

April 2019



Location	Tuesdays	Wednesdays	Thursdays
Galter 21st Floor = G21 675 N. St. Clair 21st Floor Conference Room	2 Yoga 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Postcard Art 10:30am-12pm G21 Crafts 10:30am-12pm G21 Caregiver Drop-In Group 12:30-1:30pm P15	3 T'ai Chi Chih 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Become a Member 12-1pm G21 by request	4 Jewelry Making 9-10:30am P4WA Chair Yoga 10-11am P4CR Journaling 11am-12pm P4CR Afternoon with Music 12-2pm G21
Prentice 4th Floor = P4 Prentice Women's Hospital 250 E. Superior Conference Room (CR) or Waiting Area (WA)	9 Yoga 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Postcard Art 10:30am-12pm G21 Crafts 10:30am-12pm G21 Music Tuesdays 1:30-2pm G21	10 T'ai Chi Chih 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Caregiver Drop-In Group 12-1pm G21	11 Jewelry Making 9-10:30am P4WA Chair Yoga 10-11am P4CR Journaling 11-12pm P4CR
<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>	16 Yoga 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Postcard Art 10:30am-12pm G21 Crafts 10:30am-12pm G21 Caregiver Drop-In Group 12:30-1:30pm P15	17 T'ai Chi Chih 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 10 Minute Meditation 12-12:30pm G21 Become a Member 12-1pm G21 by request	18 Jewelry Making 9-10:30am P4WA Chair Yoga 10-11am P4CR Journaling 11-12pm P4CR Afternoon with Music 12-2pm G17
	23 Yoga 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Postcard Art 10:30am-12pm G21 Crafts 10:30am-12pm G21 Music Tuesdays 12-1pm G21	24 T'ai Chi Chih 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Become a Member 12-1pm G21 by request	25 Jewelry Making 9-10:30am P4WA Chair Yoga 10-11am P4CR Journaling 11am-12pm P4CR
	30 Yoga 9:30-10:30am G21 Jewelry Making 10:30am-12pm G21 Postcard Art 10:30am-12pm G21 Crafts 10:30am-12pm G21		

Cancer Connections
Saturday, April 13, 2019 | 9:00 a.m. - 12:30 p.m.
Feinberg Pavilion, 251 E. Huron St., 3rd Floor, Conference Room A

Cancer Connections offers wellness-focused breakfast seminars a few times a year, geared toward patients and caregivers. They can help you: Learn simple strategies to eat well, move more and manage stress and fatigue; Connect with fellow survivors, support programs and other communities facing similar challenges; Renew your sense of well-being with massage, acupuncture, meditation, healing touch and other integrative therapies.

To register, please visit <https://www.cancer.northwestern.edu/events/public/cancer-connections/index.html>

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



Galter Pavilion: 675 N. St. Clair

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

Tuesdays, 9:30-10:30am

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: Lisa Kolodziej, MA

Tuesdays & Wednesdays, 10:30am-12pm

POSTCARD ART: Make someone you care about a personal art postcard. Join us as we create a personalized mixed-media postcard to mail or keep. We will supply all materials and steps for success.

Facilitator: Lindsey McNeil, BFA | Tuesdays, 10:30am-12pm

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

Facilitator: Lindsey McNeil, BFA | Tuesdays, 10:30am-12pm

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

Wednesdays, 9:30-10:30am

CAREGIVER DROP-IN GROUP: This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others. **Facilitator:** Gosha Thornton, AM, LSW

SECOND WEDNESDAY OF THE MONTH, 12-1pm

10 MINUTE MEDITATION: Learn powerful, simple and effective meditation techniques to relax and refresh.

Facilitator: Gosha Thornton, AM, LSW

THIRD WEDNESDAY OF THE MONTH, 12-12:30pm

AFTERNOON WITH MUSIC: Free music concert offered by Caring Arts musicians.

First Thursday of the month @ 12-2pm, Galter 21

Third Thursday of the month @ 12-2pm, Galter 17

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

Second Tuesday of each month @ 1:30-2pm by Music Matters, G21

Fourth Tuesday of each month @ 12-1pm by Music Matters, G21

Prentice Women's Hospital: 250 E. Superior

CAREGIVER DROP-IN GROUP: This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others.

Facilitated by Gosha Thornton, AM, LSW

1st & 3rd Tuesday of the month, 12:30-1:30pm, P15 Family 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.

No previous experience necessary.

Facilitator: Lisa Kolodziej, MA

Thursdays, 9-10:30am | P4 Waiting Area

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, MS, MA, Certified Yoga Instructor

Thursdays, 10-11am | P4 Conference Room

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: Audra Eisin-Banazek, LCPC, ATR

Thursdays, 11am-12pm | P4 Conference Room

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.

Facilitator: Audra Eisin-Banazek, LCPC, ATR; Sophie Canade, LCPC, ATR; and Lisa Kolodziej, MA, ATR

Infusion at Galter, 21st Floor: **WEDNESDAYS: 3:00-5:00pm**
THURSDAYS: 12:30-3:30pm

Infusion at Prentice, 4th Floor: **WEDNESDAYS: 12:00pm-3:00pm**

Infusion at Arkes, 21st Floor: **TUESDAYS: 10:30am-12:00pm**

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.

Facilitator: Sophie Canade, LCPC, ATR

Prentice Inpatient, 14th Floor: **THURSDAYS: 9:00-10:30am**

Prentice Inpatient, 15th Floor: **THURSDAYS: 10:30am-12:00pm**

Prentice Inpatient, 16th Floor: **THURSDAYS: 12:00-5:00pm**

TUESDAYS: 2:00-7:00pm

10 MINUTES TO RELAXATION: A facilitator will go from room to room to guide patients in how to incorporate relaxation and mindfulness to bring your body and mind into balance.

Facilitated by Era Pawlowski, MS, MA, Certified Yoga Instructor

Prentice Inpatient, 16th Floor: **SATURDAYS: 9:00am-12:00pm**

Programs by Request:

BECOME A MEMBER: 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, April 10th @ 4-6pm or

Monday, April 22nd @ 10am-12pm



Lurie Cancer 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.
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:** Chris Balmaceda, 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. Galter Pavilion, 675 N. St. Clair, 21st floor @ Conference Room. **Facilitators:** Gina Uthe, PA; and Patty Morena, PhD. Call 312-472-5820.
Third Tuesday of the month 4-5:30pm

Monthly Group for Young Adults with Cancer: Join the group dedicated to young adults 18-39 years old. Call 312-695-0766 for more information.
First Wednesday of the month from 6:00-7:30pm G21