Support Opportunities at the Cleveland Clinic Cancer Center
January - June 2016

Look Good...Feel Better®
A free, non-medical product-neutral program offered in partnership with the American Cancer Society, the National Cosmetology Association, and Personal Care Products Foundation. A trained, volunteer cosmetologist teaches women how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry. This is a supportive group environment that helps patients combat the appearance related side effects of cancer treatment. The program is held the second Tuesday of most months from 5 – 7 p.m. in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. To make reservations call the American Cancer Society at 1.800.227.2345 by the Friday prior. This is a free program and participants will be given a free make-up kit. For more information, please contact Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org.

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. The group is co-sponsored with The Gathering Place. Meetings are held on the third Tuesday of most months from 6:30 – 8:30 p.m. at The Gathering Place-West located at 800 Sharon Drive in Westlake, Ohio. There are meetings three times a year when the East and West groups join together for a combined meeting. For more information, please contact Bill Moore, coordinator, at 216.381.8573, or Gwen Paull, Oncology Social Worker, at 216.476.7241 or email: gwpaul@ccf.org. A schedule of all the meetings and topics in 2016 can be obtained by contacting The Gathering Place at 216.595.9546 or visit their website at www.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 1st Thursday of most months from 5:30 – 7 p.m. in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. A light dinner snack is provided. For a schedule of all the meetings, topics planned for 2016, 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 – 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 2016 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 The 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 – 7 p.m. in the first floor conference room of the Cleveland Clinic Cancer Center, Moll Pavilion. A light dinner snack is provided. For a schedule of all the meetings, topics planned for 2016 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 – 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.

Families Affected by Cancer – Helping Children Cope with a Loved-Ones Cancer
If you or a family member have concerns about how a child or grandchild is understanding, responding, or coping with a diagnosis of cancer, a Child Life Specialist is available to speak with you, with or without the child. Guidance and education will teach you how to help the children in your life cope with the presence of cancer. This consultation is a free service. You can reach a Child Life Specialist through the Cancer Center Oncology Social Workers.
- Radiation Oncology: Peggy Filippi, LISW-S at 216.476.7039
- Medical Oncology-Chemotherapy: Nicole Herbst, LSW at 216.476.0958

Artistic Therapy Experience for Adult Cancer Patients
Monthly artistic expression opportunity facilitated by Lisa Shea, art therapist. 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 of most months in the first floor conference room of our Cancer Center, 2 – 4 p.m. Registration is required. Call 216.476.7241 or email gwpaul@ccf.org.

Facing Our Risk of Cancer
Empowered - Westside Location
FORCE is a national nonprofit organization devoted to improving the lives of people and families affected by hereditary breast and ovarian cancer. Local group was organized in 2013 to provide support, education and empowerment to women. Quarterly meetings hosted by our Cancer Center are coordinated by Donna Amendola. Contact her at donna@facingsourrisk.org to join this supportive group. Meetings: January 25, 2016 and April 25, 2016. 7 – 9 p.m.
Grief Recovery® Series
This is a 8-week program for people who have experienced a recent loss facilitated by hospital chaplains who are certified grief recovery specialists. A $25 fee includes the Grief Recovery book. Scholarships are available if needed. Registration is required. Please call 216.476.7067.

Dates:
- Winter: Fairview Wellness Center, 10:30-noon, Tuesdays, starting January 26th, Room 103
- Spring: St Mary in the Woods - Avon Ohio, 6:30-8:00 pm, Wednesdays, starting April 6th
Each class runs for 8 consecutive weeks.

New Beginnings - Monthly Bereavement Drop-in Support Sessions
Facilitated by Spiritual Care Professionals
Fairview Hospital Wellness Center
3035 Wooster Road Rocky River, OH 44116
Room 100 – 2nd Tuesday 1:30-3:00 pm
Rev. Mark Oster leads these groups.
Registration required. Call Toll Free 844-204-7433

Cancer Survivorship Program
Patients who are treated at The Cleveland Clinic Cancer Center at Fairview Hospital have access to education, services and support that assist in the transition after treatment. In addition to attending classes, patients may 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 Patients Who Recently Completed Cancer Treatment
This two-hour educational program is designed for patients who have recently completed chemotherapy or radiation therapy. 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 the month. We have afternoon and evening sessions planned. If you have questions regarding how to be scheduled for this session ask your Oncology Nurse, 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
Series of 4 classes designed to encourage healthy behaviors that support gradual, sustainable weight loss, decrease cancer recurrence risk and improve overall health and well being.

Classes: January 7, 14, 21, 28, 2016 12:30 – 2:00 p.m.
An April Session is planned
Contact Jean Ellsworth-Wolk for additional information & required pre-registration 216.476.0683

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
- Reach for Recovery Program through the American Cancer Society for Breast Cancer Patients
- 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 Regina Belardo, Financial Coordinator at 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 bi-monthly newsletter available throughout our center. Please ask a staff member to locate a copy if you cannot find one.

You can access archived newsletters and current information on our website at www.fairviewhospital.org/cancer.

Questions? Call Gwen Paull, Oncology Social Worker, at 216.476.7241 or email gwpaul@ccf.org. Revision scheduled for June 30, 2016. Please ask Cancer Center Staff for updated listing at that time.