

Support Opportunities at the Cleveland Clinic Cancer Center

January – July 2019



Prostate Partners

This group is for patients and families coping with prostate cancer. It provides a forum to learn about prostate cancer and treatment options – as well as coping and everyday living – through interactive presentations and materials. This group provides a comfortable setting among peers for discussion, education and support through the recovery process. Spouses or significant others are encouraged to attend. Meetings are held on the third Tuesday of most months from 6:30 to 8:30 p.m. at The Gathering Place – West located at 25425 Center Ridge Road in Westlake, Ohio. For more information and a schedule of all the meetings and topics in 2019 can be obtained by contacting The Gathering Place at 216.595.9546 or visit their website at touchedbycancer.org.

Women with Gynecologic Cancers Forum

This is a group for women living with gynecologic cancers. This peer support environment offers women the chance to meet and share their feelings and concerns. Through education and mutual support, emotional and medical issues are faced together. Meetings are held on the first Thursday of most months from 5:30 to 7 p.m. in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. A light snack is provided. For a schedule of all the meetings, topics planned for 2019, and registration, please call Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org.

Oral, Head and Neck Cancer Support Group

This is a support group co-sponsored by SPOHNC, a national non-profit program of Support for People with oral

and head and neck cancer. Open discussion, education, and support are incorporated into these group meetings. This group meets on the second Thursday of most months from 4 to 5:30 p.m. in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. For a schedule of all the meetings, topics planned for 2019 and registration, please call Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org.

Blood Cancers Monthly Support Group

A monthly support group is co-sponsored by The Leukemia and Lymphoma Society and Cleveland Clinic Cancer Center Fairview Hospital. This group offers education and support to adults diagnosed with leukemia, Hodgkin's or non-Hodgkin's lymphoma, myeloma, multiple myeloma, and their family members and friends. Meetings are held on the third Wednesday of most months from 5:30 to 7 p.m. in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. A light snack is provided. For a schedule of all the meetings, topics planned for 2019 and registration, please call Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org.

The Lost Chord Club West

This group provides support for people who have lost their larynx from cancer.

Meetings are held on the first Friday of most months from 1:30 to 3 p.m. (excluding January, February, July, August, and the group meets at alternative locations in December and June) in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. For more information and registration, please call Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org.

Artistic Therapy Experience for Adult Cancer Patients

Bi-monthly artistic expression opportunity. A variety of creative experiences will help reduce stress and provide an expressive outlet to aid patients in coping with their cancer diagnosis. No prior art experience needed. Held third Friday (2 to 4 p.m.) and first Tuesday (10 a.m. to Noon) of most months in the first floor conference room of our Cancer Center. Registration is required. Call 216.476.7241 or email gwpaul@ccf.org.

New Beginnings – Monthly Bereavement Support Sessions

For those experiencing grief from the death of a Loved One. *Facilitated by Spiritual Care Professionals*
Fairview Hospital
Wellness Center
3035 Wooster Road
Rocky River, OH 44116
Room 100 – Second Tuesday
2:30 to 4 p.m. Facilitator
Sr. Paula Terese Pilon.
Registration appreciated.
Call toll free 216.444.9819

Continued

Information and Referral to Other Area Support Groups and Peer to Peer Support Programs

Many other local support groups are available for cancer patients and their families. Some of these support opportunities may be located closer to your home or may offer specific cancer related support. We are here to help you explore these resources. There are also several support programs that provide one on one contact via phone calls or emails by persons who have experienced similar cancers. The listing below are just some of the programs that we can refer you to for peer support.

- First Connection Program through the Leukemia Lymphoma Society for blood cancer patients
- The 4th Angel Program through the Scott Hamilton-CARES Foundation for cancer patients and caregivers
- The Lung Cancer Alliance Phone Buddy program
- Breast Cancer Connection-The Gathering Place
- Support for People with Oral, Head and Neck Cancers (SPOHNC) National Survivors Volunteer Network Program
- Colon Cancer Alliance's Buddy Program

For more information on these support opportunities, please contact Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org.

Medical Related Financial Consultation and Medical Billing Questions

The Cleveland Clinic health system has a financial assistance program. Consultation is available for patients being treated here at the Cleveland Clinic Cancer Center – Fairview Hospital. Appointments can be arranged by calling the Financial Coordinator at 216.476.7611.

Even with health insurance, the cost of cancer treatment can be challenging for patients and families. At Cleveland Clinic Cancer Center, our goal is to help ease the financial stress and hardship associated with your cancer care. Our financial navigators can:

- Contact your insurance plan to help determine what services are covered and minimize your out-of-pocket expenses
- Estimate the cost of your care
- Review options that may provide assistance with costs
- Connect you with resources to help minimize those costs

For help or information, please contact our Financial Navigator, 216.476.7005 or Patient Financial Advocate 216.476.7611

For assistance with CCF medical billing questions contact Customer Service at 216.636.8010.

Future Support Opportunities

Planning is underway for some future support opportunities. Please make sure you pick up the most recent copy of our *Cancer Center News*, a newsletter available throughout our center. Please ask a staff member to locate a copy if you cannot find one.

Questions? Call Gwen Paull, Oncology Social Worker, at 216.476.7241 or email gwpaul@ccf.org. Revision scheduled for December 31, 2019. Please ask Cancer Center staff for updated listing at that time.

Survivorship/Transition Program

Transition to life after active cancer treatment is an important part of your care. Our Cancer Center provides many opportunities to gain education and support that will ease this transition to a healthy life after cancer. Depending on your diagnosis and treatment you may be provided a group or individual visit outlining your specific care plan and receive a personalized Treatment Summary document, a Survivorship Care Plan and an individualized Personal Wellness Plan. If you have questions or would like more information regarding these survivorship tools please contact Jean Ellsworth-Wolk, Cancer Rehabilitation/Survivorship Coordinator at 216.476.0683 or email: jeells@ccf.org.

Facing Forward – Live: For Breast Cancer Patients Who Recently Completed Cancer Treatment

This two-hour educational program is designed for breast cancer patients who have recently completed treatment. Information will be presented to ease the transition from active treatment to follow-up. A medical oncology nurse and an oncology social worker will meet with a pre-scheduled small group of patients. Staff will answer questions and provide resources regarding your physical, emotional and social health following cancer treatment. This is part of your treatment plan and there is no cost for this session. Sessions are scheduled on the first and third Tuesday of most months. We have morning and afternoon sessions planned. If you have questions regarding how to be scheduled for this session ask your Oncology Nurse, or please call Jean Ellsworth-Wolk at 216.476.0683.

Cancer Survivorship 101: Fitness Forward

An exercise program designed for patients who have recently completed cancer treatment. A certified Athletic Trainer in Collaboration with oncology staff will create a one on one personalized fitness program. For more information contact Jean Ellsworth-Wolk at 216.476.0683.

Lymphedema Awareness Opportunity

Lymphedema is a condition that may occur following cancer treatment and post-surgical trauma. In 2019, this class will address the signs and symptoms, the population at risk and presentation of this condition. Resources and techniques for management and treatment options will also be presented by a Certified Lymphedema Therapist and Licensed Occupational Therapist. This class will be held in the 1st floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion on Jan. 9, April 10, July 10, and Oct. 9 from 5 to 7 p.m. For more information and registration, please call Jean Ellsworth-Wolk at 216.476.0683.

Weight Loss Class for Breast Cancer Survivors – led by Registered Dietitian For post-treatment breast cancer patients

Classes are designed to encourage healthy behaviors that support gradual, sustainable weight loss, decrease cancer recurrence risk and improve overall health and well being. Contact Jean Ellsworth-Wolk for dates, additional information & required pre-registration at 216.476.0683.