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Cancer support for the whole family, the whole time.

Gilda's Club Chicago Calendar of Events

February 2012

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.

Become a Member Today!

Membership is FREE

How do I become a member?

Attend a New Member Meeting and Complete a Customized Membership Plan

RSVP and attend one of this month's New Member Meetings to learn about the club and be scheduled for a customized membership plan in order to become a member!

New Member Meetings are held:

5:30-6:30 Tuesdays, February 7, 21
12:00-1:00 Fridays, February 3, 17
11:00-12:00 Saturdays, February 4, 11, 18, 25

Parking Discounted parking available with these three options:

***Ohio Street Parking Lot at 224 W. Ohio**
\$8 for up to 3 hours
\$10 for up to 12 hours
McDonald's Parking Lot at 500 N. Clark
\$8 for first 2 hours with validated ticket

Mid City Parking, Inc. at 305 W. Ontario
Mon.-Fri. between 8am-4pm: \$4 for up to 2 hours
Mon.-Thurs. after 4pm: \$11 for up to 12 hours
Fri. & Sat. after 4pm: \$14 for up to 12 hours

*These rates are available Mon.-Sat. and members will pay up-front and bring their tickets to the club where we will stamp and keep them. Need help getting to Gilda's Club programs at the Clubhouse or hospital sites? Contact program staff at (312) 464-9900 for more information.

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.

Monday

12:00-1:30pm Wellness Group
3:30-5:00 pm Wellness Group (Young Adults)
5:30-7:00pm Wellness Group

Tuesday

6:00-7:30pm Wellness Group
6:00-7:30pm Family Group
6:00-7:30pm Wellness Group (Ovarian)
1st and 3rd Tuesdays

Wednesday

6:00-7:30pm Bereavement Group

Thursday

6:00-7:30pm Family Group

Saturday

9:30-11:00am Wellness Group (Spanish)
1st and 3rd Saturday of Month
10:30-12:00pm Wellness Group
10:00-11:30am Bereavement Group
10:30-12:00pm Bereavement Group

Mind-Body Workshops

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).

Gentle Yoga

Features gentle stretches and poses.

Nia: Release and Mobilize

In this 75-minute workshop you will be guided through movements that will reduce pain and release the scar tissue that restricts normal range of motion, while increasing the flow of energy throughout your body. You will learn acupressure techniques and safe stretches. In the Nia Technique (Neuromuscular Integrative Action) portion of the class, you will explore enjoyable, healing ways to move to music, restore balance and harmony, and uplift your spirits.

Restorative Yoga

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

Tai Chi

An ancient Chinese exercise combining physical exercise and meditation.

Yoga

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

Pilates

Whether novice or more experienced, this whole body approach will improve strength, flexibility, and overall mind-body awareness utilizing classical Pilates principles. All levels are welcome, including those

Stress-Free Breathing and Guided Meditation

Karen Klutznick

In this one-hour workshop you will gain awareness of your breathing patterns and learn new ways to control the effects of stress, increase energy and settle an unsettled mind with simple yoga breathing techniques.

Exercise Class: Strength Training

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.

Activities

ArtReach at Lill Street Clay Project

Create a work of art in clay. Glazed and fired pieces can be picked up the following month. All ages welcome. **February 11.**

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. **February 4, 18, 25.**

Knitting

Explore the wonderful world of handcrafted fibers as you learn the art of crocheting and knitting. Results guaranteed in the first class! **February 4, 18.**

Cooking Demos

Join us for group cooking demonstrations in our state-of-the-art kitchen featuring top Chicago chefs. Learn new cooking techniques and cuisines, sample

good food and enjoy great conversation with fellow members. **February 28**

"Inside the Red Door" New Member Breakfast

Hosted by Gilda's Club Chicago CEO, LauraJane Hyde. Come learn about the organization, how it operates and share your feedback. **February 25.**

Spirituality Workshop

Vishnu Jorge Espinel
Does spirituality make a difference in our lives? What's the difference between spirituality and religion? In this monthly workshop series, Vishnu Jorge Espinel will facilitate a discussion on spirituality, what it is, and how it impacts the lives of those living with cancer. **February 18.**

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 self-confidence and emotional recovery for women who are in treatment. Free make-up kits for first time participants who RSVP. **February 28.**

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

Facilitators: Sandy Hiel, RN and Josephine Silvestre, RN in partnership with Bladder Cancer Advocacy Network.

Meets the 4th Wednesday of the month

Blood Cancers

A networking group for those impacted by leukemia, lymphoma, and myeloma.

Facilitators: Anne Reaven, MSW and Carol White, RN

1st Wednesday of every month. 6:00 - 7:30pm

Breast Cancer

Facilitators: Jennifer D. Baralli, MSN, APN-CNP and Elise Lauderdale, RN

3rd Wednesday of every month; 6:00 - 7:30pm

Colon and Rectal Cancer

Facilitator: Ernestine Hambrick, MD

2nd Thursday of every month; 6:30 - 8:00pm

For Men Only

A networking group for men who have cancer themselves or are supporting a spouse or partner living with cancer.

Facilitators: Steve Shields and Joe Valle

1st Tuesday of every month; 6:00 - 7:30pm

LGBTQ

A networking group for LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) people who have cancer themselves or are supporting a partner living with cancer.

Facilitator: Mark Petroelje, M.A.

in partnership with Live Oak Chicago

3rd Wednesday of every month; 6:00-7:30pm

Living Beyond Loss

Losing a loved one impacts all aspects of life. Here we talk about loss and learn tools to adjust to our lives after the death of a loved one.

Facilitators: Steve Shields and Diane Drever

3rd Tuesday of every month; 6:00 - 7:30pm

Polish Speaking

A networking group for Polish-speaking people who have cancer themselves, or are supporting a spouse, partner or loved one who is living with cancer.

Facilitator: Gosha Thornton, A.M. SW

3rd Saturday of every month: 11:00-12:00pm

Prostate Cancer

Facilitators: Phil and Cassandra Hoffer in partnership with Us TOO

3rd Thursday of every month; 6:00 - 7:30pm

Young Women with Breast Cancer

Facilitated by The Young Survival Coalition

2nd Tuesday of every month; 6:00 - 7:30pm

Thyroid Cancer

Facilitator: Jennifer D. Baralli, MSN, APN-CNP

1st Thursday of every month; 5:00 – 6:30pm

FEBRUARY 2012

February Lectures & Workshops

Optimum Health for Preventing Cancer Recurrence

Dennis Gates, M.D.

This workshop teaches the basic, simple complimentary things to do in your lifestyle to win the battle. What you can do for yourself, in addition to what your doctor does with chemo, etc. Based on the teachings of Dr. Weil, and the Physicians Committee for Responsible Medicine. Hosted by Dennis Gates, M.D. and Maria Rotello in honor of Tom Cronin.

February 1

Living with Cancer: Natural Alternatives to Manage Symptoms and Treatment Side Effects

Dr. Tara Gerou, Chiropractor
ChicagoHealers

We will discuss the role nutrition plays in prevention of recurrence, natural methods to alleviate complications such as pain, nausea, depression and anxiety, and how the mind-body connection contributes to healing.

February 2

Starting A Family After Cancer: Information, Options, Support, and Hope

Kristin Smith, Division of Fertility Preservation
Oncofertility Consortium

Designed for women or men to gather and share questions, concerns and get information about options for starting a family after cancer. Offered in collaboration with The Robert H. Lurie Comprehensive Cancer Center and the Oncofertility Consortium.

February 7

Family Cancer Risk

Jane Churpek, M.D.
Cassandra Gulden, Licensed Genetic Counselor
University of Chicago Medical Center

We will discuss the role nutrition plays in prevention of recurrence, natural methods to alleviate complications such as pain, nausea, depression and anxiety, and how the mind-body connection contributes to healing.

February 8

Chicago magazine Top Doc Lecture Series Presents: What's New in Gynecologic Cancers?

Diane Yamada, M.D.
University of Chicago Medical Center

Learn the latest developments in diagnosis and treatment of gynecologic cancers.

February 29

CancerCare Connect Workshops

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

February 8: The Latest Developments Reported at the 34th Annual San Antonio Breast Cancer Symposium

February 9: Update on the Treatment of Liver Cancer

February 14: Update from the 2011 American Society of Hematology (ASH) Annual Meeting

February 29: Medical Update on Pancreatic Cancer

Noogieland

Programming for children and teens

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. **February 11, 25**

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. There will be a light family dinner from 5:30-6:00 and group from 6:00 to 7:00. *Supervised play will be available from 7:00-7:30 for children who's parents are in the adult bereavement group.*

February 1, 8, 15, 22, 29

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. Please contact Jamie Mazer at 312-464-9900 for more information.

February 4, 11, 18, 25

Parenting through Cancer Networking Group This group is open for parents of children under 18 and designed to help parents who have cancer themselves, a spouse or child with cancer or are parenting through the death of a loved one.

February 11

Family Event: Harris Theater presents: Afro Beats!

Celebrate Black History Month with Afro-Beats! a festive and interactive performance perfect for the whole family! Join the Fulcrum Point New Music Project as it explores the rich rhythms, sounds and images of West Africa in this 75-minute multimedia performance. Children of all ages are invited to participate in drumming circles, traditional African dances, and soulful songs in this spirited performance! Please contact Jamie for tickets. Tickets are first come, first served and limited to 4 per family. Transportation will not be provided from the club.

February 25

Special Events

Gilda's Club Chicago 14th Anniversary Party

Join us to celebrate Gilda's Club Chicago's 14th anniversary! Enjoy an evening filled with tasty Chicago-inspired appetizers and plenty of laughs as we are treated to a live performance from The Second City. RSVP required, space is limited! **February 10**

Facing Our Risk of Cancer Empowered Quarterly Meeting

Do you have a family history of breast and/or ovarian cancer? Have you tested positive for BRCA? Are you considering genetic testing? You are not alone! FORCE exists to improve the lives of individuals and families facing hereditary breast and ovarian cancer. Learn from other people who are navigating the BRCA path. Help someone else by sharing your story. This is a great chance to meet some Chicago area FORCE members and/or catch up with those you've met at previous get-togethers?

We encourage you to bring your significant other to this meeting for a support group facilitated by FORCE Coordinator, Paul Kredow, a clinical psychologist, spouse and father of BRCA+ women.

A light lunch will be served.

First meeting? Join us for the Newbie Meet & Greet at 11:30!

RSVP: Marla Brichta at 847-651-1338 or by email at mbrichta@chestnet.org

February 25

Monday

11:00-12:00 **6**
A Gift of Relaxation
Wellness Group
Wellness Group (Young Adults)
5:30-6:45 Nia: Release and Mobilize
Wellness Group
5:30-7:00
7:00-8:30 Yoga

13
11:00-12:00 A Gift of Relaxation
12:00-1:30 Wellness Group
3:30-5:00 Wellness Group (Young Adults)
5:30-6:45 Nia: Release and Mobilize
5:30-7:00 Wellness Group
7:00-8:30 Yoga

20
CLUB CLOSED
PRESIDENTS' DAY

27
11:00-12:00 A Gift of Relaxation
12:00-1:30 Wellness Group
3:30-5:00 Wellness Group (Young Adults)
5:30-6:45 Nia: Release and Mobilize
5:30-7:00 Wellness Group
7:00-8:30 Yoga

Tuesday

5:30-6:30 **7**
Starting A Family After Cancer: Information, Options, Support, and Hope
New Member Meeting
6:00-7:30 NG: For Men Only
6:00-7:30 Wellness Group
6:00-7:30 Family Group

14
6:00-7:30 Wellness Group
6:00-7:30 Family Group
6:00-7:30 NG: Young Women with Breast Cancer

21
5:30-6:30 New Member Meeting
6:00-7:30 NG: Living Beyond Loss
6:00-7:30 Wellness Group
6:00-7:30 Family Group
6:00-7:30 NG: Living Beyond Loss

28
4:00-6:00 **Look Good, Feel Better**
6:00-7:30 Wellness Group
6:00-7:00 **Cooking Demo: Chef Mark Palicki, Fortune Fish Co.**
6:00-7:30 Family Group

Wednesday 1

6:00-7:00 Kids Bereavement
6:00-7:30 NG: Blood Cancers
6:00-7:30 Bereavement Group
6:00-7:30 **Optimum Health for Preventing Cancer Recurrence**
6:30-7:30 **Stress-Free: Breathing and Guided Meditation**

8
10:30-11:30 Gentle Yoga
6:00-7:00 Kids Bereavement
6:00-7:00 **Exercise Class: Strength Training**
6:00-7:30 Bereavement Group
6:30-7:30 **Family Cancer Risk**

15
6:00-7:00 Kids Bereavement
6:00-7:30 Bereavement Group
6:00-7:30 NG: Breast Cancer
6:00-7:30 NG: LGBTQ

22
10:30-11:30 Gentle Yoga
6:00-7:00 Kids Bereavement
6:00-7:30 Bereavement Group
6:00-7:30 NG: Bladder Cancer

29
6:00-7:00 Kids Bereavement
6:00-7:30 Bereavement Group
6:30-7:30 **Chicago magazine Top Doc Lecture Series Presents: What's New in Gynecologic Cancers?**

Thursday 2

5:00-6:30 NG: Thyroid Cancer
6:00-7:30 Family Group
6:30-7:30 **Living with Cancer: Natural Alternatives to Manage Symptoms and Treatment Side Effects**

9
6:00-7:30 Family Group
6:30-8:00 NG: Colon/Rectal Cancer

16
6:00-7:30 Family Group
6:00-7:30 NG: Prostate Cancer

23
6:00-7:30 Family Group

Friday 3

9:30-11:00 Yoga
12:00-1:00 New Member Meeting

10
9:30-11:00 Yoga
5:00-7:00 **Gilda's Club Chicago 14th Anniversary Party!**

17
9:30-11:00 Yoga
12:00-1:00 New Member Meeting

24
9:30-11:00 Yoga

Saturday 4

9:00-10:30 Yoga
9:30-11:00 Wellness Group (Spanish)
10:00-11:30 Knitting
10:00-11:30 Bereavement Group
10:00-2:00 Healing Arts
10:30-11:45 Kid Support
10:30-12:00 Bereavement Group
10:30-12:00 Wellness Group
11:00-12:00 New Member Meeting
11:00-12:00 Restorative Yoga
12:00-1:00 Tai Chi
1:30-2:30 **Pilates**

11
9:00-10:30 Yoga
9:00-12:00 ArtReach at Lill Street Clay Project
10:00-11:30 Bereavement Group
10:30-12:00 Bereavement Group
10:30-11:45 Kid Support
10:30-12:00 Wellness Group
11:00-12:00 New Member Meeting
11:00-12:00 Restorative Yoga
12:00-1:00 Tai Chi
12:30-2:00 NG: Parenting through Cancer
12:30-2:00 **Noogie Days**

18
9:00-10:30 Yoga
9:30-11:00 Wellness Group (Spanish)
10:00-11:30 Bereavement Group
10:00-11:30 Knitting
10:30-11:45 Kid Support
10:30-12:00 Bereavement Group
10:30-12:00 Wellness Group
11:00-12:00 New Member Meeting
11:00-12:00 NG: Polish Speaking
11:00-12:00 Restorative Yoga
12:00-1:00 Tai Chi
1:00-2:30 **Spirituality Workshop**

25
9:00-10:30 Yoga
9:30-10:30 **"Inside the Red Door" New Member Breakfast**
10:00-2:00 Healing Arts
10:00-11:30 Bereavement Group
10:30-12:00 Bereavement Group
10:30-12:00 Wellness Group
10:30-11:45 Kid Support
11:00-12:00 New Member Meeting
11:00-12:00 NG: Polish Speaking
11:00-12:00 Restorative Yoga
12:00-1:00 Tai Chi
12:00-3:00 **FORCE: Facing Our Risk of Cancer Empowered Quarterly Meeting Add: Family Event: Afro Beats Noogie Days Family Event: Harris Theater presents: Afro Beats!**
12:30-2:00
2:00



Closed Group, please contact the club for placement

Free *CEU's available for social workers & counselors

Need help getting to Gilda's Club programs at the Clubhouse or hospital sites? Contact program staff at (312) 464-9900 for more information.

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