



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

2019 CALENDAR  
JAN | FEB | MAR

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



## Did You Know?



We appreciate your support during our 20th anniversary in 2018! Here are some highlights from last year:

- February:** Our anniversary party featured a game of "Gilda Jeopardy" and deep gratitude from LauraJane Hyde, our CEO (shown above toasting guests)
- June:** A record-breaking Awards Dinner, honoring Ann Lurie and hosted by Bonnie Hunt
- October:** Team Gilda runners raised more than \$100,000 at the Bank of America Chicago Marathon

We look forward to 2019!

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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 at (312) 464-9900 today to get started!



### 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 more than 12 million people impacted by cancer each year. At this time, we are especially looking for people who are caring for someone diagnosed with cancer, or who have cared for someone with cancer in the past.

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

## 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 also 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 CLOSING

The Clubhouse will be closed on Tuesday, January 1st,  
Monday, January 21st and Monday, February 18th.

## SAVE THE DATE

### Spring Fling: Gilda's Art Gallery

Saturday, April 13 | 12:00 - 2:00 p.m.  
Don't forget to submit your artwork!  
Submissions are due by Saturday, March 30



Open to Options™ supports you as you identify important concerns and questions about your cancer treatment options, based upon your personal needs. Available at no cost, this service will help you:

- Generate a list of questions for your doctor
- Organize your questions to take with you to your appointment
- Communicate clearly with your medical team

To schedule a session with an Open to Options™ Specialist, call Rachel Kennedy, LCPC at 312-464-9900.

Appointments are available by phone or we can meet with you at any of our Gilda's Club Chicago locations.



"MyLifeLine.org" connects cancer patients and caregivers to their community of family and friends for social and emotional support, and allows patients and caregivers to share their journey and focus on healing. Since 2007, more than 174,000 people have registered on MyLifeLine globally to either give or receive support and we are excited to offer this service to our members. Contact our program team for more details about this and other programs offered free to our members. <https://www.mylifeline.org/>

## PARKING

Free parking is available to members coming for an activity at the Wells Street Clubhouse if they use the Mart Parc Interpark lot located at 401 N. Wells Street. After parking, please show your red member card at the front desk to receive a parking voucher. If you are not already a member of Gilda's Club Chicago, you can sign up for a free Customized Membership Plan (CMP) appointment and learn about all that Gilda's Club Chicago has to offer by calling (312) 464-9900.

## 10th Annual "It's Always Something" Teen Essay Contest

We are looking for honest, detailed personal essays by high school students (9th - 12th grade) who would like to share their stories about being impacted by cancer.

To submit, contact Ashley Carrasco, MSW,  
Noogieland Program Coordinator at 312/464-9900,  
or [ashleycarrasco@gildasclubchicago.org](mailto:ashleycarrasco@gildasclubchicago.org), or  
submit on-line at <http://bit.ly/TeenEssay10>

Deadline for entries: April 1st  
Awards Reception Date: April 25th

# 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. Groups are for children 4-12 years old and are divided by age. **Advance registration and attendance at each session is required.**

**Kid Support** is for children who are living with cancer themselves or who have a family member or friend living with cancer.

**Kids Bereavement** is for children who have experienced the cancer-related death of a family member or friend.

If you are interested in registering a child for a support group, please contact Noogieland Program Coordinator, Ashley Carrasco, MSW at 312-464-9900 x116 or [ashleycarrasco@gildasclubchicago.org](mailto:ashleycarrasco@gildasclubchicago.org).

## SUPERVISED PLAY

Supervised Play 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 at the Clubhouse 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 Noogieland Program Coordinator, Ashley Carrasco, MSW at 312-464-9900 x116 or [ashleycarrasco@gildasclubchicago.org](mailto:ashleycarrasco@gildasclubchicago.org).

## SPECIAL EVENTS

### Red Door Squad

**Thursdays: January 3, 17; February 7, 21; March 7, 21 | 5:30 – 7:00 p.m.**

#### RSVP Required

Through a variety of projects and special events, high school students serve as members of our “RD Squad” and assist in raising awareness and interest in Gilda’s Club Chicago while having a great time! This program provides students with fun activities as well as leadership and community service opportunities.

### Family Arts & Crafts

**Saturday, January 12 & 26, February 9 & 23, and March 9 & 23 | 12:30 – 2:00 p.m.**

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.*

### Cooking with Teens

**Second Saturdays: January 12, February 9, and March 9 | 1:00 – 2:30 p.m.**

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

### Pet Therapy for Noogies

**Saturday, January 19 | 12:30 – 1:30 p.m.**

#### Maximum Capacity: 5 Noogies

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It’s well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits.

### Frankly Speaking: Talking to Kids about Cancer

**Thursday, January 24 | 6:30 – 8:00 p.m.**

#### RSVP Required

Cancer affects a family in many ways. Join Ashley Carrasco, MSW, Noogieland Coordinator and Jeanette Santana González, Program Manager, Latino & Community Initiatives, for a discussion about a

child’s general understanding of cancer. This presentation will include age-appropriate ways to talk with children about cancer, some common behaviors you may see and ways to support your family through this experience. Presented by: Ashley Carrasco, MSW and Jeanette Santana González. *Pizza and light refreshments provided. Supervised Play available. This is a bilingual presentation and will be translated throughout in Spanish.*

### Anniversary Party

**Friday, February 8 | 5:30 – 8:00 p.m.**

#### RSVP Required

Join us to celebrate Gilda’s Club Chicago’s 21st anniversary! There will be fun for the whole family! Adults will enjoy tasty appetizers and plenty of laughs as we are treated to live performances from our GCC Alumni Improv Troupe and the Second City. Children and teens will enjoy pizza, play games and create crafts in Noogieland.

### Madhatters Storytelling Performance

**Saturday, March 2 | 1:00 – 1:30 p.m.**

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

### Family Events at Harris Theater

#### World Dance (India)

**Saturday, January 12 | 2:00 p.m.**

Ragamala Dance Company combines classical Indian dance, live music, and stunning sets to enchant audiences of all ages. “Written in Water” was conceived by mother-daughter Artistic Directors Raneer Ramaswamy and Aparna Ramaswamy and inspired by the second century Indian board game, Paramapadam (the precursor to snakes and ladders). “Written in Water” will be an hour-long, sensory-friendly performance.

#### Circus Arts

**Saturday, March 9 | 2:00 p.m.**

The Wild West comes alive in a Family Series matinee featuring excerpts from Cirque Éloize’s Saloon. Audiences will enter a mythical world where theater and circus collide, combining live folk music with the incredible strength, agility and original choreography of the boundary-breaking ensemble.

*Harris Theater is located at 205 E. Randolph St.*

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

*The Second City*

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

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

Weekly support groups are offered to members 18 years or older. In order to participate, you will be assigned to a group after completing a Customized Membership Plan (CMP). 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 5:30 p.m.  
Tuesday 12:30 p.m.  
Thursday 6:00 p.m.  
Saturday 10:30 a.m.

#### OVARIAN WELLNESS:

Second and Fourth Tuesdays 6:00 p.m.

**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 stress as well as ways to support their loved ones living with cancer.

#### FAMILY / FRIENDS GROUPS:

Monday 5:30 p.m.  
Monday 6:00 p.m.

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

#### BEREAVEMENT GROUPS:

Wednesday 6:00 p.m.  
Saturday 10:30 a.m.

# MONTHLY NETWORKING GROUPS

Monthly Networking Groups are designed for people with similar diagnoses or life situations to meaningfully connect with others and share information helpful on the cancer journey. Friends and family are welcome to attend. All networking groups are facilitated by licensed mental health professionals and clinical interns. A Customized Membership Plan (CMP) is required prior to attending. Please call 312-464-9900 to schedule.

#### BLADDER CANCER

Fourth Wednesday each month | 6:00 – 7:30 p.m.

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



#### LATINO

Second Thursday each month | 10:00 – 11:30 a.m.

#### GRUPO DE APOYO LATINO

Segundo jueves del mes | 10:00 – 11:30 a.m.

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

#### LIVING BEYOND LOSS

Third Tuesday each month | 6:00 – 7:30 p.m.

#### LUNG CANCER

Second Wednesday each month | 6:00 – 7:30 p.m.

#### POST-TREATMENT

Second Wednesday each month | 6:00 – 7:30 p.m.

#### CAREGIVER \*New Group\*

Second Thursday each month | 6:00 – 7:30 p.m.

#### PROSTATE CANCER

Third Thursday each month | 6:00 – 7:30 p.m.

*This group is part of the Us TOO Prostate Cancer Education & Support Network.*



#### YOUNG WOMEN WITH BREAST CANCER

Second and Fourth Tuesdays each month | 6:00 – 7:30 p.m.

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



#### WOMEN OF COLOR

Second Monday each month | 4:00 – 5:30 p.m.

## Community & Faith Drop-In Groups

For exact times and locations, visit [http://bit.ly/gildas\\_community](http://bit.ly/gildas_community)

#### Chicago Family Health Center

9119 S. Exchange

#### Howard Brown Health Center

4025 N. Sheridan Rd.

#### Mission of Faith Baptist Church

11321 S. Prairie Ave.

#### Presence Sts. Mary and Elizabeth Hospital

2233 W. Division Street

#### Salem House of Hope

10909 S. Cottage Grove

#### Seventh Day Adventist

7000 S. Michigan Ave.

#### Trinity United Church of Christ

400 W. 95th Street

# LECTURES

Programs listed in RED require an RSVP

Lectures may be eligible for CEU's for licensed social workers and counselors.  
For additional information or to register for CEUs, please contact  
Liz Sullivan, Clinical Program Manager, at [lizsullivan@gildasclubchicago.org](mailto:lizsullivan@gildasclubchicago.org)

## Navigating Your Home Care Options

Thursday, January 10 | 6:00 – 7:30 p.m.

This lecture will highlight how and why home care promotes recovery and physical and mental well-being. Learn about healthcare trends that affect care at home, the benefits of a trained caregiver, differences between hiring a private caregiver vs. using an agency and financial resources for paying for home care.

**Presented by:** Adam Busch, Owner, President | Amada Senior Care  
*Light refreshments provided*



## Frankly Speaking: Talking to Kids about Cancer

Thursday, January 24 | 6:30 – 8:00 p.m.

Cancer affects a family in many ways. Join Ashley Carrasco, MSW, Noogieland Coordinator and Jeanette Santana González, Program Manager, Latino & Community Initiatives, for a discussion about a child's general understanding of cancer. This presentation will include age appropriate ways to talk with children about cancer, some common behaviors you may see and ways to support your family through this experience.

**Presented by:** Ashley Carrasco, MSW and Jeanette Santana González  
*Pizza and light refreshments provided. Supervised Play available by request. This is a bilingual presentation and will be translated in Spanish.*

## Wig Education and Maintenance Workshop

Thursday, January 24 | 6:00 – 7:00 p.m.

Join certified educators and trainers in the hair replacement industry as they provide insight into wig constructions, what to look for when choosing a wig and how to take care of your wig. Samples of wigs will be shown throughout this demonstration.

**Presented by:** Linda and Tony Randle, Salons Ink  
*Light refreshments provided*

## New Year, New You

Thursday, January 31 | 6:00 – 7:00 p.m.

Join Mary, a runner and coach, as she shares how exercise helped shape her life. Learn more about how to empower yourself to reach your fitness goals.

**Presented by:** Mary Connolly, ACC, CPCC, personal development coach (trained and certified life and running coach), founder of The Cause Coach  
*Light refreshments provided*



## Navigating Grief

Tuesday, February 5 | 6:00 – 7:00 p.m.

As you begin the journey through grief, you may have questions, fears and concerns about what lies ahead. Join us for a 60-minute educational presentation on what a year of grieving looks and feels like. Facilitated by a grief support counselor, Navigating Grief will provide information for people who have recently lost a loved one.

**Presented by:** Samantha McGlumphy, LCPC | Bereavement Counselor  
*Light refreshments provided*



## Benefits of Laughter

Tuesday, February 12 | 6:00 – 7:00 p.m.

Join us as we discuss why laughter is often referred to as the best medicine. Laughter and humor can help boost your mood, increase endorphins, decrease stress and promote an overall sense of well-being

**Presented by:** Kat Bovbjerg, Graduate Student | University of Chicago Social Service Administration and Chicago Area Improvisor  
*Light refreshments provided*



## Self-Care for Caregivers

Wednesday, February 27 | 6:00 – 7:00 p.m.

Cancer doesn't just affect the patient, it impacts friends and family. Learn ways to identify the signs that you may be getting overly stressed and effective techniques for coping, managing and even decreasing your stress level.

**Presented by:** Christina Zerwer, LCPC  
*Light refreshments provided*



## Member Spot: Spring into Spirituality

Tuesday, March 12 | 6:00 – 7:00 p.m.

Join Phyllis as she helps us explore our inner selves and experiences through this one-hour workshop. Spirituality has been positively associated with finding deeper meaning in life and death, along with increasing one's sense of hope and resilience.

**Presented by:** Phyllis Harman  
*Light refreshments provided*

## Developing a Support System for Increased Health and Happiness

Thursday, March 14 | 6:00 – 7:00 p.m.

Research shows a good support system improves the quality of our lives. Learn to assess your need for psychosocial support and how best to utilize other people and local agencies to enhance your support system.

**Presented by:** Michele Williams, LCSW  
*Light refreshments provided*



## When Spirit Speaks, Do You Get the Message?

Wednesday, March 27 | 6:00 – 7:30 p.m.

Spirit speaks to us often. Are you tuned in? Sixth Sensory Expert, Dr. Susan Bova, will talk about her intuitive gifts and how you can identify and interpret your own messages when Spirit speaks to you. Spontaneous readings may be given during this interactive experience. Whether you need inspiration, support in your healing journey or guidance for vibrant living, this is a must-see presentation.

**Presented by:** Susan Bova, PhD and Six Sensory Expert  
*Light refreshments provided*



# NUTRITION WORKSHOPS AND LECTURE SERIES

Programs listed in RED require an RSVP

## Member Spot: Seasonal Cooking with Julie

Second Wednesdays: January 9, February 13, March 13 | 6:00 – 7:30 p.m.

Join us for this new monthly cooking series focused on local, organic and seasonal produce! January will feature Short Rib Stew and Roasted Winter Vegetable Medley. February will feature Seafood Chowder and Fresh Fruit Tart. March will feature French Lentil Soup and Mixed Grain Pilaf with Spring Vegetables.

*Space is limited*

**Presented by:** Julie Malec

*Light refreshments provided*

## 7 Essentials for Optimal Health – The Healing Art of Self Care

Wednesday, January 16 | 6:00 – 7:30 p.m.

This lecture will provide you with an easy-to-follow blueprint on the Art of Self-Care and why it's the key to restoring your health whether you're currently tackling a health issue, managing the stress of being a caregiver or you just need to carve out time to reboot your lifestyle. This lecture provides a simple approach on how to take control of your health step by step, so that you can make progress in your journey to becoming the best version of you.

**Presented by:** Bobbie McGrath, MS, Certified Health Coach, Be For You Health Coaching

*Light refreshments provided*



## Wisdom Circle

Select Thursdays: January 17, February 21 and March 7 |

2:30 – 3:30 p.m.

This discussion group will stem from topics in the book, From Age-ing to Sage-ing: A Profound New Vision of Growing Older by Rabbi Zalman Schachter-Shalomi. Themes will include: life review, mentoring, forgiveness work, facing mortality and writing legacy letters for family and friends.

**Presented by:** Beth Conaghan, Certified Sage-ing Leader

*Light refreshments provided*



## Pharmacy Lecture Series

Select Thursdays: | 6:30 – 7:30 p.m.

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

**January 17** – Food and Chemotherapy Interactions

**February 21** – How to Navigate the Internet for Reliable Cancer Drug Information

**March 21** – Chemotherapy and Sexual Side Effects

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

*Light refreshments provided*

## Exercising after Treatment (3-Week Series)

Tuesdays: February 12, 19 & 26 | 6:30 – 7:30

p.m.

Attendance at all three weeks is highly encouraged. Participants will learn the benefits and importance of a regular exercise program with a cancer diagnosis. Participants will be provided with the knowledge and means to implement a sustainable exercise program after the completion of the three sessions. This program will be led by occupational and physical therapists from the Shirley Ryan Ability Lab who specialize in cancer rehabilitation. \*Please note: Comfortable clothing is encouraged for the last two sessions.

**Presented by:** Mary Zalinger, PT, DPT, CLT Physical Therapist & Lori Bravi, MS, OTR/L, BCPR, CLT, Occupational Therapist, Shirley Ryan Ability Lab

*Light refreshments provided*



# SURVIVING & THRIVING SERIES

## Yoga and Mindfulness as a Path Toward Empowered Health

Monday, January 28 | 6:00 – 7:00 p.m.

Yoga and mindfulness can offer amazing practices that promote wellness during and after cancer treatments, and also offer an empowering and supportive foundation from which individuals can encounter their own capabilities for healing. These practices can offer physically soothing practices, practices that decrease anxiety and can be modified to meet physical challenges. Learn some simple skills that can empower you on your path toward wellness.

**Presented by:** Michelle Grim, PA-C, Yoga Teacher | Northwestern Specialists in Plastic Surgery | Embodied Health

*Light refreshments provided*



## Chemo Brain

Monday, February 25 | 6:00 – 7:00 p.m.

“Chemo brain,” or cancer related cognitive dysfunction, can impact every part of your life and is often a topic not fully discussed by healthcare providers. Join us for a workshop to help you identify how cognitive changes can impact your life. Learn strategies in an interactive setting to help you manage these changes so you can fully participate in your roles and routines of daily life.

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

*Light refreshments provided*



## Medical Emergency Readiness: Tips to Teach You How to Prepare

Monday, March 25 | 6:00 – 7:00 p.m.

When you're in a situation that is outside your comfort zone, it's natural to feel stressed. In this talk, Karen Purze will share her personal experience as a caregiver for her parents as they struggled with concurrent medical crises. She will share lessons learned from dozens of trips to the hospital and planning tips to reduce the stress of medical emergencies. Topics to Be Covered:

- Preparing for Medical Emergencies
- Creating a Personal Health Record
- Empowering a Loved One to Act on Your Behalf

**Presented by:** Karen Purze | Creator, 'Life in Motion Guide'

*Light refreshments provided*



# SOCIAL EVENTS

Programs listed in RED require an RSVP

## Baking Club

Mondays | 2:00 – 3:30 p.m.

Select Wednesdays: January 2, 16;  
February 6, 20 | 1:00 – 3:00 p.m.

Learn healthy recipes for both sweet and savory treats and put them to the test in the Gilda's Club Chicago kitchen. **\*Programming will be cancelled on the following dates: 1/21, 2/11 & 2/18.**

## Newcomers Breakfasts

Select Saturdays: January 12, February 9,  
March 9 | 9:30 – 10:30 a.m.

All participants who have recently joined any GCC location are cordially invited to get familiar with the Wells Street Clubhouse, meet other new members and enjoy chatting over breakfast provided by GCC volunteers.

## Truffle Making Workshop Max Capacity: 15 participants

Saturday, January 26 | 1:00 – 2:30 p.m.

Join us for a special demonstration featuring homemade truffles!

Presented by: Julie Malec

## Sephora Brave Beauty

Select Sundays: January 27, February 10,  
March 3 | 9:00 – 10:30 a.m.

Sephora welcomes GCC members to a free, 90-minute program, *Brave Beauty in the Face of Cancer*, at Sephora, 108 N. State St., Suite 134, for people living with cancer and their loved ones. Learn soothing skincare routines and quick-fix makeup tricks to help restore glow and the appearance of brows and lashes that may be affected by cancer treatments. **Sephora is located at 108 N. State St., Suite 134. A limited number of spaces are available - first come, first served basis. For more information and to reserve your space, please contact program staff at 312-464-9900.**

## Soulful Social

Saturday, February 2 | 11:00 a.m. – 2:00 p.m.

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 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.

## Anniversary Party

Friday, February 8 | 5:30 – 8:00 p.m.

Join us to celebrate Gilda's Club Chicago's 21st anniversary! There will be fun for the whole family! Adults will enjoy tasty appetizers and plenty of laughs as we are treated to live performances from our GCC Alumni Improv Troupe and The Second City. Children and teens will enjoy pizza, play games and create crafts in Noogieland.

## Gildaleidescopes with RJ

Monday, February 11 | 2:00 – 4:00 p.m.

Join us for this unique and exciting art workshop where you will create your own "window of hope," which will represent your story or the memory of a loved one. Supplies included.

Facilitated by: RJ Paskanthi, student | School of the Art Institute of Chicago

## "Love, Gilda" Film Screening

Thursday, February 14 | 6:00 – 8:00 p.m.

Join us for an evening celebrating Gilda Radner by enjoying a newly released film on her life by Magnolia Pictures. The film weaves together rare home movies and diaries, interviews with friends, and audiotapes. Popcorn and light refreshments provided.

## Young Adult Social at GCC: Sip and Paint

Wednesday, February 20 | 6:00 – 8:00 p.m.

Join us for a fun night out at our Wells St. Clubhouse for non-alcoholic beverages, wine, appetizers and painting.

## Improv (6-Week Series)

Thursdays: February 21 – April 4 | 6:00 – 8:00 p.m.

Through guided movement games and exercises, attendees will delve into the basics of improvisation and long form improvisation. All 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 course is for beginners and alumni. Participants of the class will have the opportunity to attend an improv show together. Attendance each week is highly encouraged. **\*Programming will not occur on the following date: 3/28.**



## Speaking Your Truth: Expressive Writing Workshop

Tuesday, March 19 | 6:00 – 7:30 p.m.

Join us as we explore our life experiences through creative writing prompts and put words to our personal stories. No experience in creative writing is required. Writing session is 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.

## Board Game Night

Thursday, March 28 | 6:00 – 7:30 p.m.

It's time to kick back and "unplug." Join us for a fun evening of board games and good company. Snacks and light refreshments provided.

## The Mind-Body Connection: An Exploration of Dance/Movement Therapy


Second Saturdays: January 12, February 9 and March 9 | 12:30 – 1:30 p.m.

Movement is something that is inherent to everyone and we all have innate rhythms such as breath and heartbeat. Tapping into our own body has the ability to support and validate our very existence. Experience the power of movement and the mind-body connection as it relates to diagnosis, symptom management and overall wellness. Participants can expect to leave with techniques and exercises to do in the comfort of their own homes. No prior movement or dance experience is necessary.


Presented by: Erica Hornthal, MA, LCPC, BC-MT

Light refreshments provided



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>JANUARY</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</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>CLUBHOUSE CLOSED FOR NEW YEAR'S DAY</p> <p>1</p>	<p>10:30 AM Gentle Yoga 11:45 AM Meditation 1:00 PM Baking Club</p> <p>2</p>	<p>5:30 PM Red Door Squad RSVP</p> <p>3</p>	<p>9:30 AM Yoga 11:15 AM BeMoved</p> <p>4</p>	<p>9:15 AM Yoga 10:00 AM Caring Arts 11:15 AM Restorative Yoga 12:30 PM T'ai Chi 1:00 PM Members Giving Back RSVP</p> <p>5</p>	
	<p>6</p>	<p>10:00 AM T'ai Chi Chih 11:15 AM Chair Yoga 12:00 PM Jewelry 12:30 PM Meditation 2:00 PM Baking Club 7:00 PM Yoga</p> <p>7</p>	<p>10:00 AM Gentle Yoga 11:00 AM Jewelry 11:15 AM T'ai Chi Chih 6:00 PM Young Women with Breast Cancer NG</p> <p>8</p>	<p>10:30 AM Gentle Yoga 11:45 AM Meditation 6:00 PM Member Spot: Seasonal Cooking with Julie RSVP 6:00 PM Lung Cancer NG 6:00 PM Post-Treatment NG</p> <p>9</p>	<p>10:00 AM Grupo de Apoyo Latino/Latino NG 6:00 PM Navigating Your Home Care Options RSVP 6:00 PM Caregiver NG</p> <p>10</p>	<p>9:30 AM Yoga 11:15 AM BeMoved 12:30 PM Yoga en Español</p> <p>11</p>	<p>9:00 AM ArtReach Clay Project 9:15 AM Yoga 9:30 AM Newcomers Breakfast RSVP 11:15 AM Restorative Yoga 12:00 PM Circulo de Tejer 12:30 PM The Mind-Body Connection RSVP 12:30 PM Family Arts &amp; Crafts RSVP 1:00 PM Cooking with Teens RSVP 2:00 PM Family Event at Harris Theater: World Dance (India) RSVP</p> <p>12</p>
	<p>13</p>	<p>10:00 AM T'ai Chi Chih 11:15 AM Chair Yoga 12:00 PM Jewelry 12:30 PM Meditation 2:00 PM Baking Club 4:00 PM Women of Color NG 7:00 PM Yoga</p> <p>14</p>	<p>10:00 AM Clase de Joyería 10:00 AM Gentle Yoga 11:30 AM Meditación 6:00 PM Living Beyond Loss NG</p> <p>15</p>	<p>10:30 AM Gentle Yoga 11:45 AM Meditation 1:00 PM Baking Club 6:00 PM 7 Essentials for Optimal Health - The Healing Art of Self Care RSVP</p> <p>16</p>	<p>1:15 PM Yoga Nidra: Deep Healing Relaxation Method 2:30 PM Wisdom Circle RSVP 5:30 PM Red Door Squad RSVP 6:00 PM Prostate Cancer NG 6:30 PM Pharmacy Lecture Series RSVP</p> <p>17</p>	<p>9:30 AM Yoga 11:15 AM BeMoved</p> <p>18</p>	<p>9:15 AM Yoga 10:00 AM Caring Arts 11:15 AM Restorative Yoga 12:30 PM Pet Therapy for Noogies RSVP</p> <p>19</p>
	<p>20</p>	<p>CLUBHOUSE CLOSED FOR MLK DAY</p> <p>21</p>	<p>10:00 AM Gentle Yoga 11:00 AM Jewelry 11:15 AM T'ai Chi Chih 6:00 PM Young Women with Breast Cancer NG</p> <p>22</p>	<p>10:30 AM Gentle Yoga 11:45 AM Meditation 6:00 PM Bladder Cancer NG</p> <p>23</p>	<p>6:00 PM Wig Education and Maintenance Workshop RSVP 6:30 PM Frankly Speaking: Talking to Kids about Cancer RSVP</p> <p>24</p>	<p>9:30 AM Yoga 10:00 AM Clase de Nutrición RSVP 11:15 AM BeMoved</p> <p>25</p>	<p>9:15 AM Yoga 10:00 AM Caring Arts 11:15 AM Restorative Yoga 12:00 PM Circulo de Tejer 12:30 PM Family Arts &amp; Crafts RSVP 1:00 PM Truffle Making Workshop RSVP</p> <p>26</p>
	<p>27</p>	<p>10:00 AM T'ai Chi Chih 11:15 AM Chair Yoga 12:00 PM Jewelry 12:30 PM Meditation 2:00 PM Baking Club 6:00 PM Surviving and Thriving Series: Yoga and Mindfulness as a Path Toward Empowered Health RSVP 7:00 PM Yoga</p> <p>28</p>	<p>10:00 AM Gentle Yoga</p> <p>29</p>	<p>10:30 AM Gentle Yoga 11:45 AM Meditation</p> <p>30</p>	<p>6:00 PM New Year, New You RSVP</p> <p>31</p>	<p>2019</p> 	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>FEBRUARY 2019</h1>					9:30 AM Yoga 11:15 AM BeMoved	9:15 AM Yoga 11:00 AM Soulful Social RSVP 11:15 AM Restorative Yoga 12:30 PM T'ai Chi
					1	2
<p>■ = RSVP REQUIRED   ■ = NO RSVP   ■ = CMP REQUIRED</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>						
3	10:00 AM T'ai Chi Chih 11:15 AM Chair Yoga 12:00 PM Jewelry 12:30 PM Meditation 2:00 PM Baking Club 7:00 PM Yoga	10:00 AM Gentle Yoga 6:00 PM Navigating Grief RSVP	10:30 AM Gentle Yoga 11:45 AM Meditation 1:00 PM Baking Club	5:30 PM Red Door Squad RSVP	9:30 AM Yoga 11:15 AM BeMoved 12:30 PM Yoga en Español 5:30 PM Anniversary Party RSVP	9:00 AM ArtReach Clay Project 9:15 AM Yoga 9:30 AM Newcomers Breakfast RSVP 11:15 AM Restorative Yoga 12:00 PM Circulo de Tejer 12:30 PM The Mind-Body Connection RSVP 12:30 PM Family Arts & Crafts RSVP 1:00 PM Cooking with Teens RSVP
4	5	6	7	8	9	9
10	10:00 AM T'ai Chi Chih 11:15 AM Chair Yoga 12:00 PM Jewelry 12:30 PM Meditation 2:00 PM Gildaleidescopes with RJ RSVP 4:00 PM Women of Color NG 7:00 PM Yoga	10:00 AM Gentle Yoga 11:00 AM Jewelry 11:15 AM T'ai Chi Chih 6:00 PM Benefits of Laughter RSVP 6:00 PM Young Women with Breast Cancer NG 6:30 PM Exercising after Treatment RSVP	10:30 AM Gentle Yoga 11:45 AM Meditation 6:00 PM Member Spot: Seasonal Cooking with Julie RSVP 6:00 PM Lung Cancer NG 6:00 PM Post-Treatment NG	10:00 AM Grupo de Apoyo Latino/ Latino NG 6:00 PM Love, Gilda Film Screening RSVP 6:00 PM Caregiver NG	9:30 AM Yoga 11:15 AM BeMoved	9:15 AM Yoga 10:00 AM Caring Arts 11:15 AM Restorative Yoga
11	12	13	14	15	16	16
17	CLUBHOUSE CLOSED FOR PRESIDENT'S DAY	10:00 AM Clase de Joyería 10:00 AM Gentle Yoga 11:30 AM Meditación 6:00 PM Living Beyond Loss NG 6:30 PM Exercising after Treatment RSVP	10:30 AM Gentle Yoga 11:45 AM Meditation 1:00 PM Baking Club 6:00 PM Young Adult Social: Sip and Paint RSVP	1:15 PM Yoga Nidra: Deep Healing Relaxation Method 2:30 PM Wisdom Circle RSVP 5:30 PM Red Door Squad RSVP 6:00 PM Improv RSVP 6:00 PM Prostate Cancer NG 6:30 PM Pharmacy Lecture Series RSVP	9:30 AM Yoga 10:00 AM Clase de Nutrición RSVP 11:15 AM BeMoved	9:15 AM Yoga 10:00 AM Caring Arts 11:15 AM Restorative Yoga 12:00 PM Circulo de Tejer 12:30 PM Family Arts & Crafts RSVP
18	19	20	21	22	23	23
24	10:00 AM T'ai Chi Chih 11:15 AM Chair Yoga 12:00 PM Jewelry 12:30 PM Meditation 2:00 PM Baking Club 6:00 PM Surviving and Thriving Series: Chemo Brain RSVP 7:00 PM Yoga	10:00 AM Gentle Yoga 11:00 AM Jewelry 11:15 AM T'ai Chi Chih 6:00 PM Young Women with Breast Cancer NG 6:30 PM Exercising after Treatment RSVP	10:30 AM Gentle Yoga 11:45 AM Meditation 6:00 PM Self-Care for Caregivers RSVP 6:00 PM Bladder Cancer NG	6:00 PM Improv 6:00 PM Improv RSVP		
25	26	27	28			

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	
<h1>MARCH 2019</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</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>						9:30 AM Yoga 11:15 AM BeMoved	9:15 AM Yoga 10:00 AM Caring Arts 11:15 AM Restorative Yoga 12:30 PM T'ai Chi 1:00 PM Madhatters Storytelling Performance RSVP
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

# HEALTHY LIFESTYLE PROGRAMS

## MIND/BODY/SPIRIT CLASSES

**Please note:** Wear comfortable clothing and arrive promptly for the following classes at the designated start times. Movements and poses can be modified to accommodate all ability levels, just let the instructor know prior to the start of class if you have any concerns. Please talk with your doctor prior to starting an exercise program. More information about the classes can be found on our website. Thank you.

### Yoga

**Mondays | 7:00 – 8:15 p.m. • Fridays | 9:30 – 11:00 a.m. • Saturdays | 9:15 – 10:45 a.m.**

Mat yoga class including stretching, deep breathing, balancing, functional strength and relaxation. Stretch your body and mind. Develop flexibility and balance. *\*Programming will be cancelled on the following dates: 1/21 and 2/18.*

### Chair Yoga

**Mondays | 11:15 a.m. – 12:15 p.m.**

Yoga practiced sitting in a chair or using a chair for support. Many of the poses are adapted from mat yoga. A great fit for beginners and those who are unable to take our mat classes. *\*Programming will be cancelled on the following dates: 1/21 & 2/18.*

### Gentle Yoga

**Tuesdays | 10:00 – 11:00 a.m. • Wednesdays | 10:30 – 11:30 a.m.**

This class features gentle stretches and poses using resistance to help develop strength. *\*Programming will be cancelled on the following date: 1/1.*

### Restorative Yoga

**Saturdays | 11:15 a.m. – 12:15 p.m.**

This relaxing class uses props and chairs as needed for support in comfortable lying and standing positions. It is ideal for beginners and people with limited mobility to refresh the mind and body.

### Yoga Nidra: Deep Healing Relaxation Method **\*New Program\***

**Select Thursdays: 1/17, 2/21, 3/7 | 1:15 – 2:15 p.m.**

This healing, active meditation is done lying down on props. It leads to a deep state of relaxation that calms the mind, dispels tension and fatigue, and bolsters the body's natural healing capacities to rejuvenate and energize on physical, mental and emotional levels.

### BeMoved®

**Fridays | 11:15 a.m. – 12:15 p.m.**

BeMoved® shares the joy of dance with people of all movement abilities and believes that movement, expressed through dance and music, has a transformative power that enriches a person's well-being.

### Meditation

**Mondays | 12:30 – 1:30 p.m. • Wednesdays | 11:45 a.m. – 12:45 p.m.**

Meditation can be a source of energy, wisdom and strength. This class will teach you basic relaxation, breath meditation and visualization. *\*Programming will be cancelled on the following dates: 1/21 & 2/18.*

### T'ai Chi

**First Saturdays: January 5, February 2, March 2 | 12:30 – 1:30 p.m.**

An ancient Chinese exercise combining physical movement and meditation.

### T'ai Chi Chih

**Select Mondays: January 7, 14, 28; February 4, 11, 25; March 4, 11, 18, 25 | 10:00 – 11:00 a.m.**

**Select Tuesdays: January 8, 22; February 12, 26; March 12, 26 | 11:15 a.m. - 12:15 p.m.**

Based on Ancient Chinese wisdom, T'ai Chi Chih is 19 simple, slow, gentle movements that circulate and balance energy. It is a "moving meditation" that brings serenity and a greater sense of well being. Movements can be done standing, seated or through visualization.

## EXPRESSIVE ARTS ACTIVITIES

These creative programs use different methods to help individuals express themselves artistically. No prior artistic skills are required. All materials are provided.



### Caring Arts (Painting)

**Select Saturdays: January 5, 19, 26; February 16, 23;**

**March 2, 16, 23, 30 | 10:00 a.m. – 2:00 p.m.**

This creative program, instructed and facilitated by a professional artist, uses different methods to help individuals express themselves artistically. No prior artistic skills are required - just the desire to express yourself.

### ArtReach Clay Project

**Second Saturdays: January 12, February 9, March 9 | 9:00 a.m. – 12:00 p.m.**

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.

### Jewelry

**Mondays | 12:00 – 2:00 p.m.**

**Select Tuesdays: January 8, 22; February 12, 26 | 11:00 a.m. – 1:00 p.m.**

Learn how to create your own accessories such as earrings, necklaces and bracelets in a supportive environment with others who are looking to be creative. *\*Programming will be cancelled on the following dates: 1/21 & 2/18.*



# PROGRAMA LATINO DE GILDA'S CLUB CHICAGO (ENERO - MARZO 2018)

**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.

## ACTIVIDADES DE ARTE Y DE BIENESTAR

### Círculo de Tejer

segundo y cuarto sábado del mes | 12:00 - 1:30 p.m.

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

### Clase de Arte (Caring Arts)

sábados: 5, 19 y 26 de enero; 16 y 23 de febrero; 2, 16, 23 y 30 de marzo | 10:00 a.m. - 2:00 p.m.

Un programa innovador dirigido por la fundación de "Caring Arts." Se usa distintos medios artísticos para ayudar a los individuos desarrollar su expresión artística.

**No se requiere experiencia previa.**

### Clase de Joyería

tercer martes del mes: 15 de enero, 19 de febrero y 19 de marzo | 10:00 - 11:30 a.m.

Aprenda como crear tus propios collares, aretes y esclavas.

### Clase de Nutrición

viernes, 25 de enero, 22 de febrero y 22 de marzo | 10:00 a.m. - 12:00 p.m.

**Se requiere reservación**

Esta clase de nutrición dirigida 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: 12 de enero, 9 de febrero y 9 de marzo | 9:00 a.m. - 12:00 p.m.

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

### Desayuno para Nuevos Participantes (Newcomers Breakfast)

segundo sábado del mes: 12 de enero, 9 de febrero y 9 de marzo | 9:30 - 10:30 a.m.

**Se requiere reservación**

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

### Meditación

tercer martes del mes: 15 de enero, 19 de febrero y 19 de marzo | 11:30 a.m. - 12:30 p.m.

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

### Yoga en Español

viernes: 11 de enero, 8 de febrero y 8 de marzo | 12:30 - 1:30 p.m.

Esta clase será totalmente en Español. Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.



### BeMoved®

viernes | 11:15 - 12:15 p.m.

BeMoved® es una clase de movimiento que comparte la alegría de bailar con personas de todas las habilidades y cree que el movimiento, expresado a través del baile y la música, tiene un poder transformador que enriquece el bienestar de una persona.

### Yoga

lunes | 7:00 - 8:15 p.m.; viernes | 9:30 - 11:00 a.m.; sábados | 9:15 - 10:45 a.m.

Clase de yoga que incluye estiramiento, respiración profunda, equilibrio, fuerza funcional y relajación. Estira tu cuerpo y tu mente. Desarrolla flexibilidad y equilibrio.

### Yoga Restaurativa

martes | 10:00 - 11:00 a.m.; miércoles | 10:30 - 11:30 a.m.; sábados | 11:00 a.m. - 12:00 p.m.

Una clase relajante que utiliza accesorios y sillas según sea necesario para apoyar en posiciones cómodas acostada y de pie. Es ideal para principiantes y personas con movilidad limitada.

### T'ai Chi

primer sábado del mes: 5 de enero, 2 de febrero y 2 de marzo | 12:30 - 1:30 p.m.

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

### T'ai Chi Chih

lunes: 7, 14 y 28 de enero, 4, 11 y 25 de febrero y 4, 11, 18 y 25 de marzo | 10:00 - 11:00 a.m.

martes: 8 y 22 de enero; 12 y 26 de febrero, 12 y 26 de marzo | 11:15 a.m. - 12:15 p.m.

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.



¿Se aproxima su cita con el doctor?

¿Abrumado por tanta información?

¿No sabes qué preguntar?

**NOSOTROS PODEMOS AYUDAR**

Open to Options™ (Abierto a Opciones) le apoya a manera que usted identifique preguntas importantes sobre sus opciones y de tratamiento de cáncer basadas en sus necesidades personales. Disponible sin costo alguno, este servicio le ayudará a:

- Generar una lista de preguntas para su médico,
- Organizar sus preguntas para llevarlas a su cita
- Comunicarse claramente con su equipo médico.

Para hacer una cita para una sesión de Open to Options™ (Abierto a Opciones), por favor llame a Gilda's Club Chicago al 312-464-9900, extensión 112. Pregunte por Jeanette Santana González. Podemos hacer una cita por teléfono o en persona.

## GRUPO DE APOYO

### Grupo de Apoyo Latino

segundo jueves del mes: 10 de enero, 14 de febrero y 14 de marzo | 10:00 – 11:30 a.m.

#### 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.

## EVENTOS ESPECIALES

Todos estos programas requieren reservación

### Fiesta del 20 ° Aniversario

viernes, 8 de febrero | 5:30 – 8:00 p.m.

¡Ayúdenos a celebrar nuestro 21 ° aniversario en una celebración para miembros, incluyendo nuestros jóvenes miembros de "Noogieland", voluntarios y todos los amigos de Gilda's Club Chicago! Los adultos disfrutarán de entretenimiento por parte de nuestros amigos improvisadores de Second City.

### Como Hablar con los Niños Sobre el Cáncer

jueves, 24 de enero | 6:30 – 8:00 p.m.

Acompañen a esta charla informal sobre el entendimiento que los niños tienen sobre el cáncer. Se compartirá estrategias de cómo hablar con los niños en forma apropiada para su edad. *Presentado por Jeanette González y Ashley Carrasco.*

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

sábado, 2 de febrero | 11:00 a.m. – 2:00 p.m.

Celebre el mes de la Herencia Afro-Americana con música, comida y entretenimiento. Traiga un platillo para compartir.

**ESTACIONAMIENTO** Estacionamiento gratuito está disponible para los miembros que vienen para una actividad en el club de la Avenida Wells Street si usan el estacionamiento llamado **Mart Parc Interpark** en el **401 N. Wells Street**. Después de estacionar, muestre su tarjeta de membresía roja en la recepción para recibir un cupón de estacionamiento. Si aún no es miembro de Gilda's Club Chicago, haga una cita gratuita para conocer todo sobre nuestro programa llamando al (312) 464-9900.

### ¡MARQUE SU CALENDARIO!

Exposición de Arte de Gilda's Club Chicago

sábado, 13 de abril | 12:00 – 2:00pm

¡No olvide entregar una obra de arte para la exposición antes del sábado, 30 de marzo!

**CLUB CERRADO PARA ESTOS DÍAS FESTIVOS:** 1ro de enero para el Día de Año Nuevo. 21 de enero para el cumpleaños de Martin Luther King, Jr. y el 18 de febrero para el 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 González 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.

### Nuestro Decimo Concurso de Composición para Jóvenes

## "Siempre es Algo"

para estudiantes de secundaria está abierto.

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 abril del 2019**

Se puede entregar la composición aquí: <http://bit.ly/TeenEssay10>

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

## ACTIVIDADES DE NOOGIELAND

Todos estos programas requieren reservación

### Artes Manuales para la Familia

sábado, 12 y 26 de enero, 9 y 23 de febrero y 9 y 23 de marzo | 12:30 – 2:00 p.m.

Programa que ofrece artes manuales y una merienda.

### Cocina para Jóvenes (Cooking with Teens)

sábado, 12 de enero, 9 de febrero y 9 de marzo | 1:00 – 2:30 p.m.

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

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

sábado, 2 de marzo | 1:00 – 1:30 PM

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

### Terapia de Mascota

sábado, 19 de enero | 12:30 a.m. – 1:30 p.m.

#### Cupo Limitado de 5 niños

Conozca al nuevo miembro del equipo de Gilda's Club Chicago. Sherman, el Shorkie, es un perro de Terapia Asistida por Animales registrado y un Canino de Buen Ciudadano® de American Kennel Club. Al igual que la amada Yorkie de Gilda Radner, Sparkle, le proporcionó a Gilda acompañamiento durante toda su experiencia.

### "Red Door Squad"

jueves, 3 y 17 de enero, 7 y 21 de febrero y 7 y 21 de marzo | 5:30 – 7:00 p.m.

#### Se requiere reservación - Límite de 5 niños

Atraves de una variedad de actividades, estudiantes de la secundaria, asisten en crear conciencia sobre GCC.

**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 un programa. Llame a Jeanette, 312-464-9900 o por correo electrónico a [jeanettegonzalez@gildasclubchicago.org](mailto:jeanettegonzalez@gildasclubchicago.org)

# MEMBERS GIVING BACK

## VOLUNTEER SPOTLIGHT

SULYNN GOETZ



Sulynn first learned about Gilda's Club Chicago in 2017 when she volunteered with her employer's corporate group (B.A.I.). Sulynn liked the experience and stated she felt a "cool vibe" during the service day, adding that the Clubhouse is "very welcoming and everyone is friendly." Like a lot of our volunteers, Sulynn has had family members and friends who have been impacted by cancer. Since becoming a volunteer in May 2018, Sulynn has been a significant help to the organization and has worn several volunteer hats. She has assisted at fundraising events, answered the phone and the door at the Clubhouse, served as a GCC photographer and Team Gilda cheerleader at the Bank of America Chicago Marathon, helped out at the annual Noogiefest party and assisted an art therapist at a local event. Sulynn fondly recalls her childhood memories of Gilda Radner explaining that she was permitted to stay up late as a child to watch "Saturday Night Live," which featured the beloved Radner. Sulynn's hobbies include painting, art, travelling to Europe and around the United States, in addition to volunteering with GCC!

### Members Giving Back

Saturday, January 5 and March 30 | 1:00 p.m.

RSVP Required

Looking for a way to help out this year? Gilda's Club Chicago has plenty of opportunities for members to get involved! Join GCC staff for this informational session and learn how you can give back to the Club.

## 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 also invite you to consider including Gilda's Club Chicago in your estate planning. All legacy gifts are welcome. Ensure the sustainability of Gilda's Club Chicago in a way that makes your core values known to others. Your support of our mission will be long remembered and serve as an inspiration to others. For more information, 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 Haeflinger, Development Manager at 312-464-9900 or [nadiahaeflinger@gildasclubchicago.org](mailto:nadiahaeflinger@gildasclubchicago.org)

### Honor Someone Today

A gift to Gilda's Club Chicago in honor or in memory of a loved one is a meaningful way to recognize those who have made a special impact on our lives. When you make a memorial or tribute donation, we will also send a card to the individual(s) being honored or a family member of the loved one who has passed, informing them of your gift. For more information about tribute gifts, please contact Nadia Haeflinger, Development Manager at [nadiahaeflinger@gildasclubchicago.org](mailto:nadiahaeflinger@gildasclubchicago.org) or 312-464-9900.

### Team Gilda

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. Participate in the following races, or an event of your choice.

- Bank of America Shamrock Shuffle - March 24, 2019
- Bank of America Chicago Marathon - October 13, 2019 (Registration is available now!)

For more information please contact Nadia Haeflinger at [nadiahaeflinger@gildasclubchicago.org](mailto:nadiahaeflinger@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>	Coping with Cancer Restorative Yoga Book Club Boot Camp Gentle Yoga Lectures Networking Groups Zumba Music/Meditation (3 South)	Art Art (3 South & Infusion) Games Lectures Networking Groups Zumba Basic Fitness & Toning	Boot Camp Chair Yoga Lectures Music & Meditation Networking Groups Surviving & Thriving Wellness Group Yoga Meditation (3 South)	<b>Clubhouse closed most Fridays</b>  <b>Check the calendar for special events</b>	<b>Open Saturdays 9:00 a.m. - 1:00 p.m.</b> Drum Circle Family Art Chair Yoga Networking Groups T'ai Chi Zumba Fitness Special Events & Workshops
<b>Mount Sinai Hospital</b> 1501 S. California 6th floor, Oling-Sang Building Oncology Department		Art as Relaxation Jewelry Making Puzzles Guided Relaxation and Chair Yoga Connect Four	Art as Relaxation Bingo /Soothing Music Crafts Jewelry Making Puzzles Connect Four	Bingo/ Soothing Music Chair Yoga Guided Relaxation Art as Relaxation Albums of Hope Bilingual Group (Spanish-English) Women of Color Group		
<b>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</b> Galter Pavilion, 21st floor Conference Room 675 N. St. Clair		Crafts Knitting Postcard Art Yoga Music Tuesdays	Art as Relaxation Jewelry Making Knitting T'ai Chi Chih Caregiver Support Group	Jewelry Making Journaling Yoga Afternoon with Music		
Galter 21, Infusion Suite		Artist in Residence		Artist in Residence		
Prentice Women's Hospital Maggie Daley Center 4th Floor 250 E. Superior		Programs moved to Galter Pavilion, 21st floor, during construction				
Prentice 4, Infusion Suite						
Prentice, Inpatient 14, 15, 16		Artist in Residence		Artist in Residence		Mindful Meditation
Arkes Pavilion 21st Floor, Infusion Suite 676 N. St. Clair		Artist in Residence				

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**  
 Kathleen Boss  
 (708) 684-9505  
[kathleenboss@gildasclubchicago.org](mailto:kathleenboss@gildasclubchicago.org)

**Ann & Robert H. Lurie Children's Hospital of Chicago**  
 Lindsay Tynes, LCSW, OSW-C  
 (312) 464-9900, ext. 120  
[lindsaytynes@gildasclubchicago.org](mailto:lindsaytynes@gildasclubchicago.org)

**Mount Sinai Hospital**  
 Kassandra Billups, MA  
 (312) 464-9900, ext. 133  
[kassandrabilups@gildasclubchicago.org](mailto:kassandrabilups@gildasclubchicago.org)

**Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
 Gosha Thornton, AM, LSW  
 (312) 464-9900, ext. 122  
[goshathornton@gildasclubchicago.org](mailto:goshathornton@gildasclubchicago.org)





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

537 North Wells Street  
Chicago, Illinois 60654

PH: 312-464-9900  
FAX: 312-464-1487



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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 300 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) nonprofit organization and is funded through donations from individuals, businesses, foundations and special events.

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## We're easy to find!



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

   @gildasclubchi #TakeOnCancerTogether