

Volume 13 Issue 1

Jan | Feb | Mar 2019

## Gain help in executing your Advanced Directives

Start off the New Year by not procrastinating



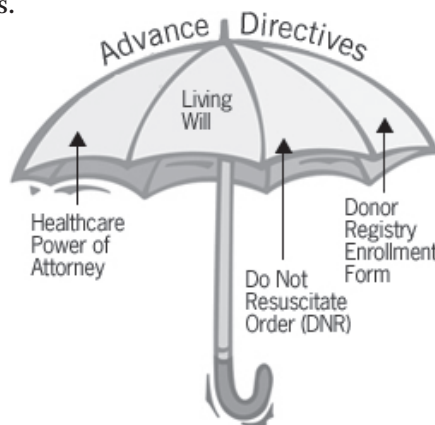
Advance directives are documents that state your choices for health care, or name someone to make those choices, if you become

unable to make decisions. Through advance directives, such as living wills and durable powers of attorney for health care, you can make legally valid decisions about your future medical treatment.

Beginning in February, our patients will have an opportunity to have assistance with completing and executing their Advance Directives. Our Social Work staff will offer education and notarization of the forms. This one hour session will be held once a month – 3rd Wednesday from 10-11am in our 1st Floor Conference room. Forms and a notary will be provided at no charge. If you wish to execute these documents at this program, please note that photo identification is required for notarization. Pre-registration is recommended but not necessary.

Our Social Work staff is also available to assist you with these documents individually if you are unavailable during this program's specific times.

**Call Gwen Paull**  
**at 216-476-7241**  
**or email**  
**gwpaul@ccf.org.**



## Benefits of Art Therapy

Discover the healing power of art by participating in our cancer center's Art Therapy Sessions. We welcome patients who are being treated, families, and caregivers who work at the cancer center to express themselves through art. Research has shown that people with cancer who engage in creative arts therapy experience less depression and anxiety than those who don't.

You don't have to be an artist, or even like art to benefit. The only requirement is an open mind and the ability to utilize your hands. Please consider joining us for an upcoming Art Therapy Experience.

### We have two sessions each Month

First Tuesday of the Month 10am – noon  
Third Friday of the Month 2-4 pm

Cleveland Clinic Cancer Center – Fairview  
18200 Lorain Road

Moll Pavilion 1st floor conference room

### Art Therapy Sessions for 2019 include:

January 18	Snow Globes
February 5 & 15	Winter Bird House Decoration
March 5 & 15	Journal Making
April 2	Silk Painting
May 7 & 17	Jewelry Making
June 4 & 21	Alcohol Ink Exploration
July 2 & 19	DIY Picture Frames
August 6 & 16	Mixed Media Art
September 3 & 20	Fall Door Decor
October 1 & 18	Printmaking
November 5 & 15	Beaded Book Marks
December 3 & 20	Resist Painting

**Pre-registration is required:**

**Contact Gwen Paull at 216-476-7241**  
**or email gwpaul@ccf.org.**

# Important Dates

## January 2019

**Jan. 9 5:30-6:30** **Lymphedema Awareness Education Class**  
Annette Lipaj, OT/L, CLT  
Moll Pavilion 1st Floor Conference Rm  
Call 216-476-0683 for registration

**Jan. 18 10:00-12:00** **Art Therapy Experience**  
*Snow Globes*  
Tammy Shella – Art Therapist  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration.  
216-476-7241 or gwpaul@ccf.org

## February 2019

**Feb. 5 10:00-12:00** **Art Therapy Experience**  
*Winter Bird House*  
Tammy Shella – Art Therapist  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration.  
216-476-7241 or gwpaul@ccf.org

**Feb. 7 5:30-7:00** **Women with Gynecologic Cancers Forum**  
Education/Support Group  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration  
216-476-7241 or gwpaul@ccf.org

**Feb. 14 4:00-6:00** **Support Group for Patients with Oral, Head, Neck Cancers**  
**SPOHNC Monthly Support Group**  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration  
216-476-7241 or gwpaul@ccf.org

**Feb. 15 10:00-12:00** **Art Therapy Experience**  
*Winter Bird House*  
Tammy Shella – Art Therapist  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration.  
216-476-7241 or gwpaul@ccf.org

**Feb. 20 10:00-12:00** **Advances Directives Program**  
Education regarding Advanced Directives and Notarization of the forms.  
Peggy Filippi, LISW-S & Gwen Paull, LISW-S  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration.  
216-476-7241 or gwpaul@ccf.org

**Feb. 20 5:30-7:00** **Cleveland-Westside Blood Cancer Support Group**  
*Co-Sponsored by The Leukemia and Lymphoma Society*  
Support for Adult patients, and Family Members -Educational/Support Group  
Moll Pavilion 1st Floor Conference Rm  
Contact Gwen Paull for registration.  
216-476-7241 or gwpaul@ccf.org

## March 2019

**Mar. 5 10:00-12:00** **Art Therapy Experience**  
*Journal Making*  
Tammy Shella – Art Therapist  
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