The Gathering Place

FREE Programs for Those Coping with Cancer

January • February • March 2020

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

The Gathering Place
The Gathering Place East
The Arnold & Sydell Miller Family Campus
23300 Commerce Park • Beachwood, OH 44122

The Gathering Place West
The Sandy Borrelli Center
25425 Center Ridge Road • Westlake, Ohio 44145

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

TGP East: Mondays, 6:30pm, Tuesdays, 1:30pm, & Saturdays, 10:30am
TGP West: Tuesdays, 1:30pm, Thursdays, 6:30pm, & Saturdays, 10:30am

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.

The Gathering Place West
The Sandy Borrelli Center
25425 Center Ridge Road • Westlake, Ohio 44145

Whole Food 30-Day Challenge

Throughout the month of January, we will be offering a Whole Food 30-Day Challenge. Participants who join this Challenge will meet once per week through January followed by monthly meetings to stay connected and learn more. Recent research is encouraging us to move away from labels like vegetarian and vegan and focus instead on making sure to eat whole foods like vegetables and fruits and less processed food. We are learning that it’s not about the number of calories we take in but rather the quality of the food that is important.

So come join us. Ditch the diet!!! Leap into a lifestyle that is good for you and your family. The 4-week program will use the iTHRIVE Lifestyle Survivorship Care Plan created by the American Institute of Cancer Research (AICR).

Register for our Whole Food 30-Day Challenge:

**TGP East:** Mondays, January 13, 20, 27 & February 10, 6:30-7:30pm
www.bit.ly/WholeFoodChallengeEast

**TGP West:** Thursdays, January 16, 23, 30 & February 13, 6:30-7:30pm
www.bit.ly/WholeFoodChallengeWest

Or call 216.595.9546

*Advanced registration required.

Programs Focusing on Nutrition

*Cancer Fighting Kitchen*
From Author Rebecca Katz, learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or a loved one. Free access to Rebecca Katz’s online, self-paced course will be available through July 31, 2020 after completion of this class.

Saturday, January 4, 11:30am-1:30pm (W)
Wednesday, January 8, 6:00-8:00pm (E)

Programs for Self-Care

**Guided Meditation**
1st, 3rd & 5th Mondays, 1:30-2:15pm (E)
2nd & 4th Mondays, 5:30-6:15pm (W)

**Tai Chi**
Helps reduce stress while improving balance, strength and flexibility
Thursdays, 11:00am-12:15pm (E)
Saturdays, 10:00-11:15am (W)

**Vision Board**
Create an art collage with your goals for the upcoming year
Thursday, January 16, 10:00am-12:00pm (W)
Wednesday, January 22, 6:30-7:30pm (E)

*Advanced registration required.*
What if this year your resolution is to take care of yourself? Nothing fancy, just the simple idea that we are worth it, that we deserve to take better care of our own body, mind and spirit. Imagine what that might look like….

**BODY**
Taking care of our bodies is not just about maintaining a healthy weight or eating organic. When we feel sick from cancer or caregiving for someone with cancer, or grief, our bodies might be crying out for some kind of comforting touch. Research demonstrates that receiving massage or reiki or reflexology can reduce stress levels, lower blood pressure and heart rate. And, science or not, it just feels good! Think about scheduling some hands-on self-care for yourself, not just in January, but throughout the year. Having appointments on your calendar you can look forward to can lift your mood every time you see it come up! Getting nurturing touch on a regular basis can’t make up for all those appointments that are painful or anxiety-producing but it sure helps.

Moving your body, even a little bit each day, can make a tremendous difference in giving you more energy, increasing your appetite and helping you sleep more soundly at night. It can be as simple as turning up the radio and dancing to a few songs. How about walking around your house, both inside and outside, just before or after every meal? If you put something in the microwave, give yourself those five minutes to walk around rather than watching the seconds tick down.

**MIND**
Our minds can feel tired, just like our body does. When you become more forgetful or easily distracted, it might be time to take a mental break. If you take just five minutes to close your eyes, sit in a quiet place, and listen to the natural noises around you, it can help to recalibrate your focus. Listen to the tick of a clock, the heat coming up in a radiator, the wind outside. Anything that allows your mind to step away from all those thoughts of “What if?” and “If only…” Too often we think that distractions like looking at our phone or playing a game ‘count’ as a mental vacation, but really they just perpetuate the noise in our head. Silence can be the peace that heals.

Our minds can also feel overwhelmed. If all we do is ruminate about cancer or loss, we can have mental fatigue. Sometimes trying something brand new can jumpstart our energy and our enthusiasm. If you are reading and come across a word you don’t know, rather than skipping past it, take a moment to look it up! If you are out walking and notice a flower or tree you like but can’t name, when you get home, look it up. Learning new skills can reenergize us, and help us to feel renewed in the midst of fear or sadness.

**SPIRIT**
It can be easy to neglect our spirit, or sense of wonder and magic, when dealing with cancer or loss. We might even find that our previous spiritual practices are no longer helpful. Why not make it a regular practice to remember what gives you joy? It just takes a moment to conjure up a memory or an image of a time when we felt pure love. Think about it on a deeper level: who were you with? When was the last time you saw them? What activity were you doing? Is it possible to do that same activity soon? Sometimes when we don’t feel well, or the weather tends to keep us indoors, it can be enough to revisit that special time. Don’t stop at the visual aspects; what did it smell like? What were the ambient sounds? Spirituality, whether it is a visit to a place of worship or making a snow angel in the yard, is how we recharge our purpose, our reason for living. If you can’t do your favorite activity right now, how about your second or third favorite? If you can’t be with a loved one, can you Skype or write them a letter telling them how much they mean to you? Spirituality happens in your heart, and there is room for it, even when your heart feels heavy or closed.

At The Gathering Place we offer ways to nourish your body, mind and spirit. Look over this calendar of ongoing and new programs and see what sparks your interest!
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.

Programs with an * require advance registration, please call 216.595.9546 • Monday - Friday: 9am - 5pm and Saturday: 9am - 1pm • Open evenings when programs scheduled

**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)

**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 - 1:30pm, 6:30 - 7:30pm (WC)
Wednesdays & Fridays, 12:45 - 1:45pm (WC)
Fridays, 10:00 - 11:00am | Westlake Recreation Center, 28955 Hilliard Blvd (O)

*Open Gym; For Current Participants in our Exercise Classes
Please note there is no instruction during this session.
Mondays, Wednesdays, Fridays, 9:30-10:30am (WC)

**GENTLE MOVEMENT Over 18**

Suitable for all levels of fitness and health. Open to those with cancer and their support network or those supporting or grieving the recent death of a loved one from cancer. Current participants must re-register before attending classes in January 2020. Please call Betsy (TGP East) or Susan (TGP West) at 216 595-9546.

*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)

**GENTLE MOVEMENT continued...**

*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 each month, 6:30-8:00pm (W)
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 questions regarding wishes for end-of-life care.

*Life Planning Consultation
Professionals available to 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 related to cancer.

Mt. Sinai Community Partners & Reinberger Foundation Education Centers
Our medical librarian is available to help you find information and resources.

**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

A synthetic wig free of charge for women currently experiencing hair loss from cancer treatment.
**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, January 8, 1:30-3:00pm (E)
Mondays, January 13, 27, 1:30-3:00pm (E)

*Vision Board*
Create an art collage with your goals for the upcoming year.
Thursday, January 16, 10:00am-12:00pm (W)
Wednesday, January 22, 6:30-7:30pm (E)

*Box of Wisdom*
We will create beautiful match boxes and a collection of inspirational quotes or thoughts to lift spirits, help to motivate and warm our hearts.
Tuesdays, January 21, 28, 1:30-3:00pm (E)

*Family Drumming Night*
No experience necessary. Children are welcome. Drums provided.
Wednesday, January 29, 6:30-7:30pm (W)

**CANCER SPECIFIC PROGRAMS**

Prostate Cancer Information Session
For men only diagnosed within the last 6 months
Thursday, January 9, 5:15-6:15pm (E)
Tuesday, January 21, 5:30-6:15pm (W)

*Prostate Cancer: Nutrition and Exercise*
Thursday, January 9, 6:30-8:00pm (E)
Tuesday, January 21, 6:30-8:00pm (W)

*Blood Cancer-Newest Treatments*
Presenter: Leah Wolf, Board Certified Oncology Pharmacist
Wednesday, January 15, 6:30-8:00pm (E)

*Oral, Head and Neck Cancers: Latest Treatment Updates*
Thursday, January 23, 6:30-8:00pm (E) / Presenter: Ted Teknos, MD

**LECTURES, WORKSHOPS & SPECIAL PROGRAMS**

*Functional Medicine*
Understand the basics of Functional Medicine and how to optimize your health while on the cancer journey. Presenter: Lindsey Malone, MS, RDN, LD, CSO
Tuesday, January 14, 6:30-8:00pm (W)

*Healing Harp*
Enjoy harp music which provides beneficial effects such as increased relaxation, improvement in sleep, decreased pain and anxiety, stabilization of vital signs, and improvement in mood. Presenter: Courtney Young, professional harpist.
Thursday, January 16, 6:30-8:00pm (W)

*Managing Anxiety*
Wednesday, January 22, 2:00-3:30pm (W)

*Managing Fear*
Wednesday, January 29, 6:30-8:00pm (E)

**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*
Learn the latest information on the food and cancer connection while preparing nourishing recipes for yourself or a loved one. Free access to Rebecca Katz's online, self-paced course will be available through September 1, 2020 after completion of this class.
Saturday, January 4, 11:30am-1:30pm (W)
Wednesday, January 8, 6:00-8:00pm (E)

*Whole Food 30-Day Challenge*
Ditch the diet and leap into a lifestyle that is good for you and your family! This 4 week program will use the iTHRIVE Healthy Lifestyle Survivorship Care Plan from the American Institute for Cancer Research. Participants are encouraged but not required to sign up for the year-long program.
Mondays, January 13, 20, 27 & February 10, 6:30-7:30pm (E)
Thursdays, January 16, 23, 30 & February 13, 6:30-7:30pm (W)

**CHILDREN, TEEN & FAMILY PROGRAMS**

*KidShop/TeenShop*
Workshop for children and teens who have an adult family member with cancer.
Nourish and Flourish: Building Brain Strength through Food
Mondays, January 13, 27, 6:30-7:30pm (E)
Wednesday, January 15, 6:30-7:30pm (W)

*Bridges Grief Group for Families*
For parents, children and teens when an adult loved one has died from cancer.
Mondays, January 6, 20, 6:30-7:30pm (E)
Wednesdays, January 8, 22, 6:30-7:30pm (W)

*Support for a Child or Teen with Cancer: Including Siblings and Parents* 
LEGO® Mania
Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org
Saturday, January 11, 10:00-11:30am (E)

**EXERCISE** See ONGOING PROGRAMS for weekly classes

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Saturday, January 11, 10:00-11:30am (E)
February • 2020

**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.

*Book and a Poem*
Make an easy book with colorful paper, learn about several poetry structures and combine the two.
Tuesdays, February 4, 1:30-3:00pm / Presenter: Eileen Coan (W)
Thursdays, February 6, 6:30-8:00pm / Presenter: Melissa O’Grady (E)

*Yarn Works*
A knitting and crocheting group. Supplies and instruction provided.
Wednesday, February 5, 1:30-3:00pm (W)
Mondays, February 10, 24, 1:30-3:00pm (E)

*Felting*
Learn how to make art from raw wool. No experience needed, all supplies provided.
Wednesday, February 12, 6:00-8:00pm (E)
Tuesday, February 18, 6:00-8:00pm (W)

*Power Pocket Deck of Cards*
Collage and paint inspiring messages to help you envision a new beginning for yourself this year.
Thursdays, February 13, 20, 27, 1:00-2:30pm (E)

**EXERCISE** See ONGOING PROGRAMS for weekly classes

*Balance 101*
Tuesdays, February 4, 11, 18, 25, 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.
Fridays, February 21, 28, March 6, 13, 1:30-2:45pm (W)

**LECTURES, WORKSHOPS & SPECIAL PROGRAMS**

*Kindness Matters*
Daily tips and suggestions on ways to practice kindness towards yourself and others. Register at apisdorf@touchedbycancer.org to receive emails.

*Couples Cooking & Communication*
Tuesday, February 11, 6:00-8:00pm (W)

*Gut Health: Fiber and Your Cancer Diagnosis*
Thursday, February 20, 6:30-8:00pm (W)

*Heart Inspired Couples Communication*
Thursday, February 20, 6:30-8:00pm (E)

*Aftershocks of Cancer*
Normalizing and managing thoughts and feelings after a cancer diagnosis or when treatment ends.
Monday, February 24, 6:30-8:00pm (E)

*Watchful Waiting: How to cope when you feel like you are doing nothing*
Tuesday, February 25, 2:00-3:30pm (W)

**NUTRITION**

*Nutrition Consultations: call 216.595.9546 for an appointment*
Individuals may attend 6 hands-on cooking classes.

*Gut Health: Plant Based Recipes and Resources*
Wednesday, February 5, 6:00-8:00pm (E)
Saturday, February 8, 11:30am-1:30pm (W)

**YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)**

*YA Meet Up: The Art of Chocolate*
Learn mindfulness and the art of making & eating healthy chocolate. Time for discussion of any YA concerns. May bring a guest.
Thursday, February 27, 6:30-8:00pm (E)

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Programs with an * require advance registration, please call 216.595.9546. Monday - Friday: 9am - 5pm and Saturday: 9am - 1pm. Open evenings when programs scheduled.

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Art Work created by The Gathering Place Participants
ART AND MUSIC

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, March 4, 1:30-3:00pm (W) • Mondays, March 9, 23, 1:30-3:00pm (E)

**Scratch Paint**
Create colorful scratch boards, then draw and write on them to see the beauty hidden underneath.
Thursday, March 5, 4:30-6:00pm / Presenter: Eileen Coan (W)
Friday, March 13, 1:00-2:30pm / Presenter: Melissa O’Grady (E)

**Printmaking**
Learn to make prints without a knife or carving!
Wednesday, March 11, 6:00 –8:00pm (E) • Tuesday, March 17, 6:00-8:00pm (W)

**Power Pocket Deck of Cards**
Collage and paint inspiring messages to help you envision a new beginning for yourself this year.
Thursdays, March 19, 26 & April 2, 6:00-7:30pm (W)

**Drumming**
Drums provided. No experience necessary.
Thursday, March 19, 6:30-7:30pm (E)

**Beach Glass Art**
Using paint, glass & beach glass, create a piece representing what’s meaningful for you.
Thursdays, March 19, 26, 1:00-2:30pm (E)

CANCER SPECIFIC PROGRAMS

**Prostate Cancer Information Session**
For men only diagnosed within the last 6 months
Thursday, March 12, 5:15-6:15pm (E) • Tuesday, March 17, 5:30-6:15pm (W)

**Prostate Cancer: Long Term Side Effects**
Thursday, March 12, 6:30-8:00pm (E) • Tuesday, March 17, 6:30-8:00pm (W)

**Metastatic Breast Cancer Conference Komen Northeast Ohio**
Information on clinical trials, metastatic research, bone health and palliative care.
Register at www.komenneohio.org/metastatic
Saturday, March 14, 9:00am-2:30pm / Doubletree Hotel, 6200 Quarry Lane, Independence

**Oral, Head and Neck Cancers: Latest Treatment Updates**
Tuesday, March 24, 6:30-8:00pm (W) / Presenter: Pierre Lavertu, MD

**Brain Cancer Symposium**
Learn the latest updates in treatments, symptom management and the role of nutrition. Caregivers welcome. Presenters: Robin Buerki, MD, MPhil & Glen Stevens, MD
Saturday, March 28, 9:00am-1:00pm (E)

CHILDREN, TEEN & FAMILY PROGRAMS

**Support for a Child or Teen with Cancer: Including Siblings and Parents**
March Movement Madness
Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org
Saturday, March 14, 10:00-11:30am (E)

**Focus on the Core**
Thursdays, March 5, 12, 19, 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.
Fridays, March 6, 13, 1:30-2:45pm (W)

**Prostate Cancer Information Session**
For men only diagnosed within the last 6 months
Thursday, March 12, 5:15-6:15pm (E) • Tuesday, March 17, 5:30-6:15pm (W)

**Moving Forward Through Cancer**
An 8-week program for individuals currently in treatment or have finished treatment within the last year. Twice-weekly fitness training, healthy interactive cooking classes and a weekly support group. Permission from your physician is required.
Orientation: Thursday, March 26, 5:30-7:00pm (W)
Mondays and Thursdays, April 2- May 21, 5:30-7:30pm (W)

**Forgiveness as a Path to Peace**
Thursday, March 26, 6:30-8:00pm (E)

**Healthy Sleep: Improving your Health and Wellness from A to Zzz’s**
Sleep issues are common. Learn about various sleep issues and how to get a better night’s sleep. Presenter: Michelle Drerup, PsyD
Tuesday, March 31, 6:30-8:00pm (W)

**Nutrition Consultations:**
call 216.595.9546 for an appointment

**Meal Prep Madness: healthy, delicious and quick!**
Wednesday, March 4, 6:00-8:00pm (E)
Saturday, March 7, 11:30am-1:30pm (W)

**YA Meet Up: Monsters vs Laval Rockets (Quebec, Canada)**
May bring a guest. Register with Casey durkin@touchedbycancer.org
First 10,000 fans receive a CBJ Oliver Bjorkstrand Calder Cup Winning Bobblehead and 1-2-3 Friday: $1 Pepsi products, $2 Hot dogs, $3 Beer specials
Friday, March 6. Meet at 6:00pm. Game at 7:00pm.
Rocket Mortgage Field House, 1 Center Court, Cleveland

**YA Meet Up: Drop In, Hang Out**
Bring any issue you want discussed.
Thursday, March 26, 6:30-8:00pm (E)