



# 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](mailto: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, tour the clubhouse and sign up for membership. Please call 563-484-0006 to schedule.

### **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.

**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.

## September 2020 Member Activity Calendar

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

### **Reservations:**

Call 563-326-7504

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

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

### **Davenport Hours:**

Monday 8:00 AM - 5:00 PM

Tuesday-Friday 8:00 AM - Last Scheduled Activity

Saturday/Sunday—Closed

1234 East River Drive

Davenport, IA 52803

### **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 4<sup>th</sup> St., Clinton, IA 52732

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

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

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# Virtual September 2020

## 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 Kelly C at 563-484-0006 or [kcraft@gildasclubqc.org](mailto:kcraft@gildasclubqc.org) for more information. Groups are facilitated by a licensed mental health professional.

### Wellness Groups:

*Tuesdays, 1 – 3 pm*

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

### Family Group:

*Thursdays, 6 – 8 pm*

Weekly support group for 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, 9/3 & 9/17, 6 – 8 pm*

An ongoing bi-monthly grief support group.

### Gynecological Cancer and Breast Cancer Groups:

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

## Virtual Children/Teen

### 22nd Annual Noogiefest: Virtual

*Saturday, 10/24, All Day*

22nd Annual Noogiefest held VIRTUALLY on [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc) throughout the day. Noogiefest is a free Halloween/Fall Festival party for children and their families. Throughout the day kids and families will find videos of various activities kids can do at home posted on our Facebook page at [facebook.com/gildasclubqc](https://www.facebook.com/gildasclubqc).

On Saturday, 10/17, from 11 AM – 1 PM, we will have a contactless pick-up at Gilda's Club Quad Cities of FREE goodies to compliment your Noogiefest experience. To receive a bag of goodies, you MUST RSVP at [gildasclubqc.org/calendar](https://www.gildasclubqc.org/calendar), email [kcraft@gildasclubqc.org](mailto:kcraft@gildasclubqc.org), or call (563) 326-7504 by Thursday, 10/8.

For questions/details on this event, please contact Kelly Craft at (563) 326-7504 or [kcraft@gildasclubqc.org](mailto:kcraft@gildasclubqc.org).

## Virtual Social Events

### Coffee Club:

*2nd & 4th Wednesdays, 9/9 & 9/23, 10 – 11 am*

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

**Note:** Coffee Club will meet twice this month instead of weekly.

## Virtual Educational Programs

### Ovarian Cancer Presentation and Sisterly Advice:

*Thursday, 9/17, 6 – 8 pm*

Jodie Kavensky, founder and CEO of NormaLeah Ovarian Cancer Initiative will facilitate a dynamic discussion about genetic inheritance and its relationship to gynecologic and other cancers, especially breast. Attendees are empowered to understand the importance of family cancer history and learn how to be mindfully aware of their own bodies. Participants assess their personal risks, understand ovarian cancer symptoms, explore risk reduction strategies and are encouraged to ask questions about their family history and health insurance coverage.

Presenters will also talk about the Cancer Experience Registry, which is a place where the voices of patients, survivors and caregivers can be heard. Attendees will also enroll and join over 14,000 other patients, survivors and caregivers already using the registry.

## Virtual Healthy Lifestyle Activities

### Yoga 4 Cancer:

*2nd & 4th Thursdays, 9/10 & 9/24 1:30 – 2:30 pm*

Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. All poses focus on the management of cancer treatment side effects.

### 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 Thursday, 9/3 & 9/17, 9:30 – 10:30 am*

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

### Creative Sessions: Mandala on Canvas

*Tuesday, 9/8, 6 – 8 pm*

Join local artist Terre Klipsch for a Mandala on Canvas Project. Mandalas are abstract circular designs which are fun and relaxing to create. Materials to create the project at home will be available for pick-up if you RSVP by Thursday, 9/3. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health — Trinity, Komen Greater Iowa, and the Pink Pajama Party.

## Gilda's Club Closed Monday September 7 for Labor Day

Gilda's Club Quad Cities will not be holding any programs on Monday, 9/7 in observance of Labor Day.

## 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 Kelly C at 563-484-0006 for more information or for technical assistance 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 to attend.

## Fundraising Corner

### Red Door Ride | Registration opening soon!

Sunday, 9/13 | 10a Brenny's Motorcycle 4426 State St, Bettendorf One day. One ride. One cause. \$25 per registrant.

Each registrant receives a commemorative ride t-shirt. Big item raffle held at kick-off of ride. We ride united so that no one faces cancer alone! More details at [gildasclubqc.org/ride](https://www.gildasclubqc.org/ride).

### Diamonds, Divas and Fashionistas! | Tickets on sale soon!

Thursday, 10/1 | 5:30pm Gold Room, Hotel Blackhawk, Davenport More details on our website: [gildasclubqc.org/diva](https://www.gildasclubqc.org/diva). \$50 per ticket or gather the girls and save \$50 by purchasing a table of 8 for \$350!

Get your full Diva on! Grab a cocktail, mingle and visit salon and fashion boutique pop-ups. Heavy hors d'oeuvres and a cash bar. All safety precautions will be in place with strict adherence to state and Hotel Blackhawk guidelines. Mask required in certain areas of the event. Social distancing required.

For those who wish to join us virtually become a Digital Diva! Digital Diva tickets are \$30 which gives you Zoom access to the event along with a specially delivered Party in a Box filled with Diva delights to adorn yourself and enjoy from a distance.

Questions about these events? Please contact Michele Darland, Development Director, at [michele@gildasclubqc.org](mailto:michele@gildasclubqc.org).



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## Virtual Educational Programs

### Building Our Emotional Vocabulary: *Wednesday, 10/28, 6 – 7:30 pm*

Mad, sick, sad, tired, OK, happy. These are often among the few words we use to describe how we're feeling. However, there's almost always more to be explored, especially when there is a cancer diagnosis involved. Join us for a talk on how we can learn to broaden our emotional vocabulary, why it's important, and how it can help improve our relationships with ourselves and others.

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### Meet the Staff: *Wednesday, 10/7, 5:30 – 6:30 pm*

Join us via Zoom and meet our Gilda's Club Quad Cities staff. Learn about our backgrounds, what brought us to Gilda's Club Quad Cities, and what we love about what we do. Ask questions and get to know us!

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## Fundraising Corner

### Diamonds, Divas and Fashionistas Presented by Genesis Cancer Institute

Thursday, 10/1 | 5:30pm  
Gold Room, Hotel Blackhawk, Davenport

Divas, let's celebrate and support SAFELY together! Heavy hors d'oeuvres, cocktails and shopping! Showcasing area fashion and hair boutiques. Silent, live auctions, wine pull, Fund-A-Need and FUN! Seating is limited to 150. Do not delay become a Diva today! Buy your tickets online:

<http://www.gildasclubqc.org/diva> or call 563.326.7504. \$50 per Diva|\$350 to reserve a table of 8. Limited seating of 150 guests.

For those who wish to join the fun virtually - become a Digital Diva! Tickets are \$30 which gives you Zoom access to the main event along with a specially delivered Party in a Box filled with Diva delights to adorn yourself and enjoy the party. Do you know a Diva that is impacted by cancer? Treat her to a Digital Diva ticket! Please make your reservation online:

<http://www.gildasclubqc.org/diva> or call 563.326.7504. For those reserving a table, please list your guests names when making your reservation. Thank you! Questions? Please contact Michele Darland, Development Director, at [michele@gildasclubqc.org](mailto:michele@gildasclubqc.org).