

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

### Monthly events and updates

#### Brain Tumor Support Group

Fourth Tuesday, 5-6 p.m.  
Virtual meeting on Zoom, call 216.636.0007 select option 2 to register.

#### Survive and Thrive – Virtual Support Group Education Series

For questions or to register call 216.445.2273.

#### Caring for the Care Partner – Virtual Education Series

If you are caring for a loved one living with cancer, you are not alone. We are here to support you. For questions or to register call 216.445.2273.

#### Virtual Nutrition and Culinary Medicine Program

Thursday, April 4<sup>th</sup> at 12:30 p.m. – 1:30 p.m.  
For questions or registration, please contact Danielle Riedel 216.630.8648.

**Virtual Yoga:** Choose from over 200 free yoga classes that you can access anytime, anywhere. To find classes, go to YouTube and search Kim Mazzone. For questions, email [MAZZONK@ccf.org](mailto:MAZZONK@ccf.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Yoga is now being held on the 5 <sup>th</sup> floor in conference room CA5-120A.	9-11 a.m. Art Therapy (open studio)	10 -11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr 1-3 p.m. Art Therapy (open studio)	9 -11 a.m. Art Therapy (open studio) 1:30-2:30 p.m. Guest musician *Lobby	10 -11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr 1-3 p.m. Art Therapy (open studio)	9-11 a.m. Art Therapy (open studio)	
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	9-11 a.m. Art Therapy (open studio)	10 -11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr 1-3 p.m. Art Therapy (open studio)	9 -11 a.m. Art Therapy (open studio) 1:30-2:30 p.m. High Tea w/ Guest Musician *Lobby	10 -11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr 1-3 p.m. Art Therapy (open studio)	9-11 a.m. Art Therapy (open studio)	
	9-11 a.m. Art Therapy (open studio)	10 -11:30 a.m. Yoga *CA5-120A/5 <sup>th</sup> flr 1-3 p.m. Art Therapy (open studio)				



## Patient and Family Support Services

Located on the 1<sup>st</sup> floor of the Taussig Cancer Center For more information on any of the services listed, call the Patient Resource Center at 216.445.CARE (2273), unless otherwise indicated.

\*The term care partner refers to the patient's family member or loved one supporting the patient throughout the treatment.

### **Patient Resource Center**

The Scott Hamilton & Helen McLoraine Patient Resource Center provides brochures, a lending library, Internet access, and information on support groups, patient and family related events, transportation and lodging. Monday–Friday, 7:30 a.m.–4 p.m. 216.445.CARE (2273)

### **4th Angel Mentoring Program**

The Cleveland Clinic 4th Angel Mentoring Program is an innovative, interactive approach to cancer support in which patients and caregivers are matched with trained volunteer mentors with similar age and cancer experiences. The program is a national, free service that emphasizes one-on-one contact to best empower caregivers and patients with knowledge, awareness, hope and a helping hand.

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

### **Art Therapy**

Patients and care partners can explore the expressive, healing power of art using a variety of media, including drawing, painting, collage and beading. 216.444.2479

### **Chemocare.com**

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

### **Guest Musician**

A weekly series of live performances where patients, families, friends and staff can engage with local artists. The musical performances are held in the lobby. Wednesdays, 1:30–2:30 p.m.

### **Mindfulness Meditation and Guided Meditation**

A trained and certified meditation guide provides mindfulness meditation and guided meditation services to patients and their care partners in the Taussig chemotherapy treatment suites and in Taussig's first-floor meditation suite on Tuesdays and Wednesdays, 9:30 a.m.–2:30 p.m. Meditation promotes stress reduction, relaxation, and mindfulness by focusing

the attention on the breath or a calming mental visualization suggested by the meditation guide. Virtual meditation is also available through MyChart virtual visits. Call for an appointment. 216.445.9415

### **Music Therapy**

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

### **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**

This wellness therapy reduces stress and anxiety and increases relaxation and energy levels through the “power of gentle touch.” Reiki therapy is provided by Reiki Masters in the Taussig chemotherapy treatment rooms and the private Reiki room in the first-floor Patient Boutique for patients and care partners on Tuesdays and Wednesdays, 9:30 a.m.–2:30 p.m. Virtual Reiki is also available through MyChart virtual visits. Call for an appointment. 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**

Patients and care partners are welcome to discover the healing practice of yoga. Yoga can help promote relaxation, reduce stress and anxiety, increase energy and strength, and improve flexibility and overall sense of well-being. These complimentary classes are located on the fifth floor of the Taussig Cancer Center. No reservations necessary. Tuesdays and Thursdays, 10–11:30 a.m. If you have any questions, please email [MAZZONK@ccf.org](mailto:MAZZONK@ccf.org)