

Cancer Center

February 2019

For information on any of the services listed call the Patient Resource Center at 216.444.0611.

Monthly events

Breast Cancer Support Group

Third Monday, 10–11:30 a.m. Gross Family Art Therapy Suite

Brain Tumor Support Group

Fourth Wednesday, 5–7 p.m. 5th floor conference room

Upcoming events

Patient Services Spotlight:

Experience the Benefits of Chair Yoga
Monday, February 18, 11 a.m. – 1 p.m.
1st floor lobby

Reduce Stress and Increase Mindfulness through Meditation:

For patients, family members and Taussig caregivers
Mondays (beginning 2/11), 12 – 12:30, Meditation Room, 1st Floor

Reflect and Find Inner Wisdom and Strength through Journaling:

Start a daily journal that helps you reflect on the cancer journey as a patient or family member.
Mondays & Tuesdays, 9 am – 2 pm, Infusion Suites
Contact Don Iannone at 216-445-9415 or iannond@ccf.org for more information

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*Interested in reserving a spot for the Art Therapy group or open studio, please call 216-444-2479.	*Yoga is held on the 5th floor in conference room CA5-120A			9-11 a.m. Art Therapy (group): Get Off to a Fresh Start: Soap Making	1 2
3	4	5 10-11:00 a.m. Yoga 1-3 p.m. Art Therapy (group): Focus on the Positive: Make a Positivity Jar *3 rd floor lobby	6 9 a.m.-12 p.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Kent Collier, Cello	7 10-11:00 a.m. Yoga 1-4 p.m. Art Therapy (open studio)	8 9-11 a.m. Art Therapy (group): Focus on the Positive: Make a Positivity Jar	9
10	11 12-12:30 p.m. Reduce Stress and Increase Mindfulness through Meditation Meditation Room *1 st floor	12 10-11:00 a.m. Yoga 1-3 p.m. Art Therapy (group): Express Yourself: Personalized Buttons *4 th floor lobby	13 9 a.m.-12 p.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin	14 10-11:00 a.m. Yoga 1-4 p.m. Art Therapy (open studio)	15 9-11 a.m. Art Therapy (group): Express Yourself: Personalized Buttons	16
17	18 11-1 p.m. Patient Services Spotlight: Yoga *1 st floor lobby 12-12:30 p.m. Mindfulness Meditation Meditation Room *1 st floor	19 10-11:00 a.m. Yoga 1-2:30 p.m. Art Therapy (group): Identify Your Spirit Animal in Clay *Lower level lobby	20 10 a.m.-12 p.m. Art Therapy (open studio) 2:30-3:30 p.m. High Tea with guest musician Ariel Karas, Violin	21 10-11:00 a.m. Yoga 1-4 p.m. Art Therapy (open studio)	22 9-11 a.m. Art Therapy (group): Identify Your Spirit Animal in Clay	23
24	25 12-12:30 p.m. Mindfulness Meditation Meditation Room *1 st floor	26 10-11:00 a.m. Yoga 1-3 p.m. Art Therapy (group): Tell the Story of Your Life: Beaded Bookmarks *2 nd floor lobby	27 10 a.m.-12 p.m. Art Therapy CANCELLED 2:30-3:30 p.m. High Tea with guest musician Kent Collier, Cello	28 10-11:00 a.m. Yoga 1-4 p.m. Art Therapy CANCELLED		



Patient Services

Patient Resource Center

The Scott Hamilton & Helen McLoraine Patient Resource Center provides brochures, a lending library, Internet access, and information on support groups, patient-related events, transportation and lodging. Monday–Friday, 7:30 a.m.–4 p.m. 216.444.0611

Located on the 1st floor of the Taussig Cancer Center
Class schedule
available on the reverse side of this flier and in the Patient Resource Center.

For more information on any of the services listed, call the Patient Resource Center at 216.444.0611, unless otherwise indicated.

Music Therapy

Explore the creative, expressive ways music can aid patients and family members during treatment through listening, reflecting, singing or playing. 216.636.3715

4th Angel Mentoring Program
Receive complimentary, one-on-one phone or email support from patient or caregiver mentors who have made the same journey you are about to begin.

216.445.8734 | Toll-free 866.520.3197, 4thangel.org | 4thangel@ccf.org

Art Therapy
Patients and families can explore the expressive, healing power of art using a variety of media, including drawing, painting, collage and sculpture. 216.444.2479

Chemicare.com

A comprehensive resource that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

High Tea at Taussig

Relax during tea time with patients, families, friends and staff. High Tea is held weekly in the lobby. No reservations necessary. Wednesdays, 2:30–3:30 p.m.

Yoga
Complimentary classes. Patients and families are welcome.

Tuesdays, 10–11:30 a.m.,
Thursdays, 9–10:15 a.m. and
10:30–11:45 a.m.
440.840.1839

Reflections Wellness Program
Take time to relax with reiki, reflexology, massage, skin care and cosmetic consultations. Services are complimentary for Cleveland Clinic patients currently being treated for cancer. Monday–Friday, by appointment. 216.444.3527

Reiki

Reduce stress and anxiety and increase relaxation and energy levels through the “power of the human touch”. This complementary wellness therapy promotes healing and a sense of positive well-being. 216.445.9415

Wig Boutique

The wig boutique carries complimentary wigs, hats and other accessories for our adult patients actively undergoing treatment. Monday–Friday, 8 a.m.–3:30 p.m. or by appointment. 216.445.6885

Yoga
Complimentary classes. Patients and families are welcome.