



December 2018 Member Activity Calendar

**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

Reservations:

Call 563-326-7504

Email gc@gildasclubqc.org

Visit gildasclubqc.org/calendar



The mission of Gilda's Club Quad Cities is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Free of charge, Gilda's Club Quad Cities provides support, education and hope to all people affected by cancer. As a Cancer Support Community affiliate, we are part of the largest employer of psychosocial oncology mental health professionals in the United States. Our global network brings the highest quality cancer support to the millions of people touched by cancer.

Davenport Hours:

Monday 8:00 AM - 5:00 PM

Tuesday-Friday 8:00 AM - Last Scheduled Activity

Saturday/Sunday—Closed

1234 East River Drive
Davenport, IA 52803

Muscatine Office Hours:

Thursdays 9:00 AM - 2:00 PM

1808 Mulberry Avenue, 3rd Floor,
Senior Resources, Muscatine, IA 52761
563-263-7292 x109

Clinton Office Hours:

Tuesday Mornings or By Appt.

Mercy Medical
Radiation Oncology Center
1410 N 4th St., Clinton, IA 52732

gildasclubqc.org

[facebook.com/GildasClubQC](https://www.facebook.com/GildasClubQC)

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Membership is Free and Easy!

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

1. Call 563-326-7504 or email kelly@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. New Member Meetings are held each month on the first Wednesday from 5 – 6 pm, third Thursday from 11:30 am – 12:30 pm or by appointment.

Interested in Resources Personalized to Your Needs?

As part of our standard of care we are pleased to offer a nationwide program, CancerSupportSource™, 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.

Open To Options™: Are you are facing a cancer treatment decision? Open to Options™ helps you identify important questions about your treatment options based upon your personal needs. Available at no cost, this service will help you to better prepare for your upcoming appointment. Contact Anita at 563-326-7504 or anita@gildasclubqc.org with questions or to schedule your meeting.

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 regarding supplies needed and room set-up based on pre-registration. If food is involved,

Davenport December 2018

Support Groups

Please attend a New Member Meeting before attending a group.

Groups are facilitated by a licensed mental health professional.

Wellness Groups: *Tuesdays 1 – 3 pm; Wednesdays 6 – 8 pm*

Weekly support groups for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

Family Group: *Wednesdays, 6 – 8 pm*

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.

Grief Connection: *1st & 3rd Tuesdays, 12/4 & 12/18, 6 – 8 pm*

An ongoing bi-monthly grief support.

Gynecological Cancer Group: *2nd Thursday, 12/13, 6 – 7:30 pm*

A monthly support group for those diagnosed with gynecological cancers.

Breast Cancer Group: *3rd Thursday, 12/20, 6:30 – 8 pm*

A monthly support group for breast cancer patients, survivors and family members.

Children/Teen

Noogieland is for children/teens affected by cancer:

Kid Support: *Wednesdays, 6 – 8 pm*

Peer group for ages 4-12.

Noogie Nights: *Wednesdays, 6 – 8 pm*

Supervised playtime for young children.

Teen Time: *Wednesdays, 6 – 8 pm*

A weekly group for teens ages 12 to 18.

Noogieland Holiday Party: *Wednesday 12/19, 6 – 8 pm*

Please join us for crafts including decorating holiday cards and ornaments, snacks, and a special visit from Santa!

Social Events

Breakfast Club: *Fridays, 8:30 am – 10:30 am*

Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.

Lighting of the Blessing Tree: *Friday, 12/7, Beginning at 6:00 pm*

Please join us for this special time of year where we gather together and celebrate by lighting the Blessing Tree. The celebration will begin at 6:00, the tree will be lit at 6:30, and light hors d'oeuvres and beer and wine tasting will be from 6 – 7. This year's celebration will also include volunteer recognition. If you would like to sponsor a light, bow, or ornament in memory of, in celebration of, or in thankfulness for a special person in your life, please call 563.326.7504 or visit www.gildasclubqc.org/blessing.

Educational Programs

From Cancer to Health™: *Tuesdays, ending 12/18, 5:30 pm – 7 pm*

Learn 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. Contact us at kelly@gildasclubqc.org or 563-326-7504 for more information and to register.

How Hormones Affect the Skin: *Tuesday, 12/11, 7 – 8 pm*

Your body is a symphony and the hormones are the instruments. Learn how your hormones affect the quality of your life. Make a holiday poultice to take home! This workshop will be led by Lori Caruso, licensed Cosmetologist, Esthetician, and Instructor.

Healthy Lifestyle Activities

Yoga: *Mondays and Thursdays, 1:30 – 2:30 pm*

Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit.

Art Therapy: Emotions: *Tuesday, 12/4, 11:30 am – 12:30 pm*

During this workshop, we will discuss and create expressive images of negative emotions and feelings (sadness, anger, frustration, etc.). After creating a representation of this emotion, we will work through ways of turning this emotion into something else, perhaps something more positive, both literally and artistically.

Mindfulness Series: *Wednesdays, 12/5, 12/12, & 12/19, 11:00 am – 12:30 pm*

Stress can be helpful and necessary in some situations. However, when stress becomes chronic, it can affect our health. During this three-part series we will explore the science behind a mindful practice, research highlighting the positive impacts of a mindful practice and ways to incorporate mindful practice throughout the day.

Group Meditation: *1st & 3rd Thursdays, 12/6 & 12/20, 12:30 – 1:15 pm*

Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

Chair Yoga: *Thursdays from 5:15 – 6 pm*

Get Fit Where You Sit™ by adapting traditional yoga poses to a chair.

Clear the Clutter Club: *2nd Monday, 12/10, 12 – 1:30 pm*

This group is a casual meeting for sharing ideas, resources, and camaraderie.

Happy Holidays from the staff, board of directors, and volunteers at Gilda's Club Quad Cities!

Gilda's Club will be closed from Monday, December 24th through Tuesday, January 1st. All activities will resume as normally scheduled on Wednesday, January 2nd.

Muscatine

Wellness Group: *1st & 3rd Thursdays, 12/6 & 12/20, 6 – 8 pm*

Support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Meets in the 2nd Floor Gathering Room at First Presbyterian Church (401 Iowa Avenue). Please use 4th Street entrance.

Chair Yoga: *Thursdays, 10:30 – 11:30 am*

Get Fit Where You Sit™ at **Iowa State University Extension & Outreach** (1514 Isett Avenue) by adapting traditional yoga poses to a chair.

Clinton

Wellness Group: *2nd Tuesday, 12/11, 6:30 pm – 8 pm*

Monthly support group at **Zion Lutheran Church** (439 3rd Avenue S) for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

To receive the latest support group, workshop and activity opportunities provided directly in Clinton, visit gildasclubqc.org/clinton-mailing.

Teen Essay Contest

Are you a cancer survivor? Have you helped a family member or friend deal with cancer? How did you learn to live with cancer?

A cancer diagnosis can unleash a storm of emotions, questions and unexpected discoveries, not just for the person with cancer, but for the whole family, and even their friends.

We are looking for honest, detailed personal essays by young writers (11th-12th grade) who demonstrate an authentic ability to move readers by sharing their experience with cancer.

We have two \$1000 prizes!

- Essay and completed contest entry form must be submitted by mail or email (in PDF format), postmarked by 2/1/2019.
- Essay must be typed, double spaced, and 500 to 2000 words long.
- Essays will be read by a panel of celebrity judges: Paula Sands - Paula Sands Live, Denise Hnytka - WQAD, & John Marx - The Dispatch-Argus.

Please contact Kelly Craft, Program Manager at 563.326.7504 or email kcrafft@gildasclubqc.org for more information. To apply, visit www.gildasclub.org/teenessay.