

*UH Ireland
Cancer Center
is now*



University Hospitals
Seidman Cancer Center

CURING CANCER EVERY DAY.

Healing  Hope

Free Cancer Education and Support Programs

Jan-Feb-Mar 2012



A message to our patients

who have received care at the UH Seidman Cancer Center at University Hospitals Case Medical Center and to their family members.

The UH Seidman Cancer Center Patient and Family Advisory Council

The Patient and Family Advisory Council (PFAC) of UH Seidman Cancer Center is a volunteer group of current and former patients and those whom patients consider their family. Diverse in age, race, background and types of cancer, PFAC members serve on committees with doctors, nurses and administrators to offer insight into practical, physical and emotional concerns faced by patients and families and promote ongoing improvement of the cancer experience.

To learn more about the Patient and Family Advisory Council, please contact the UH Case Medical Center Volunteer Office, 216-844-1504, or e-mail ICCPFAC@UHhospitals.org.



Hello,

Cancer is a moving target that in 2012 will continue to evolve and bring new challenges. Because cancer touches everyone directly or indirectly, University Hospitals Seidman Cancer Center works to increase our community's knowledge about cancer.

We are here to answer your questions about treatment options including clinical trials, whether recent research is related to the cancer that is affecting your life, how best to manage being a patient or a family caregiver, and other topics.

We offer several resources, beginning with a series of programs from the basics to the advanced:

- Healing & Hope free community programs include classes on chemotherapy and radiation therapy, talks on specific types of cancer, survivorship and wellness programs, and much more. Programs at our nine UH Seidman Cancer Center locations feature multidisciplinary care team members who welcome your questions and involvement.
- The UH Seidman Cancer Center's Cancer Information Service (1-800-641-2422) puts callers directly in touch with oncology nurses for the latest on cancer therapies including clinical trials.
- Also, we recently opened The Wolfgang Puck Learning Resource Center at UH Seidman Cancer Center on the UH Case Medical Center campus. Our health librarian works with patients and visitors seeking cancer information in person or by phone at 216-286-INFO (4636).

On a personal note, I was pleased to see patients, doctors, nurses, staff and families from across the UH Seidman Cancer Center network, getting together for the Third Annual Lisa's Legacy Fund Run/Walk on October 2. It was a great morning, invigorating and positive.

I hope you will take a minute to look through this booklet for programs that interest you, then join us for healing and hope.

On behalf of the entire UH Seidman Cancer Center staff, I extend wishes for a New Year filled with hope for a better future for you and your family.

Sincerely,

A handwritten signature in black ink that reads "Stanton L. Gerson". The signature is written in a cursive, flowing style.

Stanton L. Gerson, MD
Director, University Hospitals Seidman Cancer Center

Locations:

UH Seidman Cancer Center Locations

| | |
|---|----|
| UH Case Medical Center 11100 Euclid Avenue, Cleveland, Ohio 44106..... | 4 |
| UH Chagrin Highlands Health Center 3909 Orange Place, Orange Village, Ohio 44122 | 7 |
| UH Westlake Health Center 960 Clague Road, Westlake, Ohio 44145..... | 9 |
| UH Landerbrook Health Center, Monarch Building 5885 Landerbrook Drive, Suite 100, Mayfield Heights, Ohio 44124..... | 10 |
| UH Geauga Medical Center 13207 Ravenna Road, Chardon, Ohio 44024..... | 11 |
| Lake Health University Hospitals Seidman Cancer Center 9485 Mentor Avenue, Mentor, Ohio 44060 | 12 |
| UH Seidman Cancer Center at Sharon Health Center 5133 Ridge Road, Suite 5, Wadsworth, Ohio 44281 | 13 |
| Southwest General Health Center 18697 Bagley Road, Middleburg Heights, Ohio 44130 | 13 |
| Firelands Regional Medical Center 701 Tyler Street, Sandusky, Ohio 44870 | 15 |

Special Locations:

| | |
|--|----|
| The Gathering Place East 23300 Commerce Park, Beachwood, Ohio 44122..... | 17 |
| The Gathering Place West 800 Sharon Drive, Westlake, Ohio 44145..... | 19 |

Registration is required for all programs unless otherwise noted.

- *Seating is limited.*
- *Your call reserves your place at the program and allows us to contact you in case there is a program cancellation or change.*
- *To register, please call the phone number shown with the program.*
- *Provide your name, address, phone number, program name and code.*

When you have questions or concerns about cancer, talk to us.

**UH Seidman Cancer Center Information Service
1-800-641-2422**

When you call, you will speak with a caring, experienced oncology nurse who can:

- *Provide general information about cancers and their treatments*
- *Explain clinical trials and their use in cancer care*
- *Recommend community resources*
- *Identify the correct multidisciplinary team to see you*
- *Connect you with University Hospitals appointment line (1-866-UH4-CARE)*
- *Send you free educational materials to help you understand cancer*

**Visit UH Seidman Cancer Center online:
UHSeidman.org**

programs at:

University Hospitals Case Medical Center

11100 Euclid Avenue, Cleveland, Ohio 44106

- UH Seidman Cancer Center clinical staff lead all programs.
- FREE PARKING – Bring your ticket from the Cornell Road, Adelbert Road or UH Drive garage to be validated.
- Seating is limited. Reservations are required for all programs. Please call the number shown with the program description.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Days & Times: Mondays, 3 – 4:30 p.m.; or Thursdays, 8:30 – 10 a.m. (Choose one date; no program January 2.)

Location: UH Seidman Cancer Center Lobby, Community Room

Registration: Please call 216-844-3951 or 216-286-4636, option 2; or speak with your nurse or doctor.

Radiation Therapy – Targeting Treatment

A one-session class for patients (and guests) who are about to begin or have recently begun external beam radiation therapy at any health care facility includes an explanation of radiation therapy, treatment planning, follow-up, side effects and more.

Days & Time: 2nd and 4th Thursdays, 2 – 3 p.m. (Choose one date.)

Location: UH Seidman Cancer Center Lower Level

Registration: Please call 216-286-3900 or speak with your nurse or doctor.

Sickle Cell Success: Adult Education and Support Group

Persons affected by sickle cell disease learn new ways to cope and support one another, and guest speakers discuss issues important to sickle cell patients at this monthly group.

Day & Time: Wednesdays, 5 – 6:30 p.m.

January 18 February 15 March 21

Location: UH Seidman Cancer Center Lobby, Community Room

Registration: Please call Christine Lawrence, 216-286-3844.

Saturday Breast Exam Program – Free Mammograms*

Advance registration required.

Provided in collaboration with Project TEMPLE, and with funding support from the National Breast Cancer Foundation and the Northeast Ohio Affiliate of Susan G. Komen for the Cure.

*UH MacDonald Women's Hospital offers free screening mammograms for women ages 40-65 who have little or no health insurance. * Screenings take place on Saturday and the program offers help with transportation. Appointments and advance registration are required.*

Dates & Time: Saturday appointments, 9 a.m. – 1 p.m.

January 21 February 18 March 17

Location: Breen Breast Center, Mather Pavilion, B-402

Access from UH Seidman Cancer Center, Lobby Level

***To see if you are eligible, and to schedule an appointment, please call 216-844-3097.**

Celebration of Life: Survivors of Oral, Head and Neck Cancer

Guest speaker discusses topics of particular interest to patients with oral, head and neck cancer, and family members are welcome to attend.

Date & Time: Tuesday, March 13, 6:30 – 8:30 p.m., Program 1-A

Location: UH Seidman Cancer Center Lobby, Adelman Welcome Center

Registration: Please call 216-844-4636 (INFO).

Music Therapy

For over 24 years the Music Therapy Program at UH has addressed the physical, emotional and psychosocial needs of patients, families and staff. Board-certified music therapists serve at the bedside, in support groups and through community outreach programs. They specialize in using music for pain management and coping, minimizing anxiety and normalizing the environment. Patients who wish may be actively engaged in making music or benefit from passive participation. Neurologic music therapy techniques target the brain's ability to create new neuro pathways for rehabilitation and recovery. The key components of music therapy are the music, the skill of the therapist and the relationship with the patient. Our mission is to provide personalized, cutting-edge compassionate care of the highest quality.



For more information, please call 216-844-5298.

Art Therapy

Is cancer part of your life? Express how you feel through Art Therapy.

Painting, sculpting, pottery and other forms of art can help you reduce stress, share your emotions and promote relaxation.

Art therapy is a creative form of verbal and nonverbal therapy. Studies show it can help to reduce pain, anxiety and depression, and to support coping skills during a difficult time.

UH Seidman Cancer Center art therapists have master's degrees and training in counseling. They guide the creative process in sessions at the patient's bedside, during treatment and in support groups. Patients, caregivers, families and support groups can benefit from art therapy. You don't need an art background to take part.

For more information, please call 216-844-1211.



The Wolfgang Puck Learning Resource Center at UH Seidman Cancer Center

Cancer information is easy to find. It's hard, though, to know what information to trust. The Wolfgang Puck Learning Resource Center, located off the UH Seidman Cancer Center Lobby, offers access to thorough, reliable, up-to-date, cancer-focused sources, including the National Cancer Institute, The Leukemia & Lymphoma Society and other highly respected organizations.

A full-time health librarian assists in whatever way patients and family members request. For example, the librarian can do a complete search of books, websites, brochures and other materials to compile into a personalized packet for pick-up, mail to their home or email the sources' links. For patients and family who want to be hands-on, the librarian can guide their search or simply make the resource center's library and computers available to them.

The Wolfgang Puck Learning Resource Center is where to find reliable information from responsible resources ranging from anatomy dictionaries and medical journals to nutrition, creativity and coping with cancer. It's a no-pressure place for learning and understanding more about cancer and related topics.

For more information, please call 216-286-INFO (4636) or email melissa.ograde@UHhospitals.org.

programs at:

University Hospitals Chagrin Highlands Health Center

3909 Orange Place, Orange Village, Ohio 44122

- UH Seidman Cancer Center professional staff lead all programs.
- FREE PARKING.
- Seating is limited. Registration is required. Please call the number shown with the program description.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Day & Time: Wednesdays, 1:45 – 3 p.m. (Choose one date.)

Location: Suite 1100

Registration: Please call 216-896-1750.

Radiation Therapy – Targeting Treatment

A one-session class for patients (and guests) who are about to begin or have recently begun external beam radiation therapy at any health care facility includes an explanation of radiation therapy, treatment planning, follow-up, side effects and more.

Days & Time: 2nd and 4th Thursdays, 2 – 3 p.m. (Choose one date.)

Location: Suite 1100

Registration: Please call 216-896-1755, or speak with your nurse or doctor.

Mindfulness, Relaxation and Guided Imagery

Mindfulness, relaxation and guided imagery can reduce stress and promote a sense of physical and emotional well-being during illness. Learning and using these techniques brings calm and keeps the focus on the present moment. One-on-one sessions also are available.

Dates & Time: Mondays, 4 – 5 p.m.

January 9 February 6 March 5

Location: Suite 1100

Registration: Please call Kim Day, 216-896-1758.

Hope for Tomorrow

A support group for women with gynecologic cancers

Women share their feelings and concerns with others who understand the gynecologic cancer experience. Partners welcome.

Day & Time: 3rd Wednesdays, 6 – 7:30 p.m.

Location: Suite 1100

Registration: Please call Cathy Witt, 216-286-3674.

Look Good...Feel Better®

Women undergoing cancer therapy learn techniques and tips about hair, nails and skin care to help restore appearance and self-confidence. This American Cancer Society service provides a free make-up kit for participants. A cancer nurse answers questions.

Dates & Time: Mondays, 6 – 8 p.m. (Choose one date.)
January 16 February 20 March 19
Location: Suite 1100
Registration: Please call 1-888-227-6446, select option 2.

Orientation to Survivorship – What’s Next? Being a Breast Cancer Survivor!

Shifting into new health and well-being after breast cancer treatment is easier when women know what to expect and can manage what comes next. Topics include fear of recurrence, finding meaning, reclaiming sexuality, menopausal symptoms, late effects of treatment, and more for current life. Partners welcome.

Dates & Time: Mondays, 4 – 6 p.m.
January 16 March 12
Location: Suite 4100 (4th Floor, Center for Women’s Health)
Registration: Please call Kim Day, 216-896-1758.

Coping with Insomnia

Fatigue and disruption of sleep are common problems when dealing with a cancer diagnosis. Anxiety and worry, overscheduling and overthinking, pain and discomfort – all can potentially prevent a peaceful night’s rest. Oncology social worker Kim Day reviews common problems that interfere with sleep, and offers common sense strategies, guidelines and techniques to set the stage for easing into sleep and staying asleep.

Date & Time: Monday, February 20, 6:30 – 7:30 p.m.
Location: Suite 1100
Registration: Please call Kim Day, 216-896-1758.

Partners in Coping with a Cancer Diagnosis

Couples dealing with any cancer diagnosis meet with the social worker to discuss the physical, emotional and spiritual challenges that may arise, changes in roles, sexuality, family members and children, and other concerns.

Registration: For more information and to register, please call Kim Day, 216-896-1758.

programs at:

University Hospitals Westlake Health Center

960 Clague Road, Westlake, Ohio 44145

- UH Seidman Cancer Center clinical staff lead all programs.
- FREE PARKING.
- Seating is limited. Registration is required. Please call the number shown with the program description.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Days & Time: 1st and 3rd Thursdays, 9 – 11 a.m. (Choose one date.)
Location: UH Seidman Cancer Center Resource Room
Registration: Please call 440-250-2001.

Radiation Therapy – Targeting Treatment

Radiation oncology nurse John McKenney presents a one-on-one class for patients who are about to begin or have recently begun external beam radiation therapy. The session includes an explanation of radiation therapy, treatment planning, follow-up, side effects and more. Patients are welcome to bring a guest.

Registration: For more information and to arrange a teaching session, please call John McKenney, 440-250-2892.

The Healing Power of Music

Music can enhance our mental, emotional and spiritual well-being. It also helps to reduce depression, anxiety and stress throughout the cancer journey. Diana Le, a board-certified music therapist for UH Seidman Cancer Center, leads these sessions that use music to aid with coping and as a medium for self-expression.

Dates & Time: Tuesdays, 2:30 – 3:30 p.m.
January 10 February 14 March 20
Location: Conference Rooms 1 & 2
Registration: Please call 440-250-2001.

Look Good...Feel Better®

Women undergoing cancer therapy learn techniques and tips about hair, nails and skin care to help restore appearance and self-confidence. This American Cancer Society service provides a free make-up kit for participants. A cancer nurse answers questions.

Dates & Time: Tuesdays, 3 – 5 p.m. (Choose one date.)
January 24 March 27
Location: UH Seidman Cancer Center Resource Room
Registration: Please call 440-250-2001.

The Spiritual Journey

People experience many feelings when they or loved ones receive a cancer diagnosis. These feelings can affect them physically, mentally, emotionally and spiritually. Social worker Kerri Mazzone explains how spirituality can serve as a positive coping mechanism throughout the cancer journey. Patients and their loved ones are welcome to attend.

Dates & Time: Thursdays, 2 – 4 p.m.
 January 26 March 29
 Tuesday, February 28
Location: Conference Rooms 1 & 2
Registration: Please call Kerri Mazzone or Melissa Misencik, 440-250-2017.

Orientation to Survivorship – What’s Next? Being a Breast Cancer Survivor!

Shifting into new health and well-being after breast cancer treatment is easier when women know what to expect and can manage what comes next. Topics include fear of recurrence, finding meaning, reclaiming sexuality, menopausal symptoms, late effects of treatment, and more for current life. Partners welcome.

Date & Time: Thursday, February 23, 4 – 6 p.m.
Location: Conference Room 2
Registration: Please call 440-250-2001.

University Hospitals Landerbrook Health Center, Monarch Building

5885 Landerbrook Drive, Suite 100, Mayfield Heights, Ohio 44124

- UH Seidman Cancer Center clinical staff lead all programs.
- FREE PARKING.
- Seating is limited. Registration is required. Please call the number shown with the program description.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Day & Time: Tuesdays, 2 – 3 p.m. (Choose one date.)
Location: Suite 100
Registration: Please call 440-460-1616.

programs at:

University Hospitals Geauga Medical Center

13207 Ravenna Road, Chardon, OH 44024

- UH Seidman Cancer Center clinical staff lead all programs.
- FREE PARKING.
- Seating is limited. Reservations are required for all programs. Please call the number shown with the program description or register online, UHGeauga.org.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Days & Time: 1st and 3rd Thursdays, 3 – 4 p.m. (Choose one date.)
Location: UH Geauga Medical Center
Registration: Please call 440-285-6310.

Cancer Support Group

This general cancer support group is open to all patients and their family members.

Date & Time: Tuesday, February 28, 5 – 7 p.m.
Location: UH Geauga Medical Center
Information &
Registration: Please call 440-285-6310.

Look Good...Feel Better®

Women undergoing cancer therapy learn techniques and tips about hair, nails and skin care to help restore appearance and self-confidence. This American Cancer Society service provides a free make-up kit for participants. A cancer nurse answers questions.

Dates & Time: Mondays, 5 – 7 p.m. (Choose one date.)
January 16 March 19
Location: UH Geauga Medical Center
Registration: Please call 888-227-6446, select option 2.

Colorectal Cancer Screening

Date & Time: Thursday, March 22, 5 – 7 p.m.
Location: UH Geauga Medical Center
Registration: Please call 440-285-6310.

programs at:

Lake Health University Hospitals Seidman Cancer Center

9485 Mentor Avenue, Suite 3, Mentor, Ohio 44060

A joint venture of Lake Health and University Hospitals.

- FREE PARKING.
- Seating is limited. Registration is required. Please call the number shown with the program description.

Chemo – What’s It All About?

Oncology nurse Mary Rode, RN, presents a one-on-one class for patients (and guests) who are about to begin or have recently begun chemotherapy. The session covers how chemo works, side effects and more. Participants receive an information folder to use throughout treatment.

Registration: For more information and to arrange a teaching session, please call Mary Rode, 440-205-5867.

Look Good...Feel Better®

Women undergoing cancer therapy learn techniques and tips about hair, nails and skin care to help restore appearance and self-confidence. This American Cancer Society service provides a free make-up kit for participants. A cancer nurse answers questions.

Dates & Time: Mondays, 1 – 3 p.m. (Choose one date.)

January 16 March 19

Location: Lincoln Conference Room

Registration: Please call 440-205-5464.

Prostate Cancer Support Group

Monthly meetings feature speakers on topics of interest to men with prostate cancer.

Day & Time: 2nd Thursdays, 6 – 7:30 p.m.

Location: Lobby

Information &

Registration: Please call 440-205-5464.

Cancer Transitions: Moving Beyond Treatment

For information about this special four-session program presented at Lake Health University Hospitals Seidman Cancer Center by The Gathering Place, please see page 20.

programs at:

University Hospitals Seidman Cancer Center at Sharon Health Center

5133 Ridge Road, Suite 5, Wadsworth, OH 44281

- FREE PARKING.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Day & Time: Wednesdays, 9 – 10:30 a.m. (Choose one date; if you cannot attend during this time, you may arrange for a one-on-one session.)

Registration: For more information and to schedule, please call Karen Donato, 330-239-7250.

Southwest General Health Center

18697 Bagley Road, Middleburg Heights, Ohio 44130

- UH Seidman Cancer Center clinical staff members lead all programs.
- FREE PARKING.
- Seating is limited. Registration is required unless otherwise noted. Please call the number shown with the program description.

Tea Time – You’re Invited

Tea and pastry with family members, fellow patients and staff is a pleasant, friendly way to share an hour and chat informally with others. No registration needed.

Day & Time: 1st Thursdays, 2 – 3 p.m.

Location: Medical Oncology

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Day & Time: Fridays, 2 – 3 p.m. (Choose one date.)

Location: Medical Oncology Conference Room

Registration: Please call 440-816-6051.

Look Good...Feel Better®

Women undergoing cancer therapy learn techniques and tips about hair, nails and skin care to help restore appearance and self-confidence. This American Cancer Society service provides a free make-up kit for participants. A cancer nurse answers questions.

Date & Time: Monday, February 13, 6 – 8 p.m.
Location: Medical Oncology Conference Room
Registration: Please call 1-888-227-6446, select option 2.
Information: Please call 440-816-6051.

Moving Forward with Breast Cancer – A Support Group

This monthly group invites anyone diagnosed with breast cancer to come together for mutual support and education at any point in their journey – before, during or after treatment. A nurse and social worker facilitate the group

Day & Time: 2nd Tuesdays, 5:30 – 7 p.m.
Location: Southwest General Conference Room 15-A
(Basement level, outside the Cafeteria)
Information: Please call Lynn Jan, nurse navigator, 440-816-2674, or Kimberly Palange, social worker, 440-816-6075.

Southwest Area Caregivers Support Group

Open meetings – All welcome

Caregivers closely accompany their loved one throughout the cancer experience. This series of programs offers caregivers practical information, support and understanding. No registration needed.

Day & Time: 3rd Tuesdays, 7 – 9 p.m.
Location: DeWitt Auditorium (hospital basement)
Information: Please call Chris Cameron, 440-816-5000; or Community Health Resources Office, 440-816-8450.

programs at:

University Hospitals Seidman Cancer Center at Firelands Regional Medical Center

Firelands Professional Center 1
701 Tyler Street, Sandusky, Ohio 44870

- UH Seidman Cancer Center clinical staff lead the program.
- FREE PARKING. No registration needed.

Chemo – What’s It All About?

A one-session class for patients (and guests) who are about to begin or have recently begun chemotherapy covers how chemo works, its side effects and more. Participants receive an information folder to use throughout treatment.

Days & Time: Mondays and Wednesdays, 2 p.m.
(Choose one date; no program January 2.)
Location: UH Seidman Cancer Center at Firelands
Registration: Please call 419-577-7480.

Radiation Therapy – Targeting Treatment

A one-session class for patients (and guests) who are about to begin or have recently begun external beam radiation therapy at any health care facility includes an explanation of radiation therapy, treatment planning, follow-up, side effects and more.

Days & Time: Tuesdays and Thursdays, 2 p.m. (Choose one date.)
Location: UH Seidman Cancer Center at Firelands
Registration: Please call 419-557-7480.

Living with Illness

This group is for people struggling with long- or short-term illness or a terminal disease.

Day & Time: 1st Mondays, 6 p.m. (No program January 2.)
Location: Atrium, UH Seidman Cancer Center
Firelands Regional Medical Center
Registration: Please call Deanie Kehres, 419-557-6959.

Look Good...Feel Better®

Women undergoing cancer therapy learn techniques and tips about hair, nails and skin care to help restore appearance and self-confidence. This American Cancer Society service provides a free make-up kit for participants. A cancer nurse answers questions.

Dates & Time Offered periodically. Please call 419-557-6959 for schedule.
Location: 701 Tyler Street, Sandusky
 Cancer Center Community Conference Room

The Game Plan – Living Beyond Cancer

A one-session class is for patients and their guests to learn what the UH Seidman Cancer Center at Firelands Regional Medical Center has to offer in terms of support through the course of cancer care and treatment. Understand how the multidisciplinary team works together to guide patients through the journey and the resources available to provide assistance.

Day & Time: Fridays, 11 a.m.
Location: UH Seidman Cancer Center at Firelands
Registration: Please call 419-557-7480.

programs at:

The Gathering Place is a community-based cancer support center providing free programs to individuals and families touched by cancer.

The Gathering Place East

23300 Commerce Park, Beachwood, Ohio 44122

- FREE PARKING.
- Seating is limited. Registration is required for most programs. Please call the number shown with the program description.

Exercise

Note special location. New participants must contact Beth Roth for a fitness assessment before attending exercise classes.

Oncology certified fitness trainer Stephen Cerne leads twice-weekly exercise classes that include resistance training using light weights, bands and balls, and strength equipment.

Days & Times: Tuesdays & Thursdays, 12:30 – 1:30 p.m. or
Tuesdays & Thursdays, 6:30 – 7:30 p.m. or
Wednesdays & Fridays, 11:30 a.m. – 12:30 p.m.
Location: The Gathering Place Wellness Center
23295 Commerce Park, Beachwood 44122
Registration: Please call 216-595-9546.

Starting the Journey: Strategies for Coping

Advance registration with Mary Fisher-Bornstein required.

An education and gentle exercise program for people newly diagnosed with cancer (in the past six months). Social worker Mary Fisher-Bornstein, and physical therapist and dietitian Beth Roth cover a range of topics including empowerment through information, navigating the medical maze, communication with the medical team and with family and friends, and nutrition, all followed by an hour of gentle movement.

Dates & Time: Mondays, 6 – 8 p.m.
January 9, 16, 23, 30
Registration: Please call 216-595-9546.

KidShop

Advance registration with Kathy Maxwell or Kathleen McCue required.

A workshop for children of all ages who have an adult family member with cancer. Social workers Kathy Maxwell and Kathleen McCue use creative opportunities for children and their parents to interact with families in similar situations.

Dates & Time: Mondays, 6:30 – 8:00 p.m.
January 9 and 23 February 13 and 27 March 12 and 26
Registration: Please call 216-595-9546.

Prostate Partners

A support and educational group for men with prostate cancer. Spouses and partners are welcome.

UH Seidman Cancer Center urologist Lee Ponsky, MD, discusses All the Questions You Want Answered about Prostate Cancer, but are Afraid to Ask.

Date & Time: Thursday, January 12, 6:30 – 8 p.m.

Coping Class

Advance registration required.

Learn about your own stress response and how to re-establish balance and a sense of wellness using clinically proven techniques. Psychologist and counselor Erin Rafter covers a different technique each month. Attend one or both sessions.

Dates & Time: Mondays, 6:30 – 7:30 p.m.
February 6: Deep breathing and physical relaxation
March 5: Managing stressful thoughts
Registration: Please call 216-595-9546.

Post-Mastectomy Wellness Series

Advance registration and written authorization from your physician are required.

An educational exercise series for women within one year post-mastectomy addresses the psychosocial and physical aspects of healing. Social worker Susan Marinac and physical therapist and dietitian Beth Roth discuss body image, posture, core exercises, nutrition and weight gain.

Dates & Time: Wednesdays, 1 – 3 p.m.
February 8 and 15
Registration: Please call 216-595-9546.

Partners Valentine's Day Cooking Class

Advance registration required.

Physical therapist and dietitian Beth Roth and licensed counselor Betsy Kohn lead an evening for you and your loved one to experience a hands-on, plant-based cooking class that's good for the heart and soul.

Date & Time: Monday, February 13, 6 – 8 p.m.
Registration: Please call 216-595-9546.

programs at:

The Gathering Place West

800 Sharon Drive, Westlake, Ohio 44145

- FREE PARKING.
- Seating is limited. Registration is required for most programs. Please call the number shown with the program description.

Exercise

Advance registration required. New participants must contact Beth Roth for a fitness assessment before attending exercise classes.

Certified fitness trainer Michael Ciccarello leads twice-weekly exercise classes that include resistance training using light weights, bands and balls, and strength equipment.

Days & Times: Mondays, 7 – 8 p.m. or
Wednesdays, 2:30 – 3:30 p.m.

Registration: Please call 216-595-9546.

Prostate Partners

University Hospitals urologist William Larchian, MD, discusses Updates on Prostate Cancer.

Date & Time: Tuesday, January 17, 6:30 – 8 p.m.

Coping Class

Advance registration required.

Learn about your own stress response and how to re-establish balance and a sense of wellness using clinically proven techniques. Psychologist and counselor Erin Rafter covers a different technique each month. Attend one or both sessions.

Dates & Time: Fridays, 1 – 2 p.m.
February 3: Deep breathing and physical relaxation
March 2: Managing stressful thoughts

Registration: Please call 216-595-9546.

Yoga: A Mini-Retreat

Advance registration required.

Professional counselor Betsy Kohn and social worker Susan Marinac lead a workshop featuring a sampling of light yoga, journaling and meditation to help you find balance in your everyday life. Healthy snacks are provided.

Date & Time: Saturday, March 24, 10 a.m. – noon

Registration: Please call 216-595-9546.

Group for Young Women with Breast Cancer

Social worker Susan Marinac leads a support group focused on concerns of this special population.

Dates & Time: Tuesdays, 6:30 – 8 p.m.
January 3 February 7 March 6

Parachutes

Advance registration with Erin Rafter required.

Psychologist and counselor Erin Rafter leads this group for children who need ongoing support related to the cancer diagnosis of an adult family member.

Dates & Time: Wednesdays, 6:30 – 8 p.m.
January 4 and 18 February 1 and 15 March 7 and 21
Registration: Please call 216-595-9546.

***Cancer Transitions: Moving Beyond Treatment**

Advance registration with Betsy Kohn is required.

Note special location.*

Licensed counselor Betsy Kohn conducts this program to help cancer survivors make the transition from active treatment to post-treatment care. Speakers include experts in nutrition, exercise, stress management, emotional health and post-treatment medical care. This program is offered in collaboration with University Hospitals Seidman Cancer Center and supported by a grant from LIVESTRONG and the Cancer Support Community. Attendance at all four sessions encouraged.

Dates & Time: Thursdays, 6 – 8 p.m.
March 22 and 29 April 5 and 12
*Location: Lake Health University Hospitals Seidman Cancer Center
9485 Mentor Avenue, Suite 3, Mentor 44060
Registration: Please call 216-595-9546.

Lisa's Legacy Fund

An enthusiastic crowd of 300 gathered at UH Seidman Cancer Center on Sunday, October 2 for the Third Annual Lisa's Legacy Fund Run/Walk, which raised funds for research in all areas of cancer and for community education programs. Participants, family members and volunteers, and several pet therapy dogs mingled in the spacious lobby where Tom Batiuk, creator of the Funky Winkerbean comic strip, signed autographs for fans. An art corner kept children busy, a Zumba session warmed up runners, and everyone listened as music therapists sang "You'll Never Walk Alone." Then it was outside for the main event.



University Hospitals established Lisa's Legacy Fund in cooperation with Mr. Batiuk, who drew the Lisa Moore character from his own cancer experience. Lisa's storyline supported cancer research and education. Mr. Batiuk continues to do so with proceeds from the race, and from *Lisa's Story: The Other Shoe*, a collection of Lisa comic strips in book form; and a limited edition, cast antique silver pin with Lisa's likeness.

To donate to Lisa's Legacy Fund or to purchase online, please visit www.lisaslegacyfund.org or call UH Institutional Relations and Development at 216-983-2200.



Pictured (front) Karen Lovick; (back L to R) Mike Joy, Julie Joy, Kathy Coleman, Marge Deak, Bev Skinner, Meg Skinner, Bob Deak

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and receive the quarterly booklet of UH Seidman
Cancer Center free community programs, please
call **216-844-4636 (INFO)**.