



# November 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 attend a New Member Orientation.
2. Attend a New Member Orientation and complete the CancerSupportSource™ (CSS) on site or online.
3. Join us for any support group, program or activity!

**New Member Orientation:** One-time meeting to learn more about what Gilda's Club offers, tour the clubhouse and sign up for membership. Orientations 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 our program team at 563-326-7504 or by email at [program@gildasclubqc.org](mailto:program@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 November 2019

## Support Groups

Please attend a New Member Orientation 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, 11/5 & 11/19, 6 – 8 pm*  
An ongoing bi-monthly grief support group.

**Gynecological Cancer Group:** *2<sup>nd</sup> Thursday, 11/14, 6 – 7:30 pm*  
A monthly support group for those diagnosed with gynecological cancers.

**Breast Cancer Group:** *3<sup>rd</sup> Thursday, 11/21, 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.

**Shine a Light on Lung Cancer:** *Monday, 11/18*  
We will be presenting to all the health classes at Davenport West High School (not open to the public) about Lung Cancer. We will discuss what lung cancer is, what happens when someone is diagnosed with lung cancer, and ways to lower your chances of developing lung cancer.



## Social Events

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

### CLUBHOUSE CLOSED FOR THANKSGIVING

Gilda's Club will close at noon on Wednesday, November 27<sup>th</sup> and will be closed on Thursday, November 28<sup>th</sup> and Friday, November 29<sup>th</sup> in observance of Thanksgiving. All activities will resume as normally scheduled on Monday, December 2<sup>nd</sup>.

## Educational Programs

**Palliative Care Workshop** *Tuesday, 11/12, 6 – 7 pm*  
Julie Wheeler, MSN, ARNP from Genesis Palliative Care will lead a presentation about palliative care. Palliative care focuses on symptom management. It can be used by itself or in conjunction with cancer treatment. Julie will focus on the definition of palliative care, who can receive palliative care, where it can be delivered, benefits, and how to get started with palliative care.

**Neuropathy and Fall Prevention** *Monday, 11/18, 2:45 – 3:45 pm*  
Maddy Rolling, occupational therapy student and Gilda's Club Intern, will lead a workshop on peripheral neuropathy & fall prevention. Maddy will talk about the causes of neuropathy - highlighting chemotherapy-induced peripheral neuropathy, symptoms, and implications on overall health and well-being. She will also review suggestions for symptom management and treatment options. In addition, Maddy will provide home and lifestyle adaptation and modification tips for managing neuropathy and preventing falls in the home and community.

**Grief and the Holidays** *Tuesday, 11/26, 6 – 7:30 pm*  
The holidays can be a difficult time for those grieving the loss of a loved one. This workshop led by Gilda's Club Quad Cities Program Manager Kelly Craft, LISW, LCSW will cover some of the unique difficulties grieving individuals face during the holiday season and some tips on how to make it through.

**Cancer Transitions:** *Next Session TBD*  
Cancer Transitions is a free six-week workshop focused on survivorship. This workshop is 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](mailto:anita@gildasclubqc.org) or 563-326-7504 with questions and to enroll in future sessions. This series has a six-participant minimum.

**From Cancer to Health™:** *Tuesdays, 10 – 11:30 am, Start Date TBD*  
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](mailto:kelly@gildasclubqc.org) or 563-326-7504 for information and to register for future sessions. This series has a six-participant minimum.



## Healthy Lifestyle Activities

**Essential Oils Workshop:** *1<sup>st</sup> Thursday, 11/7, 11 am – 12:30 pm*  
Monthly opportunity to learn more about essential oils. Facilitated by Rikka Stewart, Wellness Advocate.

**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:** *1<sup>st</sup> & 3<sup>rd</sup> Thursday, 11/7 & 11/21, 12:30 – 1:15 pm*  
Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

**Chair Yoga:** *Thursdays, 5:15 – 6 pm*  
Get Fit Where You Sit™ by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or experienced yogis!

**Clear the Clutter Club:** *2<sup>nd</sup> Monday, 11/11, 12-1:30 pm*  
This group is a casual meeting for sharing clutter clearing ideas, resources, and camaraderie.

## Muscatine

**Chair Yoga:** *Thursdays, 10:30 – 11:30 am*  
*Iowa State University Extension & Outreach (1601 Plaza Place)*  
Get Fit Where You Sit™ by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or experienced yogis!

**Wellness Group:** *1<sup>st</sup> Thursday, 11/7, 6 – 8 pm*  
*First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> St. entrance*  
Support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Meets in 2<sup>nd</sup> floor Gathering Room.

**Movement is Lotion:** *Thursday, 11/21, 6 – 7:30 pm*  
*First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> St. entrance*  
Join Deena Jo Christy, Personal Trainer, for an exercise class focused on Lymphedema. Lymphedema is the swelling of limbs due to lymph nodes being removed, many times due to cancer treatment. Deena will focus on exercises and movements to help alleviate lymphedema and the discomfort it can cause. Deena is an NASM Certified Cancer Specialist and was certified through the National Personal Training Institute of Colorado.

## Clinton

**Evening Wellness Group:** *2<sup>nd</sup> Tuesday, 11/12, 6:30 pm – 8 pm*  
*Zion Lutheran Church (439 3<sup>rd</sup> Avenue S)*  
Monthly support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

**Daytime Wellness Group:** *2<sup>nd</sup> Thursday, 11/14, 10 – 11:30 am*  
*Zion Lutheran Church (439 3<sup>rd</sup> Avenue S)*  
Monthly support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Anita will cover mindfulness and gratitude during group (benefits, how to start incorporating gratitude into day, etc.).

## Fundraising Corner

**The Gildie's**  
*Thursday, 11/14, 6 - 9 pm | Stardust Davenport*  
Dust off your dancing shoes and help Gilda's Club celebrate 21 years of free cancer support during our inaugural Gildie's event featuring live entertainment provided by the Dueling Pianos. This event will also recognize and celebrate our annual donors and volunteers... we'd love to see you there! Tickets are \$40 per person and include light hors d'oeuvres & the promise to have the night of your life with the Dueling Pianos! To purchase tickets, visit [gildasclubqc.org/pianos](http://gildasclubqc.org/pianos).

**Harvest & Holiday Vendor Fair**  
*Saturday, 11/16, 10 am - 3 pm | Gilda's Club Quad Cities*  
Get a head start on your holiday shopping during Gilda's Club's first Harvest & Holiday Vendor Fair! Come check out our iconic Clubhouse on River Drive and spend the day shopping. Admission is free to the general public. Free will donations will be accepted at the door with proceeds to support Gilda's Club. For more information visit <https://www.facebook.com/events/885150751842671/> or email [stevie@gildasclubqc.org](mailto:stevie@gildasclubqc.org).