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

April • May • June • 2019

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

Come Run With Us!

Benefiting The Gathering Place
Celebrating National Cancer Survivors Day®
5K or 1 Mile Run/Walk
Sunday, June 2, 2019
at Beachwood Place • Rain or Shine

Register at: www.racefortheplace.com

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.
Finding Your Center

When we are feeling out of sorts or unsettled, our body might send us clues such as difficulty concentrating, feeling weepy for no obvious reason, or snapping at those we love. When you or someone you love has cancer, you may find yourself feeling upset on a daily basis. At these times, the professional literature, academic research and anecdotal stories all suggest “find your center.”

Centering is a feeling of being calm, a deep down sense that right now you are okay, right now you are safe. Another term that is often used interchangeably with centering is grounding. While there are slight differences between these two words, they both are about being in a place where you can relax, breathe slower and deeper, and release the tension you might be holding in your body.

Centering (or grounding) is a skill that you can learn and use any time you feel off-balance, frightened or anxious. Take a BIG slow breath in through your nose, pause, then slowly blow that breath out through your mouth. You can close your eyes or not, whatever feels comfortable to you. The main thing is to focus all your attention on your breathing. Try to do slow, deep breathing for 10 inhales and 10 exhales. Hopefully you will notice your body relaxing and your mind slowing down. It helps to choose a quiet place. But you can also do it in a crowded mall or on a bus.

You can enhance the good feeling by adding images in your mind. For example, you can imagine that both feet are firmly on the ground and you are connected to the earth—this is where ‘grounding’ comes in. Some anxiety feels as though you are free-floating, with no connection, but we can always connect to the earth, whether we are inside or outside. You can visualize or imagine that good energy is entering your body and soothing all the tension, loosening all the tightness. For example, you might imagine your stomach muscles relaxing, or your chest, fists and heart opening and softening.

The goal of centering is to feel peaceful. Some people find it by practicing yoga or tai chi. Others find it through knitting or being in a support group. Most everything we offer at The Gathering Place can help you feel grounded.

Check out these upcoming programs

*Mindfulness May • Increase your mindfulness through videos and practices via email or social media. Register at apisdorf@touchedbycancer.org

*Grounding & Centering Through Art • Thursdays, May 2 & 9, 1:30-3:00pm (E) | Thursdays, June 13, 20, 27, 6:00-7:30pm (W)

*Drumming Circle: For adults only • Thursday, May 16, 6:30-7:30pm (E) | Wednesday, May 29, 6:30-7:30pm (W)

You can find these books in our eastside or westside library


**Ongoing Programs**

**EXERCISE**

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*

- Tuesdays & Thursdays, 12:30 - 1:15pm, 6:30 - 7:30pm (WC)
- Wednesdays & Fridays, 12:45 - 1:30pm (WC)
- Mondays, 7:00 - 8:00pm (W)
- Fridays, 10:00 - 11:00am | Westlake Recreation Center, 28955 Hilliard Blvd (O)

**GRIEF AND LOSS**

*Grief Support Group*

- April: Tuesdays, 9, 23; 6:30-8:00pm (E) • Tuesday, 9, 2:00-3:30pm or 23, 6:30-8:00pm (W)
- May: Tuesdays, 14, 28; 6:30-8:00pm (E) • Tuesday, 14, 2:00-3:30pm or 28, 6:30-8:00pm (W)
- June: Tuesdays, 11, 25; 6:30-8:00pm (E) • Tuesday, 11, 2:00-3:30pm or 25, 6:30-8:00pm (W)

*Grief: Will It End?*

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

- April: Wednesday, 7, 11:00am-12:30pm (E)
- May: Wednesday, 15, 11:00am-12:30pm (E)
- June: Wednesday, 19, 11:00am-12:30pm (E)

**INDIVIDUAL SUPPORT**  Call 216.595.9546 for an appointment

One to one short term cancer focused support.

**INFORMATION & RESOURCES**

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

- April: Mondays: 1, 15, 29; 1:30-2:15pm (E) • Mondays: 8, 22, 5:30-6:15pm (W)
- May: Mondays: 6, 20, 1:30-2:15pm (E) • Monday: 13, 5:30-6:15pm (W)
- June: Mondays: 3, 17, 1:30-2:15pm (E) • Mondays: 10, 24, 5:30-6:15pm (W)

**PRACTICAL CONCERNS**  Call 216.595.9546 for one-time consultation

*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.

**SUPPORT GROUPS**

*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 Adults with Cancer*

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

*Group for Older Adults with Cancer*

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

*Group for Adults with Cancer*

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

*Group for Caregivers with Adult Loved One*

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

*Group for Caregivers with Adult Loved One*

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

*Group for Older Adults with Cancer*

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

**TAI CHI, YOGA, & ZUMBA GOLD**  For those 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.

*Tai Chi*

Helps reduce stress while improving balance, flexibility and strength.

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

*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; Saturdays, 12:00-1:15pm (W)

*Zumba Gold*

Low intensity Zumba. Move at your own pace or sit while dancing to Latin rhythms.

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

**WIGS**

*Regina Brett Wig Salons*

A synthetic wig free of charge for women currently experiencing hair loss from cancer treatment. Call 216.595.9546 for an appointment.
**ART AND MUSIC** For those over 18

*Yarn Works*
A knitting and crocheting group. Supplies and instruction provided.
Wednesday, April 3, 1:30-3:00pm (W)
Mondays, April 8, 22, 1:30-3:00pm (E)

*Creating Tokens of Strength and Affirmations*
Tuesday, April 9, 1:30-3:00pm (E)

*Art of Card Making*
Saturdays, April 13 & 27, 10:00am–12:30pm (W)

*Mandala Card Coloring Workshop*
Monday, April 15, 1:00–2:30pm (W)

*Origami for Meditation*
Tuesday, April 30, 6:00 – 8:00pm (W)

**CANCER SPECIFIC PROGRAMS**

*Group for Young Women with Breast Cancer (20’s, 30’s & 40’s)*
Tuesday, April 2, 6:30-8:00pm (W)

*Pancancer Updates*
Thursday, April 4, 6:30-8:00pm (E) | Presenter: Jordan Winter, MD

*Prostate Cancer Information Session:*
For men only diagnosed within the last 6 months
Thursday, April 11, 5:30-6:15pm (E)
Tuesday, April 16, 5:30-6:15pm (W)

*Prostate Cancer & Intimacy: Getting Your Groove Back*
Family members welcome
Thursday, April 11, 6:30-8:00pm (E) | Presenter: Stephen Levine, MD

*Prostate Partners: Pathology Beyond the Microscope*
Tuesday, April 16, 6:30-8:00pm (W) | Presenter: Jesse McKenney, MD

*Group for Women with Metastatic Breast Cancer*
Tuesday, April 16, 6:30-8:00pm (E)

**NEW! Group for Women with Gynecological Cancers**
Wednesday, April 17, 2:00-3:30pm (E)

*Updates on Lymphoma*
Wednesday, April 17, 6:30-8:00pm (E) | Presenter: Brian Hill, MD

**CHILDREN, TEEN & FAMILY PROGRAMS**

*KidShop/TeenShop*
Workshop for children and teens who have an adult family member with cancer.
Releasing Winter and Embracing Spring: Learning to Let Go
Wednesdays, April 3, 17, 6:30-7:30pm (W)
Mondays, April 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, April 1, 15, 6:30-7:30pm (E)
Wednesdays, April 10, 24, 6:30-7:30pm (W)

*Support for a Child or Teen with Cancer: Including Siblings and Parents*
Defrost: Dealing with Changes
Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org
Saturday, April 13, 10:30am-12:00pm (E)

**LECTURES, WORKSHOPS & SPECIAL PROGRAMS**

*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: Wednesday, March 27, 6:00-7:30pm (E)
Mondays and Wednesdays, 6:00-8:15pm, Wednesday, April 3 - Wednesday, May 22 (E)
Orientation: Thursday, March 28, 5:30-7:00pm (W)
Mondays and Thursdays, 5:30-7:30pm, Thursday, April 4-Thursday, May 23 (W)

*Writing My Stories*
Wednesday, April 10, 2-3:30pm | Presenter: Melissa Mary O’Grady, MLIS (W)

*De-stress with Dance*
No partner needed. Presented by: LaDanse Cleveland Ballroom Dance Studio
Saturday, April 13, 11:45am-12:45pm (E)

**NUTRITION**

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

*Debunking Cancer Nutrition Myths: Separating Fact from Fiction*
Wednesday, April 10, 6:30-8:00pm (E) | Presenter: Beth Noernberg, MS, RDN, LD

*Cancer Fighting Kitchen from Author Rebecca Katz*
Wednesday, April 24, 6:00-8:00pm (E)
Saturday, April 27, 11:30am-1:30pm (W)

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

*YA Meet Up: The 3 R’s: Resilience, Reduce Stress and Re-Claim your Life*
Wednesday, April 24, 6:30-8:00pm
Granite City, Legacy Village, 25001 Cedar Road, Lyndhurst

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Programs with an * require advance registration, please call 216.595.9546 • HOURS: Monday - Friday: 9:00a - 5:00p & Saturday: 9:00a-1:00p • Open evenings when programs scheduled
ART AND MUSIC For those over 18

*Yarn Works
A knitting and crocheting group. Supplies and instruction provided.
Wednesday, May 1, 1:30-3:00pm (W)
Monday, May 13, 1:30-3:00pm (E)

*Grounding & Centering Through Art
Attendance at both sessions encouraged.
Thursdays, May 2 & 9, 1:30-3:00pm (E)

*Origami for Meditation
Wednesday, May 15, 6:00-8:00pm (E)

*Drumming Circle: For adults only
Thursday, May 16, 6:30-7:30pm (E)
Wednesday, May 29, 6:30-7:30pm (W)

EXERCISE See ONGOING PROGRAMS for weekly classes

*Bone Health
Tuesdays and Thursdays, May 7-30, 1:30-2:15pm (WC)

GRIEF AND LOSS

*After Goodbye: Adults and Children Welcome
Honoring members of The Gathering Place community who have died in the last year.
Wednesday, May 8, 6:30-7:30pm (W)

LECTURES, WORKSHOPS & SPECIAL PROGRAMS

*Writing My Stories
Wednesday, May 1, 6:30-8:00pm (E) | Presenter: Melissa Mary O’Grady, MLIS

*Healing Properties of Lavender Horticulture Program
Thursday, May 2, 1:00-2:30pm (W) | Presenter: Eileen Ern

*Lymphedema Symptom Management
Wednesday, May 8, 6:30-8:00pm (E) | Presenter: Manisha Agarwal, OTR/L, MHS, CLT
Thursday, May 9, 6:30-8:00pm (W) | Presenter: Nasreen Starner, OTR/L, CLT

*De-stress with Dance
No partner needed. Presented by: LaDance Cleveland Ballroom Dance Studio
Saturday, May 11, 11:45am-12:45pm (E)

*Walking a Pilgrim Path: Reflections on Cancer
Tuesday, May 14, 6:30-8:00pm (W) | Presenter: Sally Wile, M. Div

*He Said, She Said: Bridging the Gender Communication Gap
Wednesday, May 15, 6:30-8:00pm (E) | Presenter: Dixie Benshoff, PhD

*Essential Oils for Relaxation
Tuesday, May 21, 6:30-8:00pm (E) | Presenter: Valerie Joseph, CA, RYT

*Coping with Fear and Anxiety
Thursday, May 30, 6:30-8:00pm (E)

MEDITATION

*Mindfulness May
Increase your mindfulness through videos and practices via email or social media.
Register at apisdorf@touchedbycancer.org

NUTRITION

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

*Picnic Foods that Pack a Healthy Punch
Wednesday, May 22, 6:00-8:00pm (E)
Saturday, May 18, 11:30am-1:30pm (W)

YOUNG ADULTS SURVIVING CANCER (AGES 18 TO 40)

*YA Meet Up: Relaxation: Practical Implications | May bring a guest
Thursday, May 23, 6:30-8:00pm
Southeast Gears & Cheers Restaurant, 23333 Aurora Road, Bedford Heights
**June • 2019**

*East and West*
**Fridays open 9:00am - 2:00pm*

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**ART AND MUSIC**  
For those over 18

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

- **Grounding and Centering Through Art**  
  Attendance at all 3 sessions encouraged.  
  **Thursday, June 13, 20, 27, 6:00-7:30pm (W)**

- **Summer Solstice Celebration: Walking, Singing and Writing**  
  **Tuesday, June 18, 6:30 – 8:00pm (W)**  
  **Wednesday, June 26, 6:30 – 8:00pm (E)**

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**CANCER SPECIFIC PROGRAMS**

- **Group for Young Women with Breast Cancer (20’s, 30’s & 40’s)**  
  **Tuesday, June 4, 6:30-8:00pm (W)**

- **Prostate Cancer Forum**  
  Topics include New Therapies, From Diagnosis Through Treatment, The Business of Cancer and How Diagnosis and Treatment of Prostate Cancer Affects Relationships.  
  Presenters: Brad Gill, MD; Eric Klein, MD; Valerie Padd, RN, BSN; Lee Ponsky, MD and Nancy Tamburo, LISW-S  
  **Saturday, June 8, 8:30am-3:15pm | SITE Centers, 3333 Richmond Road, Beachwood**

- **Group for Women with Metastatic Breast Cancer**  
  **Tuesday, June 18, 6:30-8:00pm (E)**

- **NEW! Group for Women with Gynecological Cancers**  
  **Wednesday, June 19, 2:00-3:30pm (E)**

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**CHILDREN, TEEN & FAMILY PROGRAMS**

- **KidShop/TeenShop**  
  Workshop for children and teens who have an adult family member with cancer.  
  **Sunlight and Shade: Embracing all that is You**  
  **Wednesdays, June 5, 19, 6:30-7:30pm (W)**  
  **Mondays, June 10, 24, 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, June 3, 17, 6:30-7:30pm (E)**  
  **Wednesday, June 12, 26, 6:30-7:30pm (W)**

- **Support for a Child or Teen with Cancer: Including Siblings and Parents**  
  Join the TGP Pediatric / Teen Cancer Team for Race for the Place  
  Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org  
  **Sunday, June 2 | Beachwood Place Mall, 26000 Cedar Road, Beachwood**

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**EXERCISE**

- **Dragon Boat**  
  Learn about the support and fun cancer survivors and their partners have paddling on the Cuyahoga.  
  **Orientation: Saturday, June 1, 12:00-2:00pm | Merwin’s Wharf, 1772 Merwin Ave.**  
  **Practices: Wednesday, June 19-September 4, 6:00-8:00pm | Merwin’s Wharf**  
  **Dragon Boat Festival: Saturday, September 7, 8:00am-4:00pm | The Black River Landing, Lorain**

- **Focus on the Core**  
  **Tuesdays and Thursdays, June 4-27, 1:30-2:15pm (WC)**

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**LECTURES, WORKSHOPS & SPECIAL PROGRAMS**

- **Walking a Pilgrim Path: Reflections on Cancer**  
  **Wednesday, June 5, 6:30-8:00pm (E) | Presenter: Sally Wile, M.Div**

- **Medical Marijuana: Latest Updates in Ohio**  
  **Thursday, June 6, 6:30-8:00pm (E) | Presenter: Solomon Zaraa, MD**

- **De-stress with Dance**  
  No partner needed. Presented by: LaDanse Cleveland Ballroom Dance Studio  
  **Saturday, June 8, 11:45am-12:45pm (E)**

- **Coping with Fear and Anxiety**  
  **Tuesday, June 11, 6:30-8:00pm (W)**

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**NUTRITION**

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

- **Mason Jar Meals**  
  **Wednesday, June 5, 6:00-8:00pm (E)**  
  **Saturday, June 8, 11:30am-1:30pm (W)**

- **Cooking and Caring for Yourself**  
  **Monday, June 24, 11:30am-1:30pm (E)**  
  **Thursday, June 27, 1:30-3:30pm (W)**

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

- **YA Meet Up: Healthy Grilling: Good Company & Conversation**  
  May bring a guest  
  **Thursday, June 27, 6:30-8:00pm (E)**

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**HOURS:** Monday - Friday: 9:00a - 5:00p & Saturday: 9:00a - 1:00p  
Open evenings when programs scheduled.