



Cancer support for the whole family, the whole time.

# Gilda's Club Chicago

## Calendar of Events

# April 2010

**Our Mission** is to create welcoming communities of free support for everyone living with cancer – men, women, teens and children along with their families and friends.

**Gilda's Club Chicago**  
537 North Wells Street  
Chicago, Illinois 60654  
Phone 312-464-9900  
Fax 312-464-1487  
www.gildasclubchicago.org

**Hours of Operation**  
Monday - Thursday 9am to 8pm  
Friday 9am to 5pm, Saturday 9am to 3pm  
Closed Sundays and Holidays.

### How to use Gilda's Club

#### Three Membership Steps

1. Speak to one of our program staff.
2. Come to a New Member Meeting held on Tuesdays, April 13, 27 from 5:30-6:30pm; Fridays, April 9, 23 from 10:00-11:00am; and every Saturday from 11:00-12:00pm. Meetings also available in Spanish on Saturdays 1:00-2:00pm.
3. Create a Customized Membership Plan.

#### Parking (Discounted Parking Available)

224 W. Ohio (Ohio and Franklin) Diamond Parking \$8 for 3 hours (over 3 hours will be charged the full-day rate of \$15).  
Evening Valet Service is available at the red door for a rate of \$12 with a GCC Stamp.

### RSVP Policy

If we do not have any reservations 24 hours prior to an activity, it may be cancelled. If you decide to attend at the last minute, please call ahead to ensure availability. Reservations can be made at 312-464-9900 or online at [www.gildasclubchicago.org](http://www.gildasclubchicago.org).

## Support Groups

You must be a Gilda's Club Chicago Member and have been placed in a group to attend. Please contact the Adult Program Manager for group placement and questions.

**Wellness Groups** are weekly support groups for men and women diagnosed with cancer.

**Family Groups** are weekly support groups for family members and friends of people with cancer.

**Bereavement Groups** are weekly support groups for family members and friends of people who have died of cancer.

All support groups are facilitated by licensed mental health professionals. A 12-session commitment and placement in the group is required.

<b>Monday</b>	12:00-1:30pm	Wellness Group
	5:30-7:00pm	Wellness Group
	6:00-7:30pm	Family Group
<b>Tuesday</b>	6:00-7:30pm	Wellness Group
	6:00-7:30pm	Family Group
	6:00-7:30pm	Wellness Group (Ovarian)
		1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays
	6:00-7:30pm	Bereavement Group (Adult Daughters and Mother Loss)
		1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays
<b>Wednesday</b>	6:00-7:30pm	Bereavement Group
	6:00-7:30pm	Wellness Group (Young Adults)
<b>Thursday</b>	6:00-7:30pm	Wellness Group
<b>Saturday</b>	9:30-11:00am	Wellness Group (Spanish)
	10:30-12:00pm	Wellness Group
	10:00-11:30am	Bereavement Group

## Mind-Body Workshops

**Yoga** Breathe, stretch your body and mind, develop flexibility and balance. Please wear comfortable clothing.

**Gentle Yoga** features gentle stretches and poses.

**Restorative Yoga** A relaxing class using props and chairs as needed to refresh the mind and body. Ideal for people with limited mobility.

**A Gift of Relaxation** Join us as we come together for relaxation, friendship and support. Learn to use mind-body techniques to help gain control over anxiety, lower blood pressure, boost the immune system and diminish pain and nausea. (Please do not wear any perfume or strong scents to this workshop).

**Exercise Class: Strength Training NEW!** Join us for a group exercise class that focuses on building whole body strength, endurance, and flexibility through the use of thera-bands (provided). No previous exercise experience is necessary. Class is taught by a certified cancer exercise trainer and is low to moderate in intensity.

**Tai Chi** An ancient Chinese exercise combining physical exercise and meditation.

**Conscious Relaxation** promotes deep and complete relaxation in order to break through stress and tension to motivate healing and change. During this session, all you'll need to do is wear comfortable clothing, lie down, be at ease and listen as you are guided through systematic relaxation and visualization techniques. (Note: Those who are not comfortable in a lying down position can be accommodated.)

**Self-Healing Mix NEW!** In this class we seek to do more than reduce pain and stiffness. It involves acupressure work with tennis balls to bring release and increased blood flow to constricted fascia so that you have more mobility in all body parts. Also, it uses 5 different phases of movement on the ground and up to standing, after which you will experience a shift in your alignment and a sense of energy flowing throughout your body.

**ZUMBA® NEW!** fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. In an exhilarating hour you can participate at your own pace to burn calories, energize your body, and have fun!

## Activities

**Cooking Demos** Join us for group cooking demos in our state-of-the-art kitchen featuring top Chicago chefs, fellow members and volunteers. Sample good food and enjoy great conversation. April 13, 27.

**Healing Arts** An exciting program instructed and facilitated by Jordi Pedrola. Mr. Pedrola is a fine artist from Spain who has used different artistic media in helping individuals develop their artistic expression. No prior artistic skills required; just the desire to express yourself. April 3, 17, 24.

**"Inside the Red Door" New Member Breakfast** Hosted by Gilda's Club CEO, LauraJane Hyde, come learn about the organization, how it operates and share your feedback. April 24.

**Knitting** Explore the wonderful world of handcrafted fibers as you learn the art of crocheting and knitting. Results guaranteed in the first class! April 3, 17.

**Lill Street Clay Project** Create a work of art in clay. Glazed and fired pieces can be picked up the following month. All ages welcomed. April 10.

**Look Good, Feel Better** Sponsored by the American Cancer Society, Personal Care Products Council Foundation and the National Cosmetology Association. A supportive first step toward toward self-confidence and emotional recovery for women who are in treatment. Free make-up kits for first time participants who RSVP. April 27.

## Networking Groups

An opportunity to share information and experiences relating to a specific diagnosis or life situation.

Most groups are facilitated by health care professionals.

#### Bladder Cancer

4<sup>th</sup> Wednesday of every month; 6:00 - 7:30pm  
Facilitators: Sandy Hiel, RN and Josephine Silvestre, RN in partnership with Bladder Cancer Advocacy Network.

#### Breast Cancer

3<sup>rd</sup> Wednesday of every month; 6:00 - 7:30pm  
Facilitators: Jennifer Barelli, RN and Elise Bowman, RN

#### Colon and Rectal Cancer

2<sup>nd</sup> Thursday of every month; 6:30 - 8:00pm  
Facilitator: Ernestine Hambrick, MD

#### For Men Only

A networking group for men who have cancer themselves or are supporting a spouse or partner living with cancer.  
1<sup>st</sup> Tuesday of every month; 6:00 - 7:30pm  
Facilitators: Steve Shields, Dan Hard and Joe Valle

#### Leukemia/Lymphoma/Hodgkin's

1<sup>st</sup> Wednesday of every month; 6:00 - 7:30pm  
Facilitators: Anne Reaven, MSW and Carol White, RN

#### Living Beyond Loss

For those who have lost a loved one to cancer.  
3<sup>rd</sup> Tuesday of every month; 6:00 - 7:30pm  
Facilitators: Steve Shields and Diane Drever

#### Metastatic Cancer

2<sup>nd</sup> & 4<sup>th</sup> Monday of every month; 6:00 - 7:30pm  
Facilitator: John DeBerry, MA, MPS-CT

#### Parenting through Cancer

A networking group for parents of children under 18 designed to help parents who have cancer themselves, a spouse or child with cancer or are parenting through the death of a loved-one.  
1<sup>st</sup> Thursday of every month; 6:00-7:30pm  
Facilitator: Jamie Mazer, MA, LCPC

#### Post-treatment

A networking group for cancer survivors who are post-treatment (1+years) and interested in issues that arise after treatment is completed.  
2<sup>nd</sup> Thursday of every month; 6:00-7:30pm  
Facilitator: Sarah Vander Werf, LPC

#### Prostate Cancer

3<sup>rd</sup> Thursday of every month; 6:00 - 7:30pm  
Facilitators: Phil and Cassandra Hoffer in partnership with Us TOO

#### Young Women with Breast Cancer

2<sup>nd</sup> Tuesday of every month; 6:00 - 7:30pm  
Facilitator: In partnership with and peer facilitated by Breast Cancer Network of Strength and the Young Survivor Coalition

#### Women of Color with Breast Cancer

1<sup>st</sup> Wednesday of every month; 6:00 - 7:30pm  
Facilitator: Eva Smith, RN, PhD

### A Special Thank You To:

Abraxis Oncology for underwriting the Breast Cancer Networking Groups.

# April Lectures & Workshops

## \*Death with Dignity? A Conversation on End of Life Issues

Daniel Sulmasy, OFM, MD, PhD  
Kilbride-Clinton Professor of Medicine and Ethics in the Department of Medicine and Divinity School The University of Chicago

Dr. Sulmasy will present the latest medical information and ethical issues surrounding end of life care. Drawing from his experience as a physician, theologian and academic, Dr. Sulmasy connects the practical needs to the spiritual journey of the patient.

Please note that this lecture is taking place in the Olson Auditorium, Advocate Illinois Masonic Medical Center, 836 W. Wellington Avenue. April 13.

## \*Chicago magazine Top Doc Lecture Series: The Multidisciplinary Approach to Breast Cancer Management

Nora M. Hansen, MD  
Director, Lynn Sage Comprehensive Breast Center, Northwestern Memorial Hospital  
Associate Professor of Surgery, Northwestern University, Feinberg School of Medicine

Join Dr. Hansen for a discussion about the advantages of having a multidisciplinary team approach for the management of breast cancer. Included in the discussion will be a review of the benefits of credentialing by the National Accreditation Program for Breast Centers. April 15.

## \*Lung Cancer Lecture Series: Lung Cancer: Overcoming the Stigma, Shame and Blame

Janine E. Gauthier, PhD  
Director, Cancer Integrative Medicine Program and Psychosocial Oncology  
Assistant Professor, Department of Behavioral Sciences, Rush University Medical Center

Join Dr. Gauthier as she leads a discussion about what creates the stigma that is so often associated with having a lung cancer diagnosis. She will provide strategies that lung cancer patients and their families can use to overcome this stigma and feel more supported in their cancer experience.

Lecture series sponsored by Gilda's Club Chicago, Respiratory Health Association of Metropolitan Chicago & LUNGevity. April 28.

## CancerCare Connect® Workshops

Gilda's Club Chicago hosts this free telephone educational series. Workshops are free one-hour conference calls (12:30-1:30pm) presented by cancer experts from around the country. Bring your lunch, listen and learn!

**April 13:** The Eighth Annual Cancer Survivorship Series: Living With, Through and Beyond Cancer, Part I: Trouble Sleeping: Sleep Better to Feel Better: Tips You Can Use

**April 30:** Advances in Bone Health for People Living with Cancer

Refreshments will be provided at 6:00pm for those who RSVP for the lectures.

## A Special Thank You To:

Strike at Cancer Foundation for underwriting the Healing Arts Program.

# Noogieland Programming for children and teens

To join support groups please contact the Noogieland Coordinator

**Noogie Days** is a fun-filled afternoon of arts and crafts offered in partnership with the Junior League's Connecting Kids to the Arts program. Noogie Days will generally be on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month. April 10, 24.

**Kid Support** is a peer support group for children (ages 4-12) who have a loved one with cancer or have cancer themselves. This 10-week group offers an opportunity to make friends and learn skills to help live with the stresses of cancer. Begins Saturday, April 24.

**Kids Support Parent Orientation** Required for parents. April 15.

**Kids Bereavement** is a support group for children, ages 4-12, who have experienced the death of a loved one from cancer. Children will develop an understanding of death and loss. They will have an opportunity to share feelings and learn new methods to cope with life and family changes. Saturdays, No Group on April 17.

**Supervised Play** is provided for children whose parents wish to attend a group or lecture. With at least 3 weekdays notice we will do our best to accommodate your needs.

**Teen Cooking Night** Learn how to make easy, healthy meals. Co-sponsored by Junior League's Kids in the Kitchen Program. April 8.

**Spring Fling** Families are invited to join us for this fun-filled event. We will be making art, playing games, winning prizes and eating pizza! April 17.

**Teen Hip Hop Class** will be an hour of learning hip hop dance moves while getting a good workout at the same time. You will work with fun, upbeat hip hop music paired with choreographed dance moves that you will master by the end of this class. Come prepared to sweat! Wear baggy or loose fitting clothes, comfortable gym shoes, and bring water. April 29.

## Special Events

### Gilda's Club Chicago's 10<sup>th</sup> Annual Cancer in the Classroom Seminar: Good Grief- Creative Ways to Help Students Through Loss

This unique program provides professionals with the necessary information to support children, families, and others who have been touched by cancer. Break-out sessions focused on self-care techniques for professionals will be included. Speaker is Sharon Williams, LCSW from the Barr-Harris Children's Grief Center. CEUs will be provided. April 9.

### Member Spot: Debbie Dickens

Debbie is a Gilda's Club Chicago member who has previously trained with The Second City. Her experience with cancer is fair game as she unleashes her comedic talent.

Note: Mature subject matter, over 18 only. April 29.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:00-12:00 A Gift of Relaxation Wellness Group</p> <p>12:00-1:30 Wellness Group</p> <p>5:30-7:00 Wellness Group</p> <p>5:30-7:00 Self-Healing Mix <b>NEW!</b></p> <p>6:00-7:30 NG: Metastatic Cancer</p> <p>6:00-7:30 Family Group</p> <p>7:00-8:30 Yoga</p> <p><b>5</b></p>	<p>6:00-7:30 NG: For Men Only</p> <p>6:00-7:30 Wellness Group</p> <p>6:00-7:30 Family Group</p> <p>6:00-7:30 Wellness Group (Ovarian)</p> <p>6:00-7:30 Bereavement Group (Adult Daughters &amp; Mother Loss)</p> <p><b>6</b></p>	<p>6:00-7:30 NG: Leukemia/Lymphoma/Hodgkin's</p> <p>6:00-7:30 Bereavement Group</p> <p>6:00-7:30 Wellness Group (Young Adults)</p> <p>6:00-7:30 NG: Women of Color with Breast Cancer</p> <p>6:30-7:30 Conscious Relaxation</p> <p><b>7</b></p>	<p>6:00-7:00 Exercise Class: Strength Training <b>NEW!</b></p> <p>6:00-7:00 Volunteer Orientation</p> <p>6:00-7:30 NG: Post Treatment</p> <p>6:00-7:30 Wellness Group</p> <p>6:00-8:00 <b>Teen Cooking Night NEW!</b></p> <p>6:30-8:00 NG: Colon/Rectal Cancer</p> <p><b>8</b></p>	<p>8:30-12:00 *Cancer in the Classroom Seminar: Good Grief</p> <p>9:30-11:00 Yoga</p> <p>10:00-11:00 New Member Meeting</p> <p><b>9</b></p>	<p>9:00-10:30 Yoga</p> <p>10:00-11:00 Kids Bereavement</p> <p>10:00-11:30 Bereavement Group</p> <p>10:00-11:30 Knitting</p> <p>10:00-2:00 Healing Arts</p> <p>10:30-12:00 Wellness Group</p> <p>11:00-12:00 New Member Meeting</p> <p>11:00-12:00 Restorative Yoga</p> <p>11:00-12:00 Tai Chi</p> <p>12:00-1:00 Noogie Days</p> <p><b>10</b></p>
<p>11:00-12:00 A Gift of Relaxation</p> <p>12:00-1:30 Wellness Group</p> <p>5:30-7:00 Wellness Group</p> <p>5:30-7:00 Self-Healing Mix <b>NEW!</b></p> <p>6:00-7:30 NG: Metastatic Cancer</p> <p>6:00-7:30 Family Group</p> <p>7:00-8:30 Yoga</p> <p><b>12</b></p>	<p>12:30-1:30 CancerCare Connect® Workshop: The Eighth Annual Cancer Survivorship Series</p> <p>5:30-6:30 New Member Meeting</p> <p>6:00-7:00 <b>Cooking Demo: Gibsons Steakhouse, Executive Chef Audry Triplett</b></p> <p>6:00-7:30 NG: Young Women with Breast Cancer</p> <p>6:00-7:30 *Death with Dignity?</p> <p>6:00-7:30 Family Group</p> <p>6:00-7:30 Wellness Group</p> <p><b>13</b></p>	<p>10:30-11:30 Gentle Yoga</p> <p>6:00-7:30 Bereavement Group</p> <p>6:00-7:30 Wellness Group (Young Adults)</p> <p><b>14</b></p>	<p>6:00-7:30 Wellness Group</p> <p>6:00-7:30 NG: Prostate Cancer</p> <p>6:30-7:30 Kid Support Parent Orientation</p> <p>6:30-7:30 *Chicago magazine Top Doc Lecture: The Multidisciplinary Approach to Breast Cancer Management</p> <p><b>15</b></p>	<p>9:30-11:00 Yoga</p> <p><b>16</b></p>	<p>9:00-10:30 Yoga</p> <p>10:00-11:30 Knitting</p> <p>10:00-11:30 Bereavement Group</p> <p>10:00-12:30 <b>Spring Fling</b></p> <p>10:00-2:00 Healing Arts</p> <p>10:30-12:00 Wellness Group</p> <p>11:00-12:00 New Member Meeting</p> <p>11:00-12:00 Restorative Yoga</p> <p>12:00-1:00 Tai Chi</p> <p><b>17</b></p>
<p>11:00-12:00 A Gift of Relaxation</p> <p>12:00-1:30 Wellness Group</p> <p>5:30-7:00 Wellness Group</p> <p>6:00-7:30 Family Group</p> <p>7:00-8:30 Yoga</p> <p><b>19</b></p>	<p>6:00-7:30 NG: Living Beyond Loss</p> <p>6:00-7:30 Wellness Group</p> <p>6:00-7:30 Family Group</p> <p>6:00-7:30 Wellness Group (Ovarian)</p> <p>6:00-7:30 Bereavement Group (Adult Daughters &amp; Mother Loss)</p> <p><b>20</b></p>	<p>6:00-7:30 NG: Breast Cancer</p> <p>6:00-7:30 Bereavement Group</p> <p>6:00-7:30 Wellness Group (Young Adults)</p> <p><b>21</b></p>	<p>6:00-7:00 Exercise Class: Strength Training <b>NEW!</b></p> <p>6:00-7:30 Wellness Group</p> <p><b>22</b></p>	<p>9:30-11:00 Yoga</p> <p>10:00-11:00 New Member Meeting</p> <p><b>23</b></p>	<p>9:00-10:30 Yoga</p> <p>9:30-10:30 "Inside the Red Door" New Member Breakfast</p> <p>10:00-11:00 Kids Bereavement</p> <p>10:00-11:30 Bereavement Group</p> <p>10:00-2:00 Healing Arts</p> <p>10:30-12:00 Wellness Group</p> <p>11:00-12:00 New Member Meeting</p> <p>11:00-12:00 Restorative Yoga</p> <p>11:15-12:30 Kid Support</p> <p>12:00-1:00 Tai Chi</p> <p>12:30-2:00 Noogie Days</p> <p><b>24</b></p>
<p>12:00-1:30 Wellness Group</p> <p>5:30-7:00 Wellness Group</p> <p>6:00-7:30 NG: Metastatic Cancer</p> <p>6:00-7:30 Family Group</p> <p>7:00-8:30 Yoga</p> <p><b>26</b></p>	<p>4:00-6:00 Look Good, Feel Better</p> <p>5:30-6:30 New Member Meeting</p> <p>6:00-7:00 <b>ZUMBA NEW!</b></p> <p>6:00-7:00 <b>Cooking Demo: Sunset Foods, Chef Ken Chaffin</b></p> <p>6:00-7:30 Family Group</p> <p>6:00-7:30 Wellness Group</p> <p><b>27</b></p>	<p>10:30-11:30 Gentle Yoga</p> <p>6:00-7:30 NG: Bladder Cancer</p> <p>6:00-7:30 Bereavement Group</p> <p>6:00-7:30 Wellness Group (Young Adults)</p> <p>6:30-7:30 *Lung Cancer Lecture Series: Lung Cancer: Overcoming the Stigma, Shame and Blame</p> <p><b>28</b></p>	<p>5:30-6:00 Member Spot <b>NEW!</b></p> <p>6:00-7:30 Wellness Group</p> <p>6:00-7:00 <b>Teen Hip Hop Class NEW!</b></p> <p><b>29</b></p>	<p>9:30-11:00 Yoga</p> <p>12:30-1:30 <b>CancerCare Connect® Workshop: Advances in Bone Health for People Living with Cancer</b></p> <p><b>30</b></p>	

 **Closed Group, please contact the club for placement**

 **CEU's available for social workers & counselors**

**Can't make it to 537 North Wells Street? Try the Red Door at a hospital near you.**  
**Hospital Locations:** Advocate Illinois Masonic Creticos Cancer Center • Children's Memorial Hospital • John H. Stroger, Jr. Hospital of Cook County  
Northwestern Prentice Women's Hospital • Rush University Medical Center • University of Chicago Medical Center

