

# 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](mailto: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](mailto: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 many of our 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 (By Appointment Only)  
Saturday/Sunday—Closed

#### Genesis Medical Center (opening in 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

#### Clinton Office Hours:

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

***gildasclubqc.org***

*facebook.com/GildasClubQC*

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*instagram.com/GildasClubQC*



**GILDA'S  
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## June 2022 Member Activity Calendar

#### Reservations:

Call 563-326-7504

Email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org)

Visit [gildasclubqc.org/calendar](http://gildasclubqc.org/calendar)


# June 2022

📺 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><b>Free In-Home Colon Cancer Screening</b> Visit <a href="http://gildasclubqc.org/colon">gildasclubqc.org/colon</a> to learn how you can have a free testing kit mailed to your address!</p>	<p><b>Moved? Changed Information?</b> If you've changed your address or any other information, please give us a call at 563-326-7504 or email <a href="mailto:gc@gildasclubqc.org">gc@gildasclubqc.org</a> to let us know!</p>	<p><b>1</b> 📺 Chair Yoga 1:00-1:45 🏠 Living with Loss 6:00-7:30</p>	<p><b>2</b> 📺 Slow Flow Yoga 9:00-9:45 am 🔄 Connecting Through Cancer 1:00-2:30</p>	<p><b>3</b>  <b>Next month's book club book is "This Tender Land" by William Kent Krueger:</b>  A magnificent novel about four orphans on a life-changing odyssey during the Great Depression, from the bestselling author of Ordinary Grace.  1932 Minnesota—the Lincoln School is a pitiless place where hundreds of Native American children, forcibly separated from their parents, are sent to be educated.</p>
<p><b>6</b> </p>	<p><b>7</b> 🔄 Genetics Workshop 12:00-1:00 📺 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><b>8</b> 📺 Chair Yoga 1:00-1:45 🏠 MUSCATINE: Frankly Speaking About Cancer: Vivir con Incertidumbre 6:30-7:30</p>	<p><b>9</b> 📺 Slow Flow Yoga 9:00-9:45 🔄 Connecting Through Cancer 1:00-2:30 🔄 Gynecological Cancer Group 6:00-7:30 🏠 Quad City Music Guild: Something Rotten Musical 7:00</p>	<p><b>10</b>  <b>17</b></p>
	<p><b>13</b>  <b>14</b> 📺 Red Door Squad 5:00-6:00 🏠 Connecting Through Cancer 6:00-7:30 🔄 Friends/Family Support Group 6:00-7:30</p>	<p><b>15</b> 📺 Chair Yoga 1:00-1:45 🏠 Coffee &amp; Canines 5:30-6:00 🏠 Living with Loss 6:00-7:30</p>	<p><b>16</b> 📺 Slow Flow Yoga 2:00-2:45 🔄 Connecting Through Cancer 1:00-2:30 🔄 Prostate Cancer Group 6:00-8:00</p> <p><b>Happy Juneteenth National Independence Day!</b></p>	
	<p><b>20</b> 🏠 Clinton New Member 12:30-1:00 🏠 Clinton Support Group 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><b>22</b> 🏠 CLINTON Grown-Ups Color Too 10:00-11:00 am 🏠 Grown-Ups Color Too 2:00-3:00 🏠 Coffee &amp; Canines 3:00-3:30</p>	<p><b>23</b> 📺 Slow Flow Yoga 9:00-9:45 🔄 Connecting Through Cancer 1:00-2:30 🏠 Breast Cancer Group 6:00-7:30</p>	
<b>Camp Genesis Week!</b>				
<p><b>27</b> 📺 Drums Alive 1:30-2:00 📺 "I'm Surviving, Not Thriving...And that's okay" Young Adult Networking Group 6:00-7:00</p>	<p><b>28</b> 📺 Meditation 9:00-9:45 📺 Red Door Squad 5:00-6:00 🏠 Gilda Radner's Birthday Potluck 5:00-6:00 🏠 Connecting Through Cancer 6:00-7:30 🔄 Friends/Family Support Group 6:00-7:30</p>	<p><b>29</b> 📺 Chair Yoga 1:00-1:45 🏠 New Volunteer Orientation 5:30-6:30</p>	<p><b>30</b> 📺 Slow Flow Yoga 2:00-2:45 🔄 Connecting Through Cancer 1:00-2:30 🔄 Expressive Writing = Emotional Health 6:00-8:00</p>	<p><b>24</b> 🔄 MyLifeLine Informational Workshop 12:00-1:00</p> <p><b>Looking for 1-on-1 peer support?</b> Ask about our Cancer Companion program! Gilda's Club program staff can match you up with another member going through a similar situation or diagnosis.</p>

**MUSCATINE - En Español Frankly Speaking About Cancer: Vivir con incertidumbre:** Este programa gratuito se centra en los desafíos y preocupaciones comunes, la salud mental y el cáncer, reconociendo lo conocido y desconocido y lo que sigue. Los oradores destacados incluyen María Ricaurte-Romza, LISW. Este taller se llevará a cabo en Iowa State University Extension and Outreach Office (1601 Plaza Place, Muscatine).

**Gilda Radner's Birthday Potluck:** Before Tuesday evening support groups, we will celebrate Gilda Radner's birthday with a potluck. We ask members to bring a dish or dessert to share as we honor Gilda's birthday.  
**Expressive Writing = Emotional Health:** This creative/expressive writing workshop will help bring out your inner writer whether you've written books, articles, poems or kept a private journal or if you've even just thought about one day writing, this workshop will set the foundation to begin or continue your writing journey. You'll learn about such things such as: knowing your audience, determining what format best suits you, basic writing practices, basics of structure, flow, showing vs. telling and more. Come learn, explore your creative side, and express yourself in a judgement-free environment, where you will connect deeply with your inner self, feel empowered, and heal.

**Grown-Ups Color Too (Moline & Clinton):** Stressed out and need an outlet? Coloring has been found to be a relaxing and stress relieving coping tool. Join Gilda's Club staff for an hour of relaxation, socialization, and fun. Creativity not required. Coloring pages & materials will be provided. Feel free to bring your own. According to Web MD, the many benefits of coloring include relaxing your brain and improving brain, improving motor skills, sleep and focus, and relieving anxiety and stress. Clinton session will meet at the Clinton Public Library (306 8th Ave S).  
**Something Rotten Musical at the Quad City Music Guild:** You won't want to miss this hilarious show set in the Renaissance! Members may register for free tickets to see this witty musical spoof about musical theater and Shakespeare.  
**Genetics Workshop:** Join Jamie Broline, RN, BSN, OCN of UnityPoint - Trinity for a discussion about hereditary cancer genetic testing and if it is something for you and your family to consider. We will discuss guidelines, cost, and expected outcomes of test results.

**MyLifeLine Informational Workshop:** Come learn about MyLifeLine! We will share what makes MyLifeLine so special & easy to use. In-person attendees can receive help on-site after the workshop with setting up their site. Leave with all the hard work done! MyLifeLine connects cancer patients & caregivers with friends & family to reduce stress, anxiety, and isolation. Creating a website can help you find hope, regain control, document your journey, & receive support from friends & family. Discussion boards can connect you with others like you.

**FUNDRAISING CORNER**  
**Golf Fore Gilda's:** Join us on the course for a day of fun 'fore' Gilda's on 6/3 @ Glynn's Creek. Registration & light breakfast 7a-8a. Shotgun start at 8a. Best ball, contests, beverage cart, swag bag, prizes & luncheon to follow w/ awards, silent auction & more! \$100/person, \$400/foursome. [gildasclubqc.org/golf-fore-gildas/](http://gildasclubqc.org/golf-fore-gildas/)  
**Run for Hope - 6/18 @ Veteran's Memorial Park, Bettendorf,** with race time at 8am. We are so excited to host Run for Hope which symbolizes the support of the community for families and individuals coping with cancer. There will be a 5k Run/Walk, 1 Mile Fun Run, and the Sleep-In/Chip-In! New this year is the Doggie Dash! [gildasclubqc.org/run](http://gildasclubqc.org/run)

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**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. Located at Genesis Medical Center: 1351 W Central Park Ave, Davenport, IA 52804 Suite 3300.  
**Prostate Cancer Group:** Monthly support group for those diagnosed w/ prostate cancers.  
**Clinton Support Group:** Anyone impacted by cancer is invited to join us at YWCA Clinton for a support group.  
**Young Adult Networking Group:** Young adults (ages 18-39) impacted by cancer can come together via Zoom. Make connections and talk about things that are on your mind.

## Healthy Lifestyle Activities

**Slow Flow Yoga:** Using Yoga4Cancer principles, focus on connecting breath to movement allowing participants to adjust to suit their body.  
**Chair Yoga:** Get Fit Where You Sit™ by adapting yoga poses to a chair.  
**Drums Alive:** A total mind/body connection exercise class. Using rhythm as the source of inspiration, it combines the benefits of a traditional physical fitness program with the brain-affected benefits of music and rhythm.  
**Meditation:** Join Allison Castle of Allison Castle Coaching & Meditation for a relaxing session of meditation via Zoom the 4<sup>th</sup> Tuesday of each month.

## Social Events

**Coffee & Canines:** Join some furry friends to help you relax and experience the benefits of pet therapy. You'll most likely walk away smiling! Participants are invited to interact with the dogs if they choose to. Coffee optional.

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**Red Door Squad:** Teen support group targeting ages 13-18. This virtual program provides students with fun activities as well as support.

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#### UnityPoint Health – Trinity

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

***gildasclubqc.org***

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*twitter.com/GildasClubQC*

*instagram.com/GildasClubQC*



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## July 2022 Member Activity Calendar

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Call 563-326-7504

Email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org)

Visit [gildasclubqc.org/calendar](http://gildasclubqc.org/calendar)

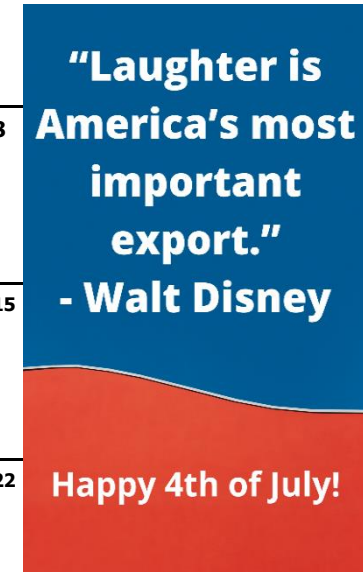


# July 2022

🏠 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><b>Moved? Changed Information?</b>                      If you've changed your address or any other information, please give us a call at 563-326-7504 or email <a href="mailto:gc@gildasclubqc.org">gc@gildasclubqc.org</a> to let us know!</p>	<p><b>Looking for 1-on-1 peer support?</b> Ask about our Cancer Companion program! Gilda's Club program staff can match you up with another member going through a similar situation or diagnosis.</p>	<p><b>Miss an educational workshop?</b>                      Our recorded workshops are available to watch later at <a href="http://gildasclubqc.org/get-support/educational-webinars/">gildasclubqc.org/get-support/educational-webinars/</a></p>		<p>1</p>
<p>4</p> <p><b>CLUBHOUSE CLOSED FOR THE 4<sup>th</sup> OF JULY</b></p>	<p>5</p> <ul style="list-style-type: none"> <li>🏠 Red Door Squad 5:00-6:00</li> <li>🏠 New Member Orientation 5:00-5:30</li> <li>🏠 Connecting Through Cancer 6:00-7:30</li> <li>🏠 Friends/Family Support Group 6:00-7:30</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>🏠 Chair Yoga 1:00-1:45</li> <li>🏠 Living with Loss 6:00-7:30</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>🔄 Connecting Through Cancer 1:00-2:30</li> <li>🏠 New Volunteer Orientation 5:30-6:30</li> <li>🏠 Quad City Music Guild Presents Cinderella 7:00</li> </ul>	<p>8</p>
<p>11</p> <ul style="list-style-type: none"> <li>🏠 Drums Alive 1:30-2:00</li> <li>🏠 Book Club: "This Tender Land" by William Kent Krueger 5:00-6:00</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>🔄 Why Do Yoga? Benefits of Yoga Workshop 12:00-1:00</li> <li>🏠 Red Door Squad 5:00-6:00</li> <li>🔄 Creative Sessions: Painting in the Negative- Mixed Media Acrylic on Canvas 6:00-8:00</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>🏠 Chair Yoga 1:00-1:45</li> <li>🔄 Coping Skills for All Ages 6:00-7:00</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>🔄 Connecting Through Cancer 1:00-2:30</li> <li>🏠 Gynecological Cancer Group 6:00-7:30</li> </ul>	<p>15</p>
<p>18</p> <ul style="list-style-type: none"> <li>🏠 Walking Club 9:00-10:00</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>🏠 Clinton New Member 12:30-1:00</li> <li>🏠 Clinton Support Group 1:00-2:30</li> <li>🏠 Red Door Squad 5:00-6:00</li> <li>🏠 New Member Orientation 5:00-5:30</li> <li>🏠 Connecting Through Cancer 6:00-7:30</li> <li>🏠 Friends/Family Support Group 6:00-7:30</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>🏠 Chair Yoga 1:00-1:45</li> <li>🏠 Grown-Ups Color Too 2:00-3:00</li> <li>🏠 Coffee &amp; Canines 5:30-6:00</li> <li>🏠 Living with Loss 6:00-7:30</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>🏠 Slow Flow Yoga 9:00-9:45</li> <li>🔄 Connecting Through Cancer 1:00-2:30</li> <li>🔄 Us Too/Zero Prostate Cancer Group: Aging Well: With or Without Cancer 6:00-8:00</li> </ul>	<p>22</p>
<p>25</p> <ul style="list-style-type: none"> <li>🏠 "I'm Surviving, Not Thriving...And that's okay" Virtual Young Adult Networking Group 6:00-7:00</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>🏠 Meditation 9:00-9:45</li> <li>🏠 Red Door Squad 5:00-6:00</li> <li>🏠 Connecting Through Cancer 6:00-7:30</li> <li>🏠 Friends/Family Support Group 6:00-7:30</li> </ul>	<p>27</p>	<p>28</p> <ul style="list-style-type: none"> <li>🏠 Slow Flow Yoga 9:00-9:45</li> <li>🏠 Breast Cancer Group 6:00-7:30</li> </ul>	<p>29</p>
<p><b>Clubhouse will be closed next week, August 1<sup>st</sup>-5<sup>th</sup> except for scheduled events on the calendar as we prepare to open our 2<sup>nd</sup> Clubhouse location at Genesis West in Davenport. Please call us with any questions or concerns!</b></p>				



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**Us Too/Zero Prostate Cancer Support Group:** Monthly support group in collaboration with the Greater Quad Cities Us Too/Zero Prostate Support Group for those diagnosed, survivors, and caregivers.  
**Clinton Support Group:** Anyone impacted by cancer is invited to join us at YWCA Clinton for a support group.  
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## Healthy Lifestyle Activities

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## Social Events

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**Red Door Squad:** Teen support group for ages 13-18. This virtual program provides students with fun activities as well as support.

**Drums Alive:** A total mind/body connection exercise class. Using rhythm as the source of inspiration, it combines the benefits of a traditional physical fitness program with the brain-affected benefits of music and rhythm.

**Creative Sessions: Painting in the Negative- Mixed Media Acrylic on Canvas:** Join local artist Gina Kirschbaum for a unique painting workshop. All materials will be provided.

**Walking Club:** Join volunteer Mary Beth for stroll around the pond near UnityPoint Health - Trinity Moline Cancer Center. Meet at our clubhouse and then walk there together. Do as many laps as you're comfortable with.

**Why Do Yoga? Benefits of Yoga Workshop:** Let's get together and talk about yoga! Yoga can have lots of physical, mental, and emotional benefits. Join our Chair Yoga instructor, Kelly Craft, LVCYT to talk about the various benefits of yoga, what to expect from Gilda's Club's yoga sessions, see what a couple of the poses look like, and ask any questions you have. Yoga is for everyone we can tailor our poses to any comfort and ability level.

**Coping Skills for All Ages Workshop:** Join Emma Morgan, LISW, LCSW for a workshop for all-ages to better understand their emotions and ways to handle them, including brainstorming, practicing, and implementing coping skills into their day to day lives.

**Grown-Ups Color Too:** Stressed out and need an outlet? Coloring has been found to be a relaxing and stress relieving coping tool. Join Gilda's Club staff for an hour of relaxation, socialization, and fun. Creativity not required. Coloring pages & materials will be provided. Feel free to bring your own. According to Web MD, the many benefits of coloring include relaxing your brain and improving brain, improving motor skills, sleep and focus, and relieving anxiety and stress.

**Quad City Music Guild Presents Cinderella:** Based upon the classic fairy tale, and particularly the French version Cendrillon ou la Petite Pantoufle de Verre, Rodgers and Hammerstein's adaptation brings new life to the story of a young woman forced into servitude who dreams of – and achieves – a better life.

**Book Club:** Join Meredith Mercer of Senior Star for a discussion about the book "This Tender Land" by William Kent Krueger.

1932, Minnesota—the Lincoln School is where hundreds of Native American children, forcibly separated from their parents, are sent to be educated. It is also home to an orphan, Odie, a lively boy whose exploits earn him the superintendent's wrath. Forced to flee, he and his brother, their best friend, and a brokenhearted little girl steal away in a canoe, heading for the Mississippi and a place to call their own. With the feel of a modern classic, This Tender Land is an enthralling, big-hearted epic that shows how the magnificent American landscape connects us all, haunts our dreams, and makes us whole.

## FUNDRAISING CORNER

**Red Door Ride - 9/18 | \$30 per rider/driver** (we encourage autos to join us!). We ride to honor family and friends who have battled cancer. Registration includes t-shirt and \$20 per additional t-shirt for passenger(s). Day of Registration from 9:00 - 11:00am at McGrath Quad Cities Harley-Davidson, 5320 Corporate Park Drive, Davenport. Ride begins 11:00am. [gildasclubqc.org/ride](http://gildasclubqc.org/ride)

**Champions of Hope Luncheon - 8/30 | A luncheon** featuring Mrs. Margaret McCaffery, former college basketball athlete, wife of Iowa Hawkeye Mens Basketball Coach, Fran McCaffery, mother of four, and champion of families living with cancer. She will speak on her own journey having had a child with cancer and the value of the services that Gilda's Club provides. Champions of Hope Luncheon event held at The Rendezvous, Muscatine from 11:30am to 1pm. [gildasclubqc.org/champion](http://gildasclubqc.org/champion).

**Diamonds and Divas - Save the Date September 29**