

# LIVING WITH CANCER? KNOW SOMEONE WHO IS? Come See Gilda's Club at UCMC!

*"The goal is to live a full, productive life..."*  
-Gilda Radner



## GILDA'S CLUB CHICAGO AT UNIVERSITY OF CHICAGO MEDICAL CENTER

welcomes patients, family and friends to attend these FREE programs.

This program is offered in partnership with the University of Chicago Medical Center.

## FEBRUARY HIGHLIGHTS

GILDA'S CLUB CAN BE FOUND AT THE UNIVERSITY OF CHICAGO MEDICAL CENTER

in the Duchossois Center for Advanced Medicine, 5841 S. Maryland Ave.

ALL ACTIVITIES ARE DROP IN STYLE—FEEL FREE TO COME AND GO AS NEEDED!

	<b>FEBRUARY 1</b>	<b>FEBRUARY 8</b>	<b>FEBRUARY 15</b>	<b>FEBRUARY 22</b>	<b>FEBRUARY 29</b>	
<b>WEDNESDAYS</b>	4th Floor Atrium 11:00AM–12:00PM Game Day 12:00PM–1:00PM Art as Relaxation 3rd Floor, Clinic 3H 2:00PM–4:00PM Art as Relaxation	4th Floor Atrium 10:00AM–11:00AM Cancer Networking Group for Women of Color 11:00AM–12:00PM Knitting 12:00PM–1:00PM Chair Yoga 3rd Floor, Clinic 3H 2:00PM–4:00PM Guided Imagery	4th Floor Atrium 11:00AM–12:00PM Intro to Gilda's 12:00PM–1:00PM Art as Relaxation 3rd Floor, Clinic 3H 2:00PM–4:00PM Art as Relaxation	4th Floor Atrium 11:00AM–12:00PM Postcard Art 12:00PM–1:00PM Stress Relief 3rd Floor, Clinic 3H 2:00PM–4:00PM Stress Relief, Yoga & Meditation	4th Floor Atrium 11:00AM–12:00PM Drumming as Expression 12:00PM–1:00PM Art as Relaxation 3rd Floor, Clinic 3H 2:00PM–4:00PM Art as Relaxation	
	<b>THURSDAYS</b>	<b>FEBRUARY 2</b> 6th Floor Infusion Clinic 12:00PM–1:00PM Stress Relief, Yoga & Meditation Radiation Oncology, 1st Floor, 1D 1:00PM–3:00PM Ten Minutes to Relaxation	<b>FEBRUARY 9</b> 6th Floor Infusion Clinic 12:00PM–1:00PM Stress Relief, Yoga & Meditation Radiation Oncology, 1st Floor, 1D 1:00PM–3:00PM Ten Minutes to Relaxation	<b>FEBRUARY 16</b> 6th Floor Infusion Clinic 12:00PM–1:00PM Stress Relief, Yoga & Meditation 1st Floor, Room 1005 1:30PM–2:30PM General Cancer Networking Group Radiation Oncology, 1st Floor, 1D 1:00PM–3:00PM Ten Minutes to Relaxation	<b>FEBRUARY 23</b> 6th Floor Infusion Clinic 12:00PM–1:00PM Stress Relief, Yoga & Meditation Radiation Oncology, 1st Floor, 1D 1:00PM–3:00PM Ten Minutes to Relaxation	<b>Look Good...Feel Better</b> An ACS event held the 1st Monday of every month from 10:00AM–12:00PM.  To register please call Kim or Mary at: 877-824-0660

### Mission

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.

Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, education and social activities.

Gilda's Club Chicago's downtown clubhouse is located at: **537 N. Wells Street Chicago, IL 60654**

For more information on these activities or Gilda's Club Chicago, call Elizabeth Healy at 312-464-9900

or visit our website at [www.gildasclubchicago.org](http://www.gildasclubchicago.org)



Cancer Support for the Whole Family,



# PROGRAM DESCRIPTIONS

## NETWORKING GROUPS

### CANCER NETWORKING GROUP FOR WOMEN OF COLOR

This group is an open discussion for people of color; patients, family members, friends and caregivers. The group will discuss the issues that face us when living with cancer.

*Facilitator: Kimberly Nelson, LCPC and Elizabeth Healy, LSW*

**Second Wednesday of the Month,  
4th Floor Atrium 10:00AM–11:00AM**

### GENERAL CANCER NETWORKING GROUP

A chance for patients/loved ones to connect with each other, express concerns, and ask questions. Light lunch and refreshments will be provided.

*Facilitator: Kimberly Nelson, LCPC and Elizabeth Healy, LSW*

**Third Thursday of the Month,  
1st Floor, Room 1005 1:30PM–2:30PM**

## ACTIVITIES

### GAME DAY

Challenge your mind and competitive spirit with a sociable game among friends. Laugh, think, and test your wits as we play such games as: Scrabble, Uno, Boggle, Catch Phrase and various card games. At the end of the day, we all feel like winners.

*Facilitator: Elizabeth Healy, LSW*

**First Wednesday of the Month,  
4th Floor Atrium 11:00AM–12:00PM**

### ART AS RELAXATION

Learn how to channel your inner creativity to produce beautiful works of art in different mediums as a form of expression and cathartic relaxation. Prior artistic experience is not necessary as everyone has artistic talent inside themselves. Learn origami and be surprised by the sense of accomplishment after making your first paper crane. Other art projects will also be featured, such as: Beading, Tracing and Drawing.

*Facilitator: Warner Saunders, Jr*

**First, Third & Fifth Wednesdays of the Month,  
4th Floor Atrium 12:00PM–1:00PM  
3rd Floor, Clinic 3H 2:00PM–4:00PM**

## KNITTING

Introduce yourself to the calming rhythm of knitting. With each click of the needles, you are one step closer to completing a beautiful project made with care and love. No prior experience is necessary and all materials will be provided.

*Facilitator: April Valdez*

**Second Wednesday of the Month,  
4th Floor Atrium 11:00AM–12:00PM**

## POSTCARD ART

Join us and express yourself through the art of combining words and images to create beautiful collages. Relax and enjoy this artistic expression using phrases, pictures, colors and other materials. We will supply everything you need and provide all of the steps for success.

*Facilitator: Elizabeth Healy, LSW*

**Fourth Wednesday of the Month,  
4th Floor Atrium 11:00AM–12:00PM**

## INTRO TO GILDA'S

Become a member of Gilda's Club Chicago! Learn what Gilda's Club is all about!

*Facilitator: Elizabeth Healy, LSW*

**Third Wednesday of the Month,  
4th Floor Atrium 11:00AM–12:00PM**

## DRUMMING AS EXPRESSION

Join us and discover the power of rhythm through drumming. Utilize this outlet of creative expression as a safe haven for your thoughts and feelings to be explored in a non-verbal way. Musical experience is not necessary as the rhythm you create comes from within.

*Facilitator: Elizabeth Healy, LSW*

**Fifth Wednesday of the Month,  
4th Floor Atrium 11:00AM–12:00PM**

## MIND–BODY WORKSHOPS

### CHAIR YOGA

Give yourself the benefit of deep breathing and a comfortable stretch. This is a gentle yoga which can be done while seated. It's your chance to try yoga for the first time or to keep up your yoga practice.

*Facilitator: Angela Tomassetti*

**Second Wednesday of the Month,  
4th Floor Atrium 12:00PM–1:00PM**

### STRESS RELIEF

Join us as we come together for relaxation, friendship and support. Learn to use breath, imagery and other mind–body techniques to help gain control over anxiety and diminish stress.

*Facilitator: Steve Shields*

**Fourth Wednesday of the Month,  
4th Floor Atrium 12:00PM–1:00PM  
3rd Floor, Clinic 3H 2:00PM–4:00PM**

### GUIDED IMAGERY

Come participate in light stretching and deep breathing techniques, as you are gently guided into deep relaxation while comfortably seated.

*Facilitator: Elizabeth Healy, LSW*

**Second Wednesday of the Month,  
3rd Floor, Clinic 3H 2:00PM–4:00PM**

### STRESS RELIEF, YOGA & MEDITATION

Join us as we explore simple ways to relax and relieve stress. Learn the power of proper breathing, gentle stretching and the art of bringing peaceful thoughts and energy to the mind.

*Facilitator: Jorge Espinel*

**Every Thursday of the Month,  
6th Floor Infusion Clinic 12:00PM–1:00PM**

### TEN MINUTES TO RELAXATION

Complete our four–part learning experience and become better prepared for any of life's on–going challenges. Join us as we learn relaxation techniques to bring your mind and body into perfect balance and harmony.

*Facilitator: Jorge Espinel*

**Every Thursday of the Month,  
Radiation Oncology, 1st Floor, 1D  
1:00PM–3:00PM**