

Return Service Requested

OCTOBER 2024 ACTIVITY CALENDAR



*View calendar online
at gildasclubqc.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



CANCER SUPPORT
COMMUNITY
IOWA & NW ILLINOIS
AT GILDA'S CLUB

**October is
breast cancer
awareness
month!**

October Educational Workshops

Offered In-Person and Virtually

Frankly Speaking About Cancer: What Do I Tell the Kids? Join us for a free workshop on building awareness about how to carry out conversations about a cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources. *Dinner will be provided for all in-person registrants.

Featured speaker: Nora Bosslet, LMSW, LSW, Program Manager at CSISIAIL. This workshop will be held at the Rock Island Public Library Watts-Midtown Branch, 2715 30th St, Rock Island.

Nutrition MythBusters: Are you feeling overwhelmed by the nutrition advice that says to "eat this" or "eat that"? Nutrition science and cancer care are complex and evolving fields, often flooded with misinformation & myths from a variety of different sources. Join dietitian, Lori Bumbaco, as she presents some of the most common myths around diet, nutrition, and cancer. This presentation has been known to improve confidence about how to decipher if the information you encounter is trustworthy and recommended for your healthful diet. Additional time will be included for participants to ask dietitian Lori about some of the myths they would like clarified. Featuring: Lori Bumbaco, MS, RDN, CSO, LDN
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 NU58DP07103 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 ICC by visiting: <http://www.canceriowa.org>

Empower Your Health: Women's Health Grant Program Workshop - Learn What's Available! 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. McKay Center for Breast Health Fund: Offering NO COST mammograms and breast ultrasounds for both women and men. 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!!

CLINTON: Money Matters - What's Your Game Plan?: Money matters can be overwhelming, especially in times of stress. Having a plan for your money helps alleviate some of that stress. Spend some time having fun learning about spending plans, setting goals and winning with money.

Other Special Programs & Events

NEW: 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. October's spice: Amchur!

Creative Session: Beyond the Canvas: The Joy of Painting: No prior experience is necessary, only an open mind and a willingness to have fun. The session will teach participants to paint and use painting materials, tools, and processes. We will sketch a design onto the canvas and begin painting using a reference, an object or photograph. The session is designed to offer a peaceful, supportive environment where participants can be creative and have some fun.

Self-Compassion and the Cancer Journey Retreat: Join Sr. Bobbi at the Benet House Retreat Center at St. Mary Monastery! At this retreat, there will be sharing of practical ways to nurture our self-compassion so we can live with a positive energy about ourselves and our journey. There will be quiet time, input, group discussion and sharing. RSVP required. This day is provided through a grant from Midwest Hope & Healing for Boundless Compassion NFP. Lunch will be provided.



NOOGIEFEST
TRICK OR TREATING
Costumes Highly Encouraged
FREE FAMILY FUN: OPEN TO THE COMMUNITY!
TRICK OR TREAT, PIZZA, DOOR PRIZES, ENTERTAINMENT & MORE
OCTOBER 19, 2024
3:00-5:00PM
1351 W. Central Park Ave. Ste 200
Davenport, IA
CANCER SUPPORT COMMUNITY
IOWA & NW ILLINOIS AT GILDA'S CLUB

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 email gc@gildasclubqc.org to start the process and complete a Participant Form. Process can also be started online: gildasclubqc.org/start
- 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.

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 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.

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. Open to Options is a cancer treatment decision-making program. If you have to make a decision regarding your treatment, you can sit down 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 25 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 would like to begin offering group dinner in Moline 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. We anticipate we would 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@gildasclubqc.org

UPCOMING FUNDRAISING EVENTS:

Paint the Town Pink

The whole month of October!

During the month of October we will be partnering with businesses across the QCA! This means that you can help us fundraise simply by shopping or visiting stores that you already go to. We will have a list of partners and participating vendors shortly.

Diamonds & Divas

Oct 3 | Waterfront Convention Center

Our most anticipated event of the year, a fun-filled ladies night out event for women to enjoy each other's company, have fun, bid on girly silent/live auction items and just let loose for an evening. All for a great cause, raising funds to support those in our community that are impacted by cancer. Your Diva Ticket includes heavy hors d'oeuvres, comedy show by Kelly MacFarland, a cash bar, silent auction/live auction/fund-a-need, buff boys, diamond raffle compliments of Revell Jewelers, and a night of fun and entertainment! All funds raised stay local in the Quad Cities to fund social and emotional support as well as educational workshops and healthy lifestyle activities to those in our community impacted by cancer.

Visit Gildasclubqc.org/diva for more information

Save the Dates for 2024 :

Dec. 3rd - Blessing Tree at Be the Light Park

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.

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.

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

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

Healthy Lifestyle Activities

Walk and Talk: Join others for walking & talking at various locations around the QCA. This month, we will walk at Crow Creek Park in Bettendorf, meeting near the skate ramp close to the picnic shelter.

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

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

Quilting Club: Join other Quilters to come up with and plan projects!

Crochet & Knitting Club: Join other yarn enthusiasts to visit while you work. Bring your projects and share tips and tricks! 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.

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet inside the Clubhouse and walk there together.

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

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!

Kids & Teens

Kid's Club (Formerly named Noogieland): 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.

October 2024

LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|---|--|
| | 1 | 2 | 3 | 4 | 5 |
| |  <p>CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB</p> <p>10:30AM Walking Club 3:30-5PM Connecting Group 5-5:30PM Welcome Meeting & 5-6PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p> | <p>6-7:30PM Connecting Through Cancer</p> | <p>6-7:30PM Living with Loss Group</p> | <p>Gilda's Club Davenport & Moline Closed</p> | <p>9:00-10:00 Slow Flow Yoga</p> |
| 7 | 8 | 9 | 10 | 11 | 12 |
| | <p>12:00-1:00PM Cooking & Conversations</p> <p>3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner (sponsored by Centennial Home Improvement, LLC) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p> | <p>2:00PM Crochet & Knitting Club 5-5:30PM Welcome Meeting 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group</p> | | | <p>9:00-10:00 Slow Flow Yoga</p> |
| | | | <p>10:00AM Walk and Talk</p> | | |
| 14 | 15 | 16 | 17 | 18 | 19 |
| | | <p>5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer</p> | <p>6-8PM Prostate Cancer Support Group</p> | | |
| <p>12:00-1:00PM Coffee & Conversations 1:00-1:45PM Chair Yoga</p> <p>6:00-7:00PM Frankly Speaking About Cancer: What Do I Tell the Kids? + Dinner</p> | <p>3:30-5PM Connecting Group 4:00PM Quilting Club 5-5:30PM Welcome Meeting 5-6PM Group Dinner (provided by Steel Plow) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p> | | <p>2-3PM digital sherpa Helpdesk Session 5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group</p> | <p>11:30AM Spice Club</p> | <p>3:00-5:00PM NOOGIEFEST!</p>  |
| | | | <p>10:00AM Walk and Talk</p> | <p>9:00AM-3:30PM Self Compassion Retreat at the Bennet House in Rock Island</p> | |
| 21 | 22 | 23 | 24 | 25 | 26 |
| <p>6:00-8:00PM Creative Session: Beyond the Canvas: The Joy of Painting</p> | | <p>5:00-5:30PM Welcome Meeting 6-7:30PM Friends & Family Group 6-7:30PM Connecting Through Cancer</p> | | | |
| <p>12:00-12:45PM Empower Your Health: Women's Health Grant Program Workshop - Learn What's Available! 1:00-1:45PM Chair Yoga</p> | <p>3:30-5PM Connecting Group 5-6PM Group Dinner (provided by Café Express) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p> | | <p>12:00-1:30PM: Volunteer Orientation 6-7:30PM Breast & Gynecological Cancer Support Group</p> | | <p>9:00-10:00 Slow Flow Yoga</p> |
| | | | <p>10:00AM Walk and Talk</p> | <p>CLINTON: 1:00-2:30: Money Matters - What's Your Game Plan?</p> | |
| 28 | 29 | 30 | 31 | | |
| | | <p>6-7:30PM Connecting Through Cancer</p> | | | |
| <p>12:00-1:00PM Artful Adventures 1:00-1:45PM Chair Yoga 5:30-6:30PM Book Club 5:30-6:30PM Nutrition Mythbusters</p> | <p>3:30-5PM Connecting Group 5-5:30PM Welcome Meeting & 5-6PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time (Pumpkin Painting)</p> | | <p>Happy Halloween</p> | | |
| | | | <p>10:00AM Walk and Talk</p> | | |

Therapy dogs in Wilder Lounge 5-6 PM



Please remember to RSVP to all programs, even ongoing support groups! You can RSVP at gildsaclubqc.org/calendar, or by calling 563-326-7504.