Navigating Health Disparities in the African American Community

The Center for Disease Control (CDC) defines health disparities as preventable differences in the burden of disease, injury, violence or in opportunities to achieve optimal health experienced by socially disadvantaged racial, ethnic, and population groups and communities.

When we consider the diagnosis of cancer, statistics show that while African Americans are diagnosed less often with some cancers, the diagnosis is often more late stage and African Americans die at a higher rate from the cancer diagnosis. What role do health disparities play in these statistics? What can African Americans do to advocate for themselves and navigate through these health disparities?

Join Dr. Charles Modlin, Navigating Health Disparities in the African American Community, Thursday, October 8, 6:30-8:00pm/Zoom, to learn how to empower and advocate for yourself as you navigate health disparities including those in the world of cancer care.

Dr. Modlin is a Kidney Transplant Surgeon, Urologist and Founder and Director of the Minority Men’s Health Clinic at Cleveland Clinic. He has been in practice for over 20 years. He founded the Minority Men’s Health Clinic and the annual men’s health screening and education event that serves over 1,000 men to help eliminate health disparities.

To register for this program visit www.touchedbycancer.org/calendar or call 216.595.9546
hen COVID-19 first shut things down back in March, people already dealing with cancer quickly found out how much more their lives could be disrupted. Whether you were the patient, a caregiver, or had suffered a recent loss, COVID-19 made any chance to gather loved ones together quite difficult. Opportunities to offer support in person were limited and attempts to find a silver lining were nearly impossible. As time has gone on, we began to see that when the world slows down and options decrease, we can find a kind of peace in the letting go. We always assumed we couldn’t predict the future or anticipate all possible outcomes—now we know it on a deeper level. In the land of cancer, we marveled at how everyone else seemed to be unaffected, going about their normal lives. Now we are all in an unknown land, making it up as we go.

In this calendar you will find opportunities to look at common feelings such as fear, to explore new stress management techniques, to hear from the experts. We make no promises that we have the answers, but we do believe, as we have for over 20 years, that being part of a community gives us strength. That speaking our truth among those on the same path is freeing. That sharing our stories can bring others hope. Join us as we continue to forge new paths.

### Coping with Grief during Covid-19
There are many losses associated with quarantine, and grief can be complicated. Please join us in discussing how to cope with these many types of losses. Erin Rafter, Ph.D.

**Wednesday, October 7, 6:30-7:30pm**  
[GoToMeeting](#)

### Cancer Survivorship during Covid-19: There is No New Normal
Cancer survivors are often encouraged to find their “new normal” once treatment is over. How is that even possible when nothing is normal anymore due to Covid-19? We will explore cancer survivorship and provide strategies to make life less stressful.

Andrea Sonnie, LISW-S, Aseem Garg, LPCC, LMFT, Susan Marinac, LISW-S

**Thursday, October 29, 6:30-8:00pm**  
[GoToMeeting](#)

### Returning to School: When Covid-19 Collides with Cancer
Learn how your child’s return to school can impact the family. Nicholas Dreher, MD, Medical Director, Population Health, MetroHealth Medical Center

**Friday, October 9, 12:15-12:45pm**  
[Zoom Meeting](#)

### Cancer Caregiving during Covid-19
Learn tips and techniques to provide support to your loved one during this stressful time.

Kelsey Loushin, Elder-care professional & coach

**Tuesday, November 10, 6:30-7:30pm**  
[Zoom Meeting](#)

### Surviving and Thriving During the Holidays
How to have a happy holiday season while coping with Cancer & Covid-19.

Mary Fisher-Bornstein, LISW-S

**Thursday, November 19, 6:30-7:30pm**  
[GoToMeeting](#)

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The Regina Brett Wig Salon has reopened in Beachwood only at this time. We are providing wigs for women who are experiencing hair loss or expecting hair loss from cancer-related treatments. To make an appointment contact Eileen Coan: 216.455.1504 • coan@touchedbycancer.org

Staff are following CDC guidelines for everyone’s safety including requiring masks, physical distancing and taking temperatures.

Advance Registration Required: Call 216.595.9546 or visit [www.touchedbycancer.org/calendar](http://www.touchedbycancer.org/calendar)
HEALTHY LIFESTYLE

Exercise Classes
Well-rounded strength, endurance, balance, and flexibility routine for those diagnosed with cancer.
Mondays, 7:00-8:00pm/Michael Ciccarello, GFI, PT/GoToMeeting
Tuesdays & Thursdays, 12:30-1:00pm/Stephen Cerne, NSCA-CPT, ACSM/ACS-CET/Zoom
Thursdays, 6:30-7:30pm/Michael Ciccarello, GFI, PT/GoToMeeting

Restorative Motion
A slow-flow stretching and yoga-based program focused on optimizing healthy posture throughout the day. Stephen Cerne, NSCA-CPT, ACSM/ACS-CET
Fridays, 12:30-1:00pm/Zoom

Tai Chi with Jeannie Koran
Reduce stress & improve balance
Saturdays, 10:00-11:00am/Zoom

Yoga with Lisa Thiel
A gentle flow class appropriate for all levels
Wednesdays, 10:00-11:00am/Zoom

Zumba with Anita Bartel
Mondays, 10:00-10:45am/Zoom

SUPPORT GROUPS

PLEASE NOTE: Support groups meet via GoToMeeting and Zoom. We have maintained the groups that were meeting on the west and the east side prior to Covid-19.

ALL CANCERS
Group for Adults with Cancer
Mondays, 6:30-8:00pm/Ellen Heyman, MSN, RN/216.455.1509
Group for Caregivers
Mondays, 6:30-8:00pm/Susan Marinac, LISW-S/216.455.1512
Group for Adults with Cancer
Tuesdays, 6:30-8:00pm/Andrea Sonnie, LISW-S/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 Thursday, 6:30-8:00pm/Beth Bennett/216.455.1517
Group for Older Adults with Cancer
3rd Friday, 11:00am-12:30pm/Erin Rafter, PhD/216.455.1516
Life after Cancer Treatment (Survivorship Group)
2nd Thursday, 6:30-8:00pm/Aseem Garg, LPCC, LMFT/216.455.1520

CANCER SPECIFIC
Prostate Cancer Support Group
2nd Thursday, 6:30-7:30pm/Mary Bornstein, LISW-S & Erin Rafter, PhD/216.455.1516
Myeloma Support Group
1st Monday, 5:30-6:30pm/Mary Bornstein, LISW-S/216.455.1506
Gynecological Cancers Support Group
3rd Wednesday, 2:00-3:00pm/Susan Marinac, LISW-S/216.455.1512
Breast Cancer Support Group (New Group!)
3rd Monday, 2:00-3:00pm/Andrea Sonnie, LISW-S/216.455.1521
Metastatic Breast Cancer Support Group
3rd Tuesday, 6:30-8:00pm/Mary Bornstein, LISW-S/216.455.1506
Group for Young Women with Breast Cancer
1st Tuesday, 6:30-8:00pm/Susan Marinac, LISW-S/216.455.1512

GRIEF & LOSS
Grief Support Group
2nd Monday, 1:30-3:00pm/Aseem Garg, LPCC, LMFT/216.455.1520
Pancreatic Cancer Support Group (New Group!)
4th Monday, 1:30-3:00pm/Aseem Garg, LPCC, LMFT/216.455.1520

For help with wigs, medical research, resources, legal consultations, and medical bill consultations, call Eileen Coan, Medical Librarian, 216.455.1504.

For one-on-one short-term cancer focused support or nutrition consultation call Beth Bennett, Chief Program Office, 216.455.1517.

For Distant Reiki, an ancient Japanese technique that is relaxing, balancing, and energizing, call Mary Bornstein at 216.455.1506.
CANCER SPECIFIC PROGRAMS

Myeloma Group
Updates on Myeloma with Beth Faiman, PhD, CNP
Monday, October 5, 5:30-7:00pm/GoToMeeting

Prostate Cancer: Integrative & Complimentary Therapies
Mary Bornstein, LISW-S & Erin Rafter, Ph.D.
Thursday, October 8, 6:30-7:30pm/GoToMeeting

CHILDREN, TEEN & FAMILY PROGRAMS

Bridges Grief Group for Families
For parents, children, and teens when an adult loved one has died from cancer.
Mondays, October 5 & 19, 6:30-7:30pm/Zoom

Young Adult Grief Group (New Group!)
Grief group for young adults (ages 18-25) to find support and learn ways to cope after a death of a loved one from cancer.
Mondays, October 5 & 19, 6:30-7:30pm/GoToMeeting

Support for Children & Teens with Cancer: Including Siblings & Parents
Juggling Cancer: Learn how to juggle from a professional! Sometimes life has too much coming your way and juggling is the perfect metaphor for managing cancer, family, life and big emotions.
Saturday, October 17, 10:00-11:00am/GoToMeeting

CREATIVE ARTS

Writing Group
Follow simple writing prompts to stimulate ideas. No criticism, sharing only if you want! Eileen Coan, MS, MLS
Wednesday, October 14, 6:30-7:30pm/GoToMeeting

Painting with String
Use materials you have at home to create art. Enhances creativity and promotes relaxation. Laurie Linden, ATR
Friday, October 16, 1:00-2:00pm/GoToMeeting

Creating Art at Home
No art experience necessary. Use supplies you already have at home to explore creativity. Eileen Coan, MS, MLS
Wednesday, October 28, 6:30-7:30pm/GoToMeeting

HEALTHY LIFESTYLE

Whole Food Check-In (New Program!)
A monthly check-in and support for anyone interested in staying connected through a shared love, appreciation and curiosity for an active lifestyle that includes plenty of plant strong, minimally processed food. Beth Bennett, PT, MA, MS, RDN, LD
Friday, October 2, 11:00am-12:00pm/GoToMeeting

Meditation
Learn basic techniques of clearing the mind, relaxing the body, breathing and guided imagery. Eileen Coan, MS, MLS
Mondays, October 5 & 19, 1:30-2:15pm/GoToMeeting
Mondays, October 12 & 26, 5:30-6:15pm/GoToMeeting

HEALTHY LIFESTYLE CONTINUED...

Cooking with a Whole Food Plant-Based Lifestyle
Learn how to reduce consumption of highly processed foods by cooking meals made of whole food, plant-based ingredients. Stephanie Hopkins MS, RDN, LD
Saturday, October 24, 11:30am-12:00pm/GoToMeeting OR Wednesday, October 28, 6:00-6:30pm/Zoom

HEALTHY LIFESTYLE CONTINUED...

Cancer Fighting Kitchen
Learn how to navigate Rebecca Katz’s online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment and beyond. Stephanie Hopkins MS, RDN, LD
Wednesday, October 7, 6:00-7:00pm/Zoom

Navigating Health Disparities in the African American Community
Learn how to empower yourself to navigate through health disparities that impact the African American community including in cancer care. Charles Modlin, MD
Thursday, October 8, 6:30-8:00pm/Zoom

Coping with Grief during Covid-19
There are many losses associated with quarantine, and grief can be complicated. Join us in discussing how to cope with these many types of losses. Erin Rafter, PhD
Wednesday, October 7, 6:30-7:30pm/GoToMeeting

Managing Side Effects: Nausea
Discussion and tips to help manage nutrition-related side effects during cancer treatment. Stephanie Hopkins MS, RDN, LD
Wednesday, October 14, 6:00-7:00pm/GoToMeeting

Managing Side Effects: Fatigue
Discussion and tips to help manage fatigue that often accompanies cancer treatment. Stephanie Hopkins MS, RDN, LD
Wednesday, October 14, 6:00-7:00pm/GoToMeeting

Managing Side Effects: Sleep
Discussion and tips to help manage sleep that is often disrupted during cancer treatment. Stephanie Hopkins MS, RDN, LD
Wednesday, October 14, 6:00-7:00pm/GoToMeeting

Managing Side Effects: Appetite
Discussion and tips to help manage appetite and nutrition that may be affected by cancer treatment. Stephanie Hopkins MS, RDN, LD
Wednesday, October 14, 6:00-7:00pm/GoToMeeting

After Goodbye: A Virtual Candlelight Vigil
Come together to remember those we have lost to cancer. Please have a photo of your loved one. Mary Bornstein, LISW-S & Susan Marinac, LISW-S
Thursday, October 15, 6:30-7:30pm/GoToMeeting

Creative Adaptations for Home Safety
Learn to transform a home to support individuals & keep them safe. Rosalind Strickland
Wednesday, October 21, 6:30-7:30pm/GoToMeeting

Cancer Survivorship during Covid-19: There is No New Normal
Cancer survivors are often encouraged to find their “new normal” once treatment is over. How is that even possible when nothing is normal anymore due to Covid-19? We will explore cancer survivorship and provide strategies to make life less stressful. Andrea Sonnie, LISW-S, Aseem Garg, LPCG, LMFT & Susan Marinac, LISW-S
Thursday, October 29, 6:30-8:00pm/GoToMeeting

GROUPS

Group for Young Women with Breast Cancer
Monthly support for women in their 20’s, 30’s and 40’s.
Susan Marinac, LISW-S /216.455.1512
Tuesday, October 6, 6:30-8:00pm/GoToMeeting

Young Adults Surviving Cancer
YA Meet Up: October Magic
Meet and hang out with a fun magician. Maybe you’ll learn a trick or two.
Casey Durkin, MSSA, LISW-S & Mary Fisher Bornstein, LISW-S
Thursday, October 22, 6:30-8:00pm/Zoom
**CANCER SPECIFIC PROGRAMS**

**Prostate Cancer: The Impact of Exercise on Cancer**
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET  
*Thursday, November 12, 6:30-7:30pm/GotoMeeting*

**YOUNG ADULTS**

**Group for Young Women with Breast Cancer**
Monthly support for women in their 20’s, 30’s and 40’s.  
*Tuesday, November 3, 6:30-8:00pm/GotoMeeting*

**Young Adult Grief Group (New Group!)
**
Grief group for young adults (ages 18-25) to find support and learn ways to cope after a death of a loved one from cancer.  
*Monday, November 2 & 16, 6:30-7:30pm/GotoMeeting*

**Managing Side Effects: Diarrhea and Constipation**
Tuesday, November 10, 6:30-7:30pm/Zoom  
*Stephen Cerne, NSCA-CPT, ACSM/ACS-CET*

**Cancer Caregiving during Covid-19**
Learn tips and techniques to provide support to your loved one during this stressful time.  
*Kelsey Loushin, Elder-care professional and coach*
*Tuesday, November 10, 6:30-7:30pm/Zoom*

**Bridges Grief Group for Families**
For parents, children, and teens when an adult loved one has died from cancer.  
*Monday, November 2 & 16, 6:30-7:30pm/GotoMeeting*

**Plant Based Holiday Side Dishes**
Learn how to prepare colorful and nutritious side dishes to bring to your family’s holiday dinner table.  
*Stephanie Hopkins MS, RDN, LD*
*Wednesday, November 11, 6:00-6:30pm/Zoom OR Saturday, November 14, 11:30am-12:00pm/GotoMeeting*

**Support for Children & Teens with Cancer: Including Siblings & Parents**
Walls of Gratitude  
It is hard to hold on to gratitude when cancer hits the family. Families will build their own wooden graffiti wall.  
*Saturday, November 14, 10:00-11:00am/GotoMeeting*

**Healthy Lifestyle**

**HEALTHY LIFESTYLE**

**Finding More Gratitude in your Life**
Tips on finding gratitude during stressful times.  
*Erin Rafter, Ph.D.*
*Wednesday, November 4, 6:30-7:30pm/GotoMeeting*

**Gratitude Yoga**
A slow flow practice focusing on gratitude.  
*Claire Kaufman, RYT*
*Wednesday, November 4, 6:00-6:30pm/Zoom OR Wednesday, November 11, 6:00-6:30pm/Zoom*

**Finding More Gratitude in your Life**
Tips on finding gratitude during stressful times.  
*Erin Rafter, Ph.D.*
*Wednesday, November 4, 6:30-7:30pm/GotoMeeting*

**Holiday Eating and Exercising**
Tips on ways to ward off holiday weight gain and physical inactivity to cruise into the New Year.  
*Stephanie Hopkins, MS, RDN, LD & Stephen Cerne, NSCA-CPT, ACSM/ACS-CET*
*Monday, November 30, 6:30-7:30pm/GotoMeeting*

**Lectures, Workshops & Special Programs**

**Tough Times? Choose Happy!**
Learn how happiness can improve your physical, mental and spiritual health during difficult times.  
*Mary Bornstein, LISW-S*
*Tuesday, November 3, 6:30-7:30pm/GotoMeeting*

**Managing Side Effects: Diarrhea and Constipation**
Discussion and tips to help manage nutrition-related side effects during cancer treatment.  
*Stephanie Hopkins MS, RDN, LD*
*Wednesday, November 11, 6:00-6:30pm/Zoom OR Saturday, November 14, 11:30am-12:00pm/GotoMeeting*

**Caregiving Help in the Home**
Informational session on declining health and when outside resources may be helpful.  
*Nadine Gatley, Senior Care Provider*
*Wednesday, November 18, 6:00-7:00pm/GotoMeeting*

**Surviving and Thriving During the Holidays**
How to have a happy holiday season while coping with Cancer & Covid-19  
*Mary Bornstein, LISW-S*
*Thursday, November 19, 6:30-7:30pm/GotoMeeting*

**Cancer Fighting Kitchen**
Learn how to navigate Rebecca Katz’s online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment and beyond.  
*Stephanie Hopkins MS, RDN, LD*
*Wednesday, November 4, 6:00-7:00pm/Zoom*

**Developing Resilience**
Learn how to focus on your strengths to increase confidence and generate optimism.  
*Mary Bornstein, LISW-S*
*Monday, November 23, 6:30-7:30pm/GotoMeeting*

**Whole Food Check-In (New Program!)**
A monthly check-in and support for anyone interested in staying connected through a shared love, appreciation and curiosity for an active lifestyle that includes plenty of plant strong, minimally processed food.  
*Beth Bennett, PT, MA, MS, RDN, LD*
*Friday, November 6, 11:00am-12:00pm/GotoMeeting*

**Young Adults Surviving Cancer**
No YA Meet Up due to Thanksgiving.
CANCER SPECIFIC PROGRAMS

Colon Cancer Updates
A lecture and discussion on the latest colon cancer treatments. David Rosen, MD
Thursday, December 3, 6:30-8:00pm/Zoom

CHILDREN, TEEN & FAMILY PROGRAMS

Bridges Grief Group for Families
For parents, children, and teens when an adult loved one has died from cancer.
Mondays, December 7 & 21, 6:30-7:30pm/Zoom

Young Adult Grief Group (New Group!)
Grief group for young adults (ages 18-25) to find support and learn ways to cope after a death of a loved one from cancer.
Mondays, December 7 & 21, 6:30-7:30/GoToMeeting

Support for Children & Teens with Cancer: Including Siblings & Parents
Finding Calm During the Winter Storm
Families will create a personal Zen garden.
Saturday, December 12, 10:00-11:00am/GoToMeeting

Family Pizza Night – Special Event!
For all families with children and/or teens.
Monday, December 14, 6:30-7:30pm/Zoom
RSVP a must by 11/30 to receive supplies

CREATIVE ARTS

Songs of Healing: A Virtual Concert
A soul inspiring performance of secular and spiritual songs.
Kathy Sebo, Cantor, The Temple Tifereth-Israel
Wednesday, December 2, 6:30-7:30pm/GoToMeeting

Writing Group
Follow simple writing prompts to stimulate ideas. No criticism, sharing only if you want! Eileen Coan, MS, MLS
Wednesday, December 9, 6:30-7:30pm/GoToMeeting

Creating Art at Home
No art experience necessary. Use supplies you already have at home to explore creativity. Eileen Coan, MS, MLS
Wednesday, December 16, 6:30-7:30pm/GoToMeeting

HEALTHY LIFESTYLE For more exercise classes see page 3

Cancer Fighting Kitchen
Learn how to navigate Rebecca Katz’s online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment and beyond.
Stephanie Hopkins MS, RDN, LD
Wednesday, December 2, 6:00-7:00pm/Zoom

Whole Food Check-In (New Program!!)
A monthly check-in and support for anyone interested in staying connected through a shared love, appreciation and curiosity for an active lifestyle that includes plenty of plant strong, minimally processed food. Beth Bennett, PT, MA, MS, RDN, LD
Friday, December 4, 11:00am-12:00pm/GoToMeeting

Core Stability and Functional Improvement
Increase your quality of life by improving core weakness and instability.
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET
Monday, December 7, 12:30-1:30pm/Zoom

Meditation
Learn basic techniques of clearing the mind, relaxing the body, breathing and guided imagery. Eileen Coan, MS, MLS
Mondays, December 7 & 21, 1:30-2:15pm/GoToMeeting &
Monday, December 14, 5:30-6:15pm/GoToMeeting

Putting FASS (Fat, Acid, Salt & Sweet) in Action with Herbs and Spices
Learn how to improve the taste of a meal that may have fallen flat on your taste buds with the use of herbs and spices. Stephanie Hopkins MS, RDN, LD
Wednesday, December 16, 6:00-6:30pm/Zoom OR
Saturday, December 19, 11:30am-12:00pm/GoToMeeting

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

The Perfect Present
Learn mindfulness techniques that can help you live in the present moment.
Mary Borstein, LSW-S
Tuesday, December 1, 6:30-7:30pm/GoToMeeting

The Positive Side of Anger
How to use anger in a positive way without hurting yourself or others.
Mary Borstein, LSW-S
Thursday, December 3, 6:30-7:30pm/GoToMeeting

Managing Side Effects: Taste Changes & Mouth Sores
Discussion and tips to help manage nutrition-related side effects during cancer treatment. Stephanie Hopkins MS, RDN, LD
Wednesday, December 9, 6:00-7:00pm/GoToMeeting

YOUNG ADULTS

Group for Young Women with Breast Cancer
Monthly support for women in their 20’s, 30’s and 40’s.
Susan Marinac, LISW-S /216.455.1512
Tuesday, December 1, 6:30-8:00pm/GoToMeeting

Young Adults Surviving Cancer
YA Meet Up: Winter Wonderland Paint Night
Casey Durkin, MSSA, LSW-S and Mary Borstein, LSW-S
Thursday, December 10, 6:30-8:00pm/Zoom

December Closures:
Thursday, 24 – Saturday, 26, 2020
Thursday, 31, 2020 – Friday, 1, 2021

Staff is Available:
Monday, 28 – Wednesday, 30, 2020
10:00am – 3:00pm

Advance Registration Required: Call 216.595.9546 or visit www.touchedbycancer.org/calendar