



FEBRUARY 2010

## PROGRAM CALENDAR

### 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.

### Gilda's Club® Western Pennsylvania

2816 Smallman Street  
Pittsburgh, PA 15222  
(412) 338-1919

www.gildasclubwesternpa.org



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Pittsburgh, PA 15222



### HIGHLIGHTS IN FEBRUARY

**Gilda's Runners & Walkers** - Run or walk the 2010 Marathon, 1/2 Marathon or 5-Person Relay for a reason...Gilda's Club. Join our weekly Saturday morning running/walking group. We will meet at different locations around Pittsburgh. For information on running/walking for Gilda's Club call the clubhouse (412)338-1919.

**Gilda's Club "Taste of Wellness" 6-Week Workshop/Dinner** - Join us every Wednesday for the next 6 weeks, February 3-March 10, 6:00-8:00pm as speakers discuss the importance of self-care for those touched by cancer. These workshops are for anyone with a cancer diagnosis and friends/family touched by cancer. We encourage you to attend all 6 workshops. Please register, space is limited!

### 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

Please call Colleen Dwyer (412) 338-1919 to sign up prior to attending a group for the first time.

**Bereavement Group:** Adults who have experienced the loss of a parent, child or loved one from cancer. Every other Tuesday, 6:00-8:00pm

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

**For Kids Only:** Activities in the clubhouse for kids/teens. Please register, Every Thursday in February, 6:00-8:00pm

**Kid/Teen Support:** Next session starting on Wednesdays in March. Mandatory Parent Orientation on March 3 from 6:30-8pm. Please call Kathleen Petulla for more information 412-338-1919.

**Living with the Loss of Spouse/Partner Group** – Every other Tuesday 6:00-8:00pm.

**Wellness Group:** Men and women living with cancer. Tuesdays 11:30-1:30pm and Thursdays 6:00-8:00pm

### VOLUNTEERS

**Basic Volunteer Orientation** - Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato to register for next orientation. Sat. February 13, 9:00-11:00am

**Volunteer Networking Group** - A group for trained volunteers to meet and exchange experiences. Wed. February 10, 6:30-7:30pm

### 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.

#### After Cancer and Beyond:

Thurs. February 18, 6:00-7:30 pm

#### Breast Cancer Networking Group:

Tues. February 16, 6:30-8:00 pm.

#### Gynecologic Networking Group:

Thurs. February 18, 11:30-1:00 pm

#### Living with Cancer in your 20's & 30's:

Tues. February 9 & 23, 6:30-8:00pm

#### Multiple Myeloma Networking Group:

For anyone living with Myeloma. Lecture this month: Please join Janet McKee, board certified Holistic Health Counselor and representative from The Cancer Project as she discusses nutrition. Tues. February 9, 6:00-8:00pm

#### Prostate Cancer Networking Group:

Tues. February 2, 6:30-8:00 pm

#### Recurrence & Metastatic Networking Group:

Mon. February 22, 6:30-8:00pm

### ONGOING WORKSHOPS

**Acting Up Theatre Workshop** - is an introductory level theatrical workshop that will focus on theatrical and performance techniques, games, and exercises. Aimed at breaking down borders and barriers, Acting Up is sure to be a fun place to let loose and express yourself. This workshop is for members 15 years old and up. Mon. February 2 & 23, 6:00-8:00pm

**Art Workshop with Volunteers** - No experience necessary and materials will be provided. 2/3 Valentine Fun with Debbie, 2/10 Art with Donna, 2/17 Art with Daviea & 2/24 Open Art. Wed. 1:30-3:00pm

**Beading Workshop** - Join us in making a beaded bracelets or earrings. No experience necessary! Tues. February 16, 5:00-6:00pm

**Cooking Workshop** - Holiday Hors d'oeuvres - Hope you will join us for the rescheduled December workshop. It's always a good time to have an appetizer for company at the ready, even if the holidays are over. Join Mary Lou and Barb for some fun and learn a few new appetizers to serve - we will surprise you with a few of our favorites. Sat. February 27, 11:00-1:00pm

**Express Yourself with Writing** - Journaling sisters, Beth Hanis and Nadene Purcell for an exciting night of self expression and creativity through writing and a hands on activity. Light refreshments and materials will be provided. Wed. February 10, 6:00-8:00pm

**Gilda's Runners** - Run or Walk the Pittsburgh Marathon, Half Marathon or 5-Person Relay Team for a reason...Gilda's Club! Join our weekly Saturday morning running/walking group. We will meet at different locations around Pittsburgh. If unavailable to run with weekly group, you can still run for Gilda's Club! Call the clubhouse for details.

**Gentle Yoga** - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 11:30-12:30pm (No class 2/15), Tues. 6:30-7:45pm, Wed. 12:30-1:30pm & Fri. 10:00-11:00am.

**Give Back Workshop with CREW** - Join CREW (Commercial Real Estate Women) as we give back to others that have been touched by cancer. We will sew Satchels of Caring for women currently in chemo. They are unique bags filled with inspirational items. Sat. February 27, 1:00-3:00pm.

**New Kids in the Kitchen** - Kids, come learn to make simple meals to share with your family. This 4 session series will be taught by Gilda's Club volunteer extraordinaire, Teresa, who will assist kids in learning to cook by experiencing it first-hand in our Gilda's Club kitchen. Tuesdays, Feb 2, 16 and March 2, 16 from 6:00-8:00pm. Suggested ages 6-12. Teens welcome to come help out. Please register, as space is limited.

**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

**Movie and Discussion** - Enjoy a movie and discussion. This month's movie will be Big Fish, the Tim Burton film about a father, a son, and the tall tales that bring them together. Tues. February 9, 1:30-3:30 pm

**Poetry Workshop** - Interested in learning more about poetry? Join us for an engaging night of poetry when volunteer Kathy will offer fundamental instruction and fun exercise on writing poems. Mon. February 22, 6:00-8:00pm

**Red Door Readers** - Come join our adult Gilda's Book Club and enjoy a warm cup of coffee or tea. February's discussion will be *The Paris of Appalachia* by Brian O'Neill. February 26, 11:00-12:00pm

**Scrapbook Workshop** - An introductory class to scrapbooking. Please bring photos and don't forget to sign up, space is limited. Sat. February 27, 9:00-1:00pm

**Silk Wall Hanging Workshop** - If you like working with silk, then attend this workshop. Volunteer Evi will teach you how to paint on silk to make a beautiful wall hanging that can resemble stained glass. Tues. February 23, 1:30-3:30 pm

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

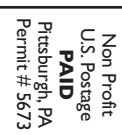
**Weaving Workshop** - Tap into your creative side and join us in the art room. You may choose to weave a basket with natural reed or use a loom to design/execute a one of a kind woven pillow. All materials are supplied....just bring YOU! Mon. February 8, 6:00-8:00pm

**Wii Fun Workout** - Join us for an afternoon workout. Try Wii games like bowling, boxing, and tennis. You will forget you are getting a workout!! Thurs. February 4, 11:00-1:00 pm

### EVENTS OUTSIDE THE CLUBHOUSE

**Gilda's Runners - Run for a Reason** - Pittsburgh Marathon 2010 - This year the staff of Gilda's Club Western PA will be running/walking the Pittsburgh Marathon Relay in honor and memory of our members and volunteers. Please visit our fundraising page to donate and read our story! [firstgiving.com/gildasclubwesternpa](http://firstgiving.com/gildasclubwesternpa). To learn more or to become a Gilda's Runner call the clubhouse for more details (412)338-1919.

**Faces of Gilda's Club 2010** - If you know someone between the ages of 18-45 touched by cancer (a survivor, caregiver professional or someone committed to cancer support), nominate them to be a face of Gilda's Club. The fundraising campaign kicks off on April 14th and will run through September 2010. Visit our website for more information and an application or call Carol at 412-338-1919.





# Gilda's Club® Western Pennsylvania

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



# 412-338-1919

## FEBRUARY 2010

### SOCIAL EVENTS

**Gilda's Idol and Potluck Dinner** - If you are a fan of American Idol (and even if you are not), then join us for a night of fun as we crown our own Gilda Idol. Dazzle the crowd and the judges by singing your favorite karaoke songs! We will provide the main dish so please bring a side dish to share. Monday, February 1, 6:00-8:00 pm

**Super Star Super Saturday/T4T (Teens for Teens)** - Back by popular demand! Kids, teens and families, come celebrate the Oscars with a celebrity-style Red Carpet Extravaganza! Activities include glamour treatments for guys and girls, paparazzi, crafts and more. Lunch will be included. Saturday, Feb 13 from 12-2pm. Please register.

### LECTURES/WORKSHOPS

**Gilda's Club "Taste of Wellness" 6-week Workshop/Dinner** - Join us every Wednesday for the next 6 weeks, February 3-March 10, 6:00-8:00pm as speakers discuss the importance of self-care for those touched by cancer. These workshops are for anyone with a cancer diagnosis and friends/family touched by cancer. We encourage you to attend all 6 workshops. Please register, space is limited!

**Week 1 - Wed. February 3 "The Seasons of Survivorship"**  
John Comerchi, MD, Gynecologist/Oncologist, West Penn Hospital. The importance of taking care of yourself from the medical perspective

**Week 2 - Wed. February 10 Impact of Cancer on Individuals, Caregivers & Community**  
Ellen Ormond, PhD, Psychologist, UPMC Cancer Center. How a cancer diagnosis touches the individual, family and community in which one lives

**Week 3 - Wed. February 17 Stress Reduction through Movement**  
Cindi Barton, Co-Director Three Rivers Yoga & Lotus Heart Rising. Educational & interactive presentation on yoga, mediation and visualization

**Week 4 - Wed. February 24 Food For Life**  
Janet McKee, Holistic Health Counselor, Cancer Project. The importance of nutrition for overall health.

**Clinical Trials 101 Lecture/Dinner** - Would you like to know more about clinical trials? Please join us as Lora Ann Bray from the University of Pittsburgh Center for Minority Health in the Graduate School of Public Health discusses the importance of clinical trials and helps us to understand how they work. Mon. February 8, 6:00-8:00pm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>CLUBHOUSE CLOSED</b>	1 11:30-12:30 Gentle Yoga 4:00-5:30 <b>New Member Meeting</b> 6:00-8:00 <b>Gilda's Idol &amp; Pot Luck Dinner</b>	2 11:30-1:30 Wellness Group 6:00-8:00 Acting Up Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 Kids Kitchen I 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga	3 12:30-1:30 Gentle Yoga 1:30-3:00 Valentine Art Workshop with Debbie 3:00-6:00 Knit Wits 6:00-8:00 <b>Taste of Wellness: The Seasons of Survivorship Lecture/Dinner</b>	4 11:00-1:00 Wii Fun Workout 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Art	5 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	6 9:00 - Gilda's Runners & Walkers — Call clubhouse for group meeting location  <b>CLUBHOUSE CLOSED</b>	
	7	8 11:30-12:30 Gentle Yoga 6:00-7:30 <b>New Member Meeting Clinical Trials 101 Lecture/Dinner</b> 6:00-8:00 Weaving Workshop	9 11:30-1:30 Wellness Group 1:30-3:30 Movie & Discussion Workshop 6:00-8:00 Multiple Myeloma Group Lecture: Janet McKee, Holistic Health Counselor from The Cancer Project 6:30-8:00 Living with Cancer in your 20's & 30's 6:30-7:45 Gentle Yoga	10 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Donna 3:00-6:00 Knit Wits 6:00-8:00 Express Yourself with Writing Workshop 6:30-7:30 Volunteer Networking Group 6:00-8:00 <b>Taste of Wellness: Impact of Cancer on the Individual, Caregiver &amp; Community Lecture/Dinner</b>	11 1:00-2:30 <b>New Member Meeting</b> 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Game Night	12 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	13 8:30 - Gilda's Runners & Walkers — Call clubhouse for group meeting location 9:00-11:00 Volunteer Orientation 12:00-2:00 <b>Super Star Super Saturday/T4T (Teens For Teens)</b>
	14	15 <b>CLUBHOUSE CLOSED PRESIDENT'S DAY</b>	16 11:30-1:30 Wellness Group 5:00-6:00 Beading Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 Kids Kitchen II 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 with Daviea 3:00-6:00 Knit Wits 6:00-7:30 <b>New Member Meeting</b> 6:00-8:00 <b>Taste of Wellness: Stress Reduction Through Movement Lecture/Dinner</b>	18 11:30-1:00 Gynecologic Networking Group 1:00-2:30 <b>New Member Meeting</b> 6:00-7:30 After Cancer & Beyond Networking Group 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Movie Night	19 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	20 9:00 - Gilda's Runners & Walkers — Call clubhouse for group meeting location  <b>CLUBHOUSE CLOSED</b>
	21	22 11:30-12:30 Gentle Yoga 6:00-8:00 Poetry Workshop 6:30-8:00 Recurrence & Metastatic Networking Group	23 11:30-1:30 Wellness Group 1:30-3:30 Silk Wall Hanging Workshop 6:00-8:00 Acting Up Workshop 6:30-8:00 Living with Cancer in your 20's & 30's 6:30-7:45 Gentle Yoga	24 12:30-1:30 Gentle Yoga 1:30-3:00 Open Art Workshop 3:00-6:00 Knit Wits 6:00-7:30 <b>New Member Meeting</b> 6:00-8:00 <b>Taste of Wellness Food for Life Lecture/Dinner</b>	25 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Wii Tournament	26 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 11:00-12:00 Red Door Readers	27 9:00 - Gilda's Runners & Walkers — Call clubhouse for group meeting location details 9:00-1:00 Scrapbook Workshop 10:00-11:30 <b>New Member Meeting</b> 11:00-1:00 Cooking Workshop: Holiday Hors d'oeuvres 1:00-3:00 Give Back Workshop with CREW
	28	<p align="center"><b>Become a Member - It's FREE</b></p> <ol style="list-style-type: none"> <li>1. Call (412) 338-1919 to register for a New Member Meeting (NMM).</li> <li>2. Attend New Member Meeting (NMM).</li> <li>3. Meet with a staff member to create a FREE Customized Membership Plan.</li> <li>4. Participate and come to the clubhouse as often as you like.</li> </ol>			<p align="center"><b>Help Gilda's Club GO GREEN!</b></p> <p align="center">If you would like to receive the calendar via email please contact us at <a href="mailto:colleen@gildasclubwesternpa.org">colleen@gildasclubwesternpa.org</a></p>		