

# THE GATHERING PLACE

## FREE Programs for Those Coping with Cancer

October • November • December • 2020

To register for our programs go to:  
[www.touchedbycancer.org/calendar](http://www.touchedbycancer.org/calendar)

Currently all programs at The Gathering Place are being offered virtually.

We are available by phone: 216.595.9546

• Monday-Friday, 9:00am-5:00pm

### 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, Ohio 44145

### Virtual Welcoming Orientation:

New to the Gathering Place? Adults (over 18) touched by cancer are invited to learn about our FREE programs and services:

**Mondays, 6:30/GoToMeeting • Saturdays, 10:30/Zoom**

Register at [www.touchedbycancer.org](http://www.touchedbycancer.org)



The Gathering Place  
The Arnold & Sydel Miller Family Campus  
23300 Commerce Park, Beachwood, Ohio 44122  
216.595.9546 • [www.touchedbycancer.org](http://www.touchedbycancer.org)



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## 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](http://www.touchedbycancer.org/calendar) or call 216.595.9546



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.**

## Cancer and COVID-19

By Eileen Coan, Medical Librarian

When 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*

### 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 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*

### 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*



**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](mailto:coan@touchedbycancer.org)  
Staff are following CDC guidelines for everyone's safety including requiring masks, physical distancing and taking temperatures.

# 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

**All Programs are Virtual & Require Advance Registration:**

Call 216.595.9546 or visit: [www.touchedbycancer.org](http://www.touchedbycancer.org)

## Virtual Welcoming Orientation:

Adults (over 18) coping with cancer are invited to learn about our **FREE** programs and services.

To register visit: [www.touchedbycancer.org](http://www.touchedbycancer.org)  
Mondays, 6:30pm/GoToMeeting • Saturdays, 10:30am/Zoom

## Ongoing Programs

### HEALTHY LIFESTYLE

**Health and safety screening required before attending any movement class.**

#### 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 *Call to register*

**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*

### SUPPORT GROUPS *Call to register*

#### 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*

##### Oral, Head, and Neck Cancer Support Group (New 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*

#### GRIEF & LOSS

##### Grief Support Group

*2nd Tuesday, 2:00-3:30pm/Susan Marinac, LISW-S/216.455.1512*

##### Grief Support Group

*4th Tuesday, 6:30-8:00pm/Erin Rafter, PhD/216.455.1516*

##### Grief Support Group

*2nd & 4th Tuesdays, 6:30-8:00pm/Mary Bornstein, LISW-S/216.455.1506*

##### Grief, When will it End?

*3rd Wednesday, 11:00am-12:00pm/Mary Bornstein, LISW-S/216.455.1506*

##### Young Adult Grief Group (New Group!)

*1st & 3rd Mondays, 6:30-7:30pm/Aseem Garg, LPCC, LMFT/216.455.1520*

### INDIVIDUAL SERVICES

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**

#### KidShop/TeenShop: Fear Not! Tools to help with Fear

For parents, children and teens who have an adult family member with cancer.  
**Mondays, October 12 & 26, 6:30-7:30pm/Zoom**

#### 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 *For more exercise classes see page 3*

#### 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...*

#### 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**

#### 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**

### LECTURES, WORKSHOPS & SPECIAL PROGRAMS

#### 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**

#### 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**

#### Returning to School: When Covid-19 Collides with Cancer

Learn how your child's return to school can impact the family. Nicholas Dreher, MD

**Friday, October 9, 12:15-12:45pm/Zoom**

#### Health Insurance: So Many Choices!

Important information about choosing the right healthcare plan including Medicare when you have cancer. Kerri Mazzone, LISW-S

**Wednesday, October 14, 6:00-7:00pm/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**

#### 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, LPCC, LMFT & Susan Marinac, LISW-S

**Thursday, October 29, 6:30-8:00pm/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, 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*

### CHILDREN, TEEN & FAMILY PROGRAMS

#### Bridges Grief Group for Families

For parents, children, and teens when an adult loved one has died from cancer.

*Mondays, November 2 & 16, 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, November 2 & 16, 6:30-7:30pm/GoToMeeting*

#### KidShop/TeenShop: Gratitude

For parents, children and teens who have an adult family member with cancer.

*Mondays, November 9 & 23, 6:30-7:30/Zoom*

#### 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*

### CREATIVE ARTS

#### Writing Group

Follow simple writing prompts to stimulate ideas. No criticism, sharing only if you want! Eileen Coan, MS, MLS

*Wednesday, November 11, 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

*Tuesday, November 24, 6:30-7:30pm/GoToMeeting*

### HEALTHY LIFESTYLE *For more exercise classes see page 3*

#### Meditation

Learn basic techniques of clearing the mind, relaxing the body, breathing and guided imagery. Eileen Coan, MS, MLS

*Mondays, November 2 & 16, 1:30-2:15pm/GoToMeeting*

*Mondays, November 9 & 23, 5:30-6:15pm/GoToMeeting*

#### Balance for Improved Function

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

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

*Mondays, November 2, 9, 16, 23 & 30, 12:30-1:15pm/Zoom*

#### 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*

#### 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*

### HEALTHY LIFESTYLE *CONTINUED...*

#### 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*

#### Gratitude Yoga

A slow flow practice focusing on gratitude. Claire Kaufman, RYT

*Wednesday, November 25, 4:00-5:00pm/Zoom*

#### 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*

#### 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*

#### Self-Soothing Techniques

Take charge of your emotions by learning and practicing self-soothing techniques.

Mary Bornstein, LISW-S

*Thursday, November 5, 6:30-7:30pm/GoToMeeting*

#### 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*

#### Breast Reconstruction Options after Mastectomy

William Schleicher, M.S., M.D.

*Tuesday, November 10, 6:30-7:30pm/Zoom*

#### 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 18, 6:00-7:00pm/GoToMeeting*

#### Caregiving Help in the Home

Informational session on declining health and when outside resources may be helpful. Nadine Glatley, Senior Care Provider

*Wednesday, November 18, 6:30-7:30pm/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*

#### 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*

### 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, November 3, 6:30-8:00pm/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*

### 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

### 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*

#### Stretch and Flex

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

*Monday, December 14, 12:30-1:30pm/Zoom*

#### 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 Bornstein, LISW-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 Bornstein, LISW-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, LISW-S and Mary Bornstein, LISW-S

*Thursday, December 10, 6:30-8:00pm/Zoom*