



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.

## July 2020 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)

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

**Clinton Office Hours:**  
By Appointment  
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. Please call 563-484-0111 to schedule.

### **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 563-484-0111 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.

# Virtual July 2020

*This month's virtual programs are made possible by funds contributed by the Scott County Regional Authority.*

## Virtual Support Groups

Please attend a New Member Orientation before attending a group. A TeleMental Health Consent Form must be completed in order to participate in a virtual support group. Please contact Kelly H at 563-484-0111 or [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org) for more information.

Groups are facilitated by a licensed mental health professional.

### Wellness Groups: *Tuesdays, 1 – 3 pm*

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

### Family Group: *Thursdays, 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, 7/7 & 7/21, 6 – 8 pm*

An ongoing bi-monthly grief support group.

### Gynecological Cancer Group: *Wednesday, 7/8, 1 – 2:30 pm*

A monthly support group for those diagnosed with gynecological cancers.

### Breast Cancer Group: *Wednesday, 7/15, 1 – 2:30 pm*

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

## Virtual Children/Teen

### Family-Building Series: *Wednesdays, Starting 7/8, 6 – 7 pm*

Kids, teens and their families are invited to work together to create, build, and learn as a team. Families can participate in all four events or choose based on interests. This series has been made possible by the Kiwanis Club of Geneseo.

7/8: In-Home Scavenger Hunt (*no supplies needed*)

7/15: Fort Making (*blankets, chairs, etc.*)

7/22: Kid-Friendly Recipe (*pretzel rods, peanut butter and/or semi-sweet chocolate for melting, your choice of toppings: granola, chopped nuts, raisins, etc.*)

7/29: Rock Painting (*rock, acrylic paint, paintbrush*)

\*For cooking and rock painting workshops: If families would like materials delivered, please request these materials at least 7 days before the workshop to Kelly C at [kcrafft@gildasclubqc.org](mailto:kcrafft@gildasclubqc.org) or 563-484-0006. If requested, we will provide food ingredients for recipe (no utensils and cookware) and paint and paintbrushes for rock painting (no rocks and table covering).

## Virtual Social Events

### Coffee Club: *Wednesdays, 10 – 11 am*

Members come together virtually for a social hour. We'll discuss all the things facilitators typically consider off topic during support groups – pets, post social distancing vacation plans, home renovations and more. Coffee is optional.

## Virtual Educational Programs

### The Many Faces of Grief: *Tuesday, 7/28, 6 – 7:30 pm*

Join our social work intern Theresa O'Keefe for a presentation and discussion about the 5 stages of grief and how they can appear from a wide variety of life changes. Loss of a loved one, personal illness or injury, divorce, or adjustment in job status are among the events that can spark waves of grief. Theresa will talk about different types of grief, and how the five stages can apply to them.

## Virtual 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.

**Note: There will be no Yoga 4 Cancer on Thursday, 7/2.**

### Group Meditation: *Thursdays, 11:30 am – 12:15 pm*

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

### Chair Yoga: *1st & 3rd Thursdays, 7/2 & 7/16, 9:30 – 10:30 am*

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

### Creative Sessions with Living Proof Exhibit *Mondays, 10 – 10:30 am*

Join Pamela Crouch, Executive Director of Living Proof Exhibit for virtual sessions using supplies you likely already have at home:

7/13: Homemade Paints (*veggies, fruit, powdered sugar, saucepan, strainer, cups for mixture, brushes, paper*)

7/20: Pinecone Zinnias (*pinecones, sharp knife, paints, paint brush; Optional - wreath to attach completed flowers*)

7/27: Steampunk Birdhouses (*birdhouse, metallic acrylic paint, various pieces of metal, strong glue*)

### Creative Sessions: Acrylic Mixed Media *Tuesday, 7/14, 6 – 8 pm*

Join local artist Gina Kirschbaum for a mixed media and acrylics canvas project. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health – Trinity, Komen Greater Iowa, and the Pink Pajama Party.



## COVID-19 Update

We miss seeing everyone's smiling faces at the Clubhouse as much as the rest of you. We also remain sensitive to the current situation surrounding the Coronavirus/COVID-19 and are working on a responsible reopening plan that takes the safety of our members in consideration. Details of this plan will be made available at [gildasclubqc.org/modified](mailto:gildasclubqc.org/modified) as soon as they are finalized.

We continue to monitor the CDC and Iowa Department of Public Health sites for guidance. Our virtual platform will continue until the need for social distancing surrounding concerns of the spread of COVID-19 have passed.

Please contact Kelly H at 563-484-0111 or Kelly C at 563-484-0006 for more information or for technical assistance with Zoom.

## Muscatine and Clinton

Muscatine and Clinton members are invited to join in on all programs via Zoom. Visit [gildasclubqc.org/calendar](http://gildasclubqc.org/calendar) to register to attend.

## Fundraising Corner

### Birdies for Charity

#### Deadline to Donate: July 10<sup>th</sup>

Remember this number: 529! Why, you ask? 529 is our Birdies for Charity number! COVID-19 changes may have upturned many aspects of our lives, but Birdies for Charity is one thing we can count on. This year's Birdies for Charity campaign is more important than ever. Your pledge and 5% match will allow us to continue to provide, free of charge, support, education and hope to all people affected by cancer. Visit [gildasclubqc.org/birdies](http://gildasclubqc.org/birdies) for more information.

### Bags 'N Brews

#### Saturday, August 15<sup>th</sup>, 1 – 5 pm, Lindsay Park, Davenport

Bags 'N Brews is a bags tournament complimented with a variety of local craft and domestic beers. This event is in its 8th year and features complimentary beer samples, complimentary food, live music, yard games, cash prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams in the bag's tournament, as well as raffle baskets and silent auction items. Organized by our Associate Board Members, this event targets our Millennial and Gen-X supporters. Visit [bagsandbrews.com](http://bagsandbrews.com) for more information.