

PROGRAM CALENDAR AUGUST 2011



FREE Cancer Support

Gilda's Club® Western Pennsylvania

2816 Smallman Street • Pittsburgh, PA 15222

(412) 338-1919

www.gildasclubwesternpa.org

Mission Statement

Our Mission is to create welcoming communities of FREE support for everyone living with cancer – men, women, teens and children – along with their families and friends.

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



Check out our website www.gildasclubwesternpa.org for a new Gilda's Club newsletter

Support Groups 101 Description
Are you interested in joining a support group but not sure how they work? Join Program Staff as they discuss support groups, the benefits of a support group, how they are facilitated and answer any questions you might have. Thurs. August 4, 6:30-8:00pm

New Members' Open House
Have you become a member in the last few months? Come to an Open House and meet other new members. Light refreshments will be available. Take part in this fun and informal night of games, snacks and getting to know other members. Tues. August 30, 6:00-7:30pm

AUGUST HIGHLIGHTS:



2816 Smallman Street
Pittsburgh, PA 15222



WHO CAN BECOME A MEMBER?

- Men, women, teens & children touched by any type of cancer (recently diagnosed, recurrence or long term cancer survivor).
- Families & friends touched by cancer in any way or have lost a loved one to cancer.

NEW MEMBER MEETING

New Member Meeting: This is a meeting for anyone who is interested in joining Gilda's Club and would like to learn more about the program. You can share your story or simply sit and listen. This is a one-time meeting for adults with cancer or families/friends living with cancer in their lives. Please call to register.

PLEASE REMEMBER

- Call to register for all classes and events 24 hours in advance.
- Classes and events without a minimum number of pre-registered members may be cancelled.
- If you have a cold or any contagious illness, we ask that you be considerate of fellow members whose immune system may be compromised and wait to visit us when feeling better.
- **Weather – In the event of bad weather, please call ahead of time to see if the scheduled activity is being held or check KDKA-TV or WTAE-TV for closing status.**

NOOGIELAND

A special place for children living with cancer in their lives. Call Kathleen Petulla (412) 338-1919 for more information about how your child can become involved.

SUPPORT GROUPS

Are you interested in a support group? Would you like to learn more about support groups? Please contact Colleen at (412)338-1919 or colleen@gildasclubwesternpa.org

Pre-registered is required when attending a group for the first time.

Bereavement Group: Adults who have experienced the loss of a friend or family member from cancer. The 1st & 3rd Tuesday of the month, 6:00-8:00pm

Wellness Group: Men and women living with cancer. Every Tuesday 11:30-1:30 and Thursday 6:30-8:00pm

Family/Friends Group: Family & friends touched by cancer. Thursdays 6:30-8:00pm

For Kids: Activities in the clubhouse for kids/teens touched by cancer. Tuesday, August 2, 6:00-8:00pm and Every Thursday, 6:30-8:00pm

VOLUNTEERS

Basic Volunteer Orientation – Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato with questions.

Gilda's Teen Advisory Committee (GTAC) Orientation – Orientation for a select group of high school students committed to helping spread awareness, understanding, and advocacy in their schools and communities about how cancer affects teens. Please call Kathleen Petulla 412-338-1919 for an application and additional information. Saturday, August 13, 10:00am-12:00pm

NETWORKING GROUPS

Groups for anyone living with the specific diagnosis or common issue. Groups meet to discuss common issues, support one another about fears, relationships, physical challenges, etc. Sign up 24 hours in advance.

Breast Cancer:Tues. August 2 & 16, 6:30-8:00 pm
Living Life Post Treatment:Thurs. August 18, 6:00-7:30 pm
Multiple Myeloma:.....No Group this Month
Prostate Cancer:Tues. August 2, 6:30-8:00 pm
Recurrence & Metastatic Group:....Tues. August 23, 6:30-8:00
Young Adult:Tues. August 9 & 23, 6:30-8:00pm

ONGOING WORKSHOPS

Art Workshops with our Volunteers - No experience necessary and materials will be provided. Self-Portraits 8/3, Jewelry Stitching 8/10 (1:30-3:30pm), Collaborative Art 8/17, Open Art 8/24 & 8/31. Wed. 1:30-3:00pm

Cooking Workshop: DOUGH!!! - Join Barb, Mary Lou and Patti as they share a secret recipe for the best savory tart dough of all time. Tomato, Mozzarella, basil, caramelized onion and goat cheese. Let your imagination run wild! We will share the name of the creator of this very special dough. You won't be surprised and we know she'd want you to enjoy it too! Sat. August 27, 1:00-3:00pm

Fitness Fun - Let's start the day off right! Join personal trainer Jeff Kosko for a fun, no experience necessary, low impact exercise class. Sat. August 13, 10:00-11:00am

Floral Art Workshop - Cara returns to lead this fun class. We will make flower pens and zipper flowers. No experience necessary. All materials will be provided. Sat. August 13, 12:00-2:00pm

Gentle Yoga - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 12:00-1:00pm, Tues. 6:30-7:45pm, Wed. 12:30-1:30pm, Fri. 10:00-11:00am and Sat. August 27, 10:00-11:00am

Gilda's Running/Walking Group - Join us for a run or walk around the Strip District early Monday morning. No experience necessary. Every Monday 6:30am except August 8th.

Gilda's Quilters - Are you an experienced quilter? Then bring the project you are working on and talk with other quilters. Or maybe you'd like to learn. Join facilitators Cheryl and Bobbi as they lead this workshop. Attend one or both workshops. Thurs. August 18, 6:00-8:00 & Friday, August 19, 12:00-2:00pm

Give Back Workshop: Bags and Breakfast - Join Satchels of Caring as we give back to others touched by cancer. We will assemble satchels for women currently in chemo. They are unique bags filled with inspirational items. Help put buttons on the bags and put journals together. Enjoy some tasty food while we put the bags together. Sat. August 27, 11:00-1:00pm

Knit Wits (knitting, crocheting, needlepoint or cross-stitch group) - Learn how to knit or bring a project you are currently working on and keep the others company. Please join us if you crochet, needlepoint, cross-stitch or any other needle art. Every Wednesday 3:00-6:00pm, except August 24 group meets 1:30-4:30pm

Kids/Teens Art Workshop with Krista - Come for art fun two Tuesdays this month. Create works of art on August 16th with polymer clay. Learn how to make some slime or gak and even your own playdough! On August 30th, get creative and design your own tee shirts and pillow cases. Feel free to bring your own "fabrics" from home (with parental permission!) if you are looking to add your own personal touch. Please include your tee shirt size when you call to register! Art with Clay, Tues. August 16 & Tee Shirts/Pillow Case Design, Tues. August 30, 6:00-8:00pm

Meditation - How can we deal with the stress in our lives? Join John Jones, an instructor in the Osher programs at Pitt and CMU, as he teaches us how to meditate and leads us in a relaxing hour and a half on 8/22 and 8/29. Jodi Katsafanas will lead the class on 8/1, 8/8, and 8/15. The more classes you attend, the more proficient you will become. Every Mon. 1:30-3:00pm

Qigong - Acupuncturist Tyler Phan will offer further instruction in the ancient Chinese practice of Qigong. He will teach breathing techniques and will lead members in guided imagery. These techniques can be used to alleviate pain, aid in relaxation and restful sleep. Tues. August 16, 12:00-1:00pm

Red Door Readers - Come join our adult Gilda's Book Club and enjoy a cup of coffee or tea. August's discussion will be *Hotel on the Corner of Bitter and Sweet* by Jamie Ford on Fri. August 26, 11:00-12:30pm

Scrapbooking - An introductory class to scrapbooking. Volunteer Wendy will show you how to start a scrapbook, how to arrange pages, and will have all the tools needed to get you started! Please bring photos and don't forget to sign up. Sat. August 27, 9:00-1:00pm

Walk-n-Talk - Join our walking group around the strip. Enjoy the sights and conversation. Every Fri. 11:00-12:00pm

Writing Life Stories - Writing life stories is a great way to find deeper meaning in life while creating a written legacy for future generations. Research has shown that writing these stories is good for your health. Local author Sharon Lippincott will conduct workshops to share writing tips and help you get started writing the story of your life. Tues. August 16, 1:00-3:00pm

Zumba - Would you like to try this fitness class that blends Latin-inspired dance with aerobic elements? Then attend this introductory class and instructor Krista will teach you all you need to know! Please wear comfortable clothing and tennis shoes. Be sure to register for this fun class! Sat. August 13, 11:15-12:00pm



Gilda's Club® Western Pennsylvania

A cancer support community for men, women, teens and children touched by cancer as well as their family and friends.

AUGUST 2011



412-338-1919

SOCIAL ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:30-7:30am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:30-3:00 New Time Meditation	2 11:30-1:30 Wellness Group 6:00-8:00 Bereavement Group 6:00-8:00 For Kids: Art 6:30-8:00 Breast Cancer Networking Group 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga	3 9:30-1:00 Summer Camp 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Self-Portraits 3:00-5:00 Greeting Card Workshop: Hot, Hot, Hot 3:00-6:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 Side Effects from Treatment Lecture/Dinner	4 6:30-8:00 Support Groups 101: Adults & Kids	5 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	6 CLUBHOUSE CLOSED
7 CLUBHOUSE CLOSED	8 No Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:30-3:00 Meditation	9 11:30-1:30 Wellness Group 6:00-8:00 NO Multiple Myeloma Group 6:00-7:30 New Member Meeting 6:30-8:00 Young Adult Networking Group 6:30-7:45 Gentle Yoga	10 9:30-1:00 Summer Camp 12:30-1:30 Gentle Yoga 1:30-3:30 Art Workshop: Jewelry Stitching Beading 3:00-6:00 Knit Wits 6:00-8:00 Survivorship Celebration & Potluck	11 6:30-8:00 Family/Friends Group Wellness Group For Kids Group Topic: Social & Work Relationships	12 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	13 10:00-12:00 Gilda's Club Teen Advisory Committee (GTAC) Orientation 10:00-11:00 Fitness Fun 11:15-12:00 Introductory Zumba Workshop 12:00-2:00 Floral Art Workshop 1:00-2:30 New Member Meeting
14 CLUBHOUSE CLOSED	15 6:30-7:30am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:30-3:00 Meditation	16 11:30-1:30 Wellness Group 12:00-1:00 Qigong 1:00-3:00 Writing Life Stories Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Kids/Teens Workshop with Krista 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga	17 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Collaborative Art 3:00-6:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 Environmentally Safe Personal Care Products Lecture/Dinner	18 6:00-7:30 Living Life Post Treatment Networking Group 6:00-8:00 Gilda's Quilters 6:30-8:00 Family/Friends Group Wellness Group For Kids Group Topic: Finding a New Normal	19 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 12:00-2:00 Gilda's Quilters	20 CLUBHOUSE CLOSED
21 CLUBHOUSE CLOSED	22 6:30-7:30am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 12:30-2:00 New Member Meeting 1:30-3:00 Meditation	23 11:30-1:30 Wellness Group 5:00-6:30 Beading Workshop 6:00-8:00 Recurrence & Metastatic Group: Ask the Nurse Lecture/Dinner 6:30-7:45 Gentle Yoga 6:30-8:00 Young Adult Networking Group	24 12:30-1:30 Gentle Yoga 1:30-4:30 New Time Knit Wits 3:00-5:00 Open Art 6:00 Clubhouse Closed	25 1:00-2:30 New Member Meeting 6:30-8:00 Family/Friends Group Wellness Group For Kids Group Topic: Taking Care of Me	26 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 11:00-12:30 Red Door Readers	27 9:00-1:00 Scrapbooking 10:00-11:00 Gentle Yoga 11:00-1:00 Give Back Workshop: Bags and Breakfast 1:00-3:00 Cooking Workshop: Dough!!!
28	29 6:30-7:30am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:30-3:00 Meditation	30 11:30-1:30 Wellness Group 6:00-7:30 New Member Meeting 6:00-7:30 New Members' Open House 6:00-8:00 Kids/Teens Workshop with Krista 6:30-7:45 Gentle Yoga	31 12:30-1:30 Gentle Yoga 1:30-3:00 Open Art 3:00-6:00 Knit Wits 6:00-8:00 Member Art Show/Reception	Become a Member 1. Call (412) 338-1919 to register for a New Member Meeting (NMM). 2. Attend New Member Meeting (NMM). 3. Meet with a staff member to create a FREE Customized Membership Plan. 4. Participate and come to the clubhouse as often as you like.		Interested in joining a support group? Contact Colleen for more information (412)338-1919 or colleen@gildasclubwesternpa.org

Summer Camp
A chance for kids (1st-8th grade) impacted by cancer to enjoy fun workshops designed especially for them. (Grown-ups, you are welcome to stay in the clubhouse for camp or drop the kids off and enjoy some free time to yourself!) **Registration is mandatory.** Summer Camp will run for 6 Wednesday sessions: July 6, 13, 20, & 27 and Aug 3 & 10 from 9:30am-1:00pm

Survivorship Celebration & Potluck
Join us for this popular annual event. All members and loved ones are invited to attend this special night. Music Therapist Bob Miller will lead a drum circle. Please bring a side dish to share, but not desserts PLEASE. Remember to RSVP: Wed. August 10, 6:00-8:00pm

New Members' Open House
Have you become a member in the last few months? Come to an Open House and meet other new members. Light refreshments will be available. Take part in this fun and informal night of games, snacks **and getting to know other members.** Tues. August 30, 6:00-7:30pm

Member Art Show/Reception
Be sure to join us for our 2nd Annual Art Show! The show will be a chance for members to display their art. The night will include music and light refreshments. Each member is able to submit up to 5 pieces to be displayed. Please drop off the artwork to Ann Amato by August 24. And attend art workshops on Wed. August 3 (self-portraits) and August 17 (collaborative art) and make something to be displayed at the art show. Call Ann with questions at 412-338-1919. Wed. August 31, 6:00-8:00pm

LECTURES/WORKSHOPS

Side Effects from Treatment Lecture/Dinner
Feeling fatigued from your treatment? Have you lost your appetite or not sleeping well? Done with treatment, but still experiencing some unwelcomed side effects? Join us as Patricia Gordon, MSN, CRNP, OCN from Magee Womens Hospital discusses side effects and answers your questions. Family & friends please bring your questions/concerns, too. Dinner will be provided. Wed. August 3, 6:00-8:00pm

Support Groups 101
Are you interested in joining a support group but not sure how they work? Join Program Staff as they discuss support groups, the benefits of a support group, how they are facilitated and answer any questions you might have. Thurs. August 4, 6:30-8:00pm

Environmentally Safe Personal Care Products Lecture/Dinner
Ever wonder what type of ingredients are in your personal care products? Join Jackie Quimpo from Clean Green Cleaning Services as she discusses ingredients to avoid, what to look for when purchasing personal care products and resources to help you choose safer products for you and your family. Wed. August 17, 6:00-8:00pm.

Recurrence & Metastatic Networking Group: Ask the Nurse Lecture/Dinner
My doctor says my cancer is back, what now? Nurse Joseph Rapp will talk about emotional support issues, family issues, work issues, and new advances in metastatic treatments. Dinner will be provided. Be sure to sign up. Tues. August 23, 6:00-8:00pm