



Gilda's Club Chicago is a non-profit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.



## Check It Out!



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

Gilda's Club Chicago is one of 50 affiliates of the Cancer Support Community, the largest professionally led nonprofit network of cancer support worldwide. In order to better communicate our mission on a broader level, we developed a new campaign to be used across the network. This campaign, including the wordmark above, will be integrated with our existing GCC materials and help activate the power of our organization in a unified manner. Aligning our messaging, especially through a call-to-action campaign, makes us stronger as an organization and helps increase our reach exponentially - to patients, donors, partners and other stakeholders. Join us and Take On Cancer Together!

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# ANNOUNCEMENTS

## Becoming a Member is Free!

To become a member of Gilda's Club Chicago, all you have to do is complete a Customized Membership Plan (CMP) with one of our licensed clinical staff members. In less than an hour, they will help you identify activities that are suited to your unique needs and answer questions you may have about fully participating in the Clubhouse. They can also determine if there are additional resources that might be helpful and guide you in accessing them. Call us today to get started! (312) 464-9900 or email [info@gildasclubchicago.org](mailto:info@gildasclubchicago.org)



### Join the movement today!

Help us understand the full impact of cancer.

The Cancer Support Community's "Cancer Experience Registry" is a study designed to help us better understand the social and emotional needs of people living with cancer. Findings will help develop new resources that support the more than 12 million people impacted by cancer each year.

Share your experience at [cancerexperienceregistry.org](http://cancerexperienceregistry.org)

## Make your voice heard: Become an Advocate!

Help ensure that people impacted by cancer have access to quality, comprehensive cancer care that includes social and emotional support.

Join our grassroots advocacy network to be among the first to hear about important policy issues and have the opportunity to advocate for quality cancer care. Making your voice heard will impact the decisions made in Washington, D.C. and across the country.

To join, please visit: [www.CSCadvocate.org](http://www.CSCadvocate.org)

## CLUBHOUSE HOLIDAY SCHEDULE

The Clubhouse will be closed from Friday, December 30th at 3:00pm through Monday, January 2nd in observance of the New Year's Holiday.

The Clubhouse will be closed Monday, January 16th for Martin Luther King Jr. Day.

The Clubhouse will be closed Monday, February 20th for President's Day.

## Our 8th Annual "It's Always Something" Teen Essay Contest for High School students is up and running!

This contest is open to any high school student in Illinois who would like to share their story about being impacted by cancer (i.e. student is living with cancer themselves, they have a friend or family member living with cancer or have lost a loved one to cancer).

Essays will be judged in two categories with cash prizes!

The deadline for essay submissions is **Wednesday, March 1, 2017.**

For more information, contact the  
Noogieland Coordinator at 312-464-9900

## COURAGE TO QUIT SMOKING CESSATION PROGRAM



Are you interested in quitting smoking?  
Gilda's Club Chicago is now offering  
**Courage to Quit** - a comprehensive

group tobacco treatment program for adults. Program leaders provide information, practice skills, and support to help you reach your smoke-free goals. 3-week and 6-week sessions available. Please call (312) 464-9900.

## GCC@School - Cancer Support for the Classroom

**offers support for students and  
educators touched by cancer.**

Based on our experience delivering this program for more than nine years, we have found it to be helpful to any student or administrator who has been diagnosed with cancer themselves or is supporting someone diagnosed with cancer.

Our goal is to foster peer support through understanding of a cancer diagnosis and its impact on the classroom. Students participate in activities that give them the ability to express their feelings about cancer. Discussions focus on daily issues faced by students who have a loved one with cancer or who are living with a cancer diagnosis themselves. Students work together to identify ways to help.

For those diagnosed, our program provides guidance for a smooth transition from treatment back to the classroom - and can serve as an outlet for expressing feelings through conversation and art.

For those educators looking to enhance their health and wellness curriculum, we can deliver a general presentation geared toward all audiences.

For more information, please contact Hospital Program Coordinator,  
Megan Brady, LCPC, ATR-BC at 312-464-9900 x120  
or [meganbrady@gildasclubchicago.org](mailto:meganbrady@gildasclubchicago.org)

# NOOGIELAND

A program for children, teens and families impacted by a cancer diagnosis



**Kid Support and Kids Bereavement** are held on ten (10) consecutive Saturdays. A one-time Parent/Guardian Orientation is required for parents prior to the start of the series. Each group is led by a licensed facilitator experienced in working with children, parents and families

affected by cancer. **Advanced registration and attendance at each session is required.**

**Kid Support** is a series of ten weekly peer support groups (divided by age) for children ages 4-12 who are living with cancer themselves or who have a family member or friend living with cancer.

**Kids Bereavement** is a series of ten weekly peer support groups (divided by age) for children ages 4-12 who have experienced the cancer-related death of a family member or friend.

**Parenting through Cancer** is a networking group held in conjunction with Kid Support and Kids Bereavement. This group is designed to help parents who have cancer themselves, have a partner or child living with cancer or are parenting through the death of a loved one.

**Kid Support and Kids Bereavement** include age-appropriate activities and provide a safe space to have conversations about their experiences while they develop coping skills in the areas of communication, relaxation and feelings identification. The curriculum for both groups assists children with cancer in the family to express and cope with the varying emotions they experience such as fear, isolation and loss of control. The sessions build on the activities of the prior week.

**Contact the Noogieland Coordinator to register for a group at 312-464-9900.**

## SPECIAL EVENTS

**Family Event at Harris Theater**  
**Saturday, January 14 | 2:00 – 3:00pm**  
**RSVP Required**

Enjoy a special event in the community to see STREB: SEA. This new show is a pure “action explosion” with human bodies careening through, around and above invented hardware. Audience members will contribute to the playlist making each show unique. Recommended for children ages 4 and up.

A limited number of tickets are available - first come, first served basis. For more information and to reserve tickets, please contact the Noogieland Coordinator at 312-464-9900.

**Family Arts & Crafts**  
**Saturday, January 14, 28; February 11, 25; March 25 | 12:30 – 2:00pm**  
**RSVP Required**

This is a fun-filled Saturday afternoon of arts and crafts with snacks provided.

*This is offered in partnership with the Junior League's Connecting Kids to the Arts program.*

**Family Event at Harris Theater**  
**Saturday, February 4 | 2:00 – 3:00pm**  
**RSVP Required**

Enjoy a special event in the community to see Angelique Kidjo. This Grammy Award winner will be performing a “storyteller” concert of world music while discussing the origins of the songs, what they mean and how they relate to significant moments in her impressive career. Recommended for children ages 4 and up.

A limited number of tickets are available - first come, first served basis. For more information and to reserve tickets, please contact the Noogieland Coordinator at 312-464-9900.

**Cooking for Teens**  
**Saturday, January 14, February 11, March 11 | 1:00 – 2:00pm**  
**RSVP Required**

Connect with new and old friends, while learning new recipes for cooking and baking!

**Junior League Mad Hatters**  
**Saturday, March 4 | 1:00 – 1:30pm**  
**RSVP Required**

Join us for a special Storytime with performers wearing silly hats! Fun goodies are provided after the show. For children ages 3-8.

**Kids in the Kitchen**  
**Saturday, March 11 | 12:30 – 2:00pm**  
**RSVP Required**

Junior League's Kids in the Kitchen is an association-wide initiative of the Association of Junior Leagues International (AJLI) designed to help communities address the urgent issues surrounding childhood obesity and poor nutrition. Educating both children and their families is key to alleviating this growing problem. These programs are designed to creatively educate children on crucial areas such as fitness and nutrition in a fun and hands-on fashion.



For each child attending Kid Support, Kids Bereavement, Teen Activities or Family Arts & Crafts, a parent or guardian will be required to complete registration paperwork.



# WEEKLY SUPPORT GROUPS

These groups are offered to members 18 years or older. You must be assigned to a group after completing a Customized Membership Plan (CMP) in order to participate. Please call 312-464-9900 to schedule.

**WELLNESS GROUPS** offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support and learn how to manage stress.

## WELLNESS GROUPS:

Monday 5:30pm  
Tuesday 12:00pm  
Saturday 10:30am  
Saturday 1:00pm

## OVARIAN WELLNESS:

Second and Fourth Tuesdays at 6:00pm

**FAMILY/FRIENDS GROUPS** offer those supporting a person with cancer the opportunity to discuss common issues. Together, individual family members, friends, and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer.

## FAMILY / FRIENDS GROUP:

Monday 5:30pm

**BEREAVEMENT GROUPS** are available to any individual family member, friend or caregiver who has lost a loved one to cancer.

## BEREAVEMENT GROUP:

Wednesday 6:00pm  
Saturday 10:30am

# MONTHLY NETWORKING GROUPS

These are monthly groups designed for people with similar diagnoses or life situations to meaningfully connect with others and share information helpful on the cancer journey. A Customized Membership Plan (CMP) is required prior to attending. Please call 312-464-9900 to schedule.

## LATINO

**Second Thursday each month | 10:00 – 11:30am**

This Spanish-language support group offers an opportunity for Latino patients, caregivers, family members and friends to share information and experiences related to living with a cancer diagnosis.

## GRUPO DE APOYO LATINO

**Segundo jueves del mes | 10:00 – 11:30am**

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener informacion, compartir recursos y recibir apoyo emocional.

## LIVING BEYOND LOSS

**Third Tuesday each month | 6:00 – 7:30pm**

This caring, supportive group is open to anyone experiencing grief due to a cancer-related loss. Family and friends welcome.

## POLISH SPEAKING

**Fourth Tuesday each month | 4:00 – 5:00pm**

This support group offers an opportunity for patients, caregivers, family members and friends to share information and experiences related to living with a cancer diagnosis. This group is free and open to those who themselves have cancer or are supporting a loved one with cancer. Join us!

## POLSKA GRUPA WSPARCIA DLA OSÓB DOTKNIETYCH CHOROBA NOWOTWOROWA

**Kiedy:** w każdy 4-ty wtorek miesiąca od godziny 16:00 do 17:00

Ta grupa jest stworzona dla osób które przechodzą przez chorobę nowotworową, jak zarówno ich rodzin i przyjaciół. To spotkanie jest okazją do wspólnej rozmowy, wsparcia i wzajemnej pomocy pomiędzy osobami które są związane z sytuacją choroby. Zapraszamy!

## SURVIVING AND THRIVING

**Fourth Monday each month | 5:30 – 7:00pm**

More than a support group, this monthly networking group will be educational, enlightening, and enjoyable for cancer survivors. Join us for topics including: Cancer Rehabilitation (1/23), Peripheral Neuropathy (2/27), and Creating your "New Normal" (3/27).

## BLADDER CANCER

**Fourth Wednesday each month | 6:00 – 7:30pm**

Providing a forum for discussion and education on sensitive issues associated with lifestyle changes, body image, sleep, post-surgery issues and more.

*This group is held in partnership with the Bladder Cancer Advocacy Network.*



## PROSTATE CANCER

**Third Thursday each month | 6:00 – 7:30pm**

An active group with discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns and fear of recurrence. Family and friends welcome. *This group is part of the Us TOO Prostate Cancer Education & Support Network.*



## YOUNG WOMEN WITH BREAST CANCER

**Second Tuesday each month | 6:00 – 7:30pm**

Attendees exchange stories, treatment tips, and share concerns regarding nutrition, body image, relationships and more.

*This group is held in partnership with the Young Survival Coalition.*



**All Support and Networking Groups are facilitated by licensed mental health professionals and clinical interns.  
Groups are not open for observation at any time.**

# EMPOWERING LECTURES

Lectures may be eligible for CEU's for licensed social workers and counselors. For additional information or to register for CEUs, please contact Jamie Wiener, Program Director, at [jamiewiener@gildasclubchicago.org](mailto:jamiewiener@gildasclubchicago.org)

## Social Security Disability: Change and Confusion

Thursday, January 12 | 6:30 – 7:30pm

RSVP Required

This non-legal discussion will clarify the application and appeals process, and provide people with disabilities the information they need to protect and assert their rights under the Social Security Act.

Practical hints will be provided for how to deal with bureaucracy, how to communicate with treating physicians, and how to minimize the chance of delays and lost files. Additionally, the rules regarding how to return to work while on SSDI and SSI are outlined so that people receiving benefits will have accurate information when making the step back into the work force.

This is intended to be an open discussion between Mr. Rabin and the audience. Questions are encouraged and materials will be provided which will outline the subject matter and provide room for notes.

**Presented by:** Jeffrey A. Rabin, JD | Law Offices of Rabin, Kodner & Brown

*Light refreshments provided*

## Reproductive Health after Cancer

Wednesday, February 1 | 6:30 – 7:30pm

RSVP Required

Join Kristin Smith, Patient Navigator for Fertility Preservation, for a talk about hormones after cancer. From this talk, you'll understand what they mean to family building and general health.

**Presented by:** Kristin N. Smith | Patient Navigator for Fertility Preservation  
Northwestern Medical Group

*Light refreshments provided*

## Bridging the Gap in Breast Cancer Care

Wednesday, February 8 | 6:30 – 7:30pm

RSVP Required

Navigating the health care system when there is a breast cancer diagnosis can be very overwhelming, even more so for a woman who is underinsured or uninsured. Join Teena Francois-Blue as she discusses the disparities in screening, diagnosis and treatment for breast cancer and shares resources to help women with breast cancer navigate the complex healthcare system.

**Presented by:** Teena Francois-Blue, Associate Director  
Metropolitan Breast Cancer Task Force

*Light refreshments provided*



## Care for the Caregiver

Wednesday, February 22 | 6:30 – 7:30pm

RSVP Required

Caring for an ailing family member can be rewarding, but it can also be taxing at times. This interactive workshop aims to help caregivers learn about stress and caregiver burnout, identify and normalize personal signs of burnout, and provide tools such as mindfulness to ease that stress and feel better. Participants will also have the opportunity to participate in a mindfulness exercise.

**Presented by:** Christina Zerwer-Gaafar, LCPC

*Light refreshments provided*



## Advance Healthcare Directives: Clarifying Our Goals for Treatment and Care

Wednesday, March 8 | 6:30 – 8:00pm

RSVP Required

Join us to discuss important ideas for writing an Advance Healthcare Planning Directive. We will provide the Five Wishes, a helpful guide in how to make decisions about your healthcare choices and have conversations with your loved ones.

The Five Wishes explains possible preferences for:

- The person I want to make care decisions for me when I can't
- The kind of medical treatment I want or don't want
- How comfortable I want to be
- How I want people to treat me
- What I want my loved ones to know

When filled out, this document meets legal requirements in 42 states including Illinois and is used worldwide.

**Presented by:** Loretta Downs, MA, CSA | Founder of Chrysalis End-of-Life Inspirations

Daryl Holtz Isenberg, PhD | Founder of Family Cancer Support Network

*Light refreshments provided*



## Cancer & the LGBTQIA+ Communities: What's Different?

Wednesday, March 22 | 6:30 – 7:30pm

RSVP Required

We all know cancer affects everything. But what is different about a cancer diagnosis when you identify within the LGBTQIA+ communities? Please join Laura Grimes, LCSW, as she discusses the impact for survivors and their family systems.

**Presented by:** Laura Grimes, LCSW | Adjunct Faculty at Loyola University Chicago

*Light refreshments provided*



# LECTURE SERIES

Lectures offered as part of the monthly *Surviving and Thriving Networking Group*

## Cancer Rehabilitation 101: Learn about how Rehabilitation can play an Important Part During and After Treatment

Monday, January 23 | 5:30 – 7:00pm

RSVP Required

Cancer and its treatment can cause many side effects including weakness, pain, edema, neuropathy, cognitive changes and fatigue that interfere with your ability to complete daily tasks as you did before diagnosis. Learn more about these side effects and whether rehabilitation may be a good option for you or your loved one. Also learn more about what types of therapy exist and what your options are for types of therapy.

Presented by: Caitlin Smith, MS OTR/L, OTD

Light refreshments provided

## Managing Peripheral Neuropathy

Monday, February 27 | 5:30 – 7:00pm

RSVP Required

Peripheral Neuropathy is a common side effect experienced by many cancer survivors during the course of their treatment. It can leave you dealing with chronic pain, loss of sensation, decreased balance and muscle weakness. This can impact every part of your life long after treatment is done. Join us for an interactive workshop to better understand this condition and help you learn strategies to manage pain, protect your body and get back to your meaningful life activities.

Presented by: Caitlin Smith, MS OTR/L, OTD

Light refreshments provided

## Creating your "New Normal" During and After Cancer Treatment

Monday, March 27 | 5:30 – 7:00pm

RSVP Required

Despite its challenges, the cancer journey (from diagnosis to treatment and beyond) can present new opportunities for self-awareness and discovery. Come and explore ways of using your inner strengths and resources to enjoy life while on this journey.

Presented by: Katherine Puckett, PhD, MS, MSW, LCSW | Chief, Division of Mind-Body Medicine at CTCA

Light refreshments provided



## Pharmacy Lecture Series

Third Thursdays | 6:30 – 7:30pm

RSVP Required

January 19 - Pain Control Medications

February 16 - Chemotherapy and Nausea Medications

March 16 - Gastrointestinal Medications

Friendly pharmacists will provide practical information on a variety of medication and drug related topics.

Presented by: Oncology Pharmacy Residents and Sandeep Parsad, PharmD, BCOP, Clinical Pharmacy Manager Director, PGY2 Oncology Pharmacy Residency Program University of Chicago Medical Center



## SUPERVISED PLAY

This is provided for children over the age of 1 whose family members wish to attend a workshop, lecture, or group. Infants under 1 year are welcome, but should remain with a parent. Please call to request Supervised Play at least 3 days in advance.

For more information and to request Supervised Play, please contact the Noogieland Coordinator at (312) 464-9900.



Looking for resources? Frankly Speaking About Cancer® is the Cancer Support Community's cancer education series that provides information on a variety of topics important to people affected by cancer. Free publications are available in the Gilda's Club Chicago Resource Library and can also be downloaded at <https://orders.cancersupportcommunity.org/>

**Save the Date** for a special evening with Dr. Keith Block from the Block Center for Integrative Cancer Treatment on June 7, 2017.

# SPECIAL EVENTS

Mind/Body/Spirit Classes are listed on page 11.

## Newcomers Breakfasts

Second Saturdays: January 14, February 11, March 11 | 9:30 – 10:30am

**RSVP Required**

All participants who joined any GCC location in the past month or so are cordially invited to get familiar with the Wells Street Clubhouse, meet other new folks, and enjoy chatting over breakfast provided by GCC volunteers.



## Cooking Demonstrations

**RSVP Required – Space is Limited!**

Join us for group cooking demonstrations in our spacious kitchen featuring guest chefs from Chicago area restaurants. Learn new cooking techniques, sample delicious food and enjoy great conversations with other members.

**Gene and Georgetti** – Tuesday, January 10 | 6:00 – 7:00pm

**Chef Chris Tong – My Private Chef** – Tuesday, March 21 | 6:00 – 7:00pm

## Beginner's Improv (6-Week Series)

Wednesdays: February 22 – March 29 | 6:00 – 8:00pm

**RSVP Required – Space is Limited!**

This course is an introduction to the spontaneous movement and performance art form known as improvisation. Through guided movement games and exercises, attendees will delve into the basics of improvisation and long form improvisation. Brought to you by Women in Comedy, both men and women are welcome to this supportive and fun chance to play pretend and learn a little more about improvisation while having fun and reducing the stresses of cancer. This class is open to new participants only. Participants of the class will have the opportunity to attend an improv show together. Attendance each week is highly encouraged.



## Alumni “Rock, Paper, Scissors” Improv Troupe (6-Week Series)

Wednesdays: February 22 – March 29 | 6:00 – 8:00pm

**RSVP Required – Space is Limited!**

Want to further your improv skills and reconnect with old friends? This 6-week workshop led by Women in Comedy will culminate in a final performance that you will be proud to invite your friends and family to watch. This class is open to participants who have previously attended an improv workshop at Gilda's Club Chicago. Attendance each week is highly encouraged.

## Lunch Bunch Cooking Club

Thursday, February 16 | 11:00am – 1:00pm

**RSVP Required – Space is Limited!**

Join us for another gathering of the Lunch Bunch Cooking Club. We'll be making and enjoying lunch with one another and planning the recipes for our next gatherings.

## GCC's 19th Anniversary Party

Friday, February 10 | 5:00 – 8:00pm

**RSVP Required – Space is Limited!**

Join us to celebrate Gilda's Club Chicago's 19th anniversary! Enjoy an evening filled with tasty appetizers and plenty of laughs as we are treated to a live performance from The Second City in honor of Gilda Radner.

The Second City



## Soulful Social

Saturday, February 25 | 12:00 – 2:00pm

**RSVP Required – Space is Limited!**

Please join Gilda's Club in celebration of Black History Month at the Soulful Social event. Join us for entertainment, food and community sharing. This event is an annual event to promote unity in the community and celebrate the African American culture. You are welcome to share your family recipes, so bring a dish or a dessert and let's socialize.




## Save the Date

### Spring Fling: Gilda's Art Gallery

Saturday, April 8 | 12:00 – 2:00pm


Don't forget to submit your artwork by April 1st! Contact Liz Sullivan for details at 312-464-9900 or [lizsullivan@gildasclubchicago.org](mailto:lizsullivan@gildasclubchicago.org)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1	CLUBHOUSE CLOSED FOR NEW YEAR'S HOLIDAY	Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM		Yoga 9:30 AM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM		
8	Yoga 7:00 PM	Gentle Yoga 10:00 AM Crafts 11:00 AM <b>RSVP</b> Cooking Demo 6:00 PM <b>RSVP</b> Young Women with Breast Cancer NG 6:00 PM <b>RSVP</b>	Gentle Yoga 10:30 AM Meditation 11:30 AM	Grupo de Apoyo Latino 10:00 AM <b>RSVP</b> Social Security Disability Lecture 6:30 PM <b>RSVP</b>	Yoga 9:30 AM	ArtReach Clay Project 9:00 AM Yoga 9:00 AM Newcomers Breakfast 9:30 AM <b>RSVP</b> Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts & Crafts 12:30 PM <b>RSVP</b> Cooking for Teens 1:00 PM <b>RSVP</b> Family Event at Harris Theater 2:00 PM <b>RSVP</b>		
15	CLUBHOUSE CLOSED FOR MARTIN LUTHER KING, JR. DAY	Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM <b>RSVP</b> Meditación 11:30 AM T'ai Chi Chih 12:45 PM Living Beyond Loss NG 6:00 PM <b>RSVP</b>	Gentle Yoga 10:30 AM Meditation 11:30 AM	Prostate Cancer NG 6:00 PM <b>RSVP</b> Pharmacy Lecture Series 6:30 PM <b>RSVP</b>	Yoga 9:30 AM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM <b>RSVP</b> T'ai Chi 12:00 PM		
22	Surviving and Thriving NG: Cancer Rehabilitation 101 5:30 PM <b>RSVP</b> Yoga 7:00 PM	Gentle Yoga 10:00 AM Jewelry Making 11:00 AM <b>RSVP</b> Polish NG 4:00 PM <b>RSVP</b>	Gentle Yoga 10:30 AM Meditation 11:30 AM Bladder Cancer NG 6:00 PM <b>RSVP</b>	Internet Básico 10:00 AM <b>RSVP</b>	Yoga 9:30 AM Scrapbooking 11:00 AM <b>RSVP</b>	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts & Crafts 12:30 PM <b>RSVP</b> Members Giving Back 1:00 PM <b>RSVP</b>		
29	Yoga 7:00 PM	Gentle Yoga 10:00 AM	<h1>JANUARY 2017</h1> <p>■ = <b>RSVP REQUIRED</b> ■ = <b>NO RSVP</b></p> <p><i>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.</i> * Requires attendance at all sessions</p>					
30								
31								



Weekly support groups (not listed on the calendar) are available to patients and loved ones of all cancer diagnoses and prognoses. See "Support Groups" on pg. 4 or call 312-464-9900

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Gentle Yoga 10:30 AM Meditation 11:30 AM Reproductive Health after Cancer Lecture 6:30 PM RSVP		Yoga 9:30 AM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Family Event at Harris Theater 2:00 PM RSVP	
				1	2	3	4
	5	Yoga 7:00 PM	Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM Breast Cancer Care Lecture 6:30 PM RSVP	Grupo de Apoyo Latino 10:00AM RSVP	Yoga 9:30 AM GCC 19th Anniversary Party 5:00 PM RSVP	ArtReach Clay Project 9:00 AM Yoga 9:00 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts & Crafts 12:30 PM RSVP Cooking for Teens 1:00 PM RSVP
		6	7	8	9	10	11
	12	Yoga 7:00 PM	Gentle Yoga 10:00 AM Crafts 11:00 AM RSVP Young Women with Breast Cancer NG 6:00PM RSVP	Gentle Yoga 10:30 AM Meditation 11:30 AM	Lunch Bunch Cooking Club 11:00 AM RSVP Prostate Cancer NG 6:00PM RSVP Pharmacy Lecture Series 6:30PM RSVP	Yoga 9:30 AM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM RSVP T'ai Chi 12:00 PM
	13	14	15	16	17	18	
19	CLUBHOUSE CLOSED FOR PRESIDENT'S DAY	Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM T'ai Chi Chih 2:45 PM Living Beyond Loss NG 6:00PM RSVP	Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #1 6:00 PM RSVP Beginner's Improv #1 6:00 PM RSVP Bladder Cancer NG 6:00PM RSVP Care for the Caregiver Lecture 6:30 PM RSVP	Internet Básico 10:00 AM RSVP Writing Your Story #1 1:00 PM RSVP	Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM Scrapbooking 11:00 AM RSVP	Yoga 9:00 AM Restorative Yoga 11:00 AM Soulful Social 12:00 PM RSVP T'ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts & Crafts 12:30 PM RSVP	
	20	21	22	23	24	25	
26	Surviving and Thriving NG: Managing Peripheral Neuropathy 5:30 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM Polish NG 4:00PM RSVP	<h1>FEBRUARY 2017</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP</p> <p><i>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.                      * Requires attendance at all sessions</i></p>				
	27	28					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>MARCH 2017</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions</p>			<p>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #2 6:00 PM RSVP Beginner's Improv #2 6:00 PM RSVP</p>	<p>Writing Your Story #2 1:00 PM RSVP</p>	<p>Yoga 9:30 AM</p>	<p>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Junior League Madhatters 1:00 PM RSVP</p>
	<p>Yoga 7:00 PM</p>	<p>Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM</p>	<p>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #3 6:00 PM RSVP Beginner's Improv #3 6:00 PM RSVP Advance Healthcare Directives Lecture 6:30 PM RSVP</p>	<p>Grupo de Apoyo Latino 10:00 AM RSVP Writing Your Story #3 1:00 PM RSVP</p>	<p>Yoga 9:30 AM</p>	<p>ArtReach Clay Project 9:00 AM Yoga 9:00 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Circulo de Tejer 12:00 PM Kids in the Kitchen 12:30 PM RSVP Cooking for Teens 1:00 PM RSVP</p>
	<p>Yoga 7:00 PM</p>	<p>Gentle Yoga 10:00 AM Crafts 11:00 AM RSVP Young Women with Breast Cancer NG 6:00 PM RSVP</p>	<p>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #4 6:00 PM RSVP Beginner's Improv #4 6:00 PM RSVP Noche de Promotores 6:00 PM RSVP</p>	<p>Writing Your Story #4 1:00 PM RSVP Prostate Cancer NG 6:00 PM RSVP Pharmacy Lecture Series 6:30 PM RSVP</p>	<p>Yoga 9:30 AM</p>	<p>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM RSVP T'ai Chi 12:00 PM</p>
	<p>Yoga 7:00 PM</p>	<p>Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM T'ai Chi Chih 12:45 PM Cooking Demo 6:00 PM RSVP Living Beyond Loss NG 6:00 PM RSVP</p>	<p>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #5 6:00 PM RSVP Beginner's Improv #5 6:00 PM RSVP Bladder Cancer NG 6:00 PM RSVP Cancer &amp; the LGBTQIA+ Communities Lecture 6:30 PM RSVP</p>	<p>Internet Básico 10:00 AM RSVP Writing Your Story #5 1:00 PM RSVP</p>	<p>Yoga 9:30 AM Scrapbooking 11:00 AM RSVP</p>	<p>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Circulo de Tejer 12:00 PM Family Arts &amp; Crafts 12:30 PM RSVP Members Giving Back 1:00 PM RSVP</p>
	<p>Surviving and Thriving NG: Creating your "New Normal" Lecture 5:30 PM RSVP Yoga 7:00 PM</p>	<p>Gentle Yoga 10:00 AM Polish NG 4:00 PM RSVP</p>	<p>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #6 6:00 PM RSVP Beginner's Improv #6 6:00 PM RSVP</p>	<p>Writing Your Story #6 1:00 PM RSVP</p>	<p>Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM</p>	

# HEALTHY LIFESTYLE PROGRAMS

## MIND/BODY/SPIRIT CLASSES

**Please note:** Wear comfortable clothing and arrive promptly for the classes at the designated start times. Thank You!

### Yoga

**Mondays | 7:00 – 8:30pm**

**Fridays | 9:30 – 11:00am**

**Saturdays | 9:00 – 10:30am**

Breathe. Stretch your body and mind. Develop flexibility and balance.

### Gentle Yoga

**Tuesdays | 10:00 – 11:00am**

**Wednesdays | 10:30 – 11:30am**

Features gentle stretches and poses. Great for beginners.

### Restorative Yoga

**Saturdays | 11:00am – 12:00pm**

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

### T'ai Chi

**Saturdays | 12:00 – 1:00pm**

An ancient Chinese exercise combining physical movement and meditation.

### T'ai Chi Chih

**Select Tuesdays: January 3, 17; February 7, 21; March 7, 21 | 12:45 – 1:45pm**

Based on ancient Chinese wisdom and consisting of 19 simple and slow gentle movements. T'ai Chi Chih is a mix of meditation and movement that has been shown to reduce stress and can be done while sitting or standing.

### Meditation

**Wednesdays | 11:30am – 12:30pm**

Meditation can be a source of energy, wisdom, and strength. This class will teach you basic relaxation, breath meditation and visualization.

### Writing Your Story:

#### An Expressive Writing Workshop (6-Week Series)

**Thursdays: February 23 – March 30 | 1:00 – 2:30pm**

**RSVP Required**

Join us for this 6-week writing workshop where we'll explore our cancer experiences through creative writing prompts and put words to our personal stories. During group meetings, participants write and respond to each other's creative work. No experience in creative writing is required. Attendance each week is highly encouraged. Writing sessions are facilitated by Kerri Morris, writing professor at Governor's State University, blog writer/founder "Cancer Is Not a Gift" at ChicagoNow, and a cancer survivor.

## EXPRESSIVE ARTS ACTIVITIES

### ArtReach

**Second Saturdays: January 14, February 11, March 11 | 9:00am – 12:00pm**

ArtReach seeks to transform individuals and their communities through the provision of high quality and innovative art instruction using clay as a means of expression. ArtReach believes creative expression is a fundamental need for all people and is the non-profit sister organization to the Lillstreet Art Center.

### Caring Arts

**Saturdays (except second Saturdays) | 10:00am – 2:00pm**

**\*No class February 25th due to Soulful Social**

An exciting program instructed and facilitated by Jordi Pedrola, 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.



### Crafts

**Second Tuesdays: January 10, February 14, March 14 | 11:00 am – 12:30pm**

**RSVP Required**

Relax by engaging in a crafty project, and enjoy your time creating something to be displayed and shared. Supplies and instructions provided. No experience necessary.

### Crochet and Knitting Club \*New

**Third Saturdays: January 21, February 18, March 18 | 12:00 – 2:00pm**

**RSVP Required**

Join us as we make hats for people living with cancer. You'll have the opportunity to do something you enjoy with the companionship of others while giving back to the community. The hats will be distributed to participants at the Wells Street Clubhouse and Gilda's Club Chicago hospital locations. Materials will be provided, but please bring a favorite hat pattern to share. This activity is member-led for people with prior crocheting and knitting experience.

### Jewelry Making

**Tuesday, January 24 | 11:00am – 12:30pm**

**RSVP Required**

Learn ways to create original accessories like earrings, necklaces, bracelets and more in an atmosphere of learning and support for those seeking to be creative.

### Scrapbooking

**Fourth Fridays, January 27, February 24, March 24 | 11:00am – 12:30pm**

**RSVP Required**

Scrapbooks serve to tell stories for future generations to embrace. Learn new techniques to help cherish your memories through scrapbook making. Bring your favorite photos and quotes.



# PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

**NUESTRA MISIÓN** Lograr que todas las personas afectadas por el cáncer adquieran el poder del conocimiento, la fuerza de la acción y el respaldo de la comunidad.

Para más información, llame a Jeanette Santana al 312-464-9900 o envíe un correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org).

## ACTIVIDADES

### Círculo de Tejer

Segundo y cuarto sábado del mes | 12:00 – 1:30pm

Únase a otros participantes para tejer o hacer punto de cruz. No es necesario experiencia previa.

### Clase de Arte (Caring Arts)

sábados (excepto el segundo sábado del mes) | 10:00am – 2:00pm

\*No habrá clase el 25 de febrero.

Un programa innovador dirigido por Jordi Pedrola. El Sr. Pedrola es un pintor de España que ha usado distintos medios artísticos para ayudar a los individuos desarrollar su expresión artística.

No se requiere experiencia previa.

### Clase de Joyería (Jewelry Making)

Tercer martes del mes: 17 de enero, 21 de febrero y 21 de marzo | 10:00 – 11:30am

Se requiere reservación

Aprenda como crear tus propios collares, aretes y esclavas.

### Clase de Nutrición

viernes, 24 de febrero y 31 de marzo | 9:30am – 12:00pm

Se requiere reservación

Esta clase de nutrición dirigido por la Universidad de Illinois para familias. El programa es diseñado para ayudar a familias aprender cómo hacer decisiones de nutrición que mejore la dieta y salud de la familia.

### Clase de Barro (ArtReach)

Segundo sábado del mes: 14 de enero, 11 de febrero y 11 de marzo | 9:00am – 12:00pm

Expresa su creatividad usando barro para crear sus propias obras de arte.

### Desayuno para Nuevos Participantes (Newcomers Breakfast)

Segundo sábados del mes: 14 de enero, 11 de febrero y 11 de marzo | 9:30 – 10:30am

Se requiere reservación

Acompañe otros miembros del club en un desayuno en donde se le dará la bienvenida al club.

### Clase de Artes Manuales (Crafts)

Segundo martes del mes: 10 de enero, 14 de febrero y 14 de marzo | 11:00am – 12:30pm

Se requiere reservación

Relájese mediante la participación en un proyecto de arte manual. Disfruta del tiempo creando algo que puede mostrar y compartir. Suministros y las instrucciones serán proporcionadas.

No se necesita experiencia previa

### Álbum de Recortes (Scrapbooking)

viernes, 27 de enero, 24 de febrero y 24 de marzo | 11:00am – 12:30pm

Se requiere reservación

Los libros de recuerdos sirven para contar historias para las generaciones futuras. Aprenda nuevas técnicas para ayudar a apreciar sus recuerdos a través de la toma de álbum de recortes. Traiga sus fotos y recortes favoritos.

### Meditación

Tercer martes del mes: 16 de enero, 21 de febrero y 21 de marzo | 11:30am – 12:30pm

¿Buscas ponerte en contacto contigo mismo? Este taller te conectará con tu espíritu y tu mente

### Yoga

lunes | 7:00 – 8:30pm; viernes | 9:30 – 11:00am; sábados | 9:00 – 10:30am

Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.

### Yoga Restaurativa

martes | 10:00 – 11:00am; miércoles | 10:30 – 11:30am; sábados | 11:00am – 12:00pm

Una clase de relajación que usa herramientas para ayudar aquellos con limitaciones en su movilidad.

### T'ai Chi

sábados | 12:00 – 1:00pm

Una antigua forma de ejercicio chino que combina el ejercicio físico con la meditación.

### T'ai Chi Chih

martes, 3 y 17 de enero, 7 y 21 de febrero, 7 y 21 de marzo | 12:45 – 1:45pm

Basada en la sabiduría china antigua y que consta de 19 movimientos simples y suaves y lentos. T'ai Chi Chih es una mezcla de la meditación y el movimiento que se ha demostrado para reducir el estrés y se puede hacer mientras se está sentado o de pie.

### Internet Básico - ¡CUPO LIMITADO; RESERVE SU ESPACIO!

jueves, 26 de enero, 23 de febrero y 23 de marzo | 10:00 – 12:00pm

Este taller es presentado en español y cubre los puntos básicos sobre el internet, aprenderás a descargar archivos, a usar el correo electrónico y a crear una cuenta en las redes sociales lo cual incluye Twitter y Facebook. Si tiene una tableta o computadora portátil, favor de traerla.

### Grupo de Apoyo Latino

Segundo jueves del mes: 12 de enero, 9 de febrero y 9 de marzo | 10:00 – 11:30am

Se requiere reservación

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional. **Para más información, por favor llame a Jeanette Santana al 312-464-9900.**

Para registrarse para este taller, por favor llame a Jeanette Santana al

(312) 464-9900 ext. 112 o envíe un correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org).



## ACTIVIDADES SOCIALES / EVENTOS ESPECIALES

### Fiesta de Aniversario

viernes, 10 de febrero | 5:00 – 8:00pm

#### Se requiere reservación

Acompáñenos a celebrar los 19 años de Gilda's Club Chicago. Disfruta de una noche de aperitivos, mucha risa y una actuación especial de Second City.



### Celebración del Mes de la Herencia Afro-Americana

sábado, 25 de febrero | 12:00-2:00pm

#### Se requiere reservación

Celebre el mes de la Herencia Afro-Americana con música, comida y entretenimiento.

### Noche de Promotores - Cultivando la Gratitude

miércoles, 15 de marzo | 6:00 – 8:00pm

#### Se requiere reservación

Acompañemos a una charla sobre la gratitud y como apreciar lo que tenemos en esta vida. Además, conozca de otras organizaciones y otros promotores de salud.

## MARQUE SU CALENDARIO

### Galería de Arte de Gilda's Club

sábado, 8 de abril | 12:00 – 2:00pm

¡No olvide entregar una obra de arte!

## EL CLUB ESTARÁ CERRADO LOS SIGUIENTES DÍAS FESTIVOS:

18 de enero  
(Cumpleaños de Martin Luther King, Jr.)

15 de febrero  
(Día de los Presidentes)

## NOOGIELAND: PROGRAMA PARA NIÑOS Y JÓVENES

Este programa es diseñado especialmente para niños y jóvenes con un diagnóstico de cáncer, que tengan a un ser querido viviendo con cáncer, o que han perdido a un ser querido debido al cáncer.

### GRUPOS DE APOYO PARA NIÑOS

Para más información, llame a Jeanette Santana al 312-464-9900 o envíe un correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org).

#### Kid Support (en inglés) - Grupo de Apoyo para Niños

##### Se requiere reservación

Este grupo de apoyo es para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagnosticado con cáncer. Este grupo dura 10 semanas y les ofrece a los niños la oportunidad de hacer amistades y aprender destrezas que les ayudarán a vivir con el estrés de esta enfermedad.

#### Grupo de Duelo (en inglés)

##### Se requiere reservación

Este grupo de apoyo es para niños de edades de 4 a 12 años de edad que han perdido a un ser querido a causa del cáncer. Los niños desarrollarán un mejor entendimiento acerca de la muerte y el sentimiento de pérdida debido a la muerte de un ser querido. Esta es una oportunidad de compartir sentimientos y aprender nuevos métodos para lidiar con la vida y con los cambios familiares.

### Nuestra 8ª Concurso de Composición para Jóvenes

## “Siempre es Algo” para estudiantes de secundaria está abierto.

Este concurso está abierto a todos los estudiantes de la escuela secundaria, que es un residente de Illinois, para compartir su historia acerca de ser impactado por el cáncer (es decir, el estudiante está viviendo con cáncer de sí mismos, que tienen un amigo o miembro de la familia que viven con cáncer o han perdido a un ser querido al cáncer).

¡Los ensayos serán evaluados en dos categorías diferentes, con premios en dinero efectivo impresionantes!

La fecha límite de presentación de composición es el  
**miércoles, 1ro de marzo del 2017.**

Para más información, llame a Jeanette Santana al 312-464-9900 o por correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org)

## ACTIVIDADES DE NOOGIELAND

### Artes Manuales para la Familia (en inglés)

sábado, 14 y 28 de enero, 11 y 25 de febrero y 25 de marzo  
12:30 – 2:00pm

#### Se requiere reservación

Programa que ofrece artes manuales y juegos para niños.

### Cuentos y Juegos (Jr. League Mad Hatters)

sábado, 4 de marzo | 1:00 – 1:30pm

#### Se requiere reservación

Gilda's Club Chicago invita a las familias con niños a que traigan a sus hijos a esta fiesta llena de actividades divertidas.

### Cocina para Jóvenes (Cooking for Teens)

sábado, 14 de enero, 11 de febrero y 11 de marzo | 1:00 – 2:00pm

#### Se requiere reservación

Conecte con nuevos y viejos amigos, mientras que aprendan nuevas recetas para cocinar y hornear.

### Niños en la Cocina (Kids in the Kitchen)

sábado, 11 de marzo | 12:30 – 2:00pm

#### Se requiere reservación

Un programa para educar a los niños y sus familias a como comer y cocinar más saludable. Este programa se enfoca en enseñarles a los niños la importancia de la nutrición y el ejercicio.

### Juego Supervisado

Esto se proporciona para los niños mayores de 1 año de edad, cuyos familiares deseen asistir a un taller, conferencia, o grupo. Los bebés menores de 1 año son bienvenidos, pero deben permanecer con sus padres. Por favor llame por lo menos 3 días de anticipación de su asistencia a uno de nuestros programas. Llame a Jeanette Santana al 312-464-9900 o por correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org)

# MEMBERS GIVING BACK

## VOLUNTEER SPOTLIGHT

HEATHER FORTIER



Heather found a Gilda's Club Chicago flyer at an Argo Tea location last year, and immediately looked us up online. Having recently lost her father to cancer, she felt instantly drawn to our mission. Heather volunteers frequently at the front desk because she enjoys interacting with members as they enter the Clubhouse. Heather commented, "Even though the members are going through something difficult, and they might be having a bad day, they are always friendly and positive when they walk in." In addition to volunteering at the front desk, she has also volunteered at several of our fundraisers. Heather is looking forward to trying new volunteer opportunities, such as outreach and social events. She finds that volunteering doesn't take too much time out of her schedule, and that she gets back so much more than she gives just by being here. Heather says, "I feel uplifted every time I walk through the door, not just because I'm there, but because of the people I'm there for."

Join us for Members Giving Back to learn more about volunteering, or contact our Volunteer Coordinator, Samantha Rowland, at 312-464-9900 or [samantharowland@gildasclubchicago.org](mailto:samantharowland@gildasclubchicago.org).

### Members Giving Back

Saturday, January 28 and March 25 | 1:00 - 1:30pm

RSVP Required

Looking for a way to help out this year? Look no further, Gilda's Club Chicago has plenty of ways for members to get involved! Join Gilda's Club Chicago staff for this informational session on the different ways that you can give back to the Club.

### Team Gilda

Run for Gilda's Club Chicago. Become a member of Team Gilda and raise funds to take our mission to the streets - to ensure that anyone impacted by cancer is empowered by knowledge, strengthened by action and sustained by community.



### Upcoming events:

- Bank of America Shamrock Shuffle- April 2, 2017
- Bank of America Chicago Marathon - October 8, 2017 (Registration is available now!)

For more information please contact Nadia Garcia at [nadiagarcia@gildasclubchicago.org](mailto:nadiagarcia@gildasclubchicago.org)

### Gilda's Club Uncorked: The Tasting Event

Join the Gilda's Club Chicago Associate Board for their annual wine and beer tasting event. Guests will enjoy appetizers, a variety of drinks and have a chance to enter a raffle. Distributors will be on site pouring wine and beer, and they will be available to answer any questions. Visit [www.gildasclubchicago.org](http://www.gildasclubchicago.org) for more information.



## MAKE AN IMPACT

Gilda's Club Chicago relies on the generosity of the community to support our programming. Every donation demonstrates our shared commitment to ensure that no one faces cancer alone. Please consider making a gift of any size today. We achieved a 4-Star rating from Charity Navigator, so you can be confident that your gift will be used wisely and have a meaningful impact.

We invite you to consider making a gift in memory of a loved one, including Gilda's Club Chicago in your estate planning, or becoming a member of our Red Door Society. We also partner with many corporations that will match your donation. For more information or opportunities to give, contact our Director of Development, Bradford Newquist, at 312-464-9900 x135 or [bradfordnewquist@gildasclubchicago.org](mailto:bradfordnewquist@gildasclubchicago.org).

### Associate Board

The Associate Board of Gilda's Club Chicago is a group of dedicated individuals formed to support Gilda's Club Chicago's mission through fundraising, public relations and outreach. The Associate Board is comprised of a highly energized and dedicated team of individuals who lend their expertise, contacts and enthusiasm to the Board, participating in a variety of ways including organizing and executing successful fundraising events, securing publicity, promoting awareness of the organization and ongoing development of the Associate Board.

For more information about the Associate Board or to join, please contact Nadia Garcia, Development Manager at 312-464-9900 or [nadiagarcia@gildasclubchicago.org](mailto:nadiagarcia@gildasclubchicago.org)

# HOSPITAL PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>Advocate Christ Medical Center</b> Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL	<b>Clubhouse Closed</b>	Cancer Survivors Boot Camp Music (3 South) Support Groups Tai Chi Gentle Yoga Zumba	Art Games Networking Groups Zumba	Cancer Survivors Boot Camp Networking Groups Gentle Yoga Yoga Smoking Cessation	<b>Clubhouse closed most Fridays</b>  <b>Check the calendar for special events</b>	<b>Open Saturdays 9:00am-1:00pm</b> Family Art Networking Group Gentle Yoga Zumba Fitness Special Events & Workshops
<b>Mt. Sinai Hospital</b> 1501 S. California 6th floor, Oling-Sang Building Oncology Department	Art as Relaxation Crafts Jewelry Making	Art as Relaxation Crafts Jewelry Making (6th floor and Radiation Department)		A Gift of Relaxation Chair Yoga Journaling Latino Networking Group		
<b>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</b> Galter Pavilion, 21st floor 675 N. St. Clair		Crafts Knitting Yoga Music Tuesdays	Art as Relaxation Jewelry Making T'ai Chi Chih Knitting Caregiver Support Group Polish Support Group	Afternoon with Music		
Galter 21, Infusion Suite		Artist in Residence		Artist in Residence		
Prentice Women's Hospital 250 E. Superior				Journaling (4th Floor)		
Prentice 4th floor, Maggie Daley Center				Jewelry Making Yoga Afternoon with Music		
Prentice 4, Infusion Suite		Artist in Residence				
Prentice, Inpatient 14, 15, 16			Artist in Residence		Artist in Residence	
Arkes 21, Infusion Suite			Artist in Residence			
<b>Rush University Medical Center</b> 1725 W. Harrison, 10th Floor Professional Building	Art Chair Yoga Jewelry Making T'ai Chi Chih	Chair Yoga Games Jewelry Making Networking Groups	Afternoon with Music	Art Chair Yoga Games Networking Groups		
Infusion Suite 10th Floor, Professional Building				Infusion Art		
Inpatient Tower Building, Atrium Building, Kellogg Building	10 Minute Relaxation Art	10 Minute Relaxation	10 Minute Relaxation	10 Minute Relaxation Art Caregivers Group		

**Gilda's Club Chicago also provides programming at Ann & Robert H. Lurie Children's Hospital of Chicago.**

This is an overview of activities. For more information or to view the current program calendar for the Clubhouse and hospital locations, visit [www.gildasclubchicago.org](http://www.gildasclubchicago.org) or call 312-464-9900.

## HOSPITAL PROGRAM COORDINATORS FOR EACH SITE:

**Advocate Christ Medical Center – Oak Lawn**  
Rachel Kennedy, LCPC  
708-684-9505  
[rachelkennedy@gildasclubchicago.org](mailto:rachelkennedy@gildasclubchicago.org)

**Ann & Robert H. Lurie Children's Hospital of Chicago**  
Megan Brady, LCPC, ATR-BC, ext. 120  
[meganbrady@gildasclubchicago.org](mailto:meganbrady@gildasclubchicago.org)

**Mt. Sinai Hospital**  
Kassandra Billups, ext. 133  
[kassandrabilups@gildasclubchicago.org](mailto:kassandrabilups@gildasclubchicago.org)

**Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
Gosha Thornton, LSW, ext. 122  
[goshathornton@gildasclubchicago.org](mailto:goshathornton@gildasclubchicago.org)

**Rush University Medical Center**  
Lindsay Slomiany, LCSW, ext. 111  
[lindsayslomiany@gildasclubchicago.org](mailto:lindsayslomiany@gildasclubchicago.org)



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## Free cancer support for the whole family, the whole time

At Gilda's Club Chicago, our mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Our innovative program, including more than 350 free activities each month, is an essential complement to medical care and includes healthy lifestyle workshops, educational lectures, social opportunities, support and networking groups, and resource referrals. Gilda's Club Chicago is a 501(c)(3) non-profit organization and is funded through donations from individuals, businesses, foundations and special events.

## We're easy to find!



Join, volunteer, or donate.  
[www.gildasclubchicago.org](http://www.gildasclubchicago.org)



[www.facebook.com/GildasClubCHI](http://www.facebook.com/GildasClubCHI)



[@GildasClubCHI](https://twitter.com/GildasClubCHI)