

Membership is Free and Easy!

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

1. Call 563-326-7504 or email gc@gildasclubqc.org to start the process & complete a Membership Form.
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 and sign up for membership. Please call 563-326-7504 to schedule. See calendar for dates/times.

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.

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**GILDA'S
CLUB
QUAD CITIES**

An Affiliate of the
CANCER SUPPORT COMMUNITY

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.

Staff Hours:

Monday thru Thursday 8:00 AM - 5:00 PM
Friday 8:00 AM – 2:00 PM (Open by Appointment Only)
Saturday/Sunday—Closed

Genesis Medical Center (opening early 2022)

Gilda's Club Quad Cities
1351 West Central Park Avenue, Suite 200
Davenport, IA 52804

UnityPoint Health – Trinity

Gilda's Club Quad Cities
600 John Deere Road, Suite 101
Moline, IL 61265

Muscatine Office Hours:

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

Clinton Office Hours:

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

gildasclubqc.org

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**GILDA'S
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November 2021 Member Activity Calendar

Reservations:

Call 563-326-7504
Email gc@gildasclubqc.org
Visit gildasclubqc.org/calendar

November 2021

📺 Program is held via Zoom only. 🏠 Program will be held in-person only.
 🔄 Program will be held in a hybrid format. Members should RSVP to attend either virtually or in-person.

RSVP required for all programs.

Monday	Tuesday	Wednesday	Thursday	Friday
1 📺 Yoga 4 Cancer 9:00-10:00 am	2 🔄 Connecting Through Cancer 1:00-2:30 📺 Red Door Squad 5:00-6:00 🏠 New Member Orientation 5:00-5:30 🏠 Connecting Through Cancer 6:00-7:30 🔄 Friends/Family Support Group 6:00-7:30	3 🔄 Grief and the Holidays 6:00-7:00 pm	4 📺 Chair Yoga 9:00-10:00 am 🏠 Coffee & Canines 3:00-3:30 pm 🏠 Cancer Transitions 5:00-7:00 pm 🔄 Reclaiming Intimacy: Relationships & Cancer: Intimacy, Sex & Dysfunction 5:00-6:00 pm	5 🏠 Breakfast Club 9:00-10:00 am
8 📺 Yoga 4 Cancer 9:00-10:00 am	9 🔄 Connecting Through Cancer 1:00-2:30 📺 Red Door Squad 5:00-6:00 🔄 Creative Sessions: Mandalas on Canvas 6:00-8:00	10 🏠 Aromatherapy with Essential Oils 6:00-7:00	11 📺 Chair Yoga 9:00-10:00 am 📺 Meditation 11:30 am -12:15 pm 🏠 Cancer Transitions 5:00-7:00 pm 🔄 Gynecological Cancer Group 6:00-7:30	12 🏠 Breakfast Club 9:00-10:00 am
15 📺 Yoga 4 Cancer 9:00-10:00 am	16 🔄 Connecting Through Cancer 1:00-2:30 📺 Red Door Squad 5:00-6:00 🏠 New Member Orientation 5:00-5:30 🏠 Connecting Through Cancer 6:00-7:30 🔄 Friends/Family Support Group 6:00-7:30	17 🏠 A Letter to Someone I Love 5:00-5:45 pm 🏠 Living with Loss 6:00-7:30 pm	18 📺 Chair Yoga 9:00-10:00 am 📺 Meditation 11:30 am -12:15 pm 🏠 Coffee & Canines 3:00-3:30 pm 🏠 Breast Cancer Group 6:00-7:30	19 🏠 Breakfast Club 9:00-10:00 am
22 📺 Yoga 4 Cancer 9:00-10:00 am	23 🔄 Connecting Through Cancer 1:00-2:30 📺 Red Door Squad 5:00-6:00 🏠 Connecting Through Cancer 6:00-7:30 🔄 Friends/Family Support Group 6:00-7:30	24 🏠 Game Night at Gilda's 5:00-7:00 pm	<div style="border: 2px solid red; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Clubhouse closed for the holiday. Happy Thanksgiving!</p> </div>	
29 📺 Yoga 4 Cancer 9:00-10:00 am	30 🔄 Connecting Through Cancer 1:00-2:30 📺 Red Door Squad 5:00-6:00 🏠 Connecting Through Cancer 6:00-7:30 🔄 Friends/Family Support Group 6:00-7:30 🏠 Quad City Music Guild: Irving Berlin's Holiday Inn 7:00	<div style="border: 2px solid orange; padding: 5px;"> <p>Digital Sherpa Workshops: Come learn with college students about how to be more tech-savvy! Our volunteers can help you learn how to better understand a diagnosis, research treatment options, & access support. Call 563-326-7504 or visit gildasclubqc.org/calendar to register. Workshops: Tuesday 11/30 and Thursday 12/2, 6-8pm @ Trinity Moline 3rd Floor Board Room.</p> </div>		

A Letter to Someone I Love: Join us and our Intern Lauryl to write or draw a meaningful message to your special person who has cancer or is a person impacted by a cancer diagnosis. Participants will have the opportunity to connect with others who have had someone in their life impacted by a cancer diagnosis and share your feelings and experiences.

Creative Sessions: Mandalas on Canvas: Join local artist Terre Klipsch and learn how to create mandalas on canvas. RSVP ASAP at <https://www.livingproofexhibit.org/creative-sessions> to reserve your spot or get signed up for material pick-up to join from home. Pick-up will be at our Moline clubhouse, time/date TBD.



Reclaiming Intimacy: Relationships & Cancer: Intimacy, Sex & Dysfunction: Losing yourself and your "normal" sexual function are all too common for cancer patients and their partners. In this presentation, learn about reclaiming your intimacy needs, common dysfunction issues and females, how to combat sexual dysfunction with holistic, at-home therapies and therapeutic aids, etc. Empower yourself with information and take back your intimacy and sexuality!

Aromatherapy with Essential Oils: Aromatherapy is a holistic remedy that uses natural plant extracts to promote health & well-being. Join our Intern Melody in a workshop to learn about the benefits of aromatics and create your own room spray/perfume from essential oils. All supplies will be provided.

Grief and the Holidays Workshop: 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.

In-Home Colon Cancer Screening Kits & Workshops: We are hosting free one-hour virtual workshops. Experts will share colon cancer risks, the importance of early screening and how a simple at-home test can save your life. Attendees receive a free at-home screening kit. Pre-registration required. Visit gildasclubqc.org/colon for details.

Cancer Transitions: Cancer Transitions is a free six-week workshop 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. Keep an eye on our calendar for the next 6-week series being offered.

Game Night at Gilda's: Join us on for a laid-back night of games! We will have card games, board games, trivia games, etc. Come out to the Moline Clubhouse and play an old favorite or maybe even learn to play something new. All ages are welcome.



FUNDRAISING CORNER

The Runway Life: Fierce & Fabulous: 11/7, 3pm to 5pm, 838 Boutique, Duck Creek Plaza, Bettendorf. \$10 per ticket.

A charity fashion show hosted by Crow Valley Living and Gilda's Club Quad Cities. Watch the hottest trends go down the runway with looks from our Fall | Winter | Holiday collection. Hors d'oeuvres and refreshments served. Refreshments and hors d'oeuvres and fun! Visit gildasclubqc.org/special-events/annual-events/info-838-boutique-charity-fashion-show-2055/

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Living with Loss: An on-going bi-monthly grief support group.

Gynecological Cancer Group: Monthly support group for those diagnosed w/ gynecological cancers.

Breast Cancer Group: Monthly support group for those diagnosed w/ breast cancer.

This group will now be held at Genesis Medical Center: 1351 W Central Park Ave, Davenport, IA 52804 Suite 3300. Enter through the "Pavilion 2" entrance and take the elevator up to the 3rd floor.

Healthy Lifestyle Activities

Group Meditation: Join Angela Swanson of Angela Swanson Meditation as she leads discussion and group meditation.

Yoga 4 Cancer: Move with the breath while increasing flexibility and strength; calming the mind, body, and spirit.

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

Social Events

Breakfast Club: Members come together for a social hour. Due to COVID restrictions, we encourage you to BYOB (bring-your-own-breakfast) until we can return to potluck style.

Coffee & Canines: Members 12+ invited to join Katja Walthers & a furry friend to relax & enjoy the benefits of pet therapy. Katja will introduce her dog & show us some tricks. Participants will be invited to interact with the dogs if they choose to. Coffee optional.

Kids and Teens

Red Door Squad:
For Teens 13 - 19 Brought to us by Gilda's Club Chicago. Through a variety of activities and special events, teens serve as members of our "RD Squad". This program provides students with fun activities as well as support.

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

Clinton Office Hours:

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

gildasclubqc.org

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December 2021 Member Activity Calendar


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 🏠 Program will be held in a hybrid format. Members should RSVP to attend either virtually or in-person.

RSVP required for all programs.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Muscatine & Clinton Muscatine and Clinton members are invited to join in on all programs via Zoom and at our Moline clubhouse.</p>		<p>1 🏠 Living with Loss 6:00-7:30 pm</p>	<p>2 🏠 Chair Yoga 9:00-10:00 am 🏠 Coffee & Canines 3:00-3:30 pm 🏠 Digital Sherpa Workshop 6:00-8:00 pm</p>	<p>3 🏠 Breakfast Club 9:00-10:00 am</p>
<p>6 🏠 Yoga 4 Cancer 9:00-10:00 am</p>	<p>7 🏠 Connecting Through Cancer 1:00-2:30 🏠 Red Door Squad 5:00-6:00 🏠 New Member Orientation 5:00-5:30 🏠 Lighting of the Blessing Tree and Hot Chocolate Social 6:00-7:00</p>	<p>8 🏠 Frankly Speaking About Cancer: Living with Uncertainty (dinner provided) 5:30-7:30 pm at Genesis West in the Annunciata Room (Pavilion 2)</p>	<p>9 🏠 Chair Yoga 9:00-10:00 am 🏠 Gynecological Cancer Group 6:00-7:30</p>	<p>10 🏠 Breakfast Club 9:00-10:00 am</p>
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<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
<p>Clubhouse closed for the holidays. Our Staff, Board and Volunteers wish you a Happy Holidays!!</p>				

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Frankly Speaking About Cancer: Living with Uncertainty Workshop: Uncertainty is common for people facing serious illness. Based on our 2020 Cancer Experience Registry, 53% of cancer patients & survivors are worried about the future and what lies ahead while 49% of cancer caregivers reported substantially worse anxiety than the national average. Join Gilda's Club Quad Cities and our featured speakers from Genesis Cancer Institute to talk about living with uncertainty. This free program focuses on common challenges and worries, mental health and cancer, acknowledging the known and unknown and what's next. This program will be held in a hybrid format. Boxed Meal provided for in-person attendees. RSVP required.

Lighting of the Blessing Tree and Hot Chocolate Social: Gather with us at the **Moline Clubhouse** to enjoy hot cocoa as we watch a virtual livestream of the lighting of the Blessing Tree at the old Gilda's Club mansion.



FUNDRAISING CORNER

Grow Your MO: A very hairy fundraiser for Gilda's Club QC. Grow your mo in November for someone you love who is coping with cancer. Stache Pageant 12/4 at Icon's Martini Lounge in Rock Island doors open at 6:30p. \$30 per contestant. <https://www.gildasclubqc.org/special-events/annual-events/grow-your-mo/> for more info.

Gilda's Club Holiday Hangover Virtual Trivia Night: 12/29, 7pm | \$10 per individual/\$25 per team

8 rounds of general trivia via Zoom. Play as an individual or a team. To play as a team organize a team chat through a secondary method. <https://www.gildasclubqc.org/special-events/annual-events/trivia-night/>