

October 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.

Breast Cancer Group: A monthly support group for breast cancer patients, survivors and family members.

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.

Noogiefest: Noogiefest is a free Halloween party for children and their families. Children must be accompanied by an adult; costumes encouraged; free event open to the community.

HL Healthy Lifestyle Activities

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. Topics include organizing and downsizing.

Creative Sessions: Clay - The Shape of Things to Come: Join local artist Lynn Gingras-Taylor for an exploration of art using clay. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health — Trinity, Komen Greater Iowa, and the Pink Pajama Party.

Labyrinth Workshop: Join Sunflower Labyrinth Facilitator Dolores Sierra in learning how labyrinths can be a useful tool for self-discovery.

Yoga Workshop Series for Cancer Survivors & Caregivers in Muscatine: This 6-week series is tailored for cancer patients/survivors 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

Oral Health for Life: Your mouth, like other parts of your body, is affected by various cancer treatments. Join us at First Presbyterian Church in Muscatine to learn more about dental care and your body at this informative workshop, led by Rikki Hetzler RDH, BSHA, I-Smile Coordinator at Trinity Muscatine Public Health.

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.

Jelly Belly: The abdominal muscles are a unique muscle group and require quality exercises. Curl ups, chin tucks and sit ups are not helpful for most adults. Dr. Beth Shelly, PT, DPT, WCS, BCB PMD specializes in pelvic health and lymphedema. Class size permitting, we will practice some of the exercises.

Sisterly Advice to BEAT Ovarian Cancer: Learn about Hereditary Breast and Ovarian Cancer (HBOC); screening tests and reducing your risk of developing other cancers. Presented by Jodie Kavensky, NormaLeah Ovarian Cancer Initiative.

Cervical Health Awareness: Melissa Bell of Care for Yourself will join us at First Presbyterian Church in Muscatine to talk about cervical health.

Enhancing Connections: This program meets every other Wednesday for a total of five sessions and is available to parents within 12 months of diagnosis and with early stage cancer (Stage 0-III).

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.

SE Social Events

Oktoberfest Potluck: Please join us for great German food and celebration. We'll provide the main dish. Please bring a German side-dish, salad or dessert to pass. Space is limited so RSVP today!

Halloween Movie & Pumpkin Decorating: Join us for a fun day of pumpkin decorating and a viewing of the movie "Hocus Pocus".

Coffee Club: Social gathering to visit with other members over coffee.

October 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 **M** Muscatine

Recurring Events
 Unless noted, these activities occur weekly.

Mondays

2:00 – 3:00 PM
HL Yoga
3:30 – 5:00 PM
EP From Cancer to Health™

Tuesdays

1:00 – 3:00 PM
SG Wellness Group
6:00 – 8:00 PM
SG Grief Connections, 10/3 & 10/17

Wednesdays

6:00 – 8:00 PM
SG Wellness Group
SG Family Group
CT Noogie Nights
CT Teen Time
CT Young Adult Group, 10/18

Thursdays

1:00 – 1:45 PM
HL Group Meditation, 10/5 & 10/19
2:00 – 3:00 PM
HL Yoga
6:00 – 7:30 PM
SG Gynecological Group- **no Oct grp**
6:00 – 7:00 PM
M HL Yoga Workshop
6:30 – 8:00 PM
SG Breast Cancer Group, 10/19

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 SE Oktoberfest Potluck 5:30 PM M EP Oral Health for Life 6:00 – 7:00 PM	6
9 HL Clear the Clutter Club 12:30 – 1:30 PM EP NEW SESSION BEGINS: From Cancer to Health™ 3:30 – 5:00 PM	10 EP Your Life, Your Legacy 12:00 – 1:00 PM EP Jelly Belly With Dr. Beth Shelly, Physical Therapist 6:30 – 8:00 PM	11 EP Enhancing Connections 6:00 – 7:30 PM	12 EP Sisterly Advice to BEAT Ovarian Cancer: Hereditary Cancer Risk 6:00 – 7:30 PM	13
16 EP From Cancer to Health™ 3:30 – 5:00 PM	17 HL Creative Sessions: Clay - The Shape of Things to Come 6:00 – 8:00 PM	18 SG Young Adult Group 6:00 – 8:00 PM	19 SG Breast Cancer Support Group 6:30 – 8:00 PM M EP Cervical Health Awareness 6:00 – 8:00 PM	20
23 HL Clear the Clutter Club 12:30 – 1:30 PM EP From Cancer to Health™ 3:30 – 5:00 PM	24	25 EP Enhancing Connections 6:00 – 7:30 PM	26 HL Labyrinth Workshop with Dolores Sierra 12:30 – 2:00 PM	27
30 EP From Cancer to Health™ 3:30 – 5:00 PM	31 SE Halloween Movie and Pumpkin Decorating 11:00 AM – 1:00 PM			

19th ANNUAL NOOGIEFEST
Sat, October 14th, 4:00-6:00 PM
 Noogiefest is a free Halloween party for children and their families. Help make our 19th year a hauntingly good time with themed rooms, games, pizza, crafts, door prizes and more!
 Children must be accompanied by an adult; costumes encouraged; free event open to the community.
 Family Fun for all ages! No RSVP Needed



Enhancing Connections
Wednesdays, October 11th & 25th
6:00 – 7:30 PM

This program meets every other Wednesday for a total of five sessions and is available to parents within 12 months of diagnosis and with early stage cancer (Stage 0-III). It was created in response to parents telling us about the challenges they experienced in communicating to their child during treatment for cancer.

Questions? Contact Anita at 563-326-7504 or anita@gildasclubqc.org.

NEW SESSION BEGINS
From Cancer to Health™
Starting October 9, Mondays, 3:30 – 5:00 PM

This 18-week 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. Research shows that participants feel less stress, have better immunity, keep healthier diet and exercise habits and feel greater social support.

Please call 563-326-7504 or email melissa@gildasclubqc.org to register and for more information.



Yoga Workshop for Cancer Survivors and Caregivers in Muscatine
Next Series Starts October 5th, 6:00 – 7:00 PM
Muscatine School District
2900 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.

Sisterly Advice to BEAT Ovarian Cancer: Hereditary Breast and Ovarian Cancer
Thursday, October 12th, 6:00 – 7:30 PM

Hereditary breast and ovarian cancer is an inherited genetic condition that increases the risk for one or more types of cancer. Hereditary Breast and Ovarian Cancer (also known as HBOC) is most commonly caused by mutations in one of two genes: BRCA1 and BRCA2. These mutations increase the risk for breast, ovarian, pancreatic, prostate, melanoma and other cancers. Learn more about screening tests and how to reduce your risk.

Presented by Jodie Kavensky, NormaLeah Ovarian Cancer Initiative. Light refreshments provided.