

Fall 2021

OCTOBER • NOVEMBER • DECEMBER

Online & in-person (limited) programs available.
Look inside for details.



WHAT'S INSIDE

WELCOMING ORIENTATION

It's easy to get started.
Connect with The
Gathering Place today.

SUPPORT GROUPS

Our cancer support
groups provide a safe
space for you to connect
with others sharing a
similar experience.

PROSTATE CANCER FORUM

Hear from top prostate
cancer experts from
Cleveland Clinic &
University Hospitals.

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 Summer is over and we are getting ready for Fall. Soon we'll feel the cool breeze against our face, the smell of autumn will fill the air and once again we will be reminded that the world around us is always changing. As you browse the Fall 2021 Program Guide I am certain you will find a variety of programming options to meet your personal needs as you continue on your cancer journey.

Never would we have expected the need to still be delivering our programs and services virtually to all of you, but here we are. As the number of individuals contracting the Delta Variant continues to grow, we believe it is in the best interest of our participants to continue our programming virtually. As you browse our program guide you will note a few exceptions where support groups are offered in-person and please remember to check our website regularly for updates. We all long to be back face to face and will do so as soon as it is safe.

I am always inspired and humbled by the notes, emails, cards and phone calls I receive from our participants and their loved ones. I am always happy to hear from you and I appreciate your feedback about our programs and services.

Please enjoy all this quarter brings - fall foods, autumn winds and holidays.



warm regards,
MICHELE SEYRANIAN
CEO



WELCOME

New to The Gathering Place?

Start here! Meet with a staff member to explore our FREE programs and services. Connect with Beth Bennett to schedule a **Welcoming Orientation** today.

MONDAYS AT 6:30PM

SATURDAYS AT 10:30AM

BETH BENNETT, PT, RDN, LD, MS, MA
CHIEF PROGRAM OFFICER

bennett@touchedbycancer.org
216-455-1517

OUR OFFICES

All programs at The Gathering Place are currently being offered virtually. For a complete list of programs and to register, visit touchedbycancer.org/calendar.

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

THE GATHERING PLACE EAST

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

THE GATHERING PLACE WEST

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

MEET THE CLINICAL TEAM



BETH BENNETT

PT, RDN, LD, MS, MA
bennett@touchedbycancer.org
216-455-1517



EILEEN COAN

MA, MLS
coan@touchedbycancer.org
216-455-1504



SUSAN MARINAC

MSSA, LISW-S, MT-BC
marinac@touchedbycancer.org
216-455-1512



SYDNEY BEEMAN

MA, LPC
beeman@touchedbycancer.org
216-455-1520



MARY FISHER-BORNSTEIN

LISW-S
bornstein@touchedbycancer.org
216-455-1506



ERIN RAFTER

PHD, CCLS
rafter@touchedbycancer.org
216-455-1516



STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET
cerne@touchedbycancer.org
216-455-1503



STEPHANIE HOPKINS

MS, RDN, LD
hopkins@touchedbycancer.org
216-455-1525



ANDREA SONNIE

LISW-S, OSW-C
sonnie@touchedbycancer.org
216-455-1521

ONGOING PROGRAMS

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

Call Stephen Cerne at 216-455-1503

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 Michael Ciccarello, GFI, PT

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

THURSDAYS: 6:30-7:30PM Michael Ciccarello, GFI, PT

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: 10:00-11:00AM

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 is offering virtual and limited in-person support groups. Please contact group facilitator 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): 5:30-6:30pm
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
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

GYNECOLOGICAL CANCERS GROUP

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

PANCREATIC CANCER GROUP

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

INDIVIDUAL SERVICES

Medical research, resources, legal consultations, medical bill questions & wigs

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 & Family/Parent Consultations

ERIN RAFTER, PHD, CCLS
214-455-1516

Nutrition and Exercise Consultations

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

Distant Reiki

MARY FISHER-BORNSTEIN, LISW-S
216-455-1506



INFORMATION & EDUCATION



MOVING FORWARD THROUGH GRIEF

A comprehensive program that includes exercise, nutrition and support for people who have experienced loss due to cancer.

MARY FISHER-BORNSTEIN, LISW-S,
BETH BENNETT, PT, MA, MS, RDN, LD,
CARL HARMON, NSCA-CPT

MONDAYS: 6:00-8:15PM
OCTOBER 4, 11, 18, & 25

WEDNESDAYS: 6:00-8:15PM
OCTOBER 6, 13, 20, & 27

CHOOSE YOUR OWN METAPHOR

How to personalize guided imagery to make it work for you.

EILEEN COAN, MA, MLS

THURSDAY, OCTOBER 7 6:30-7:30PM

SURVIVORSHIP 101

Learn about what you can expect in survivorship. Now that cancer treatment is over, what's next? Please join us for a lively discussion.

ANDREA SONNIE, LISW-S, OSW-C

WEDNESDAY, OCTOBER 13 6:00-7:00PM

THE ROLE OF PALLIATIVE MEDICINE IN CANCER TREATMENT

Discuss the role of palliative medicine, common misconceptions about its practice, and ways that early palliative medicine intervention can help cancer patients live better for longer, no matter the severity of their illness.

KATHERINE EILENFELD, MD

THURSDAY, OCTOBER 21 6:30-7:30PM

LIVING WITH IMMUNOTHERAPY

Learn how to cope with the ongoing side effects of immunotherapy.

JEAN ELSWORTH-WOLK, CNS

WEDNESDAY, OCTOBER 27 6:30-7:30PM

CANCER AND COVID-19 UPDATE

Lunch & Learn at TGP.

Are you curious about the impact of COVID, 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, OCTOBER 29 12:30-1:30PM

THE IMPORTANCE OF RACIAL AND ETHNIC DIVERSITY IN CANCER CLINICAL TRIALS

Learn how to improve communication and access for minorities interested in learning about cancer clinical trials. We will explore barriers including mistrust in the medical community and lack of access.

SMITHA KRISHNAMURTHI, MD

WEDNESDAY, NOVEMBER 3 6:30-7:30PM

LAUGHTER AS MEDICINE

Discover the contagious and therapeutic aspects of laughing. A fun, interactive, and experiential evening.

CHRISTINE SMITH, REIKI MASTER

THURSDAY, NOVEMBER 4 6:30-8:00PM

COPING WITH GRIEF DURING THE HOLIDAYS

Discussion and practical tips for coping with the loss of a loved one to cancer over the holidays.

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

THURSDAY, NOVEMBER 11 6:30-7:30PM

ROUNDTABLE DISCUSSION FOR THOSE NEWLY DIAGNOSED WITH CANCER

Join others who are newly diagnosed with cancer. Ask questions and gain insight in this professionally facilitated discussion.

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

FRIDAY, NOVEMBER 12 12:00-1:00PM

DRY NEEDLING & CANCER

Learn about the role of dry needling for managing side effects of cancer treatment.

MICHAEL GROESCH, PT, DPT

WEDNESDAY, NOVEMBER 17 6:30-7:30PM

FEATURED PROGRAM

PANCREATIC CANCER UPDATES

Join Dr. Winter, Surgical Oncologist at UH Seidman Cancer Center, to learn about the latest diagnosis and treatment updates for pancreatic cancer. Q&A opportunity available.

JORDAN WINTER, MD

THURSDAY, NOVEMBER 18 6:30-7:30PM

"When you're going through something that is so difficult words cannot describe, The Gathering Place is where you want to turn for support, information, kindness and compassion. I am very grateful for such a place."

KRISTIN R.
PARTICIPANT

AFTER GOODBYE

A memorial tribute for individuals who have had a loved one die from cancer in the last two years.

MARY FISHER-BORNSTEIN, LISW-S
ANDREA SONNIE, LISW-S, OSW-C

THURSDAY, NOVEMBER 18 6:30-7:30PM

SURVIVING AND THRIVING DURING THE HOLIDAYS

While the holidays are mainly about thankfulness and family, this can also be a difficult time of year when dealing with a cancer diagnosis.

MARY FISHER-BORNSTEIN, LISW-S

TUESDAY, DECEMBER 7 6:30-7:30PM

LIVING WITH HEREDITARY CANCER RISKS

Undergoing genetic testing to learn about future cancer risks can be stressful, especially when a hereditary risk is found. This talk aims to focus on the mental and emotional health implications of genetic testing and considerations for effectively navigating life after a genetic diagnosis.

ELIZABETH M. HOGAN, MS, LGC

WEDNESDAY, DECEMBER 8 6:30-7:30PM

FINDING MEANING IN THE CANCER EXPERIENCE

Your story is just that, your story. In this workshop we will balance expectations of personal growth and learn to keep it simple.

ANDREA SONNIE, LISW-S, OSW-C

THURSDAY, DECEMBER 9 6:00-7:00PM

NUTRITION & EXERCISE

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.

BETH BENNETT, PT, MA, MS, RDN, LD

FRIDAYS:

OCTOBER 1 2:00-3:00PM
NOVEMBER 5 11:00AM-12:00PM
DECEMBER 3 11:00AM-12:00PM

HEALTHY 10 CHALLENGE

Join others bi-weekly to accomplish this free, 10-week, online program offered by the American Institute of Cancer Research to improve diet, nutrition, physical activity and weight. The Healthy10 Challenge focuses on lifestyle behaviors to help lower cancer risk, promote survivorship, and better overall health.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAYS: 6:00-7:00PM

OCTOBER 6
OCTOBER 20
OCTOBER 27

AICR LIFESTYLE PASSPORT

Through evidence-based research, the American Institute of Cancer Research has developed recommendations on lifestyle behaviors for cancer prevention and cancer survivorship. Review how you can put AICR recommendations into action through the programs and support at The Gathering Place.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAYS: 11:30AM-12:15PM

OCTOBER 20
NOVEMBER 17
DECEMBER 22

CORE FOR MDRE: STRENGTH AND STABILITY

This one-hour series will systematically teach you about the muscle groups that make up and control the core, those that allow for efficient movement and function.

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

WEDNESDAY, OCTOBER 13 1:15-2:15PM

VEGGIES AT BREAKFAST (COOKING CLASS)

Vegetables are chock full of phytonutrients and fiber – two reasons why veggies are important on a cancer protective plate. Often, lunches and dinners feature vegetables as part of the meal, but what about breakfast? At this class, explore recipe ideas to include vegetables at breakfast too!

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, OCTOBER 13 6:00-7:30PM
SATURDAY, OCTOBER 16 11:00AM-12:30PM

PLANT-FORWARD RECIPES FOR THE HOLIDAYS (COOKING CLASS)

The “New American Plate” is the recommended eating model by the American Institute of Cancer Research. The New American Plate is made up of 2/3 plant foods and 1/3 animal protein. In this cooking class, learn about a plant-based or plant-forward lifestyle and how to create side dishes to share as new recipes in the season of Thanksgiving and other holiday gatherings.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, NOVEMBER 10 6:00-7:30PM
SATURDAY, NOVEMBER 13 11:00-12:30PM

BEAT STRESS WITH EXERCISE AND FOOD (EXERCISE AND NUTRITION COMBO CLASS)

Exercise and nutrition are two components of a healthy lifestyle that can also be used as tools to help manage stress.

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

MONDAY, NOVEMBER 15 12:30-1:30PM

EXPRESSING GRATITUDE THROUGH FOOD: SHARING FAVORITE HOLIDAY RECIPES (PANELIST DISCUSSION)

Food is powerful—not only to nourish our bodies but also as a way to celebrate holidays and show gratitude. Join our panelists as they share their favorite recipes from different holidays.

KRIS AUSTIN, MS, RD, LSW
GULNAR FEERASTA, MSSA, MNO
ELLEN HEYMAN, MSN, RN
STEPHANIE HOPKINS, MS, RDN, LD
PATRICIA TOUSEL

WEDNESDAY, NOVEMBER 17 6:00-7:30PM

FACTS OVER FEAR—HOW TO READ NUTRITION NEWS AND RESEARCH (PRESENTATION)

It is hard to sift through the overwhelming amount of nutrition information online for trustworthy data and facts with what seems like so many contrary opinions and messages. Join this presentation to empower yourself to become a critical nutrition reader.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, DECEMBER 1 6:00-7:30PM

PUSH AND PULL: EXERCISE SIMPLIFIED

This program details the most simple and effective technique to attain your exercise goals.

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

MONDAY, DECEMBER 6 12:30-1:30PM

HEALTHY SNACKING DURING AND AFTER CANCER—TIPS AND RECIPES (COOKING CLASS)

Snacks are a great way to boost nutrition throughout the day when made using a variety of healthful ingredients.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, DECEMBER 8 6:00-7:30PM
SATURDAY, DECEMBER 18 11:00AM-12:30PM

FEATURED PROGRAM

IMPACT OF PLANT-BASED NUTRITION ON CHRONIC DISEASE

Join The Gathering Place and InMotion for a talk on nutrition. The Gathering Place's dietitian, Stephanie Hopkins, will discuss plant-based nutrition and how diet can be used as a tool to help manage chronic diseases and conditions such as Parkinson's disease and cancer. The presentation will conclude with a cooking demonstration before opening for questions and answers.

STEPHANIE HOPKINS, MS, RDN, LD
THURSDAY, OCTOBER 28, 6:00-7:15PM

CANCER SPECIFIC PROGRAMS

See Support Groups on page 3 for more cancer specific options



MYELOMA GROUP

Exercise to fight fatigue.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET
MARY FISHER BORNSTEIN, LISW-S,
STEV I GUTIN, RN

MONDAY, NOVEMBER 1 5:30-6:30PM

PROSTATE PARTNERS INFORMATION SESSION

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

CONTACT ERIN RAFTER WITH QUESTIONS
216-455-1516

THURSDAYS: 5:15-6:15PM
OCTOBER 14
DECEMBER 9

PROSTATE PARTNERS

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

TOPIC: FITNESS TO KEEP IN SHAPE AND FIGHT FATIGUE

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET
MARY FISHER-BORNSTEIN, LISW-S
ERIN RAFTER, PHD, CCLS

THURSDAY, OCTOBER 14 6:30-8:00PM

TOPIC: PROSTATE CANCER FORUM

SITE Center, 3300 Enterprise Parkway in Beachwood

MARY FISHER BORNSTEIN, LISW-S
ERIN RAFTER, PHD, CCLS

SATURDAY, NOVEMBER 6 8:00AM-3:30PM

TOPIC: HOLIDAY GATHERING

MARY FISHER-BORNSTEIN, LISW-S
ERIN RAFTER, PHD, CCLS

THURSDAY, DECEMBER 9 6:30-8:00PM

FEATURED PROGRAM

PANCREATIC CANCER UPDATES

Join Dr. Winter, Surgical Oncologist at UH Seidman Cancer Center, to learn about the latest diagnosis and treatment updates for pancreatic cancer. Q&A opportunity available.

JORDAN WINTER, MD

THURSDAY, NOVEMBER 18 6:30-7:30PM



"When my Mom passed away suddenly from cancer I was shocked and in disbelief. I wanted answers and The Gathering Place was able to help me and my daughter grieve. Their services are free and they are truly a safe haven."

KARLIA B.
PARTICIPANT

PROSTATE CANCER FORUM

FREE & OPEN TO THE PUBLIC

Find out more & register at
touchedbycancer.org/forum.

SATURDAY, NOVEMBER 6, 8:00AM-3:30PM Registration is required

Join us for this informative Prostate Cancer Forum event. Hear from prostate cancer experts from Cleveland Clinic and University Hospitals.

*This is an offsite event located at SITE Centers - 3300 Enterprise Pkwy in Beachwood.

CHILDREN, TEEN & FAMILY

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



SUPPORT FOR CHILDREN AND TEENS WITH CANCER

For children and teens who have been diagnosed with cancer. Siblings and parents are welcome to attend these creative, interactive and supportive sessions.

TOPIC: FINDING YOUR SUPERHERO STRENGTH
SATURDAY, OCTOBER 9 10:00-11:00AM

TOPIC: GROWING GRATITUDE
SATURDAY, NOVEMBER 13 10:00-11:00AM

TOPIC: CREATING COMFORT
SATURDAY, DECEMBER 11 10:00-11:00AM

HOW TO HELP A GRIEVING CHILD

Learn about the developmental levels and responses to grief in children and how to support them, and yourself, when coping with the loss of a loved one to cancer.

ERIN RAFTER, PHD, CCLS

TUESDAY, NOVEMBER 16 6:30-8:00PM

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
OCTOBER 4 & 18
NOVEMBER 1 & 15
DECEMBER 6 & 20

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.

TOPIC: FACE-ING OUR FEARS
MONDAY, OCTOBER 11 & 25 6:30-7:30PM

TOPIC: BUILDING CONNECTIONS THROUGH LINKS OF LOVE
MONDAY, NOVEMBER 8 & 22 6:30-7:30PM

TOPIC: COZY GIFTS OF COMFORT (FAMILY NIGHT)
MONDAY, DECEMBER 13 6:30-7:30PM

YOUNG ADULTS



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: 6:30-8:00PM

OCTOBER 5
NOVEMBER 2
DECEMBER 7



"We may not have the same cancer, but we as a group all share the same love and understanding of what we are all going through."

MATT S.
PARTICIPANT

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

TOPIC: STRATEGIES TO MANAGE STRESS

THURSDAY, OCTOBER 28 6:30-8:00PM

BURNTWOOD RESTAURANT
8188 Brecksville Rd. in Independence

TOPIC: HOLIDAY POTLUCK

THURSDAY, DECEMBER 16 6:30-8:00PM

THE GATHERING PLACE EAST
23300 Commerce Park in Beachwood

WE GET IT!

Cancer interrupts your life and at The Gathering Place, we provide a confidential, judgement-free zone. Connect with us today to hear more about our Group for Young Adults with Cancer community.

MARY FISHER-BORNSTEIN

bornstein@touchebbycancer.org
216-455-1506

SYDNEY BEEMAN

beeman@touchebbycancer.org
216-455-1520

ART, MUSIC & MEDITATION



VIRTUAL MEDITATION

Learn and practice basic meditation techniques to manage stress from the comfort of your own home.

EILEEN COAN, MA, MLS
ERIN RAFTER, PHD, CCLS

TUESDAYS: 5:30-6:15PM

OCTOBER 5 & 19
NOVEMBER 2 & 16
DECEMBER 7 & 21

FRIDAYS: 9:30-10:15AM

OCTOBER 1
NOVEMBER 5
DECEMBER 3

CHOOSE YOUR OWN METAPHOR

How to personalize guided imagery to make it work for you.

EILEEN COAN, MA, MLS

THURSDAY, OCTOBER 7 6:30-7:30PM

THE POWER OF MUSIC: SHARE YOUR SONG!

Do you have a favorite song that helps you cope? Come to this group to meet others who use music as medicine and come away with a new playlist.

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

FRIDAY, OCTOBER 8 1:00-2:00PM

SIGNS AND SYMBOLS OF CHANGE

Create a sculpture inspired by "The five universal signs and symbols" using the art medium of Polymer Clay. No previous art experience is required.

MAUREEN B. MOSES, MA, ATR-BC,
ART THERAPIST

THURSDAY, OCTOBER 28 1:00-2:30PM

CREATIVE CARDS

Enjoy designing your own cards of thankfulness and gratitude to send to family and friends.

MAUREEN B. MOSES, MA, ATR-BC,
ART THERAPIST

THURSDAY, DECEMBER 2 1:00-2:30PM

MAP OF YOUR LIFE

Use the metaphor of a journey through mountains, oceans, rivers, and valleys to create a visual map of your past, present, and future. Create a topography of feelings, an atlas of intentions.

EILEEN COAN, MA, MLS

WEDNESDAY, DECEMBER 1 6:30-8:00PM

Throughout the month of November we are practicing **gratitude**. Receive tips, tools, articles and ideas straight to your inbox for ways to start or enhance your gratitude practice.

Sign up today at touchedbbycancer.org/gratefulnovember

OCTOBER PROGRAM CALENDAR

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

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
				<p>1</p> <p>9:30AM Virtual Meditation 12:30PM Restorative Motion 2:00PM Whole Food Lifestyle</p>	<p>2</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>4</p> <p>10:00AM Zumba 6:00PM Moving Forward Through Grief 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>5</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>6</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Healthy10 Challenge 6:00PM Moving Forward Through Grief</p>	<p>7</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle 6:30PM Choose Your Own Metaphor</p>	<p>8</p> <p>12:30PM Restorative Motion 1:00PM The Power of Music</p>	<p>9</p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>11</p> <p>10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 6:00PM Moving Forward Through Grief 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>12</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>13</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 1:15PM Core for More 6:00PM Survivorship 101 6:00PM Veggies at Breakfast 6:00PM Moving Forward Through Grief</p>	<p>14</p> <p>12:30PM Exercise 6:30PM Exercise 5:15PM Prostate Partners Info. Session 6:30PM Prostate Partners 6:30PM Life After Cancer Treatment Group</p>	<p>15</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>16</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Veggies at Breakfast</p>
<p>18</p> <p>10:00AM Zumba 2:00PM Breast Cancer Group 6:00PM Moving Forward Through Grief 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>19</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>20</p> <p>10:00AM Yoga 11:00AM Grief, When Will It End? 11:30AM AICR Lifestyle Passport 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group 6:00PM Healthy10 Challenge 6:00PM Moving Forward Through Grief</p>	<p>21</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Palliative Medicine in Cancer Treatment</p>	<p>22</p> <p>12:30PM Restorative Motion</p>	<p>23</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>25</p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 6:00PM Moving Forward Through Grief 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>26</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>27</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Moving Forward Through Grief 6:00PM Healthy10 Challenge 6:30PM Living with Immunotherapy</p>	<p>28</p> <p>12:30PM Exercise 1:00PM Signs & Symbols of Change 6:00PM Plant-based Nutrition & Chronic Disease 6:30PM Exercise 6:30PM Young Adult Group</p>	<p>29</p> <p>12:30PM Restorative Motion 12:30PM Cancer and Covid-19 Update</p>	<p>30</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>

NOVEMBER

PROGRAM CALENDAR

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

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
<p>1</p> <p>10:00AM Zumba 5:30PM Myeloma Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>2</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>3</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Racial & Ethnic Diversity in Clinical Trials</p>	<p>4</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle 6:30PM Laughter as Medicine</p>	<p>5</p> <p>9:30AM Virtual Meditation 11:00AM Whole Food Lifestyle 12:30PM Restorative Motion</p>	<p>6</p> <p>8:00AM Prostate Cancer Forum 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>8</p> <p>10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>9</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>10</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Plant-Forward Holiday Recipes</p>	<p>11</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Treatment Group 6:30PM Coping with Grief During the Holidays</p>	<p>12</p> <p>12:00PM RoundTable Discussion: Newly Diagnosed 12:30PM Restorative Motion</p>	<p>13</p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Plant-Forward Holiday Recipes</p>
<p>15</p> <p>10:00AM Zumba 12:30PM Beat Stress 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>16</p> <p>12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM How to Help a Grieving Child</p>	<p>17</p> <p>10:00AM Yoga 11:00AM Grief, When Will it End? 11:30AM AICR Lifestyle Passport 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group 6:00PM Expressing Gratitude Through Food 6:30PM Dry Needling & Cancer</p>	<p>18</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Pancreatic Cancer Updates 6:30PM After Goodbye</p>	<p>19</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>20</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>22</p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>23</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>24</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function</p>	<p>25</p> <p>Closed for Thanksgiving</p>	<p>26</p> <p>Closed for Thanksgiving</p>	<p>27</p> <p>Closed for Thanksgiving</p>
<p>29</p> <p>10:00AM Zumba 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>30</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>				

DECEMBER

PROGRAM CALENDAR

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

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
		1	2	3	4
		10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Facts Over Fear 6:30PM Map of Your Life	12:30PM Exercise 1:00PM Creative Cards 6:30PM Exercise 6:30PM Sister Circle	9:30AM Virtual Meditation 11:00AM Whole Food Lifestyle 12:30PM Restorative Motion	10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation
6	7	8	9	10	11
10:00AM Zumba 12:30PM Push and Pull Exercise 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Surviving & Thriving During the Holidays	10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Healthy Snacking 6:30PM Living with Hereditary Cancer Risks	12:30PM Exercise 5:15PM Prostate Partners Info. Session 6:30PM Prostate Partners 6:30PM Exercise 6:30PM Life After Cancer Group 6:30PM Finding Meaning in the Cancer Experience	12:30PM Restorative Motion	10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation
13	14	15	16	17	18
10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise	12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	10:00AM Yoga 11:00AM Grief, When Will It End? 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group	12:30PM Exercise 6:30PM Exercise 6:30PM Young Adults Holiday Potluck	11:00AM Older Adults Group 12:30PM Restorative Motion	10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Healthy Snacking
20	21	22	23	24	25
10:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	12:30PM Exercise 5:30PM Virtual Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group	10:00AM Yoga 11:30AM AICR Lifestyle Passport 12:30PM Balance for Improved Function	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays
27	28	29	30	31	1
			Closed for the Holidays	Closed for the Holidays	Closed for the Holidays
Holiday Office Hours: 10:00am -3:00pm For support, please call 216-595-9546	Holiday Office Hours: 10:00am -3:00pm For support, please call 216-595-9546	Holiday Office Hours: 10:00am -3:00pm For support, please call 216-595-9546			

IN THE COMMUNITY

The Gathering Place is excited to be back in the community educating local businesses, schools, churches, healthcare systems, civic clubs and more about our FREE programs and services offered to those impacted with cancer. Special thanks to our outreach volunteers, board members and staff for safely representing us throughout the summer!

To schedule The Gathering Place for your event or to find out our next stop in the community, visit touchedbycancer.org/inthecommunity or call Simone Swanson, Director of Community Outreach at 216.455.1522.

Are you looking for a sense of purpose during these uncertain times? Volunteers at The Gathering Place play a valuable role in helping us deliver our services.

Connect with Diane Weiner today at weiner@touchedbycancer.org or 216-455-1508 to get started!



African American Male Wellness Agency 5k Walk & Run

(Photo: Sydney Beeman, Michael Wolf & Quinton Massey)



Crocker Park Block Party

(Photo: Simone Swanson, Claire Anter)



Care-A-Van at Kamm's Corner Farmers Market

(Photo: Hal Paul & Tracy Wyant)



Zero Prostate Cancer Run/Walk

(Photo: Sandy Weinberg, Bill Imur, Rick Gardner)



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 Eileen Coan at 216-455-1504 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:

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HOME GOODS**

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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 or by calling Amy Bell at 216-399-2097.

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.





THE GATHERING PLACE

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

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PROGRAM CALENDAR & NEWSLETTER

Fall Edition

OCTOBER • NOVEMBER • DECEMBER



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



TGP EAST

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

TGP WEST

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