

# 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 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. 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 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.

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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 late 2021)

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  
Mercy Medical  
Radiation Oncology Center  
1410 N 4<sup>th</sup> St., Clinton, IA 52732

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

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

[twitter.com/GildasClubQC](https://twitter.com/GildasClubQC)

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



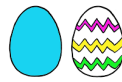


## APRIL 2021 Member Activity Calendar

### Reservations:

Call 563-326-7504  
Email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org)  
Visit [gildasclubqc.org/calendar](http://gildasclubqc.org/calendar)

# APRIL 2021

**Note:** Support groups or programs highlighted in yellow will be held in-person

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Join Us Back at the Clubhouse:</b> We are beginning to transition to an in-person model.</p>	<p><b>Muscatine and Clinton</b> Muscatine and Clinton members are invited to join in on all programs via Zoom. Visit <a href="http://gildasclubqc.org/calendar">gildasclubqc.org/calendar</a> to register and attend. We look forward to seeing you!</p>	<p><b>Changed Dates and Times</b> Some groups and workshops have changed this month to a new day or time. Make sure to take a close look at all the new days and times!</p>	<p><b>1</b> Chair Yoga 9:30-10:30 Meditation 11:30-12:15 <b>Easter Egg Decorating (Kids) 6:00- 7:00</b></p> 	<p><b>2</b> <b>Coffee Club 9:00-10:00 am</b></p> 
<p><b>5</b> Yoga 4 Cancer 9:30-10:30 am New Member Orientation 12:00-1:00</p> 	<p><b>6</b> Connecting Through Cancer 1:00-2:30 <b>Connecting Through Cancer 6:00-7:30</b> <b>Friends/Family Support Group 6:00-7:30</b></p>	<p><b>7</b> Friends/Family Support Group 1:30-3:00 Living With Loss 6:00-7:30</p>	<p><b>8</b> Chair Yoga 9:30-10:30 am Gynecological Cancer Group 6:00-7:00</p>	<p><b>9</b> <b>Coffee Club 9:00-10:00 am</b></p>
<p><b>12</b> Yoga 4 Cancer 9:30-10:30 <b>New Member Orientation 12:00-1:00</b></p>	<p><b>13</b> Connecting Through Cancer 1:00-2:30 <b>Creative Sessions 6:00-8:00</b> (hybrid): RSVP: <a href="http://livingproofexhibit.org/creative-sessions">livingproofexhibit.org/creative-sessions</a></p>	<p><b>14</b> Drums Alive 11:15-11:45 Friends/Family Support Group 1:30-3:00 Family Forest Collage (Kids) 5:00-5:45</p>	<p><b>15</b> Chair Yoga 9:30-10:30 am Meditation 11:30 am- 12:15 pm <b>Breast Cancer Group 6:00-7:30</b></p>	<p><b>16</b> <b>Coffee Club 9:00-10:00 am</b></p>
<p><b>19</b> Yoga 4 Cancer 9:30-10:30 New Member Orientation 12:00-1:00</p>	<p><b>20</b> Connecting Through Cancer 1:00-2:30 <b>Connecting Through Cancer 6:00-7:30</b> <b>Friends/Family Support Group 6:00-7:30</b></p>	<p><b>21</b> Friends/Family Support Group 1:30-3:00 <b>Living With Loss 6:00-7:30 pm</b></p>	<p><b>22</b> Chair Yoga 9:30-10:30 am Meditation 11:30 am- 12:15 pm</p>	<p><b>23</b> <b>Coffee Club 9:00-10:00 am</b></p>
<p><b>26</b> Yoga 4 Cancer 9:30-10:30</p>	<p><b>27</b> Connecting Through Cancer 1:00-2:30 Walgreens FMLY 6:00-7:30</p>	<p><b>28</b> Friends/Family Support Group 1:30-3:00 New Member Orientation 6:00-7:00</p>	<p><b>29</b> Chair Yoga 9:30-10:30 am Meditation 11:30 am- 12:15 pm</p>	<p><b>30</b> <b>Coffee Club 9:00-10:00 am</b></p>

## Support Groups

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

**Connecting Through Cancer:** Weekly support groups for adults with any type of cancer diagnosis.  
**Friends and Family Support Group:** Weekly support group for family members and friends of those with any type of cancer diagnosis.  
**Living with Loss:** An on-going bi-monthly grief support group.  
**Gynecological Cancer Group:** A monthly support group for those diagnosed with gynecological cancers.  
**Breast Cancer Group:** A monthly support group for those diagnosed with breast cancer.

## Healthy Lifestyle Activities

**Group Meditation:** Join Angela Swanson of Cloud Nine Meditation as she leads discussion and group meditation.  
**Creative Sessions: Pencil/Oil Pastel Self-Portraits:** See description below calendar.  
**Yoga 4 Cancer:** Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. All poses focus on management of cancer treatment side effects.  
**Chair Yoga:** Get Fit Where You Sit™ by adapting yoga poses to a chair.  
**Drums Alive:** See description below calendar.

## Social Events

**Coffee Club:** Members come together for a social hour to discuss movies, vacations, pets, etc.

## Kids and Teens

**Family Forest Collage:** If I were a tree, what tree would I be? Join us to create a family tree collage! Facilitated by Sharon Frances, Well Beings Studio. Materials: construction paper, tissue paper, glue sticks, oil pastels. Free materials will be provided for pick-up if you RSVP by 12pm on 4/9.  
**Easter Egg Decorating:** See description below calendar.

## EASTER EGG DECORATING

Children and their adult caregivers please join us for an egg-painting activity. All materials provided. RSVP required and we will have a limit of 5 families to be able to ensure proper social distancing. Parent or guardian required to stay on premises. We will have enough eggs for parents to join in on the fun!

## DRUMS ALIVE

Drums Alive is a total mind/body connection exercise class using anything you have at home, like pillows and kitchen utensils. This is a highly interactive workshop, so attending via ZOOM is mandatory. Led by Nichol Roberts of Senior Star.

## CREATIVE SESSIONS

Join artist Susan Elson for Creative Sessions: Pencil/Oil Pastel Self-Portraits This is a hybrid session. RSVPs are required for both in-person (8 spots) and virtual (12 spots) spots via Zoom. The virtual participants will be able to pick up their materials out the Moline clubhouse on 4/12 from 9:30 to 3:30.



## WALGREENS: FEEL MORE LIKE YOU

Join us for a FREE webinar with Walgreens Pharmacists Steven Donnelly, Tom Truong, and Beauty Area Expert Greta Kukay to talk about Feel More Like You™ - A free service provided at more than 3,000 Walgreens stores nationwide featuring pharmacists and beauty consultants specially trained to help people better manage internal and visible side effects from cancer treatment. The first 20 people to RSVP and attend, will receive a FREE bag of goodies provided by Walgreens.



## FUNDRAISING CORNER

**UnityPoint Health – Trinity and Modern Woodmen Presents Gilda's Virtual Run for Laughs! | Saturday, April 24, 2021**

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

**Golf Fore Gilda's | June 4, 2021**

Visit [gildasclubqc.org/golf-fore-gildas/](http://gildasclubqc.org/golf-fore-gildas/)

**Save the Date: Live from QC...It's Saturday Night! | June 12, 2021 6:30p**

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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  
Mercy Medical  
Radiation Oncology Center  
1410 N 4<sup>th</sup> St., Clinton, IA 52732

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

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

[twitter.com/GildasClubQC](https://twitter.com/GildasClubQC)

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



## MAY 2021 Member Activity Calendar

### Reservations:




Call 563-326-7504

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

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# MAY 2021

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<b>3</b> <b>Yoga 4 Cancer</b> 9:00-10:00 am	<b>4</b> <b>Connecting Through Cancer</b> 1:00-2:30 <b>Connecting Through Cancer</b> 6:00-7:30 <b>Friends/Family Support Group</b> 6:00-7:30	<b>5</b> <b>Friends/Family Support Group</b> 1:30-3:00 <b>Living With Loss</b> 6:00-7:30	<b>6</b> <b>Chair Yoga</b> 9:00-10:00	<b>7</b> <b>Coffee Club</b> 9:00-10:00 am 
<b>10</b> <b>Yoga 4 Cancer</b> 9:00-10:00 am <b>New Member Orientation</b> 12:00-1:00	<b>11</b> <b>Connecting Through Cancer</b> 1:00-2:30 <b>Walgreens: Ask the Pharmacist</b> 6:00-7:30	<b>12</b> <b>Drums Alive</b> 11:15-11:45 <b>Friends/Family Support Group</b> 1:30-3:00	<b>13</b> <b>Meditation</b> 11:30-12:15 <b>Gynecological Cancer Group</b> 6:00-7:00	<b>14</b> <b>Coffee Club</b> 9:00-10:00 am
<b>17</b> <b>Yoga 4 Cancer</b> 9:00-10:00 am	<b>18</b> <b>Connecting Through Cancer</b> 1:00-2:30 <b>Connecting Through Cancer</b> 6:00-7:30 <b>Friends/Family Support Group</b> 6:00-7:30	<b>19</b> <b>Friends/Family Support Group</b> 1:30-3:00 <b>Living With Loss</b> 6:00-7:30	<b>20</b> <b>Chair Yoga</b> 9:00-10:00 am <b>Meditation</b> 11:30 am- 12:15 pm <b>Breast Cancer Group</b> 6:00-7:30	<b>21</b> <b>Coffee Club</b> 9:00-10:00 am 
<b>24</b> <b>Yoga 4 Cancer</b> 9:00-10:00 am 	<b>25</b> <b>Connecting Through Cancer</b> 1:00-2:30 <b>Why Can't I Stay Positive?</b> 6:00-7:30pm	<b>26</b> <b>Friends/Family Support Group</b> 1:30-3:00 <b>New Member Orientation</b> 6:00-7:00 pm	<b>27</b> <b>Chair Yoga</b> 9:00-10:00 am <b>Meditation</b> 11:30 am- 12:15 pm	<b>28</b> <b>Coffee Club</b> 9:00-10:00 am
<b>31</b> <b>Closed</b> <b>Happy Memorial Day!</b>	<b>Join Us Back at the Clubhouse:</b> We are beginning to transition to an in-person model. <b>RSVP IS REQUIRED FOR ALL IN-PERSON PROGRAMS.</b> Spots are limited to allow for proper physical distancing.		<b>Yoga &amp; Chair Yoga Time Change</b> Yoga 4 Cancer and Chair Yoga are changing this month from 9:30-10:30am to 9:00-10:00am.	
		<b>Muscatine and Clinton</b> Muscatine and Clinton members are invited to join in on all programs via Zoom. Visit <a href="http://gildasclubqc.org/calendar">gildasclubqc.org/calendar</a> to register and attend. We look forward to seeing you!		

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**Drums Alive:** See description below calendar.

## Social Events

**Coffee Club:** Members come together for a social hour to discuss movies, vacations, pets, etc.

## Kids and Teens

**Putnam Field Trip**  
**Thursday, July 29, 10am-4pm**

Kids impacted by cancer ages 7 to 15 are invited to join us for a day trip to the Putnam museum.

Field trip includes: museum admission, t-shirt, lunch, and groups and activities with Gilda's Club Staff.

Application is required by July 8. Spots are limited, so apply ASAP! Contact Kelly Craft at 563-326-7504 or [kcrafft@gildasclubqc.org](mailto:kcrafft@gildasclubqc.org) for more information.

"Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next."

- Gilda Radner  
 June 28, 1946 – May 20, 1989



### Drums Alive

Drums Alive is a total mind/body connection exercise class using anything you have at home, like pillows and kitchen utensils. This is a highly interactive workshop, so attending via ZOOM is mandatory. Led by Nichol Roberts of Senior Star.

### Why Can't I Stay Positive?

This free program explores depression, grief and resilience as they relate to cancer. Facilitated by Kelly Craft, LISW, LCSW, Program Manager at Gilda's Club Quad Cities.

This workshop will also be broadcast via Facebook Live at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc)

### Walgreens: Ask the Pharmacist

Join us for a FREE webinar with Walgreens Pharmacists Steven Donnelly and Tom Truong to learn the role of specialty pharmacy as it relates to the coordination of care and to discuss how to manage commonly occurring cancer side effects.

This workshop will also be broadcast via Facebook Live at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc)

Steven Donnelly, Pharm.D practices as the manager of specialty operations at Community, A Walgreens Specialty Pharmacy in Des Moines, IA. Tom Truong, Pharm.D is the pharmacy manager for Community, A Walgreen's Pharmacy in Iowa City, IA.



### Fundraising Corner

**Golf Fore Gilda's | June 4, 2021**

Visit [gildasclubqc.org/golf-fore-gildas/](http://gildasclubqc.org/golf-fore-gildas/) to sign up a foursome or individual players – 1p Glynn's Creek with casual dinner/awards to follow!

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It's going to be great! More details to come!