

# 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*

*twitter.com/GildasClubQC*

*instagram.com/GildasClubQC*



**GILDA'S  
CLUB  
QUAD CITIES**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

## January 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)

# January 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
<b>3</b> ☑️ Yoga 4 Cancer 7:00-8:00 pm (NEW TIME)	<b>4</b> ☑️ 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	<b>5</b> ☑️ Cooking with Heart: Myth-busting & Truths 12:00-1:00 ☑️ Chair Yoga 1:00-2:00 pm (NEW TIME) 🏠 Living with Loss 6:00-7:30 pm	<b>6</b> 🏠 Connecting Through Cancer 1:00-2:30 (NEW TIME)	<b>7</b> 🏠 Breakfast Club 9:00-10:00 am
<b>10</b> ☑️ Yoga 4 Cancer 7:00-8:00 pm (NEW TIME)	<b>11</b> ☑️ Red Door Squad 5:00-6:00 🏠 Connecting Through Cancer 6:00-7:30 🏠 Friends/Family Support Group 6:00-7:30	<b>12</b> ☑️ Cooking with Heart: Treasures in Eating the Rainbow 12:00-1:00 ☑️ Chair Yoga 1:00-2:00 pm (NEW TIME) ☑️ Open to Options Workshop 6:00-6:30 pm 🏠 Game Night @ Gilda's 5:00-7:00 pm	<b>13</b> 🏠 Connecting Through Cancer 1:00-2:30 (NEW TIME) 🏠 Gynecological Cancer Group 6:00-7:30	<b>14</b> 🏠 Breakfast Club 9:00-10:00 am 🏠 Lunch & Learn Resource Panel Discussion @ Senior Star 12:00-1:00 pm
<b>17</b> ☑️ Self-Care Workshop 12:00-1:00 pm ☑️ Yoga 4 Cancer 7:00-8:00 pm (NEW TIME)	<b>18</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	<b>19</b> ☑️ Cooking with Heart: Eating Made Uncomplicated: Fun & Easy Meal Planning 12:00-1:00 ☑️ Chair Yoga 1:00-2:00 pm (NEW TIME) 🏠 Living with Loss 6:00-7:30 pm	<b>20</b> 🏠 Connecting Through Cancer 1:00-2:30 (NEW TIME)	<b>21</b> 🏠 Breakfast Club 9:00-10:00 am 🏠 Open to Options Session 1:00-2:00 pm
<b>24</b> 🏠 Open to Options Session 11:00-12:00 pm ☑️ Drums Alive 1:30-2:00 pm ☑️ Yoga 4 Cancer 7:00-8:00 pm (NEW TIME)	<b>25</b> ☑️ Red Door Squad 5:00-6:00 🏠 Connecting Through Cancer 6:00-7:30 🏠 Friends/Family Support Group 6:00-7:30	<b>26</b> ☑️ Cooking with Heart: Boost the Power of Food on Your Plate 12:00-1:00 ☑️ Chair Yoga 1:00-2:00 pm (NEW TIME) 🏠 Coffee & Canines 3:00-3:30 pm (NEW TIME)	<b>27</b> 🏠 Connecting Through Cancer 1:00-2:30 (NEW TIME) 🏠 New Volunteer Orientation 5:30-6:30 🏠 Breast Cancer Group 6:00-7:30 (NEW TIME)	<b>28</b> 🏠 Breakfast Club 9:00-10:00 am ☑️ Together in the Kitchen 6:00 -7:00 pm

**31**



One small positive thought in the morning can change your whole day!  
-anonymous

**Program Time/Day Changes**  
 Take an extra close look at the calendar this month. We changed a lot of days/times of programs after getting member feedback.

**It's Back! Clinton Support Group**  
 Anyone impacted by cancer is invited to join us at YWCA Clinton (Colonial Room; 317 7th Ave S) for a support group.

**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 & how an at-home test can save your life. Attendees receive a free at-home screening kit. Pre-registration required. Visit [gildasclubqc.org/colon](http://gildasclubqc.org/colon) for details.

**Cooking with Heart for Cancer:** Enjoy this free 4-week course to learn tips and tricks to boost your healthy cooking skills. Designed with cancer in mind, these flavor-filled healthy dishes are affordable and on your table in 15 minutes. Virtual spots are limited. Register online today! Questions? 309-779-2471 or [Christy.finn@unitypoint.org](mailto:Christy.finn@unitypoint.org).

**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.

**Open to Options Sessions:** These timeslots are reserved for Open to Options counseling sessions. Only one person can sign up for each. Call 563-326-7504 to schedule.

**Game Night at Gilda's:** Join us for a laid-back night of games! We will have card games, board games, trivia games, etc. Come out to the Moline Clubhouse and play an old favorite or maybe even learn to play something new. All ages are welcome.

**Self-Care Workshop:** The winter months can feel lonely and never-ending, so it is more important than ever to take care of yourself. Come learn with intern Ruby Jasa some ways to improve your health and well-being this season. This virtual conversation will enable participants the opportunity to create their own personalized self-care plan.

**Resource Panel Discussion at Senior Star:** If you're someone who has been impacted by cancer, we realize the difficult journey you are on. Join us for a lunch and learn workshop to discuss high level resources available to you while navigating your cancer journey. Learn from experts in our community on the services that are available to you and your family during the challenges that cancer can bring including support services, palliative & end of life care options, aging resources, parish nurse services and so much more. Registration is Required. Join us in-person at Senior Star (4502 Elmore Avenue, Davenport, IA 52807) for a free lunch and discussion from 12:00-1:00 with an opportunity to chat individually with speakers from 1:00-1:30P.

**Open to Options Educational Workshops:** 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 facing 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.

**Together in the Kitchen:** Join us via Zoom for a fun night of cooking and camaraderie in your own kitchen. Chef Mer will demonstrate how to prepare Barbecue Beef-Filled Biscuits, which the whole family will love as well as Banana Split Pudding Cups. Benefits of Cooking together: relationship building, creating a memory, deepening a bond, and developing life skills. Shopping list items will be emailed out following registration.

**FUNDRAISING CORNER**  
**Friday, February 4th World Cancer Day:** Please consider a small donation to Gilda's Club QC in honor of this day set apart to raise awareness and education about cancer.

**SAVE the Date:** April 2, 2022 Live from QC...It's Saturday Nite! With SNL icon, Tim Meadows and musical guest, local favorite, Soul Storm! Doors open at 6p. More details coming.

## 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.

**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.

**RETURNING: Clinton Support Group and New Member Orientation:** Anyone impacted by cancer is invited to join us at YWCA Clinton for a support group.

## Healthy Lifestyle Activities

**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.