

February 2017



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



Location	Tuesdays	Wednesdays	Thursdays
Galter 21st Floor = G21 675 N. St. Clair 21st Floor Conference Room or Waiting Area (WA)	Cancer Connections is just what the doctor ordered, introducing tools, techniques, and services you can use to re-energize during and after cancer treatment, Saturday, 03/04	1 T'ai Chi Chih 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Knitting 10:30am-12pm G21 Become a Member 12-1pm G21 by request	2 Jewelry Making 9-10:30am P4 Chair Yoga 10-11am P4 CR Journaling 11-12pm P4 CR Afternoon with Music 12-2pm G21
Prentice 4th Floor = P4 Prentice Women's Hospital 250 E. Superior Conference Room (CR)	7 Yoga 9:30-10:30am G21 Knitting 10:30am-12pm G21 Crafts 10:30-12pm G21	8 T'ai Chi Chih 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Knitting 10:30am-12pm G21 Caregiver Support Group 12-1pm G21 Polish Support Group 1p-2pm G21	9 Jewelry Making 9-10:30am P4 Chair Yoga 10-11am P4 CR Journaling 11-12pm P4 CR
<p>Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community</p> <p>JOIN, VOLUNTEER or DONATE at www.GildasClubChicago.org</p>	14 Yoga 9:30-10:30am G21 Knitting 10:30am-12pm G21 Crafts 10:30am-12pm G21	15 T'ai Chi Chih 9:30-10:30am G21 Knitting 10:30am-12pm G21 Jewelry Making 10:30am-12pm G21 Become a Member 12-1pm G21 by request	16 Jewelry Making 9-10:30am P4 Chair Yoga 10-11am P4 Journaling 11-12pm P4 CR Afternoon with Music 12-2pm P4
	21 Yoga 9:30-10:30am G21 Knitting 10:30am-12pm WA Crafts 10:30-12pm WA	22 T'ai Chi Chih 9:30-10:30am G21 Knitting 10:30am-12pm G21 Jewelry Making 10:30am-12pm G21 Become a Member 12-1pm G21 by request	23 Jewelry Making 9-10:30am P4 Chair Yoga 10-11am P4 CR Journaling 11-12pm P4 CR
	28 Yoga 9:30-10:30am G21 Knitting 10:30am-12pm G21 Crafts 10:30am-12pm G21 Music Tuesdays 12-1pm G21	<p>Caregiver Support Group: This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others. Second Wednesday of the month 12:00-1:00 pm at G21 Facilitator: <i>Gosha Thornton, LSW</i></p> <p>Group for Young Adults with Cancer: Join the group dedicated to young adults 18-39 years old. Call 312-695-0766 First Wednesday of the month from 5:30-7:00pm G21 Facilitator: <i>Sandra Maley, LCSW</i></p> <p>Living Well with Metastatic Breast Cancer: Open support group for women with metastatic breast cancer. Call 312-472-5820. Third Tuesday of the month. 5-6:30pm Arkes Pavilion 676 N. St. Clair Facilitators: <i>Crystal Ward, LCSW, Robin Katz, LSW, and Gina Uthe, PA</i></p>	

All programs are free and open to anyone living with cancer, their family, and friends. For more information about Gilda's Club Chicago at Lurie Cancer Center at Northwestern University, or to register for a program, contact Gosha Thornton, AM, LSW at 312-464-9900 or goshathornton@gildasclubchicago.org

February 2017 Calendar



Galter Pavilion: 675 N. St. Clair

“COME AS YOU ARE” YOGA: This class, led by a certified yoga instructor, is designed for beginners and those with physical challenges, or for those who just want a gentle stretching class. This activity may be done seated in a chair or standing. **Facilitator: Lindsey McNeil, Certified Yoga Instructor**

T’AI CHI CHIH® : T’ai Chi Chih is a mix of meditation and movement that has been shown to reduce stress. It can be done while sitting or standing and is fun to learn! For all ages and physical conditions. No special clothing required.

Facilitator: Deb Sitron, Licensed LMT & Board Certified NCBTMB

CRAFTS: Relax by engaging in a crafty project. Activities include beading, tracing and painting. Supplies provided. All skill levels are welcome.

Facilitators: Lindsey McNeil, BFA

KNITTING: Explore the wonderful world of handcrafted fibers as you learn how to knit in the European style!

Facilitators: Lindsey McNeil, BFA

ART AS RELAXATION: Learn origami and feel accomplished after making your first paper crane. Other art projects may also be featured.

Facilitators: Lindsey McNeil, BFA

JEWELRY MAKING: Here you will learn ways to create original accessories like earrings, necklaces, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative.

No previous experience necessary. **Facilitator: Lindsey McNeil, BFA**

AFTERNOON WITH MUSIC: Free music concert offered by Caring Arts musicians. **First Thursday of the month @ 12:00-2:00 pm, Galter 21**

MUSIC TUESDAYS: Relax and heal by listening to calming live music offered by Northwestern University medical students and their friends.

Fourth Tuesday of each month from 12:00-1:00 pm by Music Matters

CAREGIVER SUPPORT GROUP: This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others. **SECOND WEDNESDAY OF THE MONTH, 12:00-1:00 pm at Galter 21**

Facilitator: Gosha Thornton, AM, LSW

POLISH SUPPORT GROUP: This group offers an opportunity for patients, caregivers, family members, and friends to share information and experiences related to living with a cancer diagnosis. The group is open to those who themselves have cancer or are supporting a loved one with cancer.

SECOND WEDNESDAY OF THE MONTH, 1:00-2:00 pm at Galter 21

Facilitator: Gosha Thornton, AM, LSW

Prentice Women’s Hospital: 250 E. Superior

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

Facilitator: Era Pawlowski, MA, MBA Certified Yoga Instructor

Thursdays, 10:00-11:00 am at P4 (Conference Room)

JEWELRY MAKING: Here you will learn ways to create original accessories like earrings, necklaces, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative.

Facilitator: Lindsey McNeil, BFA; Thursdays, 9:00-10:30 am at P4 (WA)

JOURNAL WRITING: Journaling can be a form of meditation and stress relief, while also allowing the individuals to express themselves. This class incorporates drawing, mark making, collage and creative writing techniques to give participants the tools and inspiration to explore their creative side.

Facilitator: Lindsey McNeil, BFA

Thursdays, 11:00 am-12:00 pm, P4 Conference Room

AFTERNOON WITH MUSIC: Free music concert offered by Caring Arts musicians. **Third Thursday of the month, 12:00-2:00 pm, Prentice 4**

Additional Programs: We bring the activities to you!

ART AS RELAXATION: An art instructor is going from room to room in the infusion clinics with art supplies and suggestions. Learn and be surprised by the sense of accomplishment after making your own art. Check below to find out when we will be on your floor.

Facilitator: Lindsey Newman, BFA

Infusion at Galter, 21st Floor: TUESDAYS: 3–5:00pm

THURSDAYS: 1pm–4:00pm

Infusion at Prentice, 4th Floor: TUESDAYS: 12pm-3pm

Infusion at Arkes, 21st Floor: Wednesdays: 12:00 -1:30pm

ARTIST-IN-RESIDENCE: Relax by painting, drawing, and tracing. An art instructor is going from room to room on the inpatient floors with art supplies and suggestions. Check below to find out when we will be on your floor. **Facilitator: Sophie Canade LPC, ART**

Prentice Inpatient, 14th Floor: FRIDAYS: 9–10:30am

Prentice Inpatient, 15th Floor: FRIDAYS: 10:30 –12pm

Prentice Inpatient, 16th Floor: FRIDAYS: 12 –5pm

WEDNESDAYS: 1:00 –6:00pm

Programs by Request:

BECOME A MEMBER: Become a member of Gilda’s Club Chicago to be a part of our community of support. Our free membership is available to any adult or child whose life has been touched by cancer. Contact Gosha Thornton at 312-464-9900 to schedule a Membership Appointment or for more information. **Available by request. See the calendar for times and locations.**

LOOK GOOD FEEL BETTER: A program to help women in treatment regain confidence and learn techniques to improve the way they look and feel. Call the American Cancer Society at 312-472-5302 to RSVP for an available session.

Available by request:

Wednesday, February 8th @ 4-6pm

or Monday, February 27th @ 10am-12pm



Support and Networking Groups

Groups are opportunities to share information and support, and are open to patients, survivors, caregivers, family, and friends, unless otherwise noted.

Myeloma Patient and Caregiver Support Group: Feinberg Pavilion, 3rd Floor, Conference Room D. **Facilitator: Christina Westphal Call 312-695-4523.**
First Monday of the month 3:30 –5:00pm

Northwestern Brain Tumor Support Group: Location varies. Call 312-926-5351.
Facilitators: Jessica Voigts, LCSW; Mary Ellen Maher, APN; and Meg Schwartz, APN
Third Monday of the month: 5:00 –6:30pm

Living Well with Metastatic Breast Cancer: Open support group for women with metastatic breast cancer. Arkes Pavilion, 676 N. St. Clair, 12th floor @ RHLCCC, Clinical Research Center. **Facilitators: Crystal Ward, LCSW; Robin Katz, LSW; and Gina Uthe, PA. Call 312-472-5820. Third Tuesday of the month 5–6:30pm**

Monthly Group for Young Adults with Cancer: Join the group dedicated to young adults 18-39 years old. **Facilitator: Sandra Manley, LCSW Call 312-695-0766**
First Wednesday of the month from 5:30–7:00pm G21