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The Gathering Place
The Arnold & Sydel Miller Family Campus
23300 Commerce Park, Beachwood, Ohio 44122
216.595.9546 • www.touchedbycancer.org

July • August • September • 2019

Open for drop-ins & scheduled programs:
Monday – Friday: 9:00a-5:00p
Fridays in July & August: 9:00a-2:00p
Saturday: 9:00a-1:00p
Only open evenings for scheduled programs.



Special Thank You!

Thank you for helping us raise \$380,000 (and counting) in net proceeds for Race for the Place. We had a beautiful day filled with awesome energy from 3,602 in attendance. Our gratitude to our generous sponsors, the teams, volunteers and staff that were integral in making this day such a success. *Let's do it all again on Sunday, June 7, 2020.*



Photography Courtesy of Donna Schneider

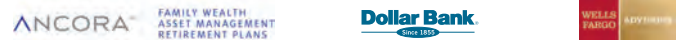
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|---|---|--|

The Gathering Place is a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer in their lives through programs and services provided **FREE of charge.**

Overcoming Insomnia on the Cancer Journey

When you get a cancer diagnosis, you may find your sleep patterns are drastically changed. Night can be a time of worry, anxiety, and ruminating over “What if?” and “If only...”. When you start treatment, your sleep may be interrupted by hot flashes or the wearing off of pain medications. Even when treatment ends you might find that sleep eludes you. Research says that as many as 50–75% of cancer patients experience insomnia.

When someone you love has cancer, your sleep may be altered because you are trying to stay vigilant to their nighttime needs, always ready to be available when called. If you are in charge of the myriad appointments, you may find yourself reviewing the “to do” list of tomorrow’s phone calls instead of getting the sleep you desperately need.

There are no sleep-inducing miracles, but we have suggestions of things you can try. First, learn how to notice you are awake without reacting to being awake. This is about the ‘conversation’ you have in your mind when you are lying awake. It is human nature to begin to fret and jump ahead in your mind to how tired you will be in the morning, telling yourself “I HAVE to have a solid eight hours or I am a wreck”. Try instead to turn that conversation around by soothing yourself with gentle kindness like “OK, I seem to be awake. I am going to keep my eyes closed, and relax my body, so that I can rest even if I am not sound asleep.”

There are things you can do to set yourself up for a better night’s sleep:

- *Keep the room you sleep in cool and dark. Crack a window. No night lights, turn clocks to face away. Cover the red light of every TV, phone charger, and cable box with a piece of black electric tape!*
- *Get regular physical exercise –even a walk counts – before dinner, never in the evening.*
- *Get regular exposure to natural light either outside or sitting near a window during the day.*
- *Eliminate caffeine drinks after 3pm and full meals past 9pm. Foods that can help include; bananas, chamomile tea, warm milk, and almonds.*
- *Turn off the TV and stop checking your phone an hour before your desired bed time. Use a fan or a nature sound app to mask sounds.*
- *Keep pencil and paper by the bed to jot down worries or things to do so it is not stuck in your thoughts.*
- *It is common to need daytime naps. Set your phone or ask family to wake you after one hour.*

We know that when we are tired, our concentration decreases, and we don’t function as we would like. A good night’s sleep can make a world of difference in how we interact with our loved ones and how we feel about our prognosis.

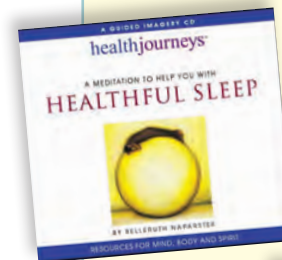
Consider coming to The Gathering Place for gentle movement, healing touch, and meditation classes. Thank you to **Belleruth Naparstek of Health Journeys** who has made her meditation for Healthful Sleep available at no charge on our website: www.touchedbycancer.org/resources/our-libraries

Materials in our libraries and online to help with sleep



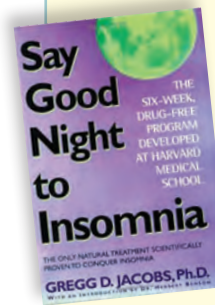
Sleep Better CD by Gach

Be the Boss of Your Sleep: Self-care for Kids Book by Culbert



A meditation to help you with Healthful Sleep CD by Naparstek

Peaceful Music for Sleep CD by Thompson



Say Goodnight to Insomnia Book by Jacobs

the gathering place ~ Facing Cancer • Embracing Life

The Gathering Place programs and services are for those currently dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent death of a loved one from cancer.

Program Location Color Key

The Gathering Place - East (E) | Blue • 23300 Commerce Park, Beachwood, OH 44122

The Gathering Place - West (W) | Green • 25425 Center Ridge, Westlake, OH 44145

The Gathering Place Richman Family Wellness Center (WC) | Orange
23295 Commerce Park • Beachwood, OH 44122

Off-Site Programs | Gray • Check program description for location

Welcoming Orientation:

Adults (over 18) coping with cancer are invited to learn about our **FREE** programs and services. No registration required but childcare can only be arranged with prior notification.

Mondays, 6:30pm, Tuesdays, 1:30pm, Saturdays, 10:30am (E)
Tuesdays, 1:30pm, Thursdays, 6:30pm, Saturdays, 10:30am (W)

Ongoing Programs

ADULT SUPPORT GROUPS: General & Specific

*Group for Adults with Cancer

Mondays, 6:30-8:00pm (W) | Tuesdays, 6:30-8:00pm (E)

*Group for Caregivers

For adults who have an adult loved one with cancer

Mondays, 6:30-8:00pm (W) | Tuesdays, 6:30-8:00pm (E)

Group for Young Women with Breast Cancer (20's, 30's & 40's)

1st Tuesday of the month, 6:30-8:00pm (W)

*Group for Women with Metastatic Breast Cancer

3rd Tuesday each month, 6:30-8:00pm (E)

Group for Women with Gynecological Cancers

3rd Wednesday each month, 2:00-3:30pm (E)

Sister Circle: For African American Women with Cancer

1st Thursday each month, 6:30-8:00pm (E)

*Life after Cancer Treatment Support Group

2nd Thursday each month, 6:30-8:00pm (E)

3rd Thursday each month, 6:30-8:00pm (W)

*Group for Older Adults with Cancer

3rd Friday each month, 11:00am-12:30pm (W) | No Meeting in September

EXERCISE Over 18

For individuals in cancer treatment or coping with side effects of treatment. Classes include resistance training using light weights, bands and balls, and strength equipment.

Written medical authorization from your physician required. Contact Beth Bennett for a fitness assessment before attending exercise classes: 216.455.1517

*Exercise Classes

Mondays, 7:00 - 8:00pm (W)

Tuesdays & Thursdays, 12:30 - 1:15pm, 6:30 - 7:30pm (WC)

Wednesdays & Fridays, 12:45 - 1:30pm (WC)

Fridays, 10:00 - 11:00am | Westlake Recreation Center, 28955 Hilliard Blvd (O)

GENTLE MOVEMENT Over 18

Suitable for all levels of fitness and health. Open to those with cancer and their support network or those grieving the recent death of a loved one from cancer.

*Zumba Gold

Low intensity: move at your own pace or sit while dancing to Latin rhythms.

Mondays, 10:00-11:00am (E)

*Yoga

Gentle relaxing movements that help increase energy and flexibility.

Tuesdays, 11:00am - 12:15pm; Saturdays, 10:00-11:15am (E)

Tuesdays, 6:00-7:15pm; Thursdays, 12:00-1:15pm (W)

*Tai Chi

Helps reduce stress while improving balance, flexibility and strength.

Thursdays, 11:00am-12:15pm (E) | Saturdays, 10:00-11:15am (W)

*De-stress with Dance

No partner needed. Presented by: LaDanse Cleveland Ballroom Dance Studio

2nd Saturday each month, 11:45am-12:45pm (E)

GRIEF AND LOSS Over 18

*Grief Support Group

2nd Tuesday, 2:00-3:30pm and 4th Tuesday: 6:30-8:00pm (W) (each month)

2nd and 4th Tuesday each month, 6:30-8:00pm (E)

*Grief: When Will it End?

Group for adults who have experienced the death of a loved one a year or more ago.

3rd Wednesday each month, 11:00am-12:30pm (E)

INDIVIDUAL SUPPORT Call 216.595.9546 for an appointment

One to one short-term cancer focused support.

INFORMATION & RESOURCES Call 216.595.9546 for an appointment

*End of Life Care Planning Consultation

Help with thinking and talking about wishes for end-of-life care and how to ensure that happens.

*Life Planning Consultation

Help with basic legal and/or financial planning issues related to your cancer experience.

*Medical Bill Consultation

Medical bill professionals are available to help manage the medical bill maze.

Mt. Sinai Community Partners & Reinberger Foundation Education Centers

Our medical librarian is available to help you find information and resources in our lending libraries.

MEDITATION

Guided Meditation Group

1st, 3rd and 5th Monday each month, 1:30-2:15pm (E)

2nd and 4th Monday each month, 5:30-6:15pm (W)

REIKI, MASSAGE & REFLEXOLOGY

A fully clothed, 30 minute healing touch therapy. Open to those with cancer and their support network or those grieving the recent death of a loved one from cancer.

*Reiki: unlimited sessions

*Massage: 3 sessions per year

*Reflexology: 3 sessions per year

WIGS Call 216.595.9546 for an appointment

*Regina Brett Wig Salons

A synthetic wig free of charge for women currently experiencing hair loss from cancer treatment.

July • 2019

East and West: Fridays open 9:00am-2:00pm
Wednesday, July 3 closed at 5:00pm
Closed July 4, 5 and 6

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The Gathering Place - West (W) | Green • 25425 Center Ridge, Suite B, Westlake, OH 44145

The Gathering Place Richman Family Wellness Center (WC) | Orange
23295 Commerce Park • Beachwood, OH 44122

Off-Site Programs | Gray • Check program description for location

ART AND MUSIC *Over 18*

Open to those with cancer and their support network or those grieving a recent death of a loved one from cancer.

*Yarn Works

A knitting and crocheting group. Supplies and instruction provided.

Wednesday, July 3, 1:30-3:00pm (W)

Mondays, July 8, 22, 1:30-3:00pm (E)

*Clay Bowls for Mindfulness and Self-Care

Create small pinch pot bowls containing designs and words to stay in the present and practice self-care. Attendance at all 3 sessions encouraged.

Thursdays, July 18, 25, 1:30-3:00pm (E) | 3rd session is Thursday, August 1

*Drumming Circle

Drums provided. No experience necessary.

Monday, July 29, 6:30-7:30pm (E)

Wednesday, July 31, 6:30-7:30pm (W)

*Intuitive Coloring

Quiet your mind and connect with your intuition. De-stress while listening to music and playing with color.

Tuesday, July 30, 1:30-3:00pm (W)

Presenter: Deanna Taus

CANCER SPECIFIC PROGRAMS

Prostate Cancer Information Session

For men only diagnosed within the last 6 months

Thursday, July 11, 5:30-6:15pm (E)

Tuesday, July 16, 5:30-6:15pm (W)

Prostate Cancer: Nourishing Your Emotional Health, A Survivors Guide

Thursday, July 11, 6:30-8:00pm (E)

Presenters: Mary Fisher Bornstein and Sandy Weinberg

Tuesday, July 16, 6:30-8:00pm (W)

Presenters: Erin Rafter and Bill Imbur

*Updates on Leukemia

Wednesday, July 17, 6:30-8:00pm (E)

Presenter: Brenda W. Cooper, MD

*Breast Cancer Retreat: Mind, Body and Spirit

Topics include nutrition, strategies to manage stress, finding meaning in life after a cancer diagnosis.

Saturday, July 27, 9:00am-12:00pm (E)

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

Workshop for children and teens who have an adult family member with cancer.

When Life Gets Hot-How to Stay Cool

Wednesday, July 17, 6:30-7:30pm (W)

Mondays, July 8, 22, 6:30-7:30pm (E)

*Bridges Grief Group for Families

For parents, children and teens when there has been a death of an adult loved one from cancer.

Mondays, July 1, 15, 6:30-7:30pm (E)

Wednesdays, July 10, 24, 6:30-7:30pm (W)

*Support for a Child or Teen with Cancer: Including Siblings and Parents

Managing HOT Emotions: Let's fire up the grill for a healthy dinner

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Friday, July 26, 6:30-8:00pm (E)

EXERCISE *See ONGOING PROGRAMS for weekly classes*

*Dragon Boat

Learn about the support and fun cancer survivors and their partners have paddling on the Cuyahoga.

Practices: Wednesdays, June 19-September 4, 6:00-8:00pm, Merwins Wharf

*Skin, Sun and Beauty Care

Specially trained beauty consultants will provide skincare and makeup consultations and applications along with sun care education.

Presenters: Heather Peters, Certified MUA and Walgreens Beauty Consultants

Tuesday, July 9, 3:00-5:00pm (E)

*Spice Field Kitchen at The Gathering Place

Connect to your community by cultivating locally grown sustainable food, learn about farm share subscriptions and how to kick start your home garden.

Presenter: Steven Baker, Chief Operating Officer Spice Field Kitchen

Tuesday, July 9, 6:30-8:00pm (W)

*Invisible Side of Cancer

For those who have completed treatment and their support network to openly discuss what life is really like when treatment is done.

Thursday, July 11, 6:00-8:00pm (E)

*Medical Marijuana: Latest Updates in Ohio

Thursday, July 25, 6:30-8:00pm (W)

Presenter: Solomon Zarea, MD

NUTRITION

*Nutrition Consultations: call 216.595.9546 for an appointment

Individuals may attend 6 hands-on cooking classes.

*Cancer Fighting Kitchen from Author Rebecca Katz

Saturday, July 20, 11:30am-1:30pm (W)

Wednesday, July 24, 6:00-8:00pm (E)

YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)

*YA Meet Up at Progressive Field, Indians vs. Kansas City

Tickets are limited. Be sure to register. May bring a guest.

Email Casey to RSVP at durkin@touchedbycancer.org

Sunday, July 21, 12:15pm



August • 2019

EAST and WEST:
Fridays open 9:00am-2:00pm
Closed Saturday, August 31

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Off-Site Programs | Gray • Check program description for location

ART AND MUSIC Over 18

Open to those with cancer and their support network or those grieving a recent death of a loved one from cancer.

*Yarn Works

A knitting and crocheting group. Supplies and instruction provided.

Wednesday, August 6, 1:30-3:00pm (W)
Mondays, August 12, 26, 1:30-3:00pm (E)

*Intuitive Coloring

Quiet your mind and connect with your intuition. De-stress while listening to music and playing with color.

Wednesday, August 7, 1:30-3:00pm (E) | Presenter: Deanna Taus

*Clay Bowls for Mindfulness and Self-Care

Create small pinch pot bowls containing designs and words to stay in the present and practice self-care. Attendance at all 3 sessions encouraged.

Thursdays, August 15, 22, 29, 6:00-7:30pm (W)

*Art in Nature

Find peace, tranquility and inspiration by painting, printing and collaging in Norma's Garden. Attendance at both sessions encouraged.

Tuesdays, August 20, 27, 1:30-3:00pm (E)

*Sand-tray Workshop

Experiential session using sand tray techniques.

Wednesday, August 21, 1:30-3:00pm (E)

CANCER SPECIFIC PROGRAMS

Prostate Cancer Information Session

For men only diagnosed within the last 6 months.

Thursday, August 8, 5:30-6:15pm (E) | Tuesday, August 20, 5:30-6:15pm (W)

*Prostate Cancer: Grill and Chill, An Evening of Networking and Pizza

Family members are welcome. Presenter: Beth Bennett

Thursday, August 8, 6:30-8:00pm (E)

Tuesday, August 20, 6:30-8:00pm (W)

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

Workshop for children and teens who have an adult family member with cancer.

Family Art Night: Make art that will be part of TGP's 20th year celebration.

Open to all families with children.

Wednesdays, August 7, 6:30-7:30pm (W)

Monday, August 12, 6:30-7:30pm (E)

Magic Show

Open to all families with children.

Wednesday, August 21, 6:30-7:30pm (W)

Monday, August 26, 6:30-7:30pm (E)

*Bridges Grief Group for Families

For parents, children & teens when there has been a death of an adult loved one from cancer.

Mondays, August 5, 19, 6:30-7:30pm (E)

Wednesdays, August 14, 28, 6:30-7:30pm (W)

*Support for a Child or Teen with Cancer: Including Siblings and Parents

Back to School Transitions

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Wednesday, August 21, 6:30-8:00pm (E)

Fantasy Baseball Camp

Stay tuned for more info

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

EXERCISE See ONGOING PROGRAMS for weekly classes

*Balance 101

Tuesdays and Thursdays, August 6-29, 1:30-2:15pm (WC)

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Kindness and Self-Compassion

Thursday, August 1, 6:30-7:30pm (W)

*Family Art Night

Make art that will be part of TGP's 20th year celebration.

Open to all families with children.

Wednesdays, August 7, 6:30-7:30pm (W)

Monday, August 12, 6:30-7:30pm (E)

*Women of Color Retreat

Learn tools to practice self-care. Lunch provided.

Sunday, August 18, 10:00am-3:00pm (E)

*Elegant Essentials

Learn about post-mastectomy clothing, prosthesis, undergarments, bathing suits and lymphedema products.

Monday, August 19, 4:00-5:30pm

*Magic Show

Open to all families with children.

Wednesday, August 21, 6:30-7:30pm (W)

Monday, August 26, 6:30-7:30pm (E)

*Nourish Your Soul: through healthy food, communication and coping skills

Monday, August 26, 11:30am-1:30pm (E)

Wednesday, August 28, 11:30am-1:30pm (W)

*Palliative Care 101

Learn the facts about palliative medicine: how you can live a better quality of life and achieve your wishes and goals when receiving care.

Wednesday, August 28, 6:30-8:00pm (E) | Presenter: Rab Razzak, MD

NUTRITION

*Nutrition Consultations: call 216.595.9546 for an appointment

Individuals may attend 6 hands-on cooking classes.

*Stay Cool with Seasonal Recipes using Summer Fruits and Vegetables

Wednesday, August 7, 6:00-8:00pm (E)

Saturday, August 10, 11:30am-1:30pm (W)

YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)

**YA Meet Up: Managing Fatigue and Sleep (lack of!)

May bring a guest.

Thursday, August 22, 6:30-8:00pm

Pinstripes at Pinecrest, Orange Village



September • 2019

East and West Closed:

Monday, September 2 • Friday, September 20 at noon
Friday, September 27

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Off-Site Programs | Gray • Check program description for location

ART AND MUSIC *Over 18*

Open to those with cancer and their support network or those grieving a recent death of a loved one from cancer.

*Yarn Works

A knitting and crocheting group. Supplies and instruction provided.

Wednesday, September 4, 1:30-3:00pm (W)

Monday, September 9, 23, 1:30-3:00pm (E)

*Self-Expression with Clay Tiles

Attendance at both sessions encouraged.

Thursdays, September 12, 19, 1:30-3:00pm (E)

*Sand-tray Workshop

Experiential session using sand tray techniques.

Thursday, September 19, 1:00-2:30pm (W)

CANCER SPECIFIC PROGRAMS

Prostate Cancer Information Session

For men only diagnosed within the last 6 months.

Thursday, September 12, 5:30-6:15pm (E)

Tuesday, September 17, 5:30-6:15pm (W)

Prostate Cancer: Targeted Therapies, A New Generation of Cancer Treatment

Family members are welcome.

Thursday, September 12, 6:30-8:00pm (E)

Tuesday, September 17, 6:30-8:00pm (W)

*Group for Women with Metastatic Breast Cancer: Grill & Chill

Please bring a partner or friend and one of your favorite dishes to share.

Tuesday, September 17, 6:30-8:00pm (E)

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

Workshop for children and teens who have an adult family member with cancer.

Turning Pages: Fresh Fall Start

Wednesdays, September 4, 18, 6:30-7:30pm (W)

Monday, September 9, 23, 6:30-7:30pm (E)

*Bridges Grief Group for Families

For parents, children and teens when there has been a death of an adult loved one from cancer.

Monday, September 16, 6:30-7:30pm (E)

Wednesdays, September 11, 25 6:30-7:30pm (W)

*Support for a Child or Teen with Cancer: Including Siblings and Parents

Turning Pages: Fresh Fall Start

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Saturday, September 14, 10:30am-12:00pm (E)



EXERCISE *See ONGOING PROGRAMS for weekly classes*

*Intro to TRX

Tuesdays and Thursdays, September 3-26, 1:30-2:15pm (WC)

*Yoga for Improved Function

Learn yoga poses and self-massage techniques with a focus on breath and mindfulness to help improve quality of life.

Wednesdays, September 4, 11, 18, 25, 11:00am-12:15pm (E) | Presenter: Sandy Gross

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Elegant Essentials

Learn about post-mastectomy clothing, prosthesis, undergarments, bathing suits and lymphedema products.

Thursday, September 5, 4:00-5:30pm (W)

*Sleep Better, Feel Better

Tuesday, September 10, 6:30-8:00pm (W)

*Expert Tips and Make-up

Wednesday, September 25, 2:00-4:00pm (E) | Presenter: Mary Sawyer

*Functional Medicine: Optimizing Health for Cancer Survivors

Wednesday, September 25, 6:30-8:00pm (E) | Presenter: Lindsay Malone, MS, RDN, LD, CSO

*Moving Forward

An 8-week program for men and women currently in treatment or have finished treatment within the last year. Twice weekly fitness training, healthy cooking classes and a weekly support group. **Permission from your physician is required.**

Orientation: Monday, September 23, 6:00-7:30pm (E)

Monday and Wednesdays, 6:00-8:15pm, September 30 - November 20 (E)

Orientation: Thursday, September 26, 5:30-7:30pm (W)

Monday and Thursdays, 5:30-7:30pm, October 3 - November 21 (W)

NUTRITION

*Nutrition Consultations: call 216.595.9546 for an appointment

Individuals may attend 6 hands-on cooking classes.

*End of Summer Harvest

Wednesday, September 4, 6:30-8:00pm (E)

Saturday, September 7, 11:30am-1:30pm (W)

YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)

*YA Meet Up: How Ramen Saved My Life

Presenter: Steven Giallourakis. May bring a guest.

Thursday, September 26, 6:30-8:00pm (E)