

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.

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 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.



**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

facebook.com/GildasClubQC

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instagram.com/GildasClubQC



**GILDA'S
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CANCER SUPPORT COMMUNITY

October 2021 Member Activity Calendar

Reservations:

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

October 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
<p>Join Us Back at the Clubhouse: RSVP IS REQUIRED FOR ALL IN-PERSON PROGRAMS. Per CDC Guidelines, we will be requiring masks for all visitors, regardless of vaccination status.</p>		<p>In-Home Colon Cancer Screening Kits & Workshops See description below and visit gildasclubqc.org/colon to see all we're doing to help you understand your risk for colon cancer.</p>		<p>Muscatine and Clinton Muscatine and Clinton members are invited to join in on all programs via Zoom and at our Moline clubhouse.</p>
<p>4 🏠 Yoga 4 Cancer 9:00-10:00 am</p>	<p>5 🏠 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</p>	<p>6 🏠 Living with Loss 6:00-7:30 pm</p>	<p>7 🏠 Chair Yoga 9:00-10:00 am 🏠 Coffee & Canines 3:00-3:30 pm 🏠 Cancer Transitions 5:00-7:00 pm</p>	<p>1 🏠 Breakfast Club 9:00-10:00 am</p>
<p>11 🏠 Yoga 4 Cancer 9:00-10:00 am</p>	<p>12 🏠 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</p>	<p>13 🏠 Breast Cancer Art Project: 12:00-1:30 pm 🏠 HER2+ Workshop: 6:00-7:30 pm</p>	<p>14 🏠 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</p>	<p>8 🏠 Breakfast Club 9:00-10:00 am</p>
<p>18 🏠 Yoga 4 Cancer 9:00-10:00 am</p>	<p>19 🏠 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</p>	<p>20 🏠 Living with Loss 6:00-7:30 pm</p>	<p>21 🏠 Chair Yoga 9:00-10:00 am 🏠 Coffee & Canines 3:00-3:30 pm 🏠 Cancer Transitions 5:00-7:00 pm 🏠 Breast Cancer Group 6:00-7:30 🏠 Colon Cancer Workshop 12:00 & 6:00</p>	<p>15 🏠 Breakfast Club 9:00-10:00 am</p>
<p>25 🏠 Yoga 4 Cancer 9:00-10:00 am</p>	<p>26 🏠 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</p>	<p>27 🏠 Frankly Speaking About Cancer: Eating Well During Cancer Treatment & Survivorship: 6:30-8:00 pm (dinner starting at 6:00)</p>	<p>28 🏠 Chair Yoga 9:00-10:00 am 🏠 Meditation 11:30 am -12:15 pm 🏠 Cancer Transitions 5:00-7:00 pm</p>	<p>22 🏠 Breakfast Club 9:00-10:00 am</p>
<p>29 🏠 Breakfast Club 9:00-10:00 am</p>	<p>29 🏠 Breakfast Club 9:00-10:00 am</p>	<p>29 🏠 Breakfast Club 9:00-10:00 am</p>	<p>29 🏠 Breakfast Club 9:00-10:00 am</p>	<p>29 🏠 Breakfast Club 9:00-10:00 am</p>

Frankly Speaking About Cancer: Eating Well During Cancer Treatment & Survivorship: Come listen to Dr. Linda M. Jager, MD. with Iowa Cancer Specialists answer all your questions and concerns about nutrition during and after cancer treatment.

Participants will learn why nutrition is an important part of cancer treatment and into survivorship. Learn how to manage common cancer-related eating problems during treatment and into survivorship, see a demonstration of easy recipes to help manage cancer-related eating challenges, and learn where to find additional resources for nutrition for cancer. Boxed Meal provided for in-person attendees. RSVP required.

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.

Breast Cancer Art Project: This art workshop is for people impacted by breast cancer including previvors (people with high risk or high family history), people who currently have breast cancer, and breast cancer survivors. We will connect, laugh, share, and make art for ourselves and if desired, for the art to be donated to the Breast Cancer Art Project. Art practice centered around art therapy, feelings, and elements of the breast cancer experience. Materials needed: paper of any kind, pencils, and pens. If desired, participants may use colored pencils, collage, watercolor, oil pastels, or other art mediums.

HER2+ Breast Cancer Workshop: Join Anne Warren, RN, MS, ANP-BC, AOCNP, Clinical Nurse Educator, Puma Biotechnology for a workshop about HER2+ breast cancer. This presentation will provide you with information about early-stage HER2+ breast cancer and help you understand ways to reduce your risk of recurrence. Dinner will be provided for in-person attendees. RSVP required.

NOOGIEFEST AT MOLINE PARKS & REC'S SPOOKTACULAR TRUNK OR TREAT!

SATURDAY, 10/23, 3 - 5PM
GREENVALLEY SOFTBALL COMPLEX
(5920 52ND AVENUE, MOLINE)

NOOGIEFEST HAS TO LOOK DIFFERENT THIS YEAR. WE WILL REPRESENT MULTIPLE TRUNKS AT MOLINE'S SPOOKTACULAR TRUNK OR TREAT!

NO RSVP NEEDED

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.

FUNDRAISING CORNER

Diamonds and Divas
 10/7 5:30p Doors Open | Hotel Blackhawk Davenport
 Divas, we have a great party planned with V.I.P. Tammy Pescatelli, Buff Boys, silent/live auction, heavy hors d'oeuvres, pampering stations, diamond raffle and so much fun! Tickets are \$60 each or Table of 8 for \$450 visit gildasclubqc.org/diva

Hops for Hope
 10/23 | 3p - 6p | Contrary Brewing Company Muscatine
 Join us for an afternoon of beer tastings, live music and a pink pumpkin contest! \$20 per person, beer flights for tasting, live music, and a Pink Pumpkin Contest in honor of Breast Cancer Awareness month. The winners receive a \$50 Contrary Brewing Co. gift card. Visit gildasclubqc.org/special-events/annual-events/

Support Groups

Please attend a New Member Meeting before attending a support group.

Connecting Through Cancer: Weekly support groups for adults w/ any type of cancer diagnosis.

Thank you to our sponsor:



Friends and Family Support Group: Weekly support group for family members and friends of those w/ any type of cancer diagnosis.

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.