

August 2017 Member Activity Calendar



Membership is Free and Easy!

Anyone impacted by cancer is eligible for membership. To join:

1. Call 563-326-7504 or email Melissa@gildasclubqc.org to schedule appointment for a New Member Meeting.
2. Attend a 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.

Interested in Obtaining Resources Personalized to Your Needs?

As part of our standard of care we are pleased to offer a nationwide program, Cancer Support Source™, an innovative online questionnaire designed to help you identify your specific personal needs that are unique to your experience. Based upon your Personal Support Care Plan™, Gilda's Club Program staff will help link you to important information and resources that will help to reduce the distress that cancer can often bring. Whether you were recently diagnosed, living with cancer for some time, or a caregiver this program can be very helpful.



Pre-Registration: Please register for activities you want to attend, and cancel if you change your mind. Volunteers facilitate all workshops and lectures. We like to give them as much notice as possible in regards to supplies needed and room set-up based on pre-registration. If food is involved, it is important for us to know how many to expect. 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.

SG Support Groups

Please attend a New Member Meeting 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

Davenport Hours:

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

Muscatine Office Hours:

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

CT 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.

Camp Reunion Potluck: Attendees of this summer's Camp Sparkle program and their families are invited to gather at the Clubhouse to share memories, catch up and eat great food. Please bring a side dish or dessert to share.

Nutrition & Mindfulness Workshop Series: 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.

HL Healthy Lifestyle Activities

Creative Sessions: Ukulele: This month's Creative Sessions will be learning to play the Ukulele with Erin Mahr. Families are encouraged to sign up as a fun activity to do together. 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.

Clear the Clutter Club: This bi-monthly group is 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.

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.

Chair Yoga: Get Fit Where You Sit™ by adapting traditional yoga poses to a chair. Facilitated by Kelly Hendershot, LVCYT.

EP Educational Programs

Sugar and Stress Workshop: Allison Castle, Holistic Health Coach at Castle Health & Wellness, will join us to talk about sugar cravings, the impact of sugar on the body, an exercise called the wheel of life to see where they may be using sugar to fill a void in their life, tips to reduce sugar intake, information on artificial sweeteners and natural alternatives and a recipe and sample for flourless almond butter brownies that use maple syrup instead of sugar.

Positive Thinking: When Life Gives You Lemons: Positive thinking is powerful! It can help turn a difficult situation into one that's manageable -and sometimes even enjoyable. Presenter Courtney Stowe will teach how to look on the bright side and bring more happiness, connection, and gratitude to your life.

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. Please call 563-326-7504 or email melissa@gildasclubqc.org for upcoming sessions.

CT Social Events

Coffee Club: Social gathering to visit over coffee.

August 2017 Happenings

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



Guide: Support Group Children/Teen Educational Programs Healthy Lifestyle Activities Social Events Muscatine

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | 1 Kids Night at the River Bandits August 7th, 6:30 PM | 2 | 3 SESSION BEGINS Muscatine Yoga Workshop Series 10:00 – 11:00 AM Group Meditation with Angela Swanson 1:00 – 1:45 PM | 4 |
| 7 Children & Teen Nutrition & Mindfulness Workshop Series: Meditation 3:30 – 5:00 PM | 8 One Step has donated a limited number of vouchers for kids 14 and under. The vouchers are good for 1 free admission to this game only. Reserve your ticket before supplies run out. | 9 | 10 Muscatine Yoga Workshop Series 10:00 – 11:00 AM | 11 |
| 14 Clear the Clutter Club 12:30 – 1:30 PM Nutrition & Mindfulness Workshop Series: Tai Chi 3:30 – 5:00 PM | 15 Creative Sessions: Ukulele with Erin Mahr 6:00 – 8:00 PM | 16 Young Adult Group 6:00 – 8:00 PM | 17 Muscatine Yoga Workshop Series 10:00 – 11:00 AM Group Meditation with Angela Swanson 1:00 – 1:45 PM | 18 Sugar & Stress Workshop Featuring: Allison Castle, Holistic Health Coach, Castle Health & Wellness Location: First Presbyterian Church, Muscatine, IA August 17th, 6:00 – 8:00 PM This workshop will include information on sugar cravings and what they mean, the impact of sugar on the body, tips to reduce sugar intake, information on artificial sweeteners and natural sweetener alternatives and a recipe and sample of a sweet treat. |
| 21 | 22 | 23 | 24 Muscatine Yoga Workshop Series 10:00 – 11:00 AM | 25 |
| 28 Clear the Clutter Club 12:30 – 1:30 PM | 29 Camp Sparkle Reunion Potluck Please bring a side dish or dessert to share. 5:30 PM | 30 | 31 Muscatine Yoga Workshop 10:00 – 11:00 AM Positive Thinking: When Life Gives You Lemons... 6:00 – 7:30 PM | |

Recurring Events

Unless noted, these activities occur weekly.

Mondays

2:00 – 3:00 PM
 Yoga

Tuesdays

1:00 – 3:00 PM
 Wellness Group
 5:15 – 6:00 PM
 Chair Yoga
 6:00 – 8:00 PM
 Grief Connections, 8/1 & 8/15

Wednesdays

6:00 – 8:00 PM
 Wellness Group
 Family Group
 Noogie Nights
 Teen Time
 Young Adult Group, 8/16

Thursdays

10:00 – 11:00 AM
 Yoga Workshop
 1:00 – 1:45 PM
 Group Meditation, 8/3 & 8/17
 2:00 – 3:00 PM
 Yoga
 6:00 – 7:30 PM
 Gynecological Group, 8/10
 6:00 – 8:00 PM
 Wellness Group, 8/3

Fridays

10:00 AM – 12:00 PM
 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.

Nutrition & Mindfulness Workshop Series
August 7th & 14th, 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 meditation and tai chi 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.

Positive Thinking: When Life Gives You Lemons...
Featured Speaker: Courtney Stowe, Humana MarketPoint
Thursday, August 31st, 6:00 – 7:30 PM
 Positive thinking is powerful! It can help turn a difficult situation into one that's manageable – and sometimes even enjoyable. Courtney Stowe will teach how to look on the bright side and bring more happiness, connection, and gratitude to your life.

Weekly Chair Yoga, Tuesdays, 5:15 – 6:00 PM
 Get Fit Where You Sit™ by adapting traditional yoga poses to a chair. You'll build strength & flexibility in safe ways, stimulate your immune system & builds bone density, detoxify the body and cultivate a sense of well-being. Facilitated by Kelly Hendershot, LVCYT.

Frankly Speaking about Cancer: Clinical Trials
Tuesday, September 12th, 5:30 – 8:00 PM
 This free workshop focuses on building awareness about clinical trials. People impacted by cancer and their loved ones are invited to join us as we learn how trials are structured, and how to foster an open dialogue with their health care team about the eligibility and the viability of clinical trials as a treatment option.
 The workshop will be broadcasted using Facebook Live. #GCQCTrials
 Provided through unrestricted educational grants from: Pfizer, Astellas, Celgene & Takeda Oncology.

Enhancing Connections
Starts Wednesday, September 13th, 6:00 – 7:30 PM
 You have cancer. In addition to questions you have about your health, you may also be wondering about the best way to discuss the diagnosis with your children. The Enhancing Connections Program is designed to assist you in helping your 5 to 17-year old with your cancer.
 This program is available to parents within 12 months of diagnosis and with early stage cancer (Stage 0-III).
 Please contact Anita with questions.