



# Membership is Free and Easy!

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

1. Call 563-326-7504 or email [kcrafft@gildasclubqc.org](mailto:kcrafft@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 563-484-0006 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 563-484-0006 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.

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.

## November 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)

# Virtual November 2020

## 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 C at 563-484-0006 or [kcrafft@gildasclubqc.org](mailto:kcrafft@gildasclubqc.org) for more information.

Groups are facilitated by a licensed mental health professional.

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

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

### Family Group: *Thursdays, 6 – 8 pm*

Weekly support group for adult 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> Tuesdays, 11/3 & 11/17, 6 – 8 pm*

An ongoing bi-monthly grief support group.

### Gynecological Cancer and Breast Cancer Groups:

We are inviting Gynecological Cancer Group and Breast Cancer Group members to join us for Wellness Group this month.

## Virtual Children/Teen

Keep an eye out on the Gilda's Club Quad Cities Facebook page at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc) for activity ideas to do at home with kids and teens.

We have postponed children and teen programs for the time being due to safety concerns regarding the spread of COVID-19.

Do you have a child or teenager who is impacted by cancer and need resources? Call Kelly Craft, Program Manager at (563) 326-7504 or email [kcrafft@gildasclubqc.org](mailto:kcrafft@gildasclubqc.org).

## Gilda's Club Closed for Thanksgiving

Gilda's Club will close at noon on Wednesday, November 25th and will remain closed through Thursday, November 26th and Friday, November 27th in observance of Thanksgiving. All activities will resume as normal on Monday, December 2nd.

## Virtual Educational Programs

### Grief and the Holidays: *Tuesday, 11/10, 6 – 7:30 pm*

The holidays can be an especially difficult time for those who have lost a loved one. Lisa Levy, BSN, RN and Kathleen Bowman, LCPC, both Grief Counselor's with Genesis Hospice will provide tips on coping with grief during the Holidays.

### Frankly Speaking About Cancer: Precision Medicine: *Wednesday, 11/18, 6 – 7:30 pm*

Join us on Zoom for a free workshop featuring Dr. Muhammad Furqan of University of Iowa Hospitals that provides fundamental information about precision medicine, biomarker testing, and types of targeted therapies to find the best treatment on an individual basis.

This workshop will also be broadcast to Facebook Live at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc).

## Virtual Healthy Lifestyle Programs

### Yoga 4 Cancer: *2<sup>nd</sup> Thursday, 11/12, 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: *Thursdays, 11:30 am – 12:15 pm*

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

### Chair Yoga: *1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 11/5 & 11/19, 9:30 – 10:30 am*

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

## 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 vacations, home renovations, etc. Coffee is optional.

### Clubhouse Open House: *Throughout November*

Members are invited to come walk through the River Drive clubhouse one last time before our expansion into the hospitals. While you are here, decorate a leaf that will be part of an art project that will be on display in our new space. Come prepared with a Gilda's Club memory or what Gilda's Club means to you to incorporate onto your leaf. Visit [gildasclubqc.org/calendar](https://www.gildasclubqc.org/calendar) or call 563-326-7504 to reserve a time. Groups are limited to six at a time to allow for social distancing. Masks are required.

## 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 have made a responsible reopening plan that takes the safety of our members in consideration. Details of this plan are available at [gildasclubqc.org/modified](https://www.gildasclubqc.org/modified).

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 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](https://www.gildasclubqc.org/calendar) to register. attend.

## Fundraising Corner

### Light of Hope

Be a part of the Blessing Tree, sponsor a light, bow or ornament in memory of, in celebration of, or in gratitude for a special person in your life. We will feature each name on our Blessing Tree webpage and a tribute card will be sent to the individual or family letting them know someone honored them. The Blessing Tree will be illuminated at our Clubhouse December 8th at 6p.m. through January 4th. Light the Blessing Tree by visiting us online: [gildasclubqc.org/blessing](https://www.gildasclubqc.org/blessing).

### Expansion Sale

On October 21st at 5 pm items from our Clubhouse and Carriage House will be online for auction. It is bittersweet to let go of some of these treasures but we know this is for the best and the expansion will be a wonderful growth opportunity to reach more in the community impacted by cancer. Visit [32auctions.com/GCQExpansion](https://www.32auctions.com/GCQExpansion).

### Members Only Sneak Peek at Rummage Sale

On Thursday, November 19th from 9 am to 5 pm we are offering our Members the opportunity to participate and preview the Rummage Sale. The Gilda's Club Rummage Sale is open to the public 11/20 from 9 am to 5 pm and 11/21 from 9 am to 2 pm. Masks are required.