroom. Throughout all these improvements, the kitchen was in varying stages of construction as the project was started by one contractor, then reworked by another. The entire kitchen area reached completion with all the finishing touches in 2017-2018.

The goal for the kitchen was to open it up to allow for plenty of room to entertain and have family over. Style was also important to the Stanleys, and with the help of their designer, the kitchen was transformed into a cozy, modern space that utilizes natural materials. While the design is mostly white, pops of black and brass can also be found. The Stanleys refer to the style as Scandinavian chic.

Finishes that add to this theme include the Brazilian white marble and leathered marble countertops as well as the contrasting colors of the cabinetry in white and black.

One-of-a-kind touches are found at every turn in the Stanley home. Much of the furniture and furnishings were custom-made to fit the space, including the maple dining table. Artistic notes grace all areas of the home. Be sure to admire the gallery wall in the dining area, which includes the works of several artists. A piece that is especially special to the Stanleys is a watercolor of their daughter, done by Katie Buzzacco. Being personally touched by cancer was a factor for the Stanleys when it came to their gracious decision to put their beautiful home on the tour. Sonja's mother passed away from brain cancer. We can't thank the Stanley family enough for supporting our cause.





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NOTES

Architect: Heidi Bolyard, Simplified Living Architecture + Design

Cabinet Manufacturer/Designer: Amish Cabinet Maker- Charm, Ohio

Countertops Manufacturer/Designer: Konkus

Flooring: 50/50 Espresso and Ebony

Appliances: Big Sandy

Wall paint/Coverings: Cloud White by Benjamin Moore. Wallcovering in Mudroom- Moroccan Wallpaper Mural designed by Sarah Sherman Samuel, purchased from Lulu & Georgia.





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For more information, visit the Foundation at OhioHealth.com/Foundation or (614) 544-GIVE (4483).



McCurdy Home

2584 COVENTRY ROAD

You are invited to tour the home of Brian and Victoria McCurdy. Located at 2584 Coventry Road, this classic home sits between W. Lane Ave and Northam Park. The home was built in 1938 and purchased by the McCurdys in 2017. Renovations were completed in 2019.

Living is made easy in the completed McCurdy home thanks to the open-concept layout shared by the kitchen and the family room. Shades of white are a prominent feature in the kitchen. The backsplash, laid in a herringbone pattern, catches your eye as it carries from the gorgeous quartz countertops to the ceiling. The white tones continue with the cabinetry, and a touch of antique brass is added by the hardware. Rustic and natural touches can also be found in the space thanks to the wood finish on both the center island and the range hood. Victoria notes that she loves the large kitchen island, while Brian appreciates that the kitchen is now more open to the living area.

The McCurdy Family worked with their designers to create a mix of contemporary and traditional styles into their overall design and decor. They like that the kitchen and living room are now clean and crisp but also comfortable and inviting. The McCurdys worked with their

contractor and architect to raise the ceiling in the kitchen to match the height of the family room. In addition to remodeling the kitchen, they also moved the location of the first-floor powder room and reconfigured the mud room/laundry room. Three different types of flooring materials were replaced by unifying hardwood throughout the first level, a portion of which is original to the home.

The McCurdys enjoy entertaining in their home and often have friends and family over for cookouts. They are looking forward to using their formal dining room for entertaining this holiday season as well.

We extend our gratitude to the McCurdy Family for including their home on our tour this year. Both sides of their family have been impacted by cancer, as well as some of their friends. They share that they are committed to doing whatever they can to help support cancer research in the hope of one day finding a cure.





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NOTES

Architect: Gary Alexander
Countertops: Konkus
Contractor: Steve Davis Construction
Cabinet Hardware: House of Antique Hardware

Lighting: Restoration Hardware / Visual Comfort
Wall paint/coverings: Kitchen and Living Room: White Dove by Benjamin Moore. Dining Room: Revere Pewter by Benjamin Moore.



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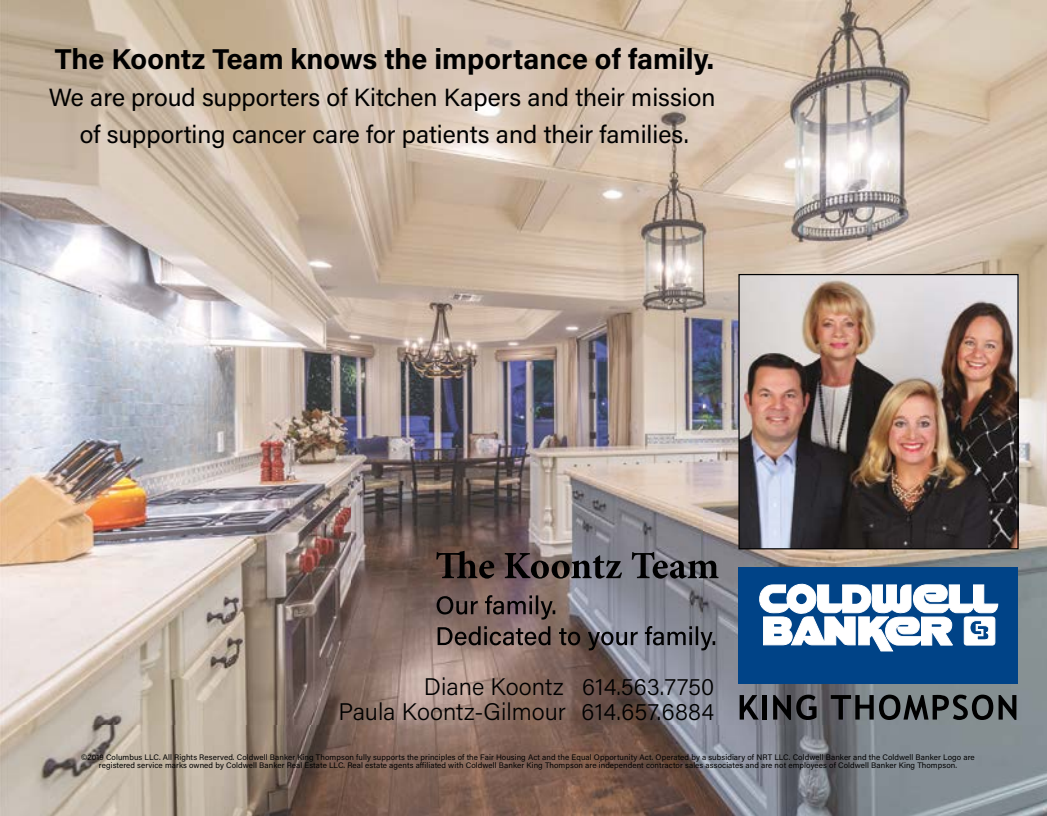
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To learn more contact, OhioHealth CancerCall at (614) 566.4321 or 1 (800) 752.9119.

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Educational, Vocational, & Artistic Background

Education and Vocational Background:

Holding art degrees from Bowling Green State University (B.S. in Art Education), The Ohio State University (Ph.D. in Art Education), Lee has taught Studio Art, Art History, and Teacher Education Courses at all levels (elementary, middle school, high school, community college, and university). The largest part of his teaching career was practiced at Grandview Heights High School (25 years) and Capital University (7 years). He retired from teaching in 2013 and now concentrates on painting.

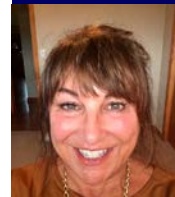
Artistic Endeavors:

Specializing on transparent watercolor painting since 1986, Lee has been a frequent exhibitor at area art fairs and festivals, regional watercolor exhibitions, and one-man shows in central Ohio galleries and libraries. During this time, he has garnered various art awards: best overall display, 1st and 2nd place awards, and purchase awards. Lee holds memberships in the Central Ohio Watercolor Society (serving as president in 1999) and the Ohio Watercolor Society.

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The OhioHealth Survivorship Clinic



For over 38 years, I was a practicing surgeon treating cancer in Central Ohio. I found this work very challenging, yet satisfying. As I neared the end of my clinical practice, I recognized that while many of the patients were cured of their cancer, some continued to deal with the effects of their diagnosis and treatment. This sparked my interest into the relatively new discipline of Survivorship.

A survivor is generally thought of as anyone who has ever been diagnosed with cancer. Some patients who have had cancer prefer to think of it in the past and move forward, returning to their “normal” life. Others may feel that they are still living with cancer and do not feel like survivors.



Individuals who have a history of cancer have very different experiences and feelings. However, most are living different lives than before their diagnosis. Some live with a fear of recurrence or development of a different cancer. Others feel empowered after conquering a great challenge and live life more fully with more meaning and different priorities.

Through my practice, I recognized that treating cancer was just the first step. The next steps were dealing with the treatment effects, which may include surgery, chemotherapy, radiation therapy and anti-hormone therapy. While some patients may have minimal symptoms, others may be debilitated by fatigue, pain, numbness, arm swelling, hot flashes, change in appearance, or the stress of worrying about recurrence and maintaining employment.

continued on next page...



The number of cancer survivors is growing at a great rate. In 1971, there were about **3 million** survivors in the United States. There was over a five-fold increase by 2016, with about **15.5 million**. By 2026, that number will be **20.3 million!** Fortunately, this number is increasing because of better diagnosis and improved treatment regimens.

This also means that significantly more people are dealing with treatment effects. Survivorship programs are designed to support cancer patients after their active treatment has ended. The program reviews and provides the patient with their treatment plan, which includes their physicians, surgeries, chemotherapy names and dosing and radiation details. It also highlights guidelines for surveillance of new or recurrent cancers. In addition, a comprehensive listing of possible complications or side effects alert the patient of when to report something to their health care team.



At the OhioHealth Survivorship Clinic, concerns are eased and appropriate referrals are made to genetics, dietician, physical therapy, psychosocial counseling, and integrative therapies. Upon accepting the position of Medical Director of Cancer Survivorship this past April, I am excited for the opportunity to provide these

types of services to patients who have had to deal with cancer. I believe this role will be very fulfilling, as my goal is to provide encouragement and hope to help our patients become empowered and thriving survivors.

Future Tour Home Suggestion

Have you visited a home in Upper Arlington that you believe would be a grand addition to a future tour? Have your friends mentioned they would be interested in having their house on the tour at some point? Do you believe your own home would be perfect for the tour?

You now have an opportunity to submit a possible entry for a future tour site! Please complete the information below and return it to:

Beth Feusner | Home Procurement Chair
1903 Suffolk Rd. 43221
elizabeth.feusner@gmail.com

HOMEOWNER NAME(S)

SUGGESTED ADDRESS

PHONE

EMAIL

MY NAME

ADDRESS

PHONE

EMAIL

I BELIEVE THE ABOVE KITCHEN WOULD BE A POSITIVE ADDITION TO A FUTURE KITCHEN KAPERS TOUR BECAUSE:

Thank you for your input! We appreciate your suggestions and will be in touch with the potential participating homeowner!



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& RARE
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GOODS



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