

## Cancer Center

## December 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For information on any of the services	1	2	3	4	5	6	7
listed call the Patient Resource Center at 954-659-5840.			11 a.m12 p.m. Art Therapy Open Studio	10-11 a.m. New Patient Orientation 2-3:30 p.m. High Tea	11 a.m12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga		
Monthly events							
New Patient Orientation	8	9	10	11	12	13	14
Every Wednesday, 10–11:00 a.m., 3 <sup>rd</sup> Floor Art Therapy Room			11 a.m12 p.m. Art Therapy Open Studio	10-11 a.m. New Patient Orientation	11 a.m12 p.m. Art Therapy Open Studio		
High Tea for Patients & Caregiviers First & Third Wednesday, 2 – 3:30 p.m., 1 <sup>st</sup> Floor Lobby	15	16		10	4-5 p.m. Yoga	20	04
Yoga, Every Thursday, 4 -5 p.m., Room 202		10	17	18	19	20	21
Blood Cancer Support Group, Every 3 <sup>rd</sup> Tuesday, 12-1:30 p.m., 3 <sup>rd</sup> Floor Art Therapy Room, Pre-register by calling the <u>LLS at</u> (954-744-5310)	Music Therapy Monthly Theme: "Celebrate Today!" Please inquire with Angie Burdine for more information (954) 487-2261		11 a.m12 p.m. Art Therapy Open Studio 12 p.m1:30 p.m. Blood Cancer Support Group	10-11 a.m. New Patient Orientation 2-3:30 p.m. High Tea	11 a.m12 p.m. Art Therapy Open Studio 4-5 p.m. Yoga		
Upcoming events Clinic is closed on Wednesday,	22	23	24	25	26	27	28
December 25th			11 a.m12 p.m. Art Therapy Open Studio	Clinic Closed			

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# Cleveland Clinic Cancer Center

### Patient Services

Located on the 1<sup>st</sup> floor of the Braathen Center

Class schedule available on the reverse side of this flyer and in the Patient Resource Center.

For more information on any of the services listed please call 954.659.5840, unless otherwise indicated.

#### Patient Resource Center

The Braathen Center Patient Resource Area provides brochures, a lending library, Internet access, and information on support groups, patient-related events, transportation and lodging.

#### 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. 866.520.3197, 4thangel.org | 4thangel@ccf.org

#### Acupuncture

A practice of inserting fine needles into the skin along specific points to bring balance and ease symptoms experienced from treatments or medications. Available Wednesdays & Fridays. 954.659.5840

#### American Cancer Society

Transportation and lodging assistance. Call 800.227.2345.

#### Art Therapy

Therapeutic expression - lead by Art Therapist, Rachel Upton-Rice, MPS, ATR-BC, LCAT - using a variety of visual arts media including, but not limited to: drawing, painting, collage, and sculpture. 954.487.2367

#### **Beauty/Body Image Services**

An oncology esthetician can help to calm and hydrate the skin from side effects of chemotherapy and radiation, as well as assist with personal image recovery. Available every Tuesday & Wednesday on the third floor. 954.659.5840

#### Breast Cancer Book Club

Every other month, 954.659.5604

#### High Tea

Relax during tea time with patients, families, friends and staff. High Tea is held on the 1st floor of the Braathen Center on the 1st and 3rd Wednesday of each month. No reservations necessary. 2:00 p.m. – 3:30 p.m.

#### Massage Therapy

Complimentary one hour light massage that gently manipulates the soft tissues to release muscle tension and pain, ease anxiety, increase circulation, and help improve body function. 954.659.5840

#### Men's Support

Forum for men with cancer to provide group support and education. 954.389.2496.

#### **Music Therapy**

Explore the creative, expressive ways music can aid patients and family members during treatment through listening, reflecting, singing or playing. No musical background required. 954.487.2261

#### **Nutrition Services**

Individual and group sessions available for patients and families to discuss nutrition needs before, during, and after treatment. 954.659.5840

#### 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. 954.659.5840

#### **Social Work Services**

Assistance with resources including financial and emotional/social support. 954.659.5840

#### Survivorship Brunch

Survivorship is living with, through, and beyond cancer. This means that cancer survivorship starts at diagnosis. Last Friday of each month. 9:00 a.m. – 10:00 a.m. 954.487.2237

#### Wig Boutique

The wig boutique carries complimentary wigs, hats and other accessories for our patients actively undergoing treatment. Monday – Friday, 8:00 a.m. – 4:30 p.m. You can ask your nurse or social worker for more information.

#### Yoga

Complimentary classes. Gentle and chair yoga, for patients and caregivers. 954.487.2131