



1351 West Central Park Avenue, Suite 200  
Davenport, Iowa 52804  
563-326-7504

Return Service Requested

# FEBRUARY 2025 ACTIVITY CALENDAR



View calendar online at  
[csciowaillinois.org.org](https://csciowaillinois.org.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

Non-Profit Org.  
U.S. Postage  
**PAID**  
Davenport, IA  
Permit No.  
3217



**February is National  
Cancer Prevention  
Month. It is also  
Gallbladder and Bile  
Duct Cancer  
Awareness Month.**

# February Educational Workshops

Offered In-Person and Virtually

**Managing Distressful Thoughts:** Uncertainty triggers many distressing thoughts. This discussion will identify the triggers for these thoughts and strategies individuals can learn to utilize to manage and reduce the impact of these thoughts.

**Featuring:** Chris McCormick Pries, ARNP, BC

**An Introduction to Integrative Oncology:** This workshop will be an introduction to integrative oncology, including:

- What happens during an integrative oncology visit?
- Different therapies available
- Supplemental care with quality of life focus

**Featuring:** Dr. Richard Deming, MD, Medical Director of MercyOne Richard Deming Cancer Center in Des Moines, Iowa

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 NUS8DP07103 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 the Consortium by visiting: <http://www.canceriowa.org>

**CLINTON: Love Yourself! Breast & Cervical Cancer Awareness & Prevention: A Community**

**Initiative:** Help Us Spread the Word About Life-Saving Programs: Care for Yourself Program: Providing free or low-cost breast and cervical cancer screenings to eligible Iowa and Illinois residents. Hands-On Breast Model: Learn what different types of breast cancer feel like to understand the importance of early detection. Join us in raising awareness and ensuring more people know about these vital resources!

**Featuring:** Jenny Kitsis, Womens Health Grant Program, Specialist at MercyOne Genesis

**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.

## Other Special Programs & Events

**Valentine's Eve Kids and Teen Party:** Drop your kids/teens off at Gilda's Club Davenport where they will receive dinner, play games, and do arts and crafts, while you go out and celebrate Valentine's Eve! Take this opportunity for free childcare and head out for a date night, spend time with friends, or even just run errands. Kids/teens can be dropped any time after 5pm and must be picked up by 8pm. A parent/caregiver must accompany their child into the Davenport Clubhouse and sign a waiver and update emergency contact information prior to leaving their child at the Clubhouse.

**NEW: Moline Group Dinner:** Before attending Connecting Through Cancer and Friends & Family groups in Moline on the 2nd & 4th Wednesdays of each month, come early and join us for dinner!

**Creative Session: Scrapbook: Legacy Project:** Take this opportunity to create a scrapbook dedicated to someone special to you, who has passed away. Or, you may compile valuable memories that you want your loved ones to cherish and remember you by. Before the workshop begins, participants should gather photos, writings, and other physical memorabilia that can be included in their scrapbook.

**Blind Date with a Book & Blind Date with a Puzzle:** Drop into one of our clubhouses anytime the week of Valentines Day (2/10-2/14) to pick up a Blind Date with a Book or a Blind Date with a Puzzle. Don't judge a book (or puzzle) by the cover! Books and puzzles have been wrapped so you cannot see the cover or description. Books will come with some vague information, like genre. Puzzles will also come with some basic information like number of pieces and a basic description of the puzzle subject.

### Save the Date: Cancer Transitions Survivor Retreat

Join us on Friday, April 25th at Gilda's Club Davenport for a retreat for anyone who finished their cancer treatment in the past two years. We will talk about getting back to wellness, emotional health, eating well, staying active, and managing your medical story beyond cancer. Breakfast, lunch, and a yoga session are included. RSVP Required. Made possible with funds from MercyOne Genesis Davenport Cancer Center.



## 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 complete a participant form online at [csciowaillinois.org/become-a-participant/](https://csciowaillinois.org/become-a-participant/)
- 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 CSCIAIL offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

**NEW:** In addition to in-person and live virtual Welcome Meetings, we now offer an on-demand video version of our Welcome Meeting. If interested in watching the video and getting involved, scan the QR code here. Then after you watch the video, just fill out the Google Form to let us know you watched it. We will be in touch within the next business day to answer any questions you may have and get you set up to join in on any programs you'd like.

Video



Google Form



**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 if you have a contagious illness, 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.

### Resource Highlight: FSAC: What do I tell the kids?

A cancer diagnosis impacts families in many ways. Even if a child has not been told about a loved one's diagnosis, they can sense when something is wrong. If you're struggling to come up with the words to talk to your child about cancer, or just want a listening ear to talk through your concerns, consult with Nora Bosslet, LMSW/LSW, program manager of our Children, Teen, and Family programs. Just reach out to set up a time to talk. Nora is available by phone at 563-726-5708 or email at [nora@csciowaillinois.org](mailto:nora@csciowaillinois.org).

### Open to Options

Are you are facing a cancer treatment decision? Open to Options™ helps identify 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. If you have to make a decision regarding your treatment, you can meet 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 26 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!

Help us nourish Moline's cancer community. We begun offering group dinners in Moline at the beginning of 2025 on Wednesday nights when we host our Connecting through Cancer and Friends & Family Support Groups. Providing dinner is one way to alleviate some of the stress our participants experience while navigating their cancer journey. Our current need is to 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 fund a dinner. A meal donation can be to honor or celebrate a loved one. Interested? Please call Lexi Bull [563-949-2648](tel:563-949-2648) or email [lexi@csciowaillinois.org](mailto:lexi@csciowaillinois.org)

## UPCOMING FUNDRAISING EVENTS:

### Live from QC... It's Saturday Nite!

April 5th 2025 | 6PM | The Waterfront Convention Center, Bettendorf IA

Join us at our signature event and a night to honor Gilda Radner, original cast member on Saturday Night Live who understood that laughter is the best medicine, and the inspiration behind CSC at Gilda's Club.

Join us for a night of comedy featuring comedian Andy Woodhull. Andy has appeared on The Late Late Show with James Corden, Conan, Live at Gotham and The Half Hour on Comedy Central. He was the first comedian to make his network television debut on The Tonight Show Starring Jimmy Fallon.

Come out to laugh and then dance the night away to local fan favorite, Funktastic Five. Your ticket includes heavy hors d'oeuvres, cash bar, comedy show and live music.

Visit [csciowaillinois.org/live](https://csciowaillinois.org/live) to purchase tickets!

### Golf Fore Gilda's

May 2nd 2025 | Palmer Hills Golf Course, Bettendorf, IA

Join us at Palmer Hills, to enjoy a 18 hole golf outing to support those in our community that are living with cancer. Best ball format, golf cart, beverage cart, swag bag, prizes for overall winner and hole contests and a luncheon to follow with burgers on the grill with delicious sides, awards, and more fun!!

Visit [csciowaillinois.org/golf](https://csciowaillinois.org/golf) to purchase tickets!

### Save the Dates for 2025:

June 28th: Run for Hope 5K and 1 Mile The Rock, Coal Valley, IL

## 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.

**Advanced Cancer Support Group:** Starting in April 2025. More details coming soon!

Cont. - The group will meet 2x/month.

**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. **On break until March 2025.**

**Living with Loss:** A bi-monthly grief group for anyone who has lost someone to cancer.

**Breast and Gynecological Cancer Support Group:** Monthly support group and networking for those diagnosed or in survivorship. Sponsored by MercyOne Genesis Davenport Cancer Center. Offered in-person.

## Healthy Lifestyle Activities

**Walk and Talk:** Join others for walking & talking at various locations around the QCA- **On-hold until spring.**

**Walking Club:** Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet inside the Clubhouse and walk there together. **On-hold until spring.**

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

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

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

**NEW DAY & TIME: Crochet & Knitting Club:** Join other yarn enthusiasts to visit while you work. Bring your projects and share tips! Beginner crochet help available. This program is participant-led.

**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.

**Spice Club:** Embark on an exciting journey with us, where each month introduces a new spice for you to discover! Engage in interactive games and have your say in choosing our next spice adventure. Get ready to explore flavors and enjoy a fun-filled experience! Participants will be sent with some of the month's spice to try in recipes at home. **On hold until March**

## 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! **January dinners are sponsored by Centennial Home Improvement, LLC, Steel Plow, and Cafe Express.**

## Kids & Teens

**Kid's Club:** 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.

# February 2025

LOCATION KEY:

**HYBRID**




MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT	
					1	
 <b>CANCER SUPPORT COMMUNITY</b> IOWA & NW ILLINOIS AT GILDA'S CLUB		Please RSVP to all programs, even ongoing support groups! RSVP at <a href="http://www.csciowaillinois.org/calendar">www.csciowaillinois.org/calendar</a> , or call 563-326-7504.				9:00-10:00 Slow Flow Yoga
3	4	5	6	7	8	
1:00-1:45PM Chair Yoga	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time	6-7:30PM Connecting Through Cancer	6-7:30PM Living with Loss Group		9:00-10:00 Slow Flow Yoga	
10	11	12	13	14	15	
5:30-6:30PM Managing Distressful Thoughts with ARNP Chris McCormick Pries	Therapy dogs in Wilder Lounge 5-6 PM	5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group	5:00PM Crochet & Knitting Club			
10AM-3PM: Participant Family Pictures (timeslot reservation required)	3:30-5PM Connecting Group 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time		5-8PM Valentine's Eve Kids and Teen Party		9:00-10:00 Slow Flow Yoga	
<b>Drop in to Gilda's Club Davenport or Moline to pick up a Blind Date with a Book or Blind Date with a Puzzle. More info in program descriptions!</b>						
17	18	19	20	21	22	
6-8PM Creative Session: Scrapbooking: Legacy Project		2:30-3:30PM digital sherpa Helpdesk Session 5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer				
12:00-1:00PM Cooking & Conversations 1:00-1:45PM Chair Yoga	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time		5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group		9:00-10:00 Slow Flow Yoga	
	1-2:30PM Clinton: Support Group					
24	25	26	27	28		
		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group		1-2PM CLINTON: Love Yourself! Breast & Cervical Cancer Awareness & Prevention Workshop: A Community Initiative		
12:00-1:00PM Artful Adventures 1:00-1:45PM Chair Yoga 5:30PM Book Club 5:30-6:30PM Intro to Integrative Oncology with Dr. Richard Deming	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time		12:00-1:30PM Volunteer Orientation 6-7:30PM Breast & Gynecological Cancer Support Group		