

Winter 2023

JANUARY • FEBRUARY • MARCH



WELCOME!

New to The Gathering Place? Start here!
Meet with a participant navigator to
explore our FREE programs and services.

**VIRTUAL WELCOMING ORIENTATION IS
EVERY MONDAY AT 6:30PM**

**DROP-IN FROM 9:00AM-1:00PM
ON THE 2ND SAT AT TGP EAST
AND THE 3RD SAT AT TGP WEST**

Call 216-455-1507 to schedule an
in-person Welcoming Orientation.

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.



So hard to believe that 2023 is here. As we enter this new year may you embrace it with an open heart and go forward with faith, hope, and courage.

As you review our Program Guide, please make note that our doors are open and we look forward to having you join us for programs and services that are of interest to you, your family, caregivers, and other important people in your life. Of particular note are some of the new programs that have been added this quarter:

- Cancer Treatment is Over (Understanding my survivorship care plan)
- Resolution Restoration (Learn gentle movements that can ease chronic pain)
- Learning coping strategies when dealing with anger or fear

Many share that walking through our doors presents a sense of calm and compassion. Please feel free to stop in for a cup of coffee, tea or just to see a friendly face.

Please be sure to check our website touchedbycancer.org throughout the quarter to learn about new programs and services. As always, I am so grateful to our Board, staff, volunteers, and donors whose mission it is to serve our participants.



warm regards,
MICHELE SEYRANIAN
CEO

TOGETHER AGAIN

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



VIRTUAL



WELLNESS CENTER



BEACHWOOD



OFF SITE



WESTLAKE

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered virtually. Note all programs are EDT time. If you have additional questions, please contact Beth Bennett, Chief Program Officer, at 216-455-1517.

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.

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
Chief Program Officer
bennett@touchedbycancer.org
216-455-1517



SANDY CONOCHAN

ATC, PTA
Exercise Program Staff
conochan@touchedbycancer.org
216-455-1529



WHITNEY HADLEY

MA, MSW, LSW
Program Staff
hadley@touchedbycancer.org
216-455-1522



SYDNEY BEEMAN

MA, NCC, LPC
Community Program Manager
beeman@touchedbycancer.org
216-455-1520



BRITTANI DAVIS

MA, LPCC-S, LICDC
Program Staff
davis@touchedbycancer.org
216-455-1528



STEPHANIE HOPKINS

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



STEPHEN CERNE

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



MARY FISHER-BORNSTEIN

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



SUSAN MARINAC

MSSA, LISW-S
Program Staff
marinac@touchedbycancer.org
216-455-1512



EILEEN COAN

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



ADELLE GATES

MA, CCLS
Family & Children Program Staff
gates@touchedbycancer.org
216-455-1523



ANDREA SONNIE

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

ONGOING EXERCISE PROGRAMS

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

CORE FOR MORE STABILITY & BALANCE

The "Core" is made up of muscles that are responsible for proper posture, efficient, functional movement, balance, and stability.

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

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: 6:00-6:45PM
 TUESDAYS: 12:00-12:45PM
 TUESDAYS: 12:00-12:45PM
 THURSDAYS: 12:00-12:45PM
 THURSDAYS: 12:00-12:45PM
 THURSDAYS: 6:00-6:45PM

Health and fitness screenings are required before attending any movement classes. Please reach out to Sandy at 216-455-1529.

OPEN GYM

Attend an orientation and work out on your own.

THURSDAYS: 9:00-11:00AM

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

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

QIGONG-TAI CHI

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

YOGA

A gentle flow class appropriate for all levels.

TUESDAYS: 10:00-11:00AM
 TUESDAYS: 6:00-7:00PM
 THURSDAYS: 11:00AM-12:00PM **NEW CLASS**
 SATURDAYS: 9:00-10:00AM

ZUMBA

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

MONDAYS: 11:00-11:45AM

ONGOING SUPPORT GROUPS

VIRTUAL
 BEACHWOOD
 WESTLAKE

TGP offers virtual and in-person support groups. Our support groups for adults are listed below. Children and Family support groups are featured on page 6. Please contact the group facilitator to register and for more information before attending.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER
Brittani Davis, 216-455-1528
Mondays, 6:30-8:00pm

GROUP FOR ADULTS WITH CANCER
Andrea Sonnie, 216-455-1521
Tuesdays, 6:30-8:00pm

GROUP FOR CAREGIVERS
Susan Marinac, 216-455-1512
Mondays, 6:30-8:00pm

GROUP FOR CAREGIVERS
Whitney Hadley, 216-455-1522
Tuesdays, 6:30-8:00pm

GROUP FOR OLDER ADULTS WITH CANCER
Brittani Davis, 216-455-1528
Jan 20, Feb 17, Mar 17, 11:00am-12:30pm

GROUP FOR YOUNG ADULTS WITH CANCER
Sydney Beeman, 216-455-1520
Jan 26, Feb 23, Mar 23, 6:30-8:00pm

LIFE AFTER CANCER TREATMENT GROUP
Whitney Hadley, 216-455-1522
Jan 12, Feb 9, March 9, 6:30-8:00pm

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER
Sydney Beeman, 216-455-1520
Jan 5, Feb 2, Mar 2, 6:30-8:00pm

LGBTQ+ VIRTUAL DROP-IN GROUP
Brittani Davis, 216-455-1528
Jan 19, Feb 16, March 16, 12:00-1:00pm

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP - DAY
Andrea Sonnie, 216-455-1521
Jan 16, Feb 20, Mar 20, 2:00-3:30pm

BREAST CANCER SUPPORT GROUP - EVENING
Andrea Sonnie, 216-455-1521
Jan 26, Feb 23, Mar 23, 6:30-8:00pm

GROUP FOR YOUNG WOMEN WITH BREAST CANCER
Susan Marinac, 216-455-1512
Jan 3, Feb 7, Mar 7, 6:30-8:00pm

GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)
Andrea Sonnie, 216-455-1521
Jan 19, Feb 16, Mar 16, 6:30-8:00pm

METASTATIC BREAST CANCER GROUP
Mary Fisher Bornstein, 216-455-1506
Jan 17, Feb 21, Mar 21, 6:30-8:00pm

MYELOMA GROUP
Mary Fisher Bornstein, 216-455-1506
Jan 9, Mar 6, 5:30-7:00pm

ORAL, HEAD AND NECK CANCER GROUP ***NEW DAY/TIME**
Brittani Davis, 216-455-1528
Jan 18, Feb 15, Mar 15, 3:30-4:30pm

OVARIAN CANCER SUPPORT GROUP ***NEW LOCATION**
Susan Marinac, 216-455-1512
Jan 18, Feb 15, Mar 15, 2:00-3:30pm

INDIVIDUAL SERVICES

Medical research, resources, legal consultations, medical bill questions and transportation

EILEEN COAN, MA, MLS
216-455-1504

Individual Short-Term Cancer Focused Emotional Support

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

Support in the Community

SYDNEY BEEMAN, MA, NCC, LPC
216-455-1520

Children and Family/Parent Consultations

ADELLE GATES, MA, CCLS
216-455-1523

Nutrition and Exercise Consultations

STEPHANIE HOPKINS, MS, RDN, LD
216-455-1525

Wig Salon

DIANE WEINER, CVA
216-455-1508

PANCREATIC CANCER GROUP
Sydney Beeman, 216-455-1520
Jan 24, Feb 28, Mar 28, 3:30-4:30pm

PROSTATE PARTNERS ***NEW SCHEDULE**
Contact facilitator for more details about program schedule.
Mary Fisher Bornstein, 216-455-1506 (East)
Brittani Davis, 216-455-1528 (West)
Jan 12, Feb 9, Mar 9
Information session 5:15-6:15pm
Group 6:30-8:00pm

GRIEF & LOSS

ADULT GRIEF SUPPORT
Brittani Davis, 216-455-1528
Jan 10, Feb 14, Mar 14, 2:00-3:30pm

ADULT GRIEF SUPPORT
Brittani Davis, 216-455-1528
Jan 24, Feb 28, Mar 28, 6:30-8:00pm

ADULT GRIEF SUPPORT
Mary Fisher-Bornstein, 216-455-1506
Jan 10, Feb 14, Mar 14, 6:30-8:00pm
Jan 24, Feb 28, Mar 28, 6:30-8:00pm

GRIEF: WHEN, WILL IT END?
Mary Fisher-Bornstein, 216-455-1506
Jan 18, Feb 15, Mar 15, 11:00am-12:00pm

INFORMATION & EDUCATION

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE ALL PROGRAMS ARE EDT TIME



HOW TO TALK ABOUT CANCER

According to the U.S. Department of Health and Human Services, African Americans have the highest mortality rate of any racial and ethnic group for all cancers combined. Learn how to talk about, normalize, and take your power back from the "C" word to best navigate the healthcare systems for yourself and/or loved ones. Resources provided.

SYDNEY BEEMAN, MA, NCC, LPC

WED, 3:00-4:00PM

JAN 18, FEB 15, MAR 15 

Location: Friendly Inn, 2386 Unwin Rd, Cleveland, OH 44104

BIG EMOTIONS: ANGER

Anger is an uncomfortable emotion for most of us, but sometimes we feel angry because of cancer or losing someone to cancer. Anger is not always rational. For individuals with cancer, caregivers and people who have experienced a loss due to cancer.

MARY FISHER BORNSTEIN, LISW-S

WED, JAN 11, 6:30-7:30PM 

UNDERSTANDING THE CORE SERVICES OF CANCER REHABILITATION

Learn about the many important aspects of cancer rehabilitation including relieving pain, restoring function, and improving fatigue during, and after cancer treatment. Resources provided.

MARY VARGO, MD

WED, JAN 25, 6:30-7:30PM 

SLEEP ISSUES & CANCER

It can be hard to get a good night's sleep when you are coping with a cancer diagnosis. This workshop will include information on why we need sleep and tips on how to get quality sleep.

SUSAN MARINAC, MSSA, LISW-S

THUR, FEB 2, 2:00-3:00PM 

THUR, FEB 2, 6:00-7:00PM 

THE ROLE OF INTEGRATIVE MEDICINE IN PROSTATE CANCER

Learn about the role of lifestyle modifications, mind-body practices, and natural products alongside conventional cancer treatment. Resources provided.

ROA SANTOSH, MD

THUR, FEB 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, MSSA, LISW-S

THURS, FEB 16, 12:00-1:00PM  

FINDING MEANING AND CREATING LEGACY

Every person has a unique experience with cancer. Finding meaning through a cancer diagnosis can help people cope with challenges and limitations they face along the way.

WHITNEY HADLEY, MA, MSW, LSW

THURS, FEB 16, 6:00-7:30PM 

CLEVELAND DANCE PROJECT: MINDFULNESS & MOVEMENT

Dancing and journaling have been shown to improve both our physical and mental health. This class, created by their company's physical therapist, helps participants explore movement to find a release for emotions, and an escape from the daily stressors and anxieties of life. No experience necessary, adaptations to movement will be available for those who are more comfortable seated.

ANNA CERVENY, DPT, DIRECTOR
CLEVELAND DANCE PROJECT

SAT, FEB 18, 2:30-4:00PM 

PUTTING RESEARCH INTO ACTION STEPS: HEALTHY WEIGHT MANAGEMENT

PART ONE: CANCER PREVENTION AND SURVIVORSHIP

WED, FEB 22, 6:00-7:00PM 

The World Cancer Research Fund has identified that excess body weight can increase the risk of 13 cancers. After cancer treatment, reaching and maintaining a healthy weight can help to improve overall health, reduce the risk of other cancers, and may improve survival for some cancer types. Learn more about the complexities and impact of weight on health as it relates to cancer.

PART TWO: HEALTHY WEIGHT MANAGEMENT NUTRITION & EXERCISE

After cancer treatment, reaching and maintaining a healthy weight can help to improve overall health, reduce the risk of other cancers, and may improve survival for some cancer types. Join this two-part series to learn how to utilize nutrition and exercise in a safe and sustainable manner to help support your intentional weight loss goals. In Part 1, Stephen will discuss exercise. In Part 2, Stephanie will discuss nutrition.

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

PART 1 - MON, MAR 13, 12:30-1:30PM 

STEPHANIE HOPKINS, MS, RDN, LD

PART 2 - MON, MAR 20, 12:30-1:30PM 

ONCOLOGY AND YOUR PRIMARY CARE DOCTOR

The number of cancer survivors continues to increase in the United States and the Institute of Medicine advises every cancer survivor's survivorship plan include recommendations for follow up care as they transition from their oncology care team to their primary care physician. The inclusion of primary care physicians into Survivorship Care plans is often overlooked despite the fact these healthcare professionals remain key players in survivorship care delivery.

MACHELLE MOELLER, APP

CHRISTINA FERRARO, APP

WED, MAR 1, 6:30-7:30PM 

CANCER TREATMENT IS OVER: UNDERSTANDING MY SURVIVORSHIP CARE PLAN

A Survivorship Care Plan includes information on your cancer and treatment, follow-up tests, which doctors are responsible for your care and other important items. Discuss the key components of a cancer survivorship care plan including important questions to ask your health care team. Resources provided.

BETH SLEPECKY, RN, BSN,
SURVIVORSHIP COORDINATOR

WED, MAR 8, 12:00-1:00PM 

BIG EMOTIONS: FEAR

Fear is an unpleasant feeling that is difficult to cope with. Learn coping strategies to help deal with fear and uncertainty. For individuals with cancer and their caregivers.

MARY FISHER BORNSTEIN, LISW-S

WED, MAR 15, 6:30-7:30PM 

CAREGIVERS-WHAT DO I DO NOW?

It's important for cancer caregivers to understand that even when treatment has ended, cancer survivors are still coping with a lot. Each caregiver has a unique response to having had a loved one with cancer. Learn more about how to support yourself as you adjust to a "new normal".

SYDNEY BEEMAN, MA, NCC, LPC

THURS, MAR 16, 6:00-7:30PM  

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I appreciate having a resource I can count on for support and information.

TGP PARTICIPANT

NUTRITION & EXERCISE

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

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE ALL PROGRAMS ARE EDT TIME




PHYSICAL THERAPY SCREENING

Meet one-to-one for a 30-minute screening to assess your physical function, fall risk, and address any other individual questions or concerns related to physical health during and after cancer treatment. Recommendations and resources provided.

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

MON, 2:30-5:00PM 
JAN 16, FEB 13, MAR 13

SHELLEY ALBERT, PT, DPT
Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

SAT, MAR 25, 12:00-2:00PM 

RESOLUTION RESTORATION

Often pain becomes a barrier to movement, which can be due to surgical procedures or muscle compensation. Learn gentle movements that can ease chronic pain and increase range of motion.




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

MON, JAN 16, 12:30-1:30PM 

HEALTHY COMFORT FOODS

Food has the ability to enhance our mood thus promoting wellness. Some easy modifications can have a huge impact on the nutrients we consume. Beat the winter blues with healthy comfort foods!

LAUREN TUROFF, PT, DPT, RD, LD

WED, JAN 18, 3:00-4:00PM 
WED, JAN 18, 6:00-7:30PM 
SAT, JAN 21, 12:00-1:30PM 

CANCER FIGHTING KITCHEN

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

STEPHANIE HOPKINS, MS, RDN, LD

SAT, FEB 11, 10:00-11:00AM 
SAT, FEB 11, 12:00-1:30PM 
WED, FEB 15, 6:00-7:30PM 

FOUNDATIONS OF AQUATIC EXERCISE

In this 5-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 five classes in the series.

JOY NOWELS, EXERCISE SPECIALIST, ACSM
Certified, Ai Chi Certified, Arthritis Foundation Certified Aquatic Program Leader

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

AQUATIC PRINCIPLES
FRI, FEB 10, 2:00-3:00PM 

ENDURANCE TRAINING
FRI, FEB 17, 2:00-3:00PM 

STRENGTH TRAINING
FRI, FEB 24, 2:00-3:00PM 

BALANCE TRAINING
FRI, MAR 3, 2:00-3:00PM 

DEEP WATER TRAINING
FRI, MAR 10, 2:00-3:00PM 

BALANCE 101

Balance is the most overlooked aspect of wellness and function, while it is likely the most important. Learn simple measures to increase stability and move more efficiently.

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

MON, FEB 13, 12:30-1:30PM  

CLEVELAND DANCE PROJECT: MINDFULNESS & MOVEMENT

Dancing and journaling have been shown to improve both our physical and mental health. This class, created by their company's physical therapist, helps participants explore movement to find a release for emotions, and an escape from the daily stressors and anxieties of life. No experience necessary, adaptations to movement will be available for those who are more comfortable seated.

ANNA CERVENY, DPT, DIRECTOR CLEVELAND DANCE PROJECT

SAT, FEB 18, 2:30-4:00PM 

CHEMOTHERAPY INDUCED PERIPHERAL NEUROPATHY AND BALANCE

Chemotherapy can affect your body in many ways, one of the most common being peripheral neuropathy. Learn about what is causing neuropathy as well as ways it can affect your balance and some helpful tips to address these issues during and after cancer treatment.

MICHAEL GROESCH, PT
TUES, FEB 28, 6:30-7:30PM  


WHOLE FOOD LIFESTYLE CHECK-IN



Adults with cancer and caregivers 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.

STEPHANIE HOPKINS, MS, RDN, LD
FRI, MAR 3, 11:00AM-12:00PM  

INTRODUCTION TO PLANT-FOCUSED EATING

The American Cancer Society and American Institute for Cancer Research recommend cancer survivors strive to make whole grains, vegetables, fruits, and beans a major part of normal diet. Not sure how to do this? Join this cooking class to review easy tips and strategies to adopt a plant-focused eating pattern to support your health.

STEPHANIE HOPKINS, MS, RDN, LD
SAT, MAR 4, 11:00AM-12:30PM 
Location: The Village Project, 27378 W. Oviatt Rd., Bay Village, OH 44140

WED, MAR 8, 12:30-1:30PM 
WED, MAR 8, 6:00-7:30PM 

HEALTHY WEIGHT MANAGEMENT SERIES

After cancer treatment, reaching and maintaining a healthy weight can help to improve overall health, reduce the risk of getting another cancer, and may improve survival for some cancer types. Join this two-part series to learn how to utilize nutrition and exercise in a safe and sustainable manner to help support your intentional weight loss goals. In Part 1, Stephen will discuss exercise. In Part 2, Stephanie will discuss nutrition.

STEPHEN CERNE, BS, NSCA-CPT, ACSM/ACS-CET
PART 1 - MON, MAR 13, 12:30-1:30PM 

STEPHANIE HOPKINS, MS, RDN, LD
PART 2 - MON, MAR 20, 12:30-1:30PM 

DECODING DIETARY SUPPLEMENTS

To take a dietary supplement or not to take a dietary supplement? This is a question that many cancer survivors may ask. Learn about cautions and considerations of dietary supplement use as well as strategies to help you find quality products approved by your healthcare team.

STEPHANIE HOPKINS, MS, RDN, LD
WED, MAR 29, 6:00-7:30PM 

CANCER SPECIFIC PROGRAMS

See Support Groups
on page 3 for more
cancer specific options

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE ALL PROGRAMS ARE EDT TIME



MYELOMA GROUP

MYELOMA UPDATES

PRESENTER: JACK KHOURI, MD, CLEVELAND CLINIC
HEMATOLOGY/ONCOLOGY

MARY FISHER-BORNSTEIN, LISW-S
STEVIE GUTIN, RN

MON, JAN 9, 5:30-7:00PM  

NUTRITION IDEAS FOR CANCER RELATED FATIGUE


PRESENTER: STEPHANIE HOPKINS, MS, RDN, LD

MARY FISHER-BORNSTEIN, LISW-S
STEVIE GUTIN, RN

MON, MAR 6, 5:30-7:00PM  


ORAL, HEAD & NECK CANCER GROUP

TIPS & TRICKS FOR MANAGING SIDE EFFECTS OF ORAL, HEAD & NECK CANCER

WED, FEB 15, 3:30-4:30PM 

PROSTATE CANCER INFO SESSION

For those who have been diagnosed with
prostate cancer within the last 12 months.
This program takes place before each
monthly Prostate Partners group.

THURS, 5:15-6:15PM  

PROSTATE PARTNERS

NAVIGATING PROSTATE CANCER WITH OTHER HEALTH CONCERNS

THURS, JAN 12, 6:30-8:00PM   

THE ROLE OF INTEGRATIVE MEDICINE IN PROSTATE CANCER

PRESENTER: ROA SANTOSH, MD

THURS, FEB 9, 6:30-8:00PM   

TREATMENT OPTIONS

THURS, MAR 9, 6:30-8:00PM   



Kudos to the Gathering Place for offering specialized
cancer support group opportunities where cancer
patients and survivors can network and thrive.

TGP PARTICIPANT

CHILDREN, TEEN & FAMILY

Registration required for all children and family programs.
Please contact Adelle Gates, MA, CCLS at 216-455-1523.



CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

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.

ADELLE GATES, MA, CCLS

SATISFACTORY SLEEP

SAT, JAN 14, 10:00-11:00AM  

HOW WE CONNECT


SAT, FEB 11, 10:00-11:00AM  

EXPLORING EMOTIONS THROUGH ART

SAT, MAR 11, 10:00-11:00AM  

FIGHTING FATIGUE WITH FITNESS

Learn creative ways to approach fitness.
Understand how exercise helps minimize
symptoms of fatigue and explore techniques
to help reach goals with movement safely.

THURS, JAN 26, 6:30-8:00PM 

Location: Spins Bowling Alley, 5619 Brecksville
Rd, Independence, OH 44131

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.

MON, 6:30-7:30PM  
JAN 23, FEB 6, MAR 6

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.


MOVING FORWARD WITH INTENTION

MON, JAN 9, 6:30-7:30PM 

MAKING CONNECTIONS

MON, FEB 13, 6:30-7:30PM 

MARCH MADNESS: DEALING WITH ANGER

MON, MAR 13, 6:30-7:30PM 



YOUNG ADULTS

PROGRAM LOCATION KEY:



ALL PROGRAMS ARE EDT TIME



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.

SYDNEY BEEMAN, MA, NCC, LPC

WHITNEY HADLEY, MA, MSW, LSW

FIGHTING FATIGUE WITH FITNESS

Learn creative ways to approach fitness. Understand how exercise helps minimize symptoms of fatigue and explore techniques to help reach goals with movement safely.

THURS, JAN 26, 6:30-8:00PM

Location: Spins Bowling Alley, 5619 Brecksville Rd, Independence, OH 44131

SELF-CARE AS A GUILTY PLEASURE

Explore a wide range of replenishing ways to take care of yourself. Find out how to engage in stress reducing activities to improve your quality of life and develop a personalized plan to shamelessly indulge in self-care.

THURS, FEB 23, 6:30-8:00PM

SPRING RENEWAL

Learn techniques to renew your physical, emotional, and spiritual bodies.

THURS, MAR 23, 6:30-8:00PM

GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for young women diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S

TUES, 6:30-8:00PM
JAN 3, FEB 7, MAR 7

CREATIVE ARTS & MEDITATION



HORTICULTURE THERAPY: NEW YEAR, NEW ROOTS!

The new year inspires new intentions and new growth. Join us, define a new intention for yourself, and leave with some tropical plants also establishing new growth. In the process, we will learn several techniques for propagating houseplants to add to your home.

KAREN KENNEDY, HTR

WED, JAN 11, 6:00-7:30PM

WED, JAN 18, 6:00-7:30PM

VISION BOARD

Get set for the new year with this creative exercise where we create collages from magazine pictures and manifest a great year ahead!

SUSAN MARINAC, MSSA, LISW-S

THURS, JAN 19, 11:00AM-12:30PM

CREATIVE WRITING WORKSHOP

Narrative medicine in cancer care uses literary arts (i.e., poetry, film, photography) to support cancer patients and caregivers. Open to anyone impacted by cancer interested in learning more about narrative medicine. No creative writing experience required; all materials provided.

MARINA VLADOVA, MED, MPH,
NARRATIVE MEDICINE FACILITATOR

WED, JAN 25, 6:30-7:30PM

WED, MAR 22, 6:30-7:30PM

SINGING BOWLS (SOUND BATH)

Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more.

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, JAN 13, 11:00AM-12:00PM

FRI, FEB 10, 11:00AM-12:00PM

FRI, MAR 10, 11:00AM-12:00PM

FELTING FOR FUN AND RELAXATION

Needle Felting is easy to learn and relaxing to practice. You can bring a 100% wool item that you would like to embellish or repair, or supplies will be provided.

EILEEN COAN, MA, MLS

WED, FEB 8, 6:30-8:00PM

WED, FEB 22, 6:30-8:00PM

DRUMMING FOR HEALTH

Community drum circle for individuals diagnosed with cancer and their family members. No experience necessary. Drums are provided.

SUSAN MARINAC, MSSA, LISW-S

WED, MAR 29, 6:30-7:30PM

GUIDED MEDITATION

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

EILEEN COAN, MA, MLS

TUES, 6:30-7:15PM
JAN 17, FEB 7 & 21, MAR 7 & 21



JANUARY

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION
AND VIRTUAL AVAILABILITY

ADVANCE REGISTRATION REQUIRED.

216-595-9546

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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
<p>Closed for New Year's Holiday 2</p>	<p>3 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer</p>	<p>4 12:30PM Balance for Improved Function</p>	<p>5 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise 6:30PM Sister Circle</p>	<p>6 12:30PM Restorative Motion</p>	<p>7 9:00AM Yoga 10:00AM Qigong-Tai Chi</p>
<p>9 11:00AM Zumba 5:30PM Myeloma Group: Updates 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Kidshop/Teenshop</p>	<p>10 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>11 12:30PM Balance for Improved Function 6:00PM Horticulture Therapy 6:30PM Big Emotions: Anger</p>	<p>12 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 5:15PM Prostate Partners Info Session 6:00PM Exercise 6:30PM Prostate Partners Group 6:30PM Life After Cancer Group</p>	<p>13 11:00AM Singing Bowls (Sound Bath) 12:30PM Restorative Motion</p>	<p>14 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Sleep</p>
<p>16 11:00AM Zumba 12:30PM Resolution Restoration 2:00PM Breast Cancer Group 2:30PM Physical Therapy Screening 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation</p>	<p>17 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Guided Meditation</p>	<p>18 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM How to Talk About Cancer 3:00PM Healthy Comfort Foods 3:30PM Oral, Head & Neck Cancer Group 6:00PM Healthy Comfort Foods 6:00PM Horticulture Therapy</p>	<p>19 9:00AM Open Gym 11:00AM Yoga 11:00AM Vision Board 12:00PM Exercise 6:00PM Exercise 6:30PM Gynecologic Cancers Group</p>	<p>20 11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>21 9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Healthy Comfort Foods</p>
<p>23 11:00AM Zumba 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges</p>	<p>24 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 3:30PM Pancreatic Cancer Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>25 12:30PM Balance for Improved Function 6:30PM Creative Writing Workshop</p>	<p>26 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Group</p>	<p>27 12:30PM Restorative Motion</p>	<p>28 9:00AM Yoga 10:00AM Qigong-Tai Chi</p>
<p>30 11:00AM Zumba 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation</p>	<p>31 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>				

FEBRUARY

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

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MON	TUES	WED	THUR	FRI	SAT
		1 12:30PM Balance for Improved Function	2 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 2:00PM Sleep Issues & Cancer 6:00PM Sleep Issues & Cancer 6:00PM Exercise 6:30PM Sister Circle	3 12:30PM Restorative Motion	4 9:00AM Yoga 10:00AM Qigong-Tai Chi
6 11:00AM Zumba 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges	7 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Guided Meditation	8 12:30PM Balance for Improved Function 6:30PM Felting for Fun & Relaxation	9 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 5:15PM Prostate Partners Info Session 6:00PM Exercise 6:30PM Prostate Partners Group 6:30PM Life After Cancer Group 6:30PM The Role of Integrative Medicine & Prostate Cancer	10 11:00AM Singing Bowls (Sound Bath) 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Principles	11 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Cancer Fighting Kitchen 10:00AM Connections: How We Connect 12:00PM Cancer Fighting Kitchen
13 11:00AM Zumba 12:30PM Balance 101 2:30PM Physical Therapy Screening 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Kidshop/Teenshop	14 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	15 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM How to Talk About Cancer 3:30PM Oral, Head & Neck Cancer Group 6:00PM Cancer Fighting Kitchen	16 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 12:00PM Roundtable Discussion 6:00PM Exercise 6:00PM Finding Meaning 6:30PM Gynecologic Cancers Group	17 11:00AM Older Adults Group 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Endurance	18 9:00AM Yoga 10:00AM Qigong-Tai Chi 2:30PM Cleveland Dance Project
20 11:00AM Zumba 2:00PM Breast Cancer Group 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation	21 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Guided Meditation	22 12:30PM Balance for Improved Function 6:00PM Research Into Action Steps: Prt 1-Cancer Prevention & Survivorship 6:30PM Felting for Fun & Relaxation	23 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Group	24 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Strength	25 9:00AM Yoga 10:00AM Qigong-Tai Chi
27 11:00AM Zumba 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation	28 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 3:30PM Pancreatic Cancer Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Chemotherapy Induced Peripheral Neuropathy & Balance				

MARCH

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION
AND VIRTUAL AVAILABILITY

ADVANCE REGISTRATION REQUIRED.

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MON	TUES	WED	THUR	FRI	SAT
		1 12:30PM Balance for Improved Function 6:30PM Oncology & Primary Care Provider	2 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise 6:30PM Sister Circle	3 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance	4 9:00AM Yoga 10:00AM Qigong-Tai Chi 11:00AM Intro to Plant-Focused Eating
6 11:00AM Zumba 5:30PM Myeloma Group: Nutrition Ideas 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges	7 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Guided Meditation	8 12:00PM Cancer Treatment is Over 12:30PM Balance for Improved Function 12:30PM Intro to Plant-Focused Eating 6:00PM Intro to Plant-Focused Eating	9 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 5:15PM Prostate Partners Info Session 6:00PM Exercise 6:30PM Prostate Partners Group 6:30PM Life After Cancer Group	10 11:00AM Singing Bowls (Sound Bath) 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water	11 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Emotions & Art
13 11:00AM Zumba 12:30PM Healthy Weight Management 12:30PM Healthy Weight Mgmt: Exercise 2:30PM Physical Therapy Screening 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Kidshop/Teenshop	14 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	15 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM How to Talk About Cancer 3:30PM Oral, Head & Neck Cancer Group 6:30PM Big Emotions: Fear	16 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise 6:00PM What Do I Do Now? 6:30PM Gynecologic Cancers Group	17 11:00AM Older Adults Group 12:30PM Restorative Motion	18 9:00AM Yoga 10:00AM Qigong-Tai Chi
20 11:00AM Zumba 12:30PM Healthy Weight Management 12:30PM Healthy Weight Mgmt: Exercise 2:00PM Breast Cancer Group 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation	21 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Guided Meditation	22 12:30PM Balance for Improved Function 6:30PM Creative Writing Workshop	23 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Group	24 12:30PM Restorative Motion	25 9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Physical Therapy Screening
27 11:00AM Zumba 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation	28 10:00AM Yoga 12:00PM Exercise 1:00PM Core for More 3:30PM Pancreatic Cancer Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	29 12:30PM Balance for Improved Function 6:00PM Decoding Dietary Supplements 6:30PM Drumming for Health	30 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise 6:00PM Exercise	31 12:30PM Restorative Motion	

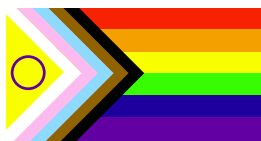
TGP IN THE COMMUNITY

TGP is pleased to introduce our newly created role of Community Program Manager. Our Program Staff member, Sydney Beeman, who has a strong background in Community Mental Health, has taken on this role which is designed to bring our wonderful programming beyond Beachwood and Westlake into the city of Cleveland, so all people impacted by cancer have access to the services they deserve. Cancer disproportionately affects many residents in the city, especially the Ward 5 Central neighborhood where cancer is diagnosed at much later stages. Sydney has begun focusing efforts at The Friendly Inn Settlement in Ward 5 where she leads conversations with residents around **“How to Talk About Cancer”** which has themes of how to talk to their health care providers, families, and debunks myths about the healthcare systems.



SYDNEY BEEMAN

MA, NCC, LPC
COMMUNITY PROGRAM MANAGER



TGP is dedicated to being an inclusive and welcoming, safe space for all who need services. TGP continues to expand LGBTQ+ programming including a recent program, **“Prostate Cancer Care for People with a**

Prostate” and now, a monthly **LGBTQ+ Virtual Drop-in group** held the 3rd Thursday of every month, 12:00-1:00pm. In addition, we continue to collaborate with the LGBT Center of Greater Cleveland, Care Alliance, and other organizations to do our part in decreasing health disparities. Stay tuned to see what’s to come this year!

Be sure to visit touchedbycancer.org to learn more about our community efforts. For more information on working with TGP in the community, please contact Sydney at [216-455-1520](tel:216-455-1520) or beeman@touchedbycancer.org

THE GATHERING PLACE MONTHLY WAREHOUSE SALES



Did you know that TGP operates two furniture warehouse sales in Warrensville Heights (East) and Westlake (West)? Our volunteers make this all possible by donating time their time and effort.

The warehouses rely solely on donated pre-loved, high-quality items for us to resell. The proceeds collected during our sales benefit The Gathering Place’s mission.

Thanks to our very generous community, merchandise is always changing, and every shopping experience is incredibly unique. Visit one of our two locations in Warrensville Heights and Westlake to see our exceptional selection of resale furnishings.

LOCATIONS

THE GATHERING PLACE WAREHOUSE EAST

(Located off Miles Road)
4911 Commerce Pkwy
Warrensville Heights, OH 44128

THE GATHERING PLACE WAREHOUSE WEST

25425 Center Ridge Rd.
Westlake, OH 44145

For more information about our upcoming sales, visit touchedbycancer.org/warehouse or to donate, contact our Warehouse Manager at tgpwarehouse@touchedbycancer.org

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

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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



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