

Return Service Requested

SEPTEMBER 2024 ACTIVITY CALENDAR



View calendar online
at gildasclubqc.org

Cancer Support Community, along with Gilda's Club partners uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

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.

Gilda's Club Davenport

1351 West Central Park Avenue, Suite 200
Davenport, IA 52804

Monday - Thursday 8:00 AM - 5:00 PM

Fridays by appointment only, Saturday/Sunday—Closed

Gilda's Club Moline

600 John Deere Road, Suite 101
Moline, IL 61265

Monday thru Thursday 10:00 AM - 5:00 PM

Fridays by appointment only, Saturday/Sunday—Closed

Gilda's Club Clinton:

By Appointment Only | MergOne Medical Center Radiation Oncology
Center 1410 N 4th St., Clinton, IA 52732

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CANCER SUPPORT
COMMUNITY
IOWA & NW ILLINOIS
AT GILDA'S CLUB

**September is
childhood,
gynecological,
ovarian, prostate,
thyroid, leukemia,
and lymphoma
awareness month!**

September Educational Workshops

Offered In-Person and Virtually

Interpreting Lab Results: Have you always wondered what all of those numbers on the lab sheet mean? Each appointment you pore over those numbers and question, "This is abnormal. Is that bad?", "Is this number safe?" This workshop is here to help!

Oncology is a world all its own and what the lab reports say is "high" or "low" may actually be normal in the oncology setting. Come learn about what each one of the lab results means and how we interpret it to influence your care.

Featured Speaker: Katie Fitzpatrick, ARNP, DNP-FNP, OCN. Katie is a Nurse Practitioner who has specialized in oncology for 8 years.

This program is made possible by the Iowa Cancer Consortium & the Iowa Department of Health and Human Services. We acknowledge the Centers for Disease Control and Prevention, for its support of the (IA) staff, and the printing and distribution of the monograph under cooperative agreement NU58DP07103 awarded to (IA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. You can learn more about ICC by visiting: <http://www.canceriowa.org/>

What is an End of Life Doula and How Can One Serve You? Acknowledging the importance of life's final chapter, end-of-life doula's recognize the significance of this sacred journey and their mission lies in the commitment to offer not only solace but also compassion, ensuring that individuals are supported in their unique end-of-life wishes.

As an end-of-life doula, featured speaker Becky Nakashima Brooke serves with a calm spirit and as a companion, offering a holistic approach to care that encompasses emotional, spiritual, and physical well-being. With a unique tool set, she is able to care for the dying as well as the ones grieving the dying. Through her personal experiences with death, she have been able to understand the importance of this position as an end of life doula. Death is part of life and unavoidable. Becky believes acceptance and celebration of a life well lived is part of a "good death".

Other Special Programs & Events

Digital Sherpa Technology Helpdesk Sessions: Need tech support? Join one of our volunteers to get the help you need! Digital Sherpa volunteers can help with all sorts of tech topics, including but not limited to: basic device/internet usage, how to use Zoom for our programming, getting your medical records online, how to determine if an online source is reputable, apps, etc.

Creative Session: Watercolor Floral Cards: Local artist Tisha Belme will teach basic floral designs for card-making using watercolors, and ink through loose, easy strokes. Each participant will leave with 3-4 completed cards. They will also learn water control, using ink for definition, and some color theory.

Cancer Transitions: It is common to feel many emotions once treatment ends. The post-treatment phase of survivorship requires many things – physical activity, nutrition, a healthy emotional life, and management of physical health. Cancer Transitions® is a free, 2-hour, 4-week workshop designed to help cancer survivors transition from active treatment to post-treatment.

Family River Bandits Game Event: Join other Camp Genesis and CSCIAL families at the River Bandits game! Your RSVP includes a free ticket and a meal voucher. This game includes a firework finale! Bring the whole family! We understand that "family" looks different for everyone and welcome anyone you would consider to be part of your family. Kids and teens are welcome to bring a friend. **NOTE:** This event is full. If interested, call 563-326-7504 to get on the wait list if tickets open up.

CLINTON: Telling Your Story: Sharing Resilience and Struggle in the Midst of Uncertainty: This workshop will use storytelling strategies to express the victories and challenges that are faced during times of trial and life's uncertainties.

HOW TO PARTICIPATE:

Anyone impacted by cancer is eligible to participate in our services. It's free and easy to join:

- 1 Call 563-326-7504 or email gc@gildasclubqc.org to start the process and complete a Participant Form. Process can also be started online: gildasclubqc.org/start
- 2 Attend a Welcome Meeting and complete the CancerSupportSource™ (CSS) on site or online.
- 3 Join us for any support group, program, or activity!

Welcome Meeting: Required for all new participants to attend. One-time meeting to learn more about what CSCIAL offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

Pre-Registration: Please register for activities you want to attend and cancel if you change your mind. 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.

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. Open to Options is a cancer treatment decision-making program. If you have to make a decision regarding your treatment, you can sit down with one of our trained social workers and go over your situation, options, and goals. You will leave the session with a list of questions to bring to your next doctor's appointment. Call us at 563-326-7504 to schedule your free appointment.

Wig Resources

We are excited to offer wig resources at both our Davenport & Moline locations! Call us to schedule a time to pick out a FREE wig. In Davenport and Moline, peruse our selection of donated wigs and take home the wig(s) that you love for no cost.

FUNDRAISING CORNER

All dollars raised stays right here in the Quad City community.

PROGRAM SUPPORT

Shop our Amazon Wishlist for needed items!

Help us celebrate 25 years of serving the Quad Cities community by helping us check some items off of our wish list. Many of the items on the list are either needed for the Clubhouse or for operation purposes.



Amazon
Wishlist

Sponsor a Group Dinner for Moline!

Weekly, we offer our participants dinner at our Davenport Clubhouse before Tuesday evening support groups. We would like to begin offering this in Moline as well on Wednesday nights when we host our Connecting through Cancer and Friends and Family Support Groups. Providing dinner is one way to alleviate some of the stress our participants experience while navigating their cancer journey.

We anticipate we would feed around 15 individuals. Meals can be prepared ahead of time with option to serve, a donation of ingredients for volunteers to prepare, or even a monetary donation designated to funding a dinner. A meal donation can be to honor or celebrate a loved one.

UPCOMING FUNDRAISING EVENTS:

Paint the Town Pink

The whole month of October!

During the month of October we will be partnering with businesses across the QCA! This means that you can help us fundraise simply by shopping or visiting stores that you already go to. We will have a list of partners and participating vendors shortly.

Diamonds & Divas

Oct 3 | Waterfront Convention Center

Our most anticipated event of the year, a fun-filled ladies night out event for women to enjoy each other's company, have fun, bid on girly silent/live auction items and just let loose for an evening. All for a great cause, raising funds to support those in our community that are impacted by cancer. Your Diva Ticket includes heavy hors d'oeuvres, comedy show by Kelly MacFarland, a cash bar, silent auction/live auction/fund-a-need, buff boys, diamond raffle compliments of Revell Jewelers, and a night of fun and entertainment! All funds raised stay local in the Quad Cities to fund social and emotional support as well as educational workshops and healthy lifestyle activities to those in our community impacted by cancer.

Vist gildasclubqc.org/diva for more information

Save the Dates for 2024 :

Dec. 3rd - Blessing Tree at Be the Light Park



Support Groups

Please attend a Welcome Meeting before attending a support group.

Connecting Through Cancer: Support group for adults with any type of cancer diagnosis and/or survivors. Offered in-person or virtually.

Friends and Family Support Group: Support group for family and friends of those with any type of cancer diagnosis. Offered in-person or virtually.

Clinton Support Group: Anyone impacted by cancer is invited to join us at YWCA Clinton for a monthly support group.

Prostate Cancer Support Group: Monthly support group in collaboration with the Us TOO Prostate Support Group for those diagnosed, survivors, and caregivers. Offered in-person or virtually.

Living with Loss: A bi-monthly grief support group for anyone who has lost someone to a diagnosis.

Breast And Gynecological Cancer Support Group: Monthly support group and networking for those diagnosed w/ breast cancer. Sponsored by Genesis Cancer Institute. Offered in-person or virtually.



Healthy Lifestyle Activities

Walk and Talk: Join Sharon & Lindsay for some walking & talking at various locations around the QCA. This month, we will walk at Vanderveer Park, meeting at the botanical center. **ON HOLD UNTIL OCTOBER.**

Cooking & Conversations: Join us for a kitchen adventure. We bring the recipe & ingredients & attendees learn to make the recipe together. Cook, laugh, & learn!

Artful Adventures: Explore your creativity through a variety of art forms, including coloring, painting, and drawing. We'll provide the high-quality supplies to fuel your artistic endeavors.

Quilting Club: Join other Quilters to come up with and plan projects!

Crochet & Knitting Club: Join other Gilda's Club yarn enthusiasts to visit while you work. Bring your projects and share tips and tricks! Beginner crochet help available. This will be participant-led for June.

Slow Flow Yoga: Join staff from Living Yoga for a relaxing yoga session. We will move through a series of gentle yoga poses to help you relax and release tension. No experience required. All equipment provided. **NOW OFFERED ON SATURDAYS!**

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet inside the Clubhouse and walk there together.

Chair Yoga: Get Fit Where You Sit™ by adapting yoga poses to a chair.



Social Events

Coffee & Canines: Join furry friends to help you relax and experience the benefits of pet therapy. Participants are invited to interact with the dogs if they choose to. Coffee optional.

Coffee & Conversation: This participant-led session is simply a time to get together, chat, and make connections.

Book Club: Join other participants for a book discussion. See online registration for book selection.

Group Dinners: Dinner will be available at Gilda's Club Davenport before Tuesday evening groups and Kids Club/Teen Time. If you're coming to group, save your energy and time by joining us for dinner first! Please RSVP at least a day in advance!



Kids & Teens

Kid's Club (Formerly named Noogieland): Supervised play for our youngest participants, ages 4-12. Play games, make crafts, and hang out with other kids and our wonderful volunteers.

Teen Time: A time for participants age 13-17 to hang out together. Our teen space features a pool table, instruments, ping pong, video games, board games, etc.

September 2024

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
	6-7:30PM Connecting Through Cancer		6-7:30PM Living with Loss Group		
	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time	5:30-7:30PM Cancer Transitions			9:00-10:00 Slow Flow Yoga
				6:30PM Family River Bandit's Game	
9	10	11	12	13	14
EDUCATION 5:30-6:30PM What is an End of Life Doula and How Can One Serve You?		2:00PM Crochet & Knitting Club 5-5:30PM Welcome Meeting 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group			
1:00-1:45PM Chair Yoga	3:30-5PM Connecting Group 5-6PM Group Dinner (sponsored by Centennial Home Improvement, LLC) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time	5:30-7:30PM Cancer Transitions	2-3PM digital sherpa Helpdesk Session	10:30AM Cooking & Conversations 11:30AM Artful Adventures	
16	17	18	19	20	21
	10:30AM Walking Club	5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer	6-8PM Prostate Cancer Group w/ Lori Bumbaco *Ask the Dietician*		
1:00-1:45PM Chair Yoga 6-8PM Creative Session: Watercolor Floral Cards	3:30-5PM Connecting Group 4:00PM Quilting Club 5-5:30PM Welcome Meeting 5-6PM Group Dinner (provided by Steel Plow) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time	5:30-7:30PM Cancer Transitions	5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group		9:00-10:00 Slow Flow Yoga
	12:30-1PM Clinton: Welcome Meeting 1-2:30PM Clinton: Support Group			CLINTON: 1:30-3:00 Telling your Story	
23	24	25	26	27	28
		5:00-5:30PM Welcome Meeting 6-7:30PM Friends & Family Group 6-7:30PM Connecting Through Cancer			
1:00-1:45PM Chair Yoga 5:30-6:30PM Book Club 5:30-6:30PM Interpreting Lab Results	3:30-5PM Connecting Group 5-6PM Group Dinner (provided by Café Express) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time	5:30-7:30PM Cancer Transitions	12:00-1:30PM: Volunteer Orientation Session 2-3PM digital sherpa Helpdesk Session 6-7:30PM Breast & Gynecological Cancer Support Group	10:30AM Coffee & Conversations 11:30AM Artful Adventures	9:00-10:00 Slow Flow Yoga
30					
1:00-1:45PM Chair Yoga					

Therapy dogs in Wilder Lounge 5-6PM

Please remember to RSVP to all programs, even ongoing support groups! You can RSVP at gildsaclubqc.org/calendar, or by calling 563-326-7504.

