



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 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 Thursday from 6:30 – 7:30 pm, second Friday from 12 – 1 pm, third Monday from 5:30 – 6:30 pm, fourth Friday from 12 - 1 pm or by appointment.

Volunteer Orientation: One-time meeting for volunteers to be educated on our program, mission, and philosophy. Volunteers will tour the clubhouse and learn about volunteer opportunities. Orientations are held on the second Tuesday of each month from 6:30 – 7:30 pm.

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 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.

March 2020 Member Activity Calendar

**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

Reservations:

Call 563-326-7504

Email gc@gildasclubqc.org

Visit 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 4th St., Clinton, IA 52732

gildasclubqc.org

[facebook.com/GildasClubQC](https://www.facebook.com/GildasClubQC)

twitter.com/GildasClubQC

[instagram.com/GildasClubQC](https://www.instagram.com/GildasClubQC)

Davenport March 2020

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: *1st & 3rd Tuesday, 3/3 & 3/17, 6 – 8 pm*
An ongoing bi-monthly grief support group.

Gynecological Cancer Group: *2nd Thursday, 3/12, 6 – 7:30 pm*
A monthly support group for those diagnosed with gynecological cancers.

Breast Cancer Group: *3rd Thursday, 3/19, 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.

Camp Genesis

Camp Genesis is a FREE camp for kids entering grades 4-9 affected by cancer in their family. **Camp Genesis will run from June 21 – June 26, 2020.** Camp Genesis is a full week of camp including the camp experience (swimming, canoeing, archery, etc.) along with groups focused on cancer with Gilda's Club staff. For more information or to apply for a spot, please visit gildasclubqc.org/camp. Please contact Kelly C with additional questions at 563-326-7504 or email kcrafft@gildasclubqc.org.

Social Events

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

NOTE: Breakfast Club will be cancelled on 4/3 due to our Intimate Conversations event featuring Amy Robach.

Remembrance Night: *Thursday, 3/12, 6 – 8 pm*
Join us for a night dedicated to remembering our Gilda's Club members who have died. The evening will consist of a memory jar decorating activity and sharing of memories led by our Gilda's Club interns, Mary Ann Infeld and Sydney Mericle. Please come with stories and fond memories to share with others in attendance.

Cancer Retreats

Cancer retreats are open to cancer patients/survivors from the Quad Cities area and one adult support person. Come for a day of laughter, fun, relaxation and camaraderie! Retreat includes meditation, an intimacy workshop, support groups, and a creative session. FREE. Limit 10 cancer patients/survivors plus support person. Meals provided.

Retreat options are Saturday 3/21 and 6/13, 2020, 8 am – 5 pm.

Registration forms available at gildasclubqc.org/retreat. Call 563-326-7504 or email kelly@gildasclubqc.org for more information.

Educational Programs

Cancer Transitions: *Wednesdays, ending 3/11, 10 am – 12 pm*
Cancer Transitions is a free two-hour, six-week workshop series focused on cancer survivorship. This workshop is designed to help cancer survivors make the transition from active treatment to post-treatment care. Cancer Transitions will answer many of your questions about cancer survivorship post-cancer treatment with expert panelists including an oncology nurse navigator, dietitian and physical therapist. Contact us at kelly@gildasclubqc.org or 563-326-7504 with questions and to enroll in future sessions. **Next session starts Monday, April 6th, 5:30 – 7:30 PM.**

Physical Activity and Relaxation: *Tuesday, 3/12, 12 – 1 pm*
This program reviews the guidelines set by the American Cancer Society for physical activity, discussing the importance of exercise while giving you a safe home exercise program to help get you moving. Three relaxation techniques with the benefits they have on your body will be discussed as well, with demonstrations of each. Presented by Sydney Mericle, OTDS.

FSAC: Coping with Side Effects: *Tuesday, 3/24, 5:30 – 7:30 pm*
Dinner and Doors at 5:30, Presentation Begins 6:00
This free workshop, featuring Dr. Linda Jager, MD of Iowa Cancer Specialists and Kelly Hendershot, LMSW, Program Director at Gilda's Club Quad Cities will discuss strategies to manage treatment side effects such as fatigue, hair loss, anemia, infection and pain. Learn how to manage emotional distress and optimize quality of life during and after cancer treatment. Dinner included with RSVP. This presentation will also be broadcast via Facebook Live.

FSAC: What Do I Tell The Kids?: *Thursday, 3/26, 6 – 8 pm*
Davenport Public Library – Main Location: 321 N. Main Street, Davenport, IA
Dinner and Doors at 6, Presentation Begins 6:30
This free workshop with Kelly Craft, LISW, LCSW, Program Manager at Gilda's Club Quad Cities focuses on building awareness about how to carry out conversations about cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources. Dinner included with RSVP.

Healthy Lifestyle Activities

Essential Oils Workshop: *1st Thursday, 3/5, 11 am– 12:30 pm*
Monthly workshop 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: *1st & 3rd Thursday, 3/5 & 3/19, 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: *2nd Monday, 3/9, 12-1:30 pm*
This is a casual meeting for sharing clutter clearing resources and camaraderie.

Creative Session: Writing: *Tuesday, 3/10, 6 – 8 pm*
Come to a writing workshop with Ryan Collins of Midwest Writing Center. Creative Sessions are brought to us by Living Proof Exhibit. RSVP to livingproofexhibit@gmail.com or by calling 309-236-1360 between the hours of 9-5 on weekdays.

Create a Healthy Mind to Help You Heal and Thrive: *Tuesday, 3/31, 6 – 7 pm*
Rumaisa Khawaja, Life & Relationship Coach at Mandala Integrative Medicine is coming to Gilda's Club Quad Cities to speak about understanding and taking control of our minds and thoughts. She will discuss identifying when you are in drama, help you learn how to shift your mood, and help you understand how your mistaken beliefs can block your way to better health and happiness. Rumaisa is Certified in Social Emotional Intelligence for Leadership and Coaching.

Muscatine

Chair Yoga: *2nd & 4th Thursdays, 3/12 & 3/26, 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!

Creative Session: (Bilingual) Unite Through Words and Music: *Thursday, 3/12, 5:30 – 7:30 pm*
Muscatine Art Center, 1314 Mulberry Ave, Muscatine, IA

Come join Juan Carlos Mendoza for a bi-lingual (English and Spanish) workshop focusing on uniting through Words and Music. Creative Sessions are brought to us by Living Proof Exhibit. RSVP to livingproofexhibit@gmail.com or by calling 309-236-1360 9-5 on weekdays.

Lymphedema Exercise: *3rd Thursday, 3/19, 6 – 7:30 pm*
First Presbyterian Church (401 Iowa Ave) Please use 4th 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.

Clinton

Evening Wellness Group: *2nd Tuesday, 3/10, 6:30 pm – 8 pm*
Zion Lutheran Church (439 3rd Avenue S)

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

Curb Cancer Info Session: *2nd Thursday, 3/12, 10 – 11:30 am*
Zion Lutheran Church (439 3rd Avenue S)

LuAnn Larson, Personal Trainer at the YWCA in Clinton will come to speak about her Curb Cancer program aimed to advance the quality of life of cancer survivors during and following cancer treatment through prescriptive exercise rehabilitation.

2020 Member Survey

We are requesting that all members who participated in support groups and/or workshops in 2019 complete our Annual Member Program Evaluation. We value this feedback as it helps us continually improve our program. It takes approximately 10-15 minutes to complete.

Members who complete the survey by Friday, March 6 will be entered in a drawing to win a pair of passes to one of the following events of your choice: Intimate Conversations with Amy Robach, Bags 'N Brews, Run for Laughs, Motorcycle Ride, or Diamonds & Divas.

All members should have received an email with a link to the survey. You can also fill it out on-site at our Davenport Clubhouse.

Fundraising Corner

Intimate Conversations with Amy Robach
Friday, 4/3, 12 – 1:30 pm | Rhythm City Casino, Davenport
Join ABC's "20/20" co-anchor Amy Robach for our annual Intimate Conversations event. Since joining ABC News, Amy has traveled nationally and internationally to cover major news events and she has interviewed countless celebrities. In 2015, Amy wrote a New York Times bestseller about her unexpected journey with breast cancer. Tickets are \$55 and include a plated lunch and dessert while listening to Amy share her story. VIP Meet & Greet will take place following the luncheon from 1:30 – 2:30pm. Meet & Greet tickets are \$100 and include a luncheon ticket as well as the opportunity to mingle with Amy and have your photo taken by a professional photographer. To purchase tickets and for more information, visit gildasclubqc.org/conversations.



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Volunteer Orientation: One-time meeting for volunteers to be educated on our program, mission, and philosophy. Volunteers will tour the clubhouse and learn about volunteer opportunities. Orientations are held on the second Tuesday of each month from 6:30 – 7:30 pm.

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April 2020 Member Activity Calendar

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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 4th St., Clinton, IA 52732

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

gildasclubqc.org

facebook.com/GildasClubQC

twitter.com/GildasClubQC

instagram.com/GildasClubQC

Davenport April 2020

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Weekly support groups for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.
Please visit www.gildasclubqc.org/modified for online support options.

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.
Please visit www.gildasclubqc.org/modified for online support options.

Grief Connection: *1st & 3rd Tuesday, 4/7 & 4/21, 6 – 8 pm*
An ongoing bi-monthly grief support group.
Please visit www.gildasclubqc.org/modified for online support options.

Gynecological Cancer Group:
A monthly support group for those diagnosed with gynecological cancers.
Please visit www.gildasclubqc.org/modified for online support options.

Breast Cancer Group: *3rd Thursday, 4/16, 6:30 – 8 pm*
A monthly support group for breast cancer patients, survivors and family members.

Children/Teen

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In-Person Children/Teen Activities are postponed through April 10th
Kid Support: *Wednesdays, 6 – 8 pm*
Peer group for ages 4-12.

Noogie Nights: *Wednesdays, 6 – 8 pm*
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Camp Genesis:
Camp Genesis is a FREE camp for kids entering grades 4-9 affected by cancer in their family. **Camp Genesis will run from June 21 – June 26, 2020.** Camp Genesis is a full week of camp including the camp experience (swimming, canoeing, archery, etc.) along with groups focused on cancer with Gilda's Club staff. For more information or to apply for a spot, please visit gildasclubqc.org/camp. Please contact Kelly C with additional questions at 563-326-7504 or email kcraft@gildasclubqc.org.

Social Events

Breakfast Club: *Fridays, 8:30 – 10:30 am*
Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.
In-Person Activities are postponed through April 10th

COVID-19 & Social Distancing

Gilda's Club Quad Cities (GCQC) is sensitive to the current situation surrounding the Coronavirus/COVID-19 and has been monitoring CDC and Iowa Department of Public Health sites.

Until the need for social distancing surrounding concerns of the spread of COVID-19 have passed, Gilda's Club Quad Cities is temporarily suspending social events and most healthy lifestyle activities. Support groups, educational programs, Yoga 4 Cancer and meditation will be shifting to virtual platforms.

As of this this mailing, we will be following our virtual formats through Friday, April 10.

Please visit www.gildasclubqc.org/modified for up-to-date information.

Educational Programs

Pain Management: *ONLINE: Tuesday, 4/7, 11:30 – 12:30 pm*
Dr. Sasyed Shah of Mandala Integrative Medicine will lead a workshop about pain management. He will talk about different ways to manage pain, including information about cannabis. He will touch on myths about cannabis, the endocannabinoid system in our body, and how it can help someone during cancer treatment: cancer symptom relief, treatment side effect relief, lessening the use of opioid pain medications, etc.

Ergonomics for Return to Work and Caregiving: *ONLINE: Thursday, 4/7, 6 – 7 pm*
This program defines ergonomics for these two environments while also reviewing the things that can be modified to ensure a successful return to work. Office ergonomics, recommended workplace set-up, industrial ergonomics, and general things to think of when completing activities. Ways to decrease the risk of injury and safe caregiving will also be discussed. Presented by Sydney Mericle, OTDS.

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.
Please visit www.gildasclubqc.org/modified for online options.

Group Meditation: *1st & 3rd Thursday, 4/2 & 4/16, 12:30 – 1:15 pm*
Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.
Please visit www.gildasclubqc.org/modified for online options.

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: *2nd Monday, 4-13, 12-1:30 pm*
This is a casual meeting for sharing clutter clearing resources and camaraderie.

Muscatine

Chair Yoga: *Thursdays, 4/23, 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!

Meditation Workshop: *3rd Thursday, 4/16, 6 – 7:30 pm*
First Presbyterian Church (401 Iowa Ave) Please use 4th St. entrance
Allison Castle, Wholistic Health Coach will lead a workshop about meditation. She will talk about ways to meditate and how to incorporate meditation into your daily schedule. Attendees will also participate in some guided meditation.

Clinton

Evening Wellness Group: *2nd Tuesday, 4/14, 6:30 pm – 8 pm*
Zion Lutheran Church (439 3rd Avenue S)

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

Fundraising Corner

Intimate Conversations: Amy Robach – RESCHEDULED
This event has been rescheduled for Friday, August 28 at the same location, Rhythm City Casino Resort. All tickets already purchased for this event will be honored on this new date.

Gilda's Run for Laughs – VIRTUAL RUN! | Saturday, April 25
Join us from your neighborhood, treadmill or even your couch for a virtual run supporting Gilda's Club Quad Cities! While we've had to adjust our annual race, the show must go on but simply from the comfort of your own home. Registration price has been reduced to \$25 and will still include a race shirt just like old times. Register today at gildasclubqc.org/run. On the morning of the event, be sure to check out social media where we will be sharing stories from all those who are running at home!

Cancer Retreats

Cancer retreats are open to cancer patients/survivors from the Quad Cities area and one adult support person. Come for a day of laughter, fun, relaxation and camaraderie! Retreat includes meditation, an intimacy workshop, support groups, and a creative session. FREE. Limit 10 cancer patients/survivors plus support person. Meals provided.
Saturday, 6/13, 2020, 8 am – 5 pm.
Registration forms available at gildasclubqc.org/retreat. Call 563-326-7504 or email kelly@gildasclubqc.org for more information.