



Membership is Free and Easy!

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

1. Call 563-326-7504 or email kcrafft@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 and sign up for membership. Please call 563-326-7504 to schedule. Group new member meetings scheduled for 1/12 6-7pm and 1/25 1:30-2:30pm.

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.

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:

Staff will be working remotely during the month of January, but will be available by phone.

Monday thru Thursday 8:00 AM - 5:00 PM

Friday 8:00 AM – 2:00 PM

Saturday/Sunday—Closed

Genesis Medical Center (opening late 2021)

Gilda's Club Quad Cities

1351 West Central Park Avenue, Suite 200

Davenport, IA 52804

UnityPoint Health – Trinity (opening February 2021)

Gilda's Club Quad Cities

600 John Deere Road, Suite 101

Moline, IL 61265

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)

January 2021 Member Activity Calendar

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

Reservations:

Call 563-326-7504

Email gc@gildasclubqc.org

Visit gildasclubqc.org/calendar

Virtual January 2021

Virtual Support Groups

Please attend a New Member Orientation before attending a group. A TeleMental Health Consent Form must be completed in order to participate in a virtual support group. Please contact Kelsey at 563-484-0111 Kelly C at 563-484-0006 for more information.

Groups are facilitated by a licensed mental health professional.

Wellness Groups: *Tuesdays, 1 – 3 pm*

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

Family Group: *Thursdays, 6 – 7:30 pm*

Weekly support group for adult 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 Tuesdays, 1/5 & 1/19, 6 – 7:30 pm*

An ongoing bi-monthly grief support group.

Gynecological Cancer Group: *Wednesday, 1/6, 6 – 7 pm*

A monthly support group for those diagnosed with gynecological cancers.

Breast Cancer Group:

We are inviting Breast Cancer Group members to join us for Wellness Group this month.

Virtual Children/Teen

Keep an eye out on the Gilda's Club Quad Cities Facebook page at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc) for activity ideas to do at home with kids and teens.

We have postponed children and teen programs for the time being due to safety concerns regarding the spread of COVID-19.

Do you have a child or teenager who is impacted by cancer and need resources? Call Kelly Craft, Program Manager at (563) 326-7504 or email kcraft@gildasclubqc.org.

Virtual Social Events

Coffee Club: *Wednesdays, 10 – 11 am*

Members come together virtually for a social hour. We will discuss all the fun things facilitators typically consider off topic during support groups – pets, post social distancing vacations, home renovations, music, movies, etc. Coffee is optional.

Virtual Educational Programs

Cooking with Heart for Cancer Series:

Wednesdays, 1/6 – 1/27, 12 – 1 pm

This series of cooking classes, brought to us by UnityPoint Health, is an interactive experience relaying the components of a flavorful cancer prevention eating pattern. The class is offered for four weeks at no charge for those who have been impacted by cancer. Participants will learn 8+ delicious dishes and the steps to prepare them. Classes will take into consideration limited financial means, time, and experience in the kitchen.

While this class is currently offered virtually, at the end of the course the instructor will be available to help any participants as they try cooking these dishes at home, much like having your own private chef with you. Registration is through UnityPoint through the link on our website.

- 1/6: Cancer Myth-busting and Truths (sugar, alkaline, green tea, turmeric)
- 1/13: Treasures in Eating the Rainbow
- 1/20: Eating Made Uncomplicated: Fun and Easy Meal Planning
- 1/27, Boost the Power of Food on Your Plate

Open to Options Workshop: *Wednesday, 1/20, 6 – 7 pm*

Join us via Zoom to learn about a program to help with treatment decision-making. Open To Options is a one-on-one program to help when someone is at a fork in the road during their cancer journey. It can help organize thoughts, make sure that goals are in the forefront of the decision-making process, and curate a list of questions for your doctor. This workshop will also be broadcast to Facebook Live at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc).

MyLifeLine Workshop: *Monday, 1/25, 12 – 1 pm*

Join us via Zoom to learn about a resource to help coordinate your cancer care. MyLifeLine is many things, all in one place: an interactive blog to help keep your loved ones informed, a helping calendar to coordinate help you may need, discussion boards, etc. This workshop will also be broadcast to Facebook Live at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc).

Virtual Healthy Lifestyle Programs

Group Meditation: *Thursdays, 11:30 am – 12:15 pm*

Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

Chair Yoga: *1st & 3rd Thursdays, 1/7 & 1/21, 9:30 – 10:30 am*

Get Fit Where You Sit™ by adapting traditional yoga poses to a chair.

Gentle Yoga: *2nd & 4th Thursdays, 1/14 & 1/28, 1:30 – 2:30 pm*

Move with the breath while increasing flexibility and strength, calming the mind, body, and spirit. Poses are gentle while focusing on breath awareness.

COVID-19 Update

We miss seeing everyone's smiling faces at the Clubhouse as much as the rest of you. We also remain sensitive to the current situation surrounding the Coronavirus/COVID-19 and have made a responsible reopening plan that takes the safety of our members in consideration. Details of this plan are available at [gildasclubqc.org/modified](https://www.gildasclubqc.org/modified).

We continue to monitor the CDC and Iowa Department of Public Health sites for guidance. Our virtual platform will continue until the need for social distancing surrounding concerns of the spread of COVID-19 have passed.

Please contact Kelsey at 563-484-0111 or Kelly at 563-484-0006 for more information or for help with Zoom.

Muscatine and Clinton

Muscatine and Clinton members are invited to join in on all programs via Zoom. Visit [gildasclubqc.org/calendar](https://www.gildasclubqc.org/calendar) to register. attend.

Happy New Years from all of us at Gilda's Club Quad Cities

Gilda's Club will be closed starting 12/24/20 and reopen on 1/4/21.

Fundraising: Annual Appeal

Cancer does not discriminate and neither does Gilda's Club.

At Gilda's Club Quad Cities, we don't care what age you are, what race you are, your education level, religion you follow, political affiliation, gender, sexual preference or what kind of cancer you have.

What we do care about is that families and individuals impacted by cancer connect with Gilda's Club. In this world of division and isolation Gilda's Club is inclusive and open to all.

We want to connect with you.

Your generosity helps us continue to provide social and emotional support to those in our community impacted by cancer. Your gift provides the forum for healing hearts and calming souls. When a Member walks through our Red Doors they are home, they connect, they find hope.

To make a connection and give a gift of hope please visit [gildasclubqc.org/give-support/annual-appeal/](https://www.gildasclubqc.org/give-support/annual-appeal/) or contact Michele Darland, Development Director, at michele@gildasclubqc.org or 563-326-7504 for more information.