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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

SPONSORED BY...



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.

New Calendar Layout

Our **newsletter has a new layout** that hopefully will be easier to read and utilize. Our recurring programs like support groups, tai chi, and exercise are listed on the ‘Ongoing Programs’ page. Programs scheduled to occur in April, May or June in Beachwood, Westlake, at the Wellness Center or offsite can be found on the specific page for that month.

You can visit our website at www.touchedbycancer.org and click on the green ‘calendar’ button to view a daily/monthly schedule of programs.

Check out these upcoming programs

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



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
Tuesdays, 1:30pm, Thursdays, 6:30pm, Saturdays, 10:30am

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: When Will it End?

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

April: *Wednesday, 17, 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.

*REIKI, MASSAGE & REFLEXOLOGY *For those over 18*

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

***Reiki: unlimited sessions**

***Massage: 3 sessions per year**

***Reflexology: 3 sessions per year**

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)

Sister Circle: For African American Women with Cancer

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

*Life after Cancer Treatment Support Group

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

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

Group for Older Adults with Cancer

3rd Friday of each month, 11:00am-12:30pm (W)

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; Thursdays, 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.

April • 2019

East and West closes at 12:30pm, April 18th
Westlake Only will reopen at 6:00pm
for evening programs

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

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 *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)

*Pancreatic Cancer 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



May • 2019

**East and West closed Monday, May, 27th
for Memorial Day**

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

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 *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)

CANCER SPECIFIC PROGRAMS

*Colon Cancer Workshop

Learn about treatment updates, coping with emotions, fear of recurrence and nutrition. In collaboration with University Hospitals, and the The Cleveland Clinic. Continental breakfast provided. Presenters: Beth Bennett, PT, MA, MS, RDN, LD;

Abdo Haddad, MD; Ronald Charles, MD; Gwen Paull, LISW-S

Saturday, May 4, 8:30am-12:00pm (W)

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

Tuesday, May 7, 6:30-8:00pm (W)

Prostate Cancer Information Session

For men only diagnosed within the last 6 months.

Thursday, May 9, 5:30-6:15pm (E) | Tuesday, May 21, 5:30-6:15pm (W)

Living With Prostate Cancer Recurrence: Family members are welcome

Thursday, May 9, 6:30-8:00pm (E) | Presenter: Moshe Ornstein, MD

Tuesday, May 21, 6:30-8:00pm (W)

*Group for Women with Metastatic Breast Cancer

Tuesday, May 21, 6:30-8:00pm (E)

NEW! Group for Women with Gynecological Cancers

Wednesday, May 15, 2:00-3:30pm (E)

CHILDREN, TEEN & FAMILY PROGRAMS

*KidShop/TeenShop

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

Planting Intentions and Letting Them Grow

Wednesdays, May 1, 15, 6:30-7:30pm (W)

Monday, May 13, 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, May 6, 20, 6:30-7:30pm (E)

Wednesdays, May 8, 22, 6:30-7:30pm (W)

*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)

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

Growing in Spite of Cancer: Container Gardens for Home

Contact Casey Durkin, 216.455.1523 or durkin@touchedbycancer.org

Saturday, May 11, 10:30am-12:00pm (E)

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 Ernst

*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: LaDanse 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 Benschoff, 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

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

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 *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)

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 Tamburro, 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)

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

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)

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 Zaraq, 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)

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)

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)