

June 2017 Member Activity Calendar



Membership is Free and Easy!

Anyone diagnosed with cancer, their family and friends are eligible for membership at Gilda's Club. To join:

1. Call 563-326-7504 or email Melissa@gildasclubqc.org to schedule an appointment for a New Member Meeting.
2. Attend the New Member Meeting and complete the CancerSupportSource (CSS) on site or online.
3. Join us for any support group, program or activity!

New Member Meeting: One-time meeting to learn more about what Gilda's Club offers, tour the clubhouse and sign up for membership.

Pre-Registration: Please register for any activity you want to attend at Gilda's Club and cancel if you change your mind. All workshop and lecture facilitators are volunteers and we like to give them as much notice as possible in regards to those supplies needed and room set-up. If food is involved it is important for us to know how many to expect. Some activities may be cancelled if we do not have enough people signed up, so please call ahead of time if you have not reserved a spot.

When you (or your kids) are sick: Please be considerate and stay home until you feel better when you have a contagious cold or flu, as this puts those with compromised immune systems at risk.

Weather: If the weather is bad please call ahead of time or check our Facebook page to see if the scheduled activity is still being held. Generally, we will follow suit with the community schools.

Support Groups

We ask that you attend a New Member Meeting and speak to a Gilda's Club staff person before attending a support group.

Wellness Groups: Weekly support groups for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Facilitated by Melissa Wright, LMSW, OSW-C and Anita Shaft, LMSW.

Muscatine Wellness Group: Bi-monthly support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Facilitated by Maria Ricaurte Romza, LISW. Meets in the 2nd Floor Gathering Room at First Presbyterian Church (401 Iowa Avenue). Please use 4th Street entrance.

Young Adult Group: Monthly support group for young adults, ages 18 – 39, with any type of cancer diagnosis. Facilitated by Anita Shaft, LMSW

Family Group: Weekly support group for family members and friends of those with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. This is separate from the Wellness Group. Facilitated by Kelly Hendershot, LMSW.

Gynecological Cancer Group: A monthly support group for those diagnosed with gynecological cancers.

Grief Connection: An ongoing bi-monthly grief support group.

Gilda's Club Davenport Hours:

Monday 8:00 AM - 5:00 PM
 Tuesday-Friday 8:00 AM - Last Scheduled Activity
 Saturday/Sunday—Closed

Gilda's Club Muscatine Office Hours:

Thursdays 9:00 AM - 2:00 PM
 1808 Mulberry Avenue, 3rd Floor, Senior Resources, Muscatine, IA
 563-263-7292 x109

Noogieland

Noogieland is for children/teens affected by cancer:

Kid Support: Peer group for children ages 4-12. Facilitated by Anita Shaft, LMSW.

Noogie Nights: Supervised playtime for young children.

Teen Time: A weekly group for teens ages 12 to 18.

Mel's Melodies: Guitarist Mike Cochrane will perform soft classic rock like the Beatles, Bread, America, etc. for the kids. This Noogieland event is made possible by the Melanie Cookson Music Memorial Fund.

Nutrition & Mindfulness Workshop Series: Kids and teens are invited to join us for a series of introductory workshop classes focusing on mindfulness & incorporating healthy snack options into your diet. Noogieland members will participate in yoga, Tai Chi, & meditation. Each session ends with a hands-on, budget-friendly healthy snack demonstration with samples. Program is made possible by the Kiwanis Club of Geneseo.

Healthy Lifestyle Activities

Creative Sessions: Paper Making: Most artists, musicians, philosophers, etc. capture their ideas on paper as they begin a creative project. Where do we get this all-important paper? Find out how to make your own magic paper in this creative session with Dawn Wohlford-Metallo. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health — Trinity, Komen Greater Iowa, and the Pink Pajama Party.

Group Meditation: Join Angela Swanson of Cloud Nine Meditation as she leads discussion and group meditation.

Yoga Workshop Series for Cancer Survivors & Caregivers in Muscatine: This 6-week series is tailored for cancer patients in treatment, cancer survivors/those that have completed treatment, and individuals that provide cancer care to a loved one.

Yoga: Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. Facilitated by Melissa Wright, Yoga 4 Cancer Certified.

Educational Programs

Your Life, Your Legacy: Yolanda Morgan, Community Outreach Coordinator with Runge Mortuary and Crematory, will talk about how pre-planning not only lets you decide how you want to be remembered, but also allows you to take some of the stress off your loved ones by leaving them with a peace of mind.

Grassroots Advocacy Workshop: Join us for this interactive workshop to learn the basics of advocacy, why it's important, and how your voice and actions can directly affect our community, state and nation. Dinner provided.

Traditional Chinese Medicine & Cancer Care: Veronica Reavis, Dipl.OM, LAc. of Prairie Jewel Acupuncture will join us at First Presbyterian Church in Muscatine (401 Iowa Avenue, 2nd Floor Gathering Room) to educate participants on how TCM – such as acupuncture and herbs – may be used as complementary cancer care. Participants are welcome to stay for the Wellness Group after the presentation until 8:00 pm.

Frankly Speaking about Cancer: Immunotherapy: Presented by Dr. David Mercer of Iowa Cancer Specialists. Information on how the immune system works, immunotherapy treatments and side effect management.

From Cancer to Health™: This program teaches strategies to help manage stress, ways to lessen the impact of physical symptoms of cancer, and skills to cope with common problems faced by people with cancer.

Social Events

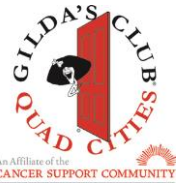
Community Night at the Ball Park: Join other members and families at Modern Woodmen Park. Limited vouchers for Berm Seating. Pick tickets up at Gilda's Club.

Gilda Radner's Birthday Celebration: Join us at the Clubhouse to celebrate Gilda's 71st birthday! We'll enjoy lunch, cake (of course!) and a screening of "Saturday Night Live: The Best of Gilda Radner."

Coffee Club: Social gathering to visit over coffee.

June 2017 Happenings

Reservations: 563-326-7504
 1234 East River Drive
 Davenport, Iowa 52803
www.gildasclubqc.org
facebook.com/GildasClubQC



Guide: **SG** Support Group **CT** Children/Teen **EP** Educational Programs **HL** Healthy Lifestyle Activities **SE** Social Events **G** Geneseo **M** Muscatine

Recurring Events

Unless noted, these activities occur weekly.

Mondays

2:00 – 3:00 PM

HL Yoga

Tuesdays

1:00 – 3:00 PM

SG Wellness Group

6:00 – 8:00 PM

SG Grief Connections, 6/6 & 6/20

Wednesdays

6:00 – 8:00 PM

SG Wellness Group

SG Family Group

CT Noogie Nights

CT Teen Time

CT Young Adult Group, 6/21

Thursdays

10:00 – 11:30 AM

EP From Cancer to Health™

1:00 – 1:45 PM

HL Group Meditation, 6/1 & 6/15

2:00 – 3:00 PM

HL Yoga

6:00 – 7:00 PM

M HL Yoga Workshop, 6/1 – 7/6

6:00 – 7:30 PM

SG Gynecological Group, 6/8

6:00 – 8:00 PM

SG M Wellness Group, 6/1 & 6/15

Fridays

10:00 AM – 12:00 PM

SE Coffee Club



For more details and to register, please call Gilda's Club at 563-326-7504 or email gc@gildasclubqc.org.

If you have questions or special requests for program activities, we'd love to hear from you.

Monday	Tuesday	Wednesday	Thursday	Friday
Clear the Clutter Club: Monday, June 12th & 26th, 12:30-1:30 PM Join us for this new networking opportunity! Participants of our May "Organize and De-Clutter" workshop want to continue to meet regularly to talk about creating clean, simple spaces, free of clutter. This will be a casual meeting for sharing ideas, resources, and camaraderie. If you are interested in becoming more organized, downsizing or just need some ideas on how to get rid of things you don't use anymore, then this group is for you.			1 HL Group Meditation with Angela Swanson 1:00 – 1:45 PM M HL Muscatine Yoga Workshop Series 6:00 – 7:00 PM	2 SE Gilda's Club Community Night at the Ball Park 6:35 PM <i>Pick Up Tickets at Gilda's Club</i>
5	6	7 CT Mel's Melodies: Mike Cochrane During Noogie Nights	8 M HL Muscatine Yoga Workshop Series 6:00 – 7:00 PM	9
12 CT Children & Teen Nutrition & Mindfulness Workshop Series: Yoga 3:30 – 5:00 PM	13 EP Your Life, Your Legacy 6:00 – 7:00 PM	14	15 HL Group Meditation with Angela Swanson 1:00 – 1:45 PM EP Grassroots Advocacy Workshop 6:00 – 7:00 PM, Dinner Included	16
19	20 HL Creative Sessions: Paper Making 6:00 – 8:00 PM	21 SG Young Adult Group 6:00 – 8:00 PM	22 M HL Muscatine Yoga Workshop Series 6:00 – 7:00 PM	23
26 CT Children & Teen Nutrition & Mindfulness Workshop Series: Yoga 3:30 – 5:00 PM	27	28 SE Gilda's Radner's Birthday Celebration! 11:30 AM – 1:30 PM, Lunch Provided	29 EP Frankly Speaking about Cancer: Immunotherapy 5:30 – 8:00 PM, Dinner Included M HL Muscatine Yoga Workshop Series 6:00 – 7:00 PM	30

Thursday, June 15th Continued
M HL Muscatine Yoga Workshop
 6:00 – 7:00 PM
M EP Traditional Chinese Medicine & Cancer Care
 6:00 – 7:00 PM

Yoga Workshop Series for Cancer Survivors and Caregivers in Muscatine

Starting June 1st, 6:00 – 7:00 PM
Senior Resources, Adult Day Area
1808 Mulberry Avenue, Muscatine

This 6-week series is composed of 4 sessions of Chair Yoga (led by Kelly Hendershot, LVCY certified) and 2 sessions of Traditional Yoga (led by Melissa Wright, RYT-200, Yoga 4 Cancer Certified). Sessions are tailored for cancer patients in treatment, cancer survivors/those that have completed treatment, and individuals that provide cancer care to a loved one.

This program is made possible by a Community Foundation of Greater Muscatine grant.

Nutrition & Mindfulness Workshop Series

June 12th & 26th, 3:30 – 5:00 PM

Kids and teens are invited to join us for a series of introductory workshop classes focusing on mindfulness & incorporating healthy snack options into your diet.

This month's focus will be on learning yoga for adding flexibility, stress-reduction and breathing into daily routines. Sessions end with a hands-on, budget-friendly healthy snack demonstration with samples.

This program is made possible by the Kiwanis Club of Geneseo.

Grassroots Advocacy: Translating Your Experience into Action Workshop

Featuring: Grant Cale, State Government Affairs & Advocacy, Bristol-Myers Squibb
Thursday, June 15th, 6:00 – 7:00 PM
Dinner provided

Your voice can make a difference! Advocates can take on many roles including looking out for the interest of loved ones going through treatment and speaking for an issue or cause that's important to you. Join us for this interactive workshop to learn: the basics of advocacy, why it's important, particularly as it pertains to healthcare, and how your voice and actions can directly affect our community, state and nation.

Frankly Speaking about Cancer: Immunotherapy

Featuring: David Mercer, M.D., Iowa Cancer Specialists

Thursday, June 29th, 5:30 PM – Dinner included

This free workshop offers information on one of the most exciting new discoveries and treatments for cancer, immunotherapy. We will learn how the immune system interacts with cancer, treatments that are currently available, as well as, treatments that are being developed, and tips to manage common side effects. Participants will also learn ways to cope with the social and emotional challenges of a cancer diagnosis.

