



## July 2019 Member Activity Calendar

**TAKE  
ON** CANCER  
TOGETHER

JOIN. GIVE. ACT.

### Reservations:

Call 563-326-7504

Email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org)

Visit [gildasclubqc.org/calendar](http://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 4<sup>th</sup> St., Clinton, IA 52732

**[gildasclubqc.org](http://gildasclubqc.org)**

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

[twitter.com/GildasClubQC](https://twitter.com/GildasClubQC)

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

# 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](mailto: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](mailto:anita@gildasclubqc.org) or [kcraft@gildasclubqc.org](mailto: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.

# 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:** *1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 7/2 & 7/16, 6 – 8 pm*  
An ongoing bi-monthly grief support.

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

**Breast Cancer Group:** *3<sup>rd</sup> Thursday, 7/18, 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.

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

Families impacted by cancer are invited to try chair yoga and learn to make a healthy snack! This program is made possible by funding from Kiwanis Club of 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.

## Kids' Healthy Lifestyle Series

This four-week series funded by Kiwanis Club of Geneseo will focus on introducing kids and teens who have been impacted by cancer to different healthy lifestyle activities including activities to: help kids reduce stress, promote healthy choices and behaviors, help to build a sense of community between kids. Workshops will occur during our regular "Noogie Nights" time from 6 - 8pm and will consist of the healthy lifestyle activity and supervised play.

July 10: Chair Yoga  
July 17: Meditation/Relaxation  
July 24: Art Therapy featuring Sing Me a Story  
July 31: Healthy Eating

## Educational Programs

**Genetics and Cancer:** *Tuesday, 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.

**Feel More Like You:** *Tuesday, 7/30, 6 – 8 pm*  
When you're going through treatment for any type of cancer, the side effects can impact not only how you feel on the inside, but how you see yourself in the mirror. Walgreens, along with the Cancer Support Community and Look Good Feel Better have developed a new free service 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-III) and addresses the challenges experienced in communicating to their child during treatment for cancer. Contact us at [anita@gildasclubqc.org](mailto:anita@gildasclubqc.org) or 563-326-7504 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 cancer treatment side effects.

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

**Evening Yoga:** *3<sup>rd</sup> 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:** *Thursdays, 5:15 – 6 pm*  
Get Fit Where You Sit™ at 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, Komen Greater Iowa, and the Pink Pajama Party. RSVP to [livingproofexhibit@gmail.com](mailto:livingproofexhibit@gmail.com).

**Clear the Clutter Club:** *2<sup>nd</sup> 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 metaphysically or symbolically; a microcosm of the universe. Contact [livingproofexhibit@gmail.com](mailto: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 Isett 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:** *Thursday, 7/18, 6 – 8 pm*  
*First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> 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](http://gildasclubqc.org/muscatine-mailing).

## Clinton

**Wellness Group:** *2<sup>nd</sup> 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.

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

To receive the latest support group, workshop and activity opportunities provided directly in Clinton, visit [gildasclubqc.org/clinton-mailing](http://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 - 3pm | 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](http://gildasclubqc.org/signup) for all our upcoming volunteer needs for fundraising events!