



# Winter 2022

JANUARY • FEBRUARY • MARCH

**FREE CANCER SUPPORT**  
Now online and in-person



## WELCOME!

New to The Gathering Place? Start here! Meet with a staff member to explore our FREE programs and services. Visit [touchedbycancer.org/welcome](https://touchedbycancer.org/welcome) to begin.

## WHAT'S INSIDE:

- Cancer and COVID-19 Update
- Updates in Colorectal Cancer Treatment
- Chemo Brain: It's Real and There are Ways to Help

The **Gathering Place's mission** is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

*provided free of charge.*



It is so hard to believe that it is now 2022.

As you review our program guide, please look for the icons which indicate whether programs are delivered in person or virtually. As always, we want to keep people safe, and we will monitor CDC and hospital guidelines should we need to return to all virtual program delivery.

Our staff has been working diligently to bring forth some of the most innovative and diverse program offerings. Please be sure to check out some of the following:

[Financial Toxicity \(Distress\) & Cancer Treatment](#)

[Cancer in the LGBTQ+ Community: 2-Part Series](#)

[Cancer and Medical Marijuana Update](#)

My thanks to our staff, participants, volunteers and donors who help to bring our mission to life every day. Without your support none of this would be possible.



*with gratitude,*  
**MICHELE SEYRANIAN**  
CEO

## TOGETHER AGAIN

As we return to in-person programs, please refer to the icons in this key throughout the Program Guide.



**PROGRAM OCCURS  
VIRTUALLY**



**PROGRAM OCCURS  
AT THE WELLNESS CENTER**



**PROGRAM OCCURS AT THE  
GATHERING PLACE IN BEACHWOOD**



**PROGRAM OCCURS OFF SITE**



**PROGRAM OCCURS AT THE  
GATHERING PLACE IN WESTLAKE**

If you see more than one icon grouped together, it means the program has limited space in person at one of our locations, and is also offered virtually. If you have additional questions, please contact Beth Bennett at 216-455-1517.

Please refer to page 11 for our most recent COVID-19 protocols.

## OUR OFFICES

We are available by phone at 216-595-9546, Monday through Friday from 9:00am-5:00pm.

For a complete list of programs and to register, visit [touchedbycancer.org/calendar](https://touchedbycancer.org/calendar).

### THE GATHERING PLACE EAST

The Arnold & Sydel Miller Family Campus  
23300 Commerce Park, Beachwood, OH 44122

### THE GATHERING PLACE WEST

The Sandy Borrelli Center  
25425 Center Ridge Road, Westlake, OH 44145

### WELLNESS CENTER

Richman Family Wellness Center  
23295 Commerce Park, Beachwood, OH 44122

## MEET THE CLINICAL TEAM



### BETH BENNETT

PT, RDN, LD, MS, MA  
[bennett@touchedbycancer.org](mailto:bennett@touchedbycancer.org)  
216-455-1517



### EILEEN COAN

MA, MLS  
[coan@touchedbycancer.org](mailto:coan@touchedbycancer.org)  
216-455-1504



### SUSAN MARINAC

MSSA, LISW-S, MT-BC  
[marinac@touchedbycancer.org](mailto:marinac@touchedbycancer.org)  
216-455-1512



### SYDNEY BEEMAN

MA, LPC  
[beeman@touchedbycancer.org](mailto:beeman@touchedbycancer.org)  
216-455-1520



### MARY FISHER-BORNSTEIN

LISW-S  
[bornstein@touchedbycancer.org](mailto:bornstein@touchedbycancer.org)  
216-455-1506



### ERIN RAFTER

PHD, CCLS  
[rafter@touchedbycancer.org](mailto:rafter@touchedbycancer.org)  
216-455-1516



### STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET  
[cerne@touchedbycancer.org](mailto:cerne@touchedbycancer.org)  
216-455-1503



### STEPHANIE HOPKINS

MS, RDN, LD  
[hopkins@touchedbycancer.org](mailto:hopkins@touchedbycancer.org)  
216-455-1525



### ANDREA SONNIE





LISW-S, OSW-C  
[sonnie@touchedbycancer.org](mailto:sonnie@touchedbycancer.org)  
216-455-1521

# ONGOING PROGRAMS

All exercise programs are virtual, unless otherwise noted. Health and fitness screening required before attending any movement class.

## EXERCISE CLASSES (FOR THOSE DIAGNOSED WITH CANCER)

Comprehensive strength, endurance, balance, and flexibility routine for those in cancer treatment or dealing with side effects from treatment.

-  MONDAYS: 7:00-8:00PM
-  TUESDAYS 12:30-1:15PM
-  THURSDAYS: 12:30-1:15PM
-  THURSDAYS: 6:30-7:30PM

## BALANCE FOR IMPROVED FUNCTION

Exercise class that builds on balance, stability and body awareness.

-  WEDNESDAYS: 12:30-1:00PM  
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## ZUMBA WITH ANITA BARTEL

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

-  MONDAYS: 11:00-11:45AM \*NEW TIME!

## RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

-  FRIDAYS: 12:30-1:00PM  
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## YOGA WITH LISA THIEL

A gentle flow class appropriate for all levels.

-  WEDNESDAYS: 10:00-11:00AM

## QIGONG & TAI CHI WITH JEANNIE KORAN

Reduce stress & improve balance.

-  SATURDAYS: 10:00-11:00AM

# SUPPORT GROUPS

GREEN TEXT Indicates West Location Group  
 BLUE TEXT Indicates East Location Group

TGP offers virtual and in-person support groups. Please contact the group facilitator to register and for more information.

## ALL CANCERS

### GROUP FOR ADULTS WITH CANCER

Mondays: 6:30-8:00pm  
Sydney Beeman, MA, LPC  
216-455-1520

### GROUP FOR CAREGIVERS

Mondays: 6:30-8:00pm  
Susan Marinac, MSSA, LISW-S, MT-BC  
216-455-1512

### GROUP FOR ADULTS WITH CANCER

Tuesdays: 6:30-8:00pm  
Andrea Sonnie, LISW-S, OSW-C  
216-455-1521

### GROUP FOR CAREGIVERS

Tuesdays: 6:30-8:00pm  
Ellen Heyman, MSN, RN  
216-455-1509

### SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

1st Thursdays: 6:30-8:00pm  
Sydney Beeman, MA, LPC  
216-455-1520

### LIFE AFTER CANCER TREATMENT GROUP

2nd Thursdays: 6:30-8:00pm  
Sydney Beeman, MA, LPC  
216-455-1520

### GROUP FOR YOUNG ADULTS WITH CANCER

4th Thursdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### GROUP FOR OLDER ADULTS WITH CANCER

3rd Fridays: 11:00am-12:30pm  
Erin Rafter, PHD, CCLS  
216-455-1516

## CANCER SPECIFIC

### MYELOMA GROUP

1st Mondays (every other month): 5:30-7:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### YOUNG WOMEN WITH BREAST CANCER GROUP

1st Tuesdays: 6:30-8:00pm  
Susan Marinac, MSSA, LISW-S, MT-BC  
216-455-1512

### ORAL, HEAD, AND NECK CANCERS GROUP

2nd Mondays: 3:30-4:30pm  
Sydney Beeman, MA, LPC  
216-455-1520

### PROSTATE PARTNERS GROUP

2nd Thursdays: 6:30-8:00pm  
3rd Tuesdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### BREAST CANCER GROUP

3rd Mondays: 2:00-3:30pm  
Andrea Sonnie, LISW-S, OSW-C  
216-455-1521

### METASTATIC BREAST CANCER GROUP

3rd Tuesdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### GROUP FOR WOMEN WITH GYNECOLOGIC CANCER (NON-OVARIAN)

Wednesday, March 10: 6:30-8:00pm  
Andrea Sonnie, LISW-S, OSW-C  
216-455-1521

### PANCREATIC CANCER GROUP

4th Mondays: 3:30-4:30pm  
Sydney Beeman, MA, LPC  
216-455-1520

### BREAST CANCER SUPPORT GROUP (QUARTERLY, EVENING)

Thursday, February 24: 6:30-8:00pm  
Andrea Sonnie, LISW-S, OSW-C  
216-455-1521

### OVARIAN CANCER SUPPORT GROUP

3rd Wednesdays: 2:00-3:30pm  
Susan Marinac, MSSA, LISW-S, MT-BC  
216-455-1512

## GRIEF & LOSS

### GRIEF GROUP

2nd Tuesdays: 2:00-3:30pm  
Erin Rafter, PHD, CCLS  
216-455-1516

### GRIEF GROUP

4th Tuesdays: 6:30-8:00pm  
Erin Rafter, PHD, CCLS  
216-455-1516

### GRIEF GROUP

2nd & 4th Tuesdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### GRIEF: WHEN, WILL IT END?

3rd Wednesdays: 11:00am-12:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

# INDIVIDUAL SERVICES

Medical research, resources, legal consultations and medical bill questions

EILEEN COAN, MA, MLS  
216-455-1504

## Individual Short-Term Cancer Focused Emotional Support

SUSAN MARINAC, MSSA, LISW-S, MT-BC  
216-455-1512

## Children and Family/Parent Consultations

ERIN RAFTER, PHD, CCLS  
216-455-1516

## Nutrition and Exercise Consultations

BETH BENNETT, PT, MA, MS, RDN, LD  
216-455-1517

## Wig Salon

DIANE WEINER, CVA  
216-455-1508





# INFORMATION & EDUCATION

PROGRAM LOCATION KEY:



## HOW TO SHARE THE CARE

It can be hard to ask for help when coping with a cancer diagnosis. Discussion will focus on how to offer help, accept help, and identify what could be helpful while dealing with cancer.

ERIN RAFTER, PHD, CCLS

WEDNESDAY, JANUARY 12, 6:30-8:00PM



## UNDERSTANDING LYMPHEDEMA: CARE AND TREATMENT METHODS

Learn the definition of lymphedema, causes, risk factors, psycho-social impacts, and the role of Complete Decongestive Therapy. Participants will gain an understanding of caring for themselves and loved ones who have been diagnosed with lymphedema.

KATHY ONDAK, OTD, OTR/L, CHT, CLT

WEDNESDAY, JANUARY 19, 6:30-8:00PM



## MANAGING CHALLENGING EMOTIONS DURING CANCER

Learn tips for managing big emotions at critical times during your cancer journey.

KERRI MAZZONE, LISW-S

WEDNESDAY, FEBRUARY 2, 6:30-8:00PM



## RE-ENTRY INTO THE WORLD AFTER CANCER TREATMENT AND COVID-19

Adjusting to reentering the world can increase anxiety after being home during the COVID-19 pandemic. Discussion will focus on normalizing emotions and learning new coping strategies.

ERIN RAFTER, PHD, CCLS  
SYDNEY BEEMAN, MA, LPC

WEDNESDAY, FEBRUARY 9, 6:30-8:00PM



## ROUNDTABLE DISCUSSION FOR THOSE NEWLY DIAGNOSED WITH CANCER

Feeling overwhelmed with your new cancer diagnosis? You are not alone. Share with others and learn how to navigate the challenges. Includes information on important questions to ask your physician.

SUSAN MARINAC, LISW-S, MT-BC

FRIDAY, FEBRUARY 11, 12:00-1:00PM



## FINANCIAL TOXICITY (DISTRESS) & CANCER TREATMENT

The cost of cancer care and changes in ability to work can increase distress in cancer patients. Join us as we discuss the risk factors and effects of financial toxicity in cancer care.

SHONTIA GAMBLE, LSW, FINANCIAL NAVIGATOR

WEDNESDAY, FEBRUARY 16, 7:00-8:00PM



## HOLY HELL: ANGER AT GOD

Anger is a normal and natural emotion that can come up when cancer enters your life. Feeling angry at God or a Higher Power can sometimes be the elephant in the room. Join Chaplain Chuck Behrens for a candid discussion.

CHUCK BEHERNS, MDIV

THURSDAY, FEBRUARY 17, 6:30-7:30PM



## CANCER AND COVID-19 UPDATE

Are you curious about the impact of COVID-19, variants, vaccines and boosters for the cancer community? Bring your questions and join us for a discussion on these important updates.

DAVID KAMP, MD

FRIDAY, FEBRUARY 18, 11:00AM-12:00PM



## CANCER AND MEDICAL MARIJUANA UPDATE

Discuss questions to ask your health care team and learn about the use of medical marijuana for managing pain, nausea, and loss of appetite related to cancer and cancer treatment.

KALI CASALE, RISECANNABIS

WEDNESDAY, FEBRUARY 23, 6:30-7:30PM



## CANCER IN THE LGBTQ+ COMMUNITY: 2-PART SERIES

Presentation on cancer and LGBTQ+ community in Cleveland. Understand health disparities and learn about local resources.

### SESSION 1: CANCER CARE IN THE LGBTQ+ COMMUNITY

JASON LAMBRESE, MD, CHILD AND ADOLESCENT PSYCHIATRIST

THURSDAY, MARCH 3, 6:30-8:00PM



### SESSION 2: LGBTQ+ COMMUNITY AND CANCER

Join others from the LGBTQ+ community who are coping with cancer or caring for someone with cancer for this supportive session.

SUSAN MARINAC, LISW-S, MT-BC & LGBT CENTER STAFF

THURSDAY, MARCH 10, 5:30-7:00PM (DINNER PROVIDED)



Location: LGBT Center, 6705 Detroit Ave., Cleveland, OH 44102

## PUTTING RESEARCH INTO ACTION (2-PART SERIES)

### SESSION 1: MANAGING BALANCE PROBLEMS AND FALLS DURING AND AFTER CANCER TREATMENT

Cancer and cancer treatment can increase your risk of falling leading to debilitating injuries. Join us for this interactive series where we discuss common risk factors, strategies for reducing your fall risk, and how proper screening can determine your risk of falling.

SHELLEY ALBERT, PT, DPT, MHS, REVITAL CERTIFIED THERAPIST

WEDNESDAY, MARCH 9, 6:30-7:30PM



### SESSION 2: MEET WITH A PHYSICAL THERAPIST WHO WILL ASSESS YOUR RISK OF FALLING AND PROVIDE RESOURCES FOR IMPROVING BALANCE.

SATURDAY, MARCH 12, 12:00-2:00PM



SATURDAY, MARCH 19, 12:00-2:00PM



## SPRING RENEWAL: BLOOM WHERE YOU ARE PLANTED

Just as nature blooms again in the Spring, so do you! Discover how to set intentions for renewing your physical, emotional and spiritual bodies.

SYDNEY BEEMAN, MA, LPC

WEDNESDAY, MARCH 16, 5:30-6:30PM



## CHEMO BRAIN: IT'S REAL AND THERE ARE WAYS TO HELP

Chemo Brain is a common term used by cancer survivors to describe thinking and memory problems during and after cancer treatment. Learn signs, symptoms, and strategies for addressing concentration and memory problems.

KELLY HILBORN, MA, CCC-SLP, SPEECH-LANGUAGE PATHOLOGIST

THURSDAY, MARCH 31, 6:30-8:00PM



For anyone who has been "touched by cancer", whether a survivor, caregiver or loved one, The Gathering Place provides a resource to cope and thrive. The programs are excellent and are provided free of charge.

ANGELA B. PARTICIPANT



# NUTRITION & EXERCISE

PROGRAM LOCATION KEY:

For more exercise classes see Ongoing Exercise Programs on page 3.



## WHOLE FOOD LIFESTYLE CHECK-IN

Join this monthly discussion on what a healthy lifestyle means for cancer survivors. We will share recipes and resources as we review the latest research around cancer and nutrition. First Friday of every month.

STEPHANIE HOPKINS, MS, RDN, LD

FRIDAY, JANUARY 7, 11:00AM-12:00PM



FRIDAY, FEBRUARY 4, 11:00AM-12:00PM



FRIDAY, MARCH 4, 11:00AM-12:00PM



## RESOLUTION: RESTORATION

Jump into the New Year with a focus on feeling restored. Join Stephanie and Stephen for a 2-week series reviewing diet and exercise research, tips, and techniques that support feeling refreshed and ready to take on 2022.

STEPHEN CERNE, BS, NSCA-CPT, ACSM/ACS-CET AND STEPHANIE HOPKINS, MS, RDN, LD

MONDAYS, JANUARY 10 & 17, 12:30-1:30PM



## PHYSICAL THERAPY SCREENING

Come meet a PT! Physical therapists work to help you relieve movement issues, to meet your fall risk individual needs to physical therapy and resources provided.



MICHAEL GROESCH, PT, DPT, Board-Certified Clinical Specialist in Orthopedic Physical Therapy (OCS)

MONDAYS: 1:00-5:00PM  
JANUARY 10, FEBRUARY 14, MARCH 14



## MENU PLANNING AND MEAL PREP 101

Cooking for yourself and/or family at home can be challenging day in and day out. Make it easier on yourself by meal prepping and setting up a personal menu for the week.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, JANUARY 19, 3:00-4:30PM OR 6:00-7:30PM



SATURDAY, JANUARY 22, 11:00AM-12:30PM



## FOUNDATIONS OF AQUATIC EXERCISE

In this 4-part series, participants will explore different ways to exercise in an aquatic environment to build strength, endurance and improve balance after cancer treatment. Each class will focus on a different topic related to aquatic exercise. Participants are encouraged but not required to complete all four classes in the series.

JOY NOW  
Certified, ACSM  
Certified A

Specialist, ACSM  
Fitness Foundation  
Leader



AQUATIC F  
FRIDAY, JAN



ENDURANCE TRAINING

FRIDAY, JANUARY 28, 2:00-3:00PM



STRENGTH TRAINING

FRIDAY, FEBRUARY 4, 2:00-3:00PM



BALANCE TRAINING

FRIDAY, FEBRUARY 11, 2:00-3:00PM



Location: Peter B. Lewis Aquatic & Therapy Center, 27300 Cedar Rd, Beachwood, OH 44122

## COOKING FOR DIGESTIVE TROUBLES

You may face digestion issues either during or after cancer treatment which can make eating challenging. This cooking class will help guide you through recipes and food that can be easier to eat and help nourish your body.

STEPHANIE HOPKINS, MS, RDN, LD

SATURDAY, FEBRUARY 5, 11:00AM-12:30PM

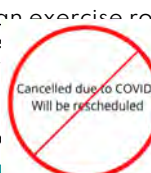


WEDNESDAY, FEBRUARY 9, 6:00-7:30PM



## BACK TO THE BASICS...WITH BANDS

Sticking to an exercise routine is not always as easy as it seems, and the lack of variety or time can lead to complacency. Explore simple ways to use resistance bands that add variety to your home exercise routine.



STEPHEN CERNE, BS, NSCA-CPT, ACSM/ACS-CET

PT, ACSM-CET

MONDAY, FEBRUARY 7, 12:30-1:30PM



## TRX TUTORIAL: AN INTRODUCTION TO SUSPENSION TRAINERS

Exercise can often be limited by space, equipment, or time. TRX suspension trainers are a versatile and cost-effective exercise toolbox.



STEPHEN CERNE, BS, NSCA-CPT, ACSM/ACS-CET

MONDAY, MARCH 7, 12:30-1:30PM



## CANCER FIGHTING KITCHEN

Become connected to chef Rebecca Katz's online cooking course on nutrition and cancer.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, MARCH 9, 3:00-4:30PM OR 6:00-7:30PM



SATURDAY, MARCH 12, 10:00AM-11:30AM OR 12:00-1:30PM



## RECIPE

from our Registered Dietitian, Stephanie Hopkins!

### MANGO COCONUT CHIA PUDDING FROM COOK FOR YOUR LIFE

- 1 1/2 cup fresh or frozen mango
- 2 Tbsp chia seeds
- 1 1/2 cups coconut milk
- 2 Tbsp golden raisins
- 1 Tbsp lime juice
- 1/2 tsp vanilla extract
- 2 Tbsp toasted, shredded coconut
- 2 Tbsp cashews

Puree mango to desired smoothness in a blender or food processor.

Mix together pureed mango, chia seeds, coconut milk, raisins, lime juice, and vanilla extract.

Refrigerate mixture for at least 30 minutes or until thickened.

Serve topped with toasted coconut and cashews.

Recipe yields 4 servings, store leftovers in an airtight container in the refrigerator for 2-3 days.



# CANCER SPECIFIC PROGRAMS



PROGRAM LOCATION KEY:

See Support Groups on page 3 for more cancer specific options



## MYELOMA GROUP

Strategies to Manage Stress  
MARY FISHER-BORNSTEIN, LISW-S

MONDAY, JANUARY 10, 5:30-7:00PM  

Myeloma Update  
JACK KHOURI, MD

MONDAY, MARCH 7, 5:30-7:00PM  

## PROSTATE CANCER INFORMATION SESSION

For those who have been diagnosed with prostate cancer within the last six months.

\*This program takes place before each monthly Prostate Partners group

CONTACT ERIN RAFTER WITH QUESTIONS  
216-455-1516

TUESDAYS: 5:15-6:15PM 



THURSDAYS: 5:15-6:15PM 

## PROSTATE PARTNERS

Group education and support for those diagnosed with prostate cancer. Family members welcome to attend.

TOPIC: PROSTATE CANCER 101

THURSDAY, JANUARY 13, 6:30-8:00PM  

TUESDAY, JANUARY 18, 6:30-8:00PM  

TOPIC: VALENTINES' DAY COOKING CLASS

STEPHANIE HOPKINS, MS, RDN, LD

THURSDAY, FEBRUARY 10, 6:30-8:00PM 

TUESDAY FEBRUARY 15, 6:30-8:00PM 

TOPIC: PATHOLOGY AND UROLOGY PANEL

THURSDAY, MARCH 10, 6:30-8:00PM  

TUESDAY, MARCH 15, 6:30-8:00PM  

## LYMPHOMA: UPDATES & LATEST TREATMENTS

BRIAN HILL, MD

MONDAY, FEBRUARY 15, 8:00PM 



## UPDATES IN COLORECTAL CANCER TREATMENT

Learn about the research updates on the diagnosis and treatment of colorectal cancer including the role of genetic testing to diagnose Lynch Syndrome and other hereditary syndromes that increase the risk of colorectal cancers. Resources provided.

KANIKA NAIR, MD

WEDNESDAY, MARCH 2, 6:30-7:30PM 

## OVARIAN CANCER TREATMENT UPDATES & PARP INHIBITORS

Join us for an update on the latest treatment for ovarian cancer including PARP Inhibitors. Resources provided.

KIMBERLY E. RESNICK, MD

WEDNESDAY, MARCH 23, 6:30-7:30PM 

# CHILDREN, TEEN & FAMILY

Registration required for all children and family programs.  
Please contact Erin Rafter at 216-455-1516.

## CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

New name, same group! This interactive and creative group is designed to connect and support the entire family (caregivers, children, and siblings) in coping with the impact of cancer. Families can also connect with each other to know they are not alone in this experience.

THEME: SETTING INTENTIONS  
SATURDAY, JANUARY 8, 10:00-11:00AM  

THEME: HEALTHY EATING  
SATURDAY, FEBRUARY 12, 10:00-11:00AM  

THEME: YOGA & TAI CHI  
SATURDAY, MARCH 12, 10:00-11:00AM  

## BRIDGES GRIEF GROUP FOR FAMILIES

Group for parents, children and teens who have experienced a death of an adult loved one from cancer. Includes expressive, age specific, group activities and a concurrent support group for parents.

MONDAYS: 6:30-7:30PM  
JANUARY 3, FEBRUARY 7, MARCH 7 

MONDAYS: 6:30-7:30PM  
JANUARY 17, FEBRUARY 21, MARCH 21 

## FAMILY LEGO EVENT

Come and create as a family in a fun and supportive environment. Legos provided. Open to all TGP families.

ADELLE GATES, MA, CCLS

SATURDAY, MARCH 12, 11:30AM-12:30PM 

## KIDSHOP/TEENSHOP


Workshop for children and teens who have an adult family member with cancer. Utilizing art, play and discussion, children, teens and their parents interact with families in similar situations.

THEME: SETTING INTENTIONS

MONDAY, JANUARY 10, 6:30-7:30PM 


MONDAY, JANUARY 24, 6:30-7:30PM

THEME: COMFORT & COOKING

MONDAY, FEBRUARY 14, 6:30-7:30PM 

MONDAY, FEB 28, 6:30-7:30PM

THEME: MINDFUL MOVEMENT

MONDAY, MARCH 14, 6:30-7:30PM 

MONDAY, MARCH 28, 6:30-7:30PM

# YOUNG ADULTS

PROGRAM LOCATION KEY:



## GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for women in their 20's, 30's and 40's diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S, MT-BC

**TUESDAYS:**  
FEBRUARY 1  
MARCH 1

6:30-8:00PM



## GROUP FOR YOUNG ADULTS WITH CANCER

Program for young adults in their 20's, 30's and 40's surviving cancer. Opportunities provided for social networking and creative outlets to assist with coping.

MARY FISHER-BORNSTEIN, LISW-S  
SYDNEY BEEMAN, MA, LPC

**TOPIC: NEW YEAR REFLECTIONS & RESOLUTIONS**  
THURSDAY, JANUARY 27, 6:30-8:00PM

Location: Burntwood Tavern  
8188 Brecksville Rd. in Independence

**TOPIC: SELF-ESTEEM & CANCER**  
THURSDAY, FEBRUARY 10, 6:30-8:00PM



**TOPIC: RISE & REIKI**  
THURSDAY, MARCH 24, 6:30-8:00PM

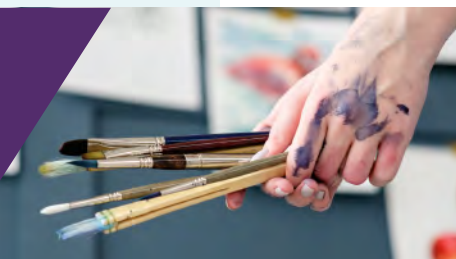


“

The Gathering Place represents a community. A place where people can discuss their issues, get help, sometimes cry and a space to laugh. It makes a big difference for people like myself.

**AUSTIN T.**  
PARTICIPANT

# ART, MUSIC & MEDITATION



## WHAT'S INSIDE THE BOX?

Learn how to fold an origami box with a lid, then explore through writing the metaphor of what we keep hidden and when to lift the lid.

EILEEN COAN, MA, MLS

FRIDAY, JANUARY 14, 1:00-2:30PM

FRIDAY, JANUARY 21, 1:00-2:30PM



## ART THERAPY: HEART TO HEART, REFRAMING GRIEF

Create a heart-to-heart collage that celebrates your loves and memories with

MAUREEN B. MOSES, MA, ATR-BC

WEDNESDAY, MARCH 16, 1:00-2:30PM

WEDNESDAY, MARCH 30, 1:00-2:30PM



Cancelled due to COVID. Will be rescheduled.

## HORTICULTURE THERAPY: TERRARIUMS

Plants, in order to thrive, sometimes benefit from a sheltered, protective environment - much like people coping with a cancer experience. Join us as we plant terrariums and discuss environments for thriving, transitioning, and determining when to "loosen the lid" and venture out.

KAREN KENNEDY, HTR

THURSDAY, FEBRUARY 17, 6:30-8:00PM



## ART THERAPY: SPRING AHEAD

Spring brings feeling of hope and renewal. Create a watercolor collage on a wood round that celebrates new goals and adventures.

MAUREEN B. MOSES, MA, ATR-BC

WEDNESDAY, MARCH 16, 1:00-2:30PM

WEDNESDAY, MARCH 30, 1:00-2:30PM



## THE POWER OF MUSIC: SHARE YOUR SONG

Please bring a recording of a song that you connect with to share with the group. We will share music and learn why music is a powerful healer.

SUSAN MARINAC, LISW-S, MT-BC

THURSDAY, MARCH 24, 6:30-8:00PM



## GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress in the comfort of your own home during these virtual sessions.

**TUESDAYS:**

JANUARY 4 & 18

FEBRUARY 1 & 15

MARCH 1 & 15

EILEEN COAN, MA, MLS

5:30-6:15PM



**FRIDAYS:**

JANUARY 7

FEBRUARY 4

MARCH 4

ERIN RAFTER, PHD, CCLS

9:30-10:15AM





# JANUARY

## PROGRAM CALENDAR

**GREEN TEXT** Indicates West Location Support Group  
**BLUE TEXT** Indicates East Location Support Group

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

PLEASE REFER TO THE FOLLOWING ICONS WITHIN THE PROGRAM PAGES FOR PROGRAM LOCATION.

 (Key on page 2)

**ADVANCE REGISTRATION REQUIRED.**

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

| MON  | TUES  | WED   | THUR   | FRI  | SAT   |
|--|---|---|--|--|---|
| <b>11:00AM</b> Zumba<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Welcoming Orientation<br><b>6:30PM</b> Bridges<br><b>7:00PM</b> Exercise  | <b>12:30PM</b> Exercise<br><b>5:30PM</b> Guided Meditation<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Young Women with Breast Cancer | <b>10:00AM</b> Yoga<br><b>12:30PM</b> Balance for Improved Function   | <b>12:30PM</b> Exercise<br><b>6:30PM</b> Exercise<br><b>6:30PM</b> Sister Circle   | <b>9:30AM</b> Guided Meditation<br><b>11:00AM</b> Whole Food Lifestyle Check-In<br><b>12:30PM</b> Restorative Motion | <b>10:00AM</b> Qigong & Tai Chi<br><b>10:00AM</b> CONNECTIONS: Family Group<br><b>10:30AM</b> Welcoming Orientation       |
| <b>11:00AM</b> Zumba<br><b>12:30PM</b> Resolution: Restoration<br><b>1:00PM</b> Physical Therapy Screening<br><b>3:30PM</b> Oral, Head, & Neck Cancer Group<br><b>5:30PM</b> Myeloma Group<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Welcoming Orientation<br><b>6:30PM</b> KidShop/TeenShop<br><b>7:00PM</b> Exercise | <b>12:30PM</b> Exercise<br><b>2:00PM</b> Grief Group<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Grief Group                          | <b>10:00AM</b> Yoga<br><b>12:30PM</b> Balance for Improved Function<br><b>6:30PM</b> How to Share the Care  | <b>12:30PM</b> Exercise<br><b>5:15PM</b> Prostate Cancer Information Session<br><b>6:30PM</b> Exercise<br><b>6:30PM</b> Prostate Partners Group<br><b>6:30PM</b> Life After Cancer Treatment Group | <b>12:30PM</b> Restorative Motion<br><b>1:00PM</b> What's Inside the Box?  | <b>10:00AM</b> Qigong & Tai Chi<br><b>10:30AM</b> Welcoming Orientation   |
| <b>11:00AM</b> Zumba<br><b>12:30PM</b> Resolution: Restoration<br><b>2:00PM</b> Breast Cancer Group<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Welcoming Orientation<br><b>6:30PM</b> Bridges<br><b>7:00PM</b> Exercise   | <b>12:30PM</b> Exercise<br><b>5:30PM</b> Guided Meditation<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Metastatic Breast Cancer Group | <b>10:00AM</b> Yoga<br><b>11:00AM</b> Grief, When Will it End?<br><b>12:30PM</b> Balance for Improved Function<br><b>3:00PM</b> Menu Planning and Meal Prep 101<br><b>2:00PM</b> Ovarian Cancer Support Group<br><b>6:30PM</b> Understanding Lymphedema | <b>12:30PM</b> Exercise<br><b>6:30PM</b> Exercise  | <b>11:00AM</b> Older Adults Group<br><b>12:30PM</b> Restorative Motion<br><b>1:00PM</b> What's Inside the Box?       | <b>10:00AM</b> Qigong & Tai Chi<br><b>10:30AM</b> Welcoming Orientation<br><b>11:00AM</b> Menu Planning and Meal Prep 101 |
| <b>11:00AM</b> Zumba<br><b>3:30PM</b> Pancreatic Cancer Group<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Welcoming Orientation<br><b>6:30PM</b> KidShop/TeenShop<br><b>7:00PM</b> Exercise  | <b>12:30PM</b> Exercise<br><b>2:00PM</b> Grief Group<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Grief Group                          | <b>10:00AM</b> Yoga<br><b>12:30PM</b> Balance for Improved Function   | <b>12:30PM</b> Exercise<br><b>6:30PM</b> Exercise<br><b>6:30PM</b> Young Adults Group  | <b>12:30PM</b> Restorative Motion  | <b>10:00AM</b> Qigong & Tai Chi<br><b>10:30AM</b> Welcoming Orientation   |
| <b>11:00AM</b> Zumba<br><b>6:30PM</b> Adults with Cancer Group<br><b>6:30PM</b> Caregiver Group<br><b>6:30PM</b> Welcoming Orientation<br><b>7:00PM</b> Exercise   |   |   |  |  |   |

# FEBRUARY

## PROGRAM CALENDAR

**GREEN TEXT** Indicates West Location Support Group

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Scan the QR code with your smartphone camera to register for our upcoming programs and events.

| MON   | TUES  | WED   | THUR  | FRI   | SAT   |
|---|---|---|---|---|---|
|   | <b>1</b><br>12:30PM Exercise<br>5:30PM Guided Meditation<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Young Women with Breast Cancer  | <b>2</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>6:30PM Managing Challenging Emotions   | <b>3</b><br>12:30PM Exercise<br>6:30PM Exercise<br>6:30PM Sister Circle   | <b>4</b><br>9:30AM Guided Meditation<br>11:00AM Whole Food Lifestyle Check-In<br>12:30PM Restorative Motion | <b>5</b><br>10:00AM Qigong & Tai Chi<br>10:30AM Welcoming Orientation<br>11:00AM Cooking for Digestive Troubles |
| <b>7</b><br>11:00AM Zumba<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM Bridges<br>7:00PM Exercise   | <b>8</b><br>12:30PM Exercise<br>2:00PM Grief Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Grief Group                           | <b>9</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>6:00PM Cooking for Digestive Troubles<br>6:30PM Re-Entry Into the World  | <b>10</b><br>12:30PM Exercise<br>5:15PM Prostate Cancer Information Session<br>6:30PM Exercise<br>6:30PM Prostate Partners Group<br>6:30PM Life After Cancer Treatment Group<br>6:30PM Young Adults Group | <b>11</b><br>12:00PM Roundtable Discussion: Newly Diagnosed with Cancer<br>12:30PM Restorative Motion       | <b>12</b><br>10:00AM Qigong & Tai Chi<br>10:00AM CONNECTIONS: Family Group<br>10:30AM Welcoming Orientation     |
| <b>14</b><br>11:00AM Zumba<br>3:30PM Oral, Head, & Neck Cancer Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM KidShop/TeenShop<br>7:00PM Exercise | <b>15</b><br>12:30PM Exercise<br>5:30PM Guided Meditation<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Metastatic Breast Cancer Group | <b>16</b><br>10:00AM Yoga<br>11:00AM Grief, When Will it End?<br>12:30PM Balance for Improved Function<br>2:00PM Ovarian Cancer Support Group<br>7:00PM Financial Toxicity & Cancer Treatment | <b>17</b><br>12:30PM Exercise<br>6:30PM Exercise<br>6:30PM Holy Hell: Anger at God<br>6:30PM Horticulture Therapy   | <b>18</b><br>11:00AM Older Adults Group<br>11:00AM Cancer and COVID-19 Update<br>12:30PM Restorative Motion | <b>19</b><br>10:00AM Qigong & Tai Chi<br>10:30AM Welcoming Orientation  |
| <b>21</b><br>11:00AM Zumba<br>2:00PM Breast Cancer Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM Bridges<br>7:00PM Exercise                      | <b>22</b><br>12:30PM Exercise<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Grief Group<br>6:30PM Grief Group                          | <b>23</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>6:30PM Medical Marijuana Update   | <b>24</b><br>12:30PM Exercise<br>6:30PM Exercise<br>6:30PM Breast Cancer Support Group (Quarterly)  | <b>25</b><br>12:30PM Restorative Motion   | <b>26</b><br>10:00AM Qigong & Tai Chi<br>10:30AM Welcoming Orientation  |
| <b>28</b><br>11:00AM Zumba<br>3:30PM Pancreatic Cancer Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM KidShop/TeenShop<br>7:00PM Exercise         |   |   |   |   |   |

# MARCH

## PROGRAM CALENDAR

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 (Key on page 2)

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Scan the QR code with your smartphone camera to register for our upcoming programs and events.

| MON  | TUES  | WED  | THUR   | FRI   | SAT  |
|--|---|--|--|---|--|
|  | <b>1</b><br>12:30PM Exercise<br>5:30PM Guided Meditation<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Young Women with Breast Cancer  | <b>2</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>6:30PM Colorectal Cancer Treatment Updates  | <b>3</b><br>12:30PM Exercise<br>6:30PM Exercise<br>6:30PM Sister Circle<br>6:30PM Cancer in the LGBTQ+ Community   | <b>4</b><br>9:30AM Guided Meditation<br>11:00AM Whole Food Lifestyle Check-In<br>12:30PM Restorative Motion | <b>5</b><br>10:00AM Qigong & Tai Chi<br>10:30AM Welcoming Orientation  |
| <b>7</b><br>11:00AM Zumba<br>12:30PM Intro to Suspension Trainers<br>5:30PM Myeloma Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM Bridges<br>7:00PM Exercise                          | <b>8</b><br>12:30PM Exercise<br>2:00PM Grief Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Grief Group   | <b>9</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>3:00PM Cancer Fighting Kitchen<br>6:00PM Cancer Fighting Kitchen<br>6:30PM Putting Research Into Action                               | <b>10</b><br>12:30PM Exercise<br>5:15PM Prostate Cancer Information Session<br>5:30PM Cancer in the LGBTQ+ Community<br>6:30PM Gynecologic Cancer Group<br>6:30PM Exercise<br>6:30PM Prostate Partners Group<br>6:30PM Life After Cancer Treatment Group | <b>11</b><br>12:30PM Restorative Motion   | <b>12</b><br>10:00AM Qigong & Tai Chi<br>10:00AM CONNECTIONS: Family Group<br>10:00AM Cancer Fighting Kitchen<br>10:30AM Welcoming Orientation<br>11:30AM Family Lego Event<br>12:00PM Putting Research Into Action<br>12:00PM Cancer Fighting Kitchen |
| <b>14</b><br>11:00AM Zumba<br>1:00PM Physical Therapy Screening<br>3:30PM Oral, Head, & Neck Cancer Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM KidShop/TeenShop<br>7:00PM Exercise | <b>15</b><br>12:30PM Exercise<br>5:15PM Prostate Cancer Information Session<br>5:30PM Guided Meditation<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Metastatic Breast Cancer Group<br>6:30PM Prostate Partners Group | <b>16</b><br>10:00AM Yoga<br>11:00AM Grief, When Will it End?<br>12:30PM Balance for Improved Function<br>1:00PM Art Therapy: Spring Ahead<br>2:00PM Ovarian Cancer Support Group<br>5:30PM Spring Renewal | <b>17</b><br>12:30PM Exercise<br>6:30PM Exercise   | <b>18</b><br>11:00AM Older Adults Group<br>12:30PM Restorative Motion                                       | <b>19</b><br>10:00AM Qigong & Tai Chi<br>10:30AM Welcoming Orientation<br>12:00PM Putting Research Into Action   |
| <b>21</b><br>11:00AM Zumba<br>2:00PM Breast Cancer Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM Bridges<br>7:00PM Exercise   | <b>22</b><br>12:30PM Exercise<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Grief Group<br>6:30PM Grief Group  | <b>23</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>6:30PM Ovarian Cancer Treatment Updates & PARP Inhibitors  | <b>24</b><br>12:30PM Exercise<br>6:30PM Exercise<br>6:30PM Young Adults Group<br>6:30PM The Power of Music   | <b>25</b><br>12:30PM Restorative Motion   | <b>26</b><br>10:00AM Qigong & Tai Chi<br>10:30AM Welcoming Orientation   |
| <b>28</b><br>11:00AM Zumba<br>3:30PM Pancreatic Cancer Group<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group<br>6:30PM Welcoming Orientation<br>6:30PM KidShop/TeenShop<br>7:00PM Exercise  | <b>29</b><br>12:30PM Exercise<br>6:30PM Adults with Cancer Group<br>6:30PM Caregiver Group  | <b>30</b><br>10:00AM Yoga<br>12:30PM Balance for Improved Function<br>1:00PM Art Therapy: Spring Ahead   | <b>31</b><br>12:30PM Exercise<br>6:30PM Exercise<br>6:30PM Chemo Brain   |   |  |



# WE CAN'T WAIT TO BE TOGETHER AGAIN!

After more than a year of online programs, we are excited to welcome you back to in person programs and services. Our priority will continue to be the health and safety of our participants, our employees, our volunteers and our community.

We're taking additional precautions to protect everyone from COVID-19. Our team coordinates closely with local resources and healthcare systems to help ensure compliance with safety standards which include:



**WEARING A MASK**



**SOCIAL DISTANCING**



**HEALTH SCREENINGS**



**FREQUENT HAND WASHING**



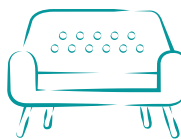
**SCHEDULE AN APPOINTMENT**  
AT THE REGINA BRETT WIG SALON

The wig salon at The Gathering Place provides a FREE wig or headscarf for women with cancer-related hair loss.

Appointments are available at our Beachwood and Westlake locations.

**CONTACT** Diane Weiner at 216-455-1508 to book yours today.

Support for wigs for women with breast cancer provided by the generosity of Breast Cancer Fund of Ohio.



**SHOP FOR THE PLACE!**  
BENEFITING THE GATHERING PLACE

Discover pre-loved pieces that fit your style, space and budget! Shop low-cost, high-quality merchandise like:

**FURNITURE**  
**RUGS**  
**HOME GOODS**

**LAMPS**  
**FINE CHINA**  
**COLLECTIBLES**

**ARTWORK**  
**GIFTWARE**

**LOOKING TO DONATE?** Donations make our sales possible! Furniture pickups are done at no cost to the donor.

Find out more at [shopfortheplace.org](http://shopfortheplace.org) or by calling Amy Bell at 216-399-2097.

**SHOP OUR NEW LOCATION IN WESTLAKE!**

## WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at [touchedbycancer.org/donate](http://touchedbycancer.org/donate).





## THE GATHERING PLACE

The Arnold & Sydel Miller Family Campus  
23300 Commerce Park,  
Beachwood, Ohio 44122

Non-Profit Org.  
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Cleveland, OH  
Permit #769

INSIDE!

PROGRAM GUIDE

*Winter Edition* JANUARY • FEBRUARY • MARCH



FACING CANCER • EMBRACING LIFE

The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

*provided free of charge.*

## WAYS TO CONNECT

216-595-9546  
[touchedbycancer.org](http://touchedbycancer.org)



### TGP EAST

The Arnold & Sydel Miller Family Campus  
23300 Commerce Park  
Beachwood, Ohio 44122

### TGP WEST

The Sandy Borrelli Center  
25425 Center Ridge Road  
Westlake, Ohio 44145