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

Muscate 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

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 or Kelly Craft at 563-326-7504 or by email at anita@gildasclubqc.org or kcraft@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, 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.
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
- Fridays 10 – 11 am
- Thursdays 1:30 – 3 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 Tuesday, 6/4 & 6/18, 6 – 8 pm
An ongoing bi-monthly grief support.

Gynecological Cancer Group:
- 2nd Thursday, 6/13, 6 – 7:30 pm
A monthly support group for those diagnosed with gynecological cancers.

Breast Cancer Group:
- 3rd Thursday, 6/20, 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 Weekly:
- Wednesdays, 6 – 8 pm
A weekly group for teens ages 12 to 18.

Social Events
Breakfast Club:
- Fridays, 8:30 – 10:30 am
Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.

Gilda’s Karaoke Birthday Celebration:
- Tuesday, 6/25, 5:30 – 8 pm
Come join us for a karaoke party celebrating Gilda Radner’s birthday! Karaoke is hosted by Rebecca Tawney of On The Mic QC Entertainment. Dinner provided.

Davenport June 2019

Educational Programs

Essential Oils & Emotions:
- Thursday, 6/11, 11:30 am – 12:30 pm
Oils are great mood enhancers! Many essential oils can affect areas of the brain that provide essential support and uplift, comfort, focus and calm the mind. Learn how they work with your limbic system to uplift your mood, promote self-awareness and improve sleep. Participants will make ‘n’ take their own scent to lift spirits! Facilitated by Rikka Stewart, Wellness Group.

Cancer Transitions:
- Tuesdays, Ending 6/11, 5:30 – 7:30 pm
Cancer Transitions is a free six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists include an oncology nurse navigator, dietitian, and physical therapist. Contact us at anita@gildasclubqc.org or 563-326-7504 for questions and to enroll in future sessions.

From Cancer to Health:
- Tuesdays, Ending 6/11, 10 – 11:30 am
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. Residents of Iowa and portions of Illinois (Rock Island, Henry and Mercer counties) are also invited to join the series, remotely using Zoom software. This secure video meeting software enables participants to utilize computers, tablets and smartphones to be part of the course. Contact us at kelly@gildasclubqc.org or 563-326-7504 for more information and to register for future sessions.

Financial Health Workshop 1: Financial Planning:
- Thursday, 6/27, 11:30 am – 1 pm
Can take a serious financial toll. Not only can treatment be expensive, but there may be complicated systems to navigate. Staff from Iowa Legal Aid will be presenting this first of two workshops about financial health. Participants will discuss general Iowa Legal Aid information, Social Security and Medicare/Medicaid, Advance Directives, and FMLA leave. Feel free to bring your lunch to enjoy during the presentation.

Enhancing Connections:
- Next Session TBD
Available to parents within 12 months of diagnosis with early stage cancer (Stage I-III) and addresses the challenges experienced in communicating to their child during treatment for cancer. Contact us at anita@gildasclubqc.org or 563-326-7504 with questions and to enroll.

Healthy Lifestyle Activities

Yoga Cancer:
- Mondays and Thursdays, 1:30 – 2:30 pm
Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. All poses focus on the management of cancer treatment side effects.

Group Meditation:
- 1st & 3rd Thursdays, 6/6 & 6/20, 12:30 – 1:15 pm
Join Angela Svare for Cloud Nine Meditation for discussion and group meditation.

Evening Yoga:
- 1st & 3rd Thursdays, 6/6 & 6/20, 6:30 – 7:30 pm
Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit.

Chair Yoga:
- Thursdays, 5:15 – 6 pm
Get Fit Where You Sit!™ at by adapting traditional yoga poses to a chair.

Creative Session: Paper Making:
- Tuesday, 6/11, 6 – 8 pm
Mostly words, 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 with Dawn Wolford-Metallo. Weather pending, this activity will take place outside. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health — Trinity, Komen Greater Iowa, and the Pink Pajama Party. RSVP to livingproofexhibit@gmail.com now to hold your spot!

Clear the Clutter Club:
- 2nd Monday, 6/10, 12:10 – 1:30 pm
This group is a casual meeting for sharing ideas, resources, and camaraderie.

Campusine

Chair Yoga: Thursday, 10:30 – 11:30 am
Iowa State University Extension & Outreach (1514 Issett Ave)
Get Fit Where You Sit!™ at by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or individuals who have been practicing yoga for years. Facilitated by Kelly Craft, LVCT.

Wellness Group:
- 1st Thursday, 6/6, 6 – 8 pm
First Presbyterian Church (401 Iowa Ave) Please use 4th St. entrance
Support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Meets in 2nd Floor Gathering Room.

Advance Care Planning Workshop:
- 3rd Thursday, 6/20, 6 – 7:30 pm
First Presbyterian Church (401 Iowa Ave) Please use 4th St. entrance
Advance care planning is important for your peace of mind and is a gift for your loved ones. Beth Poc, Advance Care Planning Coordinator at UnityPoint Health in Muscatine will lead a workshop about advance care planning. She will cover Living Will, Durable Power of Attorney and IPOST.

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

Clinton

Wellness Group:
- 2nd Tuesday, 6/6, 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.

Program Manager Anita Schaft provides outreach at Mercy Medical Radiation Oncology Center on Tuesday mornings.

Anita is also available to meet with new members at Mercy Medical Radiation Oncology Center on Tuesday mornings or by appointment.

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

Fundraising Corner

Get your kitchen a break and join us at the Bettendorf Pizza Ranch on Monday, June 17 from 5 – 8pm and 10% of all proceeds will be donated back to Gilda’s Club.

Gilda’s volunteers and staff will be on hand helping to serve tables and share more about all the Gilda’s Club has to offer.

Volunteers needed! Gilda’s Club has been given the opportunity to raise $7,500 by providing the volunteers needed for the annual “Swim Pink” swim meet that takes place in Iowa City June 21 – 23. Interested in finding out how you can help? Contact Stevie at stevie@gildasclubqc.org.

You can visit gildasclubqc.org/signup to see and sign up for all our upcoming volunteer needs for fundraising events!

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July 2019
Member Activity Calendar

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Saturday/Sunday—Closed
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Thursdays 9:00 AM - 2:00 PM
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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

Reservations:
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Email gc@gildasclubqc.org
Visit gildasclubqc.org/calendar

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facebook.com/GildasClubQC
twitter.com/GildasClubQC
instagram.com/GildasClubQC
Davenport July 2019

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 Tuesday, 7/2 & 7/16, 6 – 8 pm: An ongoing bi-monthly grief support.

Gynecological Cancer Group:
- 2nd Thursday, 7/11, 6 – 7:30 pm: A monthly support group for those diagnosed with gynecological cancers.

Breast Cancer Group:
- 3rd Thursday, 7/18, 6:30 – 8 pm: A monthly support group for breast cancer patients, survivors and family members.

Children/Teen

- Noonigael is for children/teens affected by cancer:
  - Kid Support: 6 – 8 pm
  - Noonigael: 6 – 8 pm
  - Teen Time: 6 – 8 pm

Geneso Family Chair Yoga and Healthy Eating Workshop:
- Monday, 7/15, 5:30 – 7 pm
- Hammond Henry Hospital, Room 1AB (600 North College Ave, Geneseo)

Social Events

- Breakfast Club: Fridays, 8:30 – 10:30 am:
  - Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.

Educational Programs

Genetics and Cancer:
- Thursday, 7/16, 11:30 am – 12:30 pm: Five to ten percent of all cancer cases occur in someone who inherited a genetic mutation that increases cancer risk. Leslie Poston, an Oncology Nurse Practitioner with Genesis Cancer Care Institute, will answer your questions about the link between cancer and genetics during this workshop. Participants may feel free to bring a lunch.

Financial Health Workshop 2- Financial Management:
- Thursday, 7/25, 11:30 am – 1 pm:
  - Cancer can take a serious financial toll. Not only can treatment be expensive, but there may be complicated systems to navigate. Staff from Iowa Legal Aid will be presenting this first of two workshops about financial health. Participants will discuss unemployment benefits, employment discrimination, tax, and bankruptcy. Feel free to bring your lunch to enjoy during the presentation.

Wellness Groups:
- Monday, 7/2, 6:30 – 8 pm: Get Fit Where You Sit™ by adapting traditional yoga poses to a chair. Practitioners will discuss healthy lifestyle activities to help cancer patient feel more like themselves through their pharmacists and specially trained Beauty Consultants.

Enhancing Connections:
- Next Session TBD:
  - Available to parents within 12 months of diagnosis with early stage cancer (Stage 0-IIB) and addresses the challenges experienced in communicating to their child during treatment for cancer. Contact us at anita@gildasclubqc.org or 656-326-7504 with questions and to enroll.

Healthy Lifestyle Activities

Yoga 4 Cancer:
- Mondays and Thursdays, 1:30 – 2:30 pm:
  - Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. All poses focus on the management of treatment side effects.

Group Meditation:
- 3rd Thursday, 7/18, 12:30 – 1:15 pm:
  - Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

Evening Yoga:
- 3rd Thursday, 7/18, 6:30 – 7:30 pm:
  - Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. Led by Alisha Keckler, Cardiac and Medical Yoga certified (RYT).

Chair Yoga:
- Thursday, 5/15 – 6 pm:
  - Get Fit Where You Sit™ by adapting traditional yoga poses to a chair.

Creative Session: Mixed Media
- Tuesday, 7/9, 6 – 8 pm:
  - We will be making “I Am Suns” collages using mixed media and acrylics with Gina Kirschbaum. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health — Trinity, Greater Iowa, and the Pink Pajama Party. RSVP to livingproofexhibit@gmail.com to be added to the waiting list. Creative sessions are brought to us by Living Proof Exhibit.

Clear the Clutter Club:
- 2nd Monday, 7/8, 12-1:30 pm:
  - This group is a casual meeting for sharing ideas, resources, and camaraderie.

Creative Session: Mandala Stones - FULL
- Tuesday, 7/23, 5:30 – 8 pm:
  - Mandala has become a generic term for any geometric pattern that represents the cosmos metaphorically or symbolically; a microcosm of the universe. Contact livingproofexhibit@gmail.com to be added to the waiting list. Creative sessions are brought to us by Living Proof Exhibit.

CLUBHOUSE CLOSED FOR INDEPENDENCE DAY
Gilda’s Club will be closed on Wednesday, July 4 in observance of Independence Day. All activities will resume as normally scheduled on Thursday, July 5.

Muscatine

Chair Yoga: Thursdays, 10:30 – 11:30 am
Iowa State University Extension & Outreach (1514 Issett Ave)
Get Fit Where You Sit™ at by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or individuals who have been practicing yoga for years. Facilitated by Kelly Craft, LVCYT.

Adult Immunizations 101: Thursdays, 7/18, 6 – 8 pm
First Presbyterian Church (401 Iowa Ave) Please use 4th St. entrance
Susan Krueger, RN, Public Health Nurse from UnityPoint Healthy – Trinity Muscatine will lead a talk about adult immunizations. She will talk about the importance of immunizations, different kinds of immunizations and when they are needed.

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

Clinton

Wellness Group:
- 2nd Tuesday, 7/9, 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.

Fundraising Corner

Bowling for Gilda
Beat the summer heat and join us for an afternoon of bowling to support Gilda’s Club programming in Clinton!
- Saturday, July 20 | 1 - 3 pm | Plaza Bowl | 1119 N 2nd St, Clinton
- $30 per bowler - includes unlimited bowling for 2 hours, shoe rental, 5 raffle tickets and soft drink
- Event will be fun for the whole family and includes raffles and various side games.

Visit gildasclubqc.org/signup for all our upcoming volunteer needs for fundraising events!