



FEBRUARY 2011

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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HIGHLIGHTS IN FEBRUARY

Gilda's Teen Advisory Committee (GTAC)
GTAC is proud to announce a cancer awareness campaign targeting local high schools: Gilda's Club Awareness Week – Monday, January 31 - Friday February 4.

Members of GTAC are committed to helping spread awareness, understanding and advocacy in their schools and communities about cancer affects teens.

For more details contact Kathleen@gildasclubwesternpa.org

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 friend or family member from cancer. The 1st & 3rd Tuesday of the month, 6:00-8:00pm

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

For Kids: Activities in the clubhouse for kids/teens touched by cancer. Tuesdays, February 1 & 15 from 6:00-8:00pm.

Kid/Teen Talk: Support and activities for kids and teens who are touched by cancer. Thursdays 6:00-8:00pm.

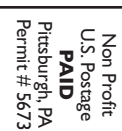
Wellness Group: Men and women living with cancer. Tuesdays 11:30-1:30pm and Thursdays 6:00-8:00pm.

Family Support: A 4-session support group for parents and children ages 5-18 who are touched by cancer. Through art, play, and discussion, families will have a chance to learn and interact with each other and other families who are also touched by cancer. Four Saturday Series, Feb 12 & 26, Mar 12 & 26 from 10:00am-12:00pm.

VOLUNTEERS

Basic Volunteer Orientation - Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato with questions. Next orientation in March.

GTAC - Gilda's Teen Advisory Committee—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 more information.



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.

Anal/Colorectal Cancer: Mon. February 7, 6:00-7:30pm

Breast Cancer: Tues. February 1 & 15, 6:30-8:00 pm.

Living Life Post Treatment: Thurs. February 17, 6:00-7:30 pm

Multiple Myeloma: Tues. February 8, 6:00-8:00pm

Prostate Cancer: Tues. February 1, 6:30-8:00 pm

Recurrence & Metastatic Cancer Lecture: Mon. February 28, 6:30-8:00pm

Young Adult: Tues. February 8, 6:30-8:00pm

ONGOING WORKSHOPS

Art Workshops with our Volunteers - No experience necessary and materials will be provided. No art workshop 2/2, Open Art 2/9, Greeting Cards 2/16 (1:30-3:30), Art with Tammi 2/23. Wed. 1:30-3:00pm

Ask the Nurse: Nutrition and Cancer - If you have medical questions you would like to ask in a small, comforting setting, then here is your chance. Join oncology nurse, Joseph Rapp, for this workshop. One topic to be discussed will be nutrition and cancer. Light refreshments will be available. Thur. February 3, 6:00-7:30pm

Beading Workshops - Learn how to make a hand-stitched peyote cuff bracelet on Feb. 7. On Feb. 15 whether your new or experienced join us in making a bracelet or pair of earrings. Mon. February 7, 1:00-3:00pm and Tues. February 15, 5:00-6:30pm.

Contemporary Dance Workshop - No experience necessary to attend this fun, dance class. Learn routines and express your own individual style. Class to be led by volunteer Bethany Ramsey, a physical therapist and dance instructor. Wear loose, comfortable clothing. Mon. February 7, 6:30-7:30pm

Fitness Fun - Let's start the new year off right! Join personal trainer Jeff Kosko for a fun, no experience necessary, low impact exercise class. Mon. February 14, 6:00-7:00pm

Gentle Yoga - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 12:00-1:00pm (No class 2/21), Tues. 6:30-7:45pm, Wed. 12:30-1:30pm and Fri. 10:00-11:00am.

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. February 24, 6:00-8:00 & Friday, February 25, 12:00-2:00pm

Gilda's Running/Walking Group: Join us for a run or walk around the Strip District early Monday mornings or lunch time on Wednesday afternoons. No experience necessary. Just bundle up!! Monday 6:00am (No group 2/21) and Wednesday 12:30pm.

Helping You Eat Easier, Healthier and Smarter - The OTY Nutrition Plan is an innovative approach to eating that safely provides fiber, antioxidants and nutrients in an easily edible and easily digestible manner. Dave Gancy, a classically trained chef, will be giving a cooking demonstration using Oats, Tea and Yogurt (OTY) as well as different healthy ingredients like turmeric, ginger, lemongrass, millet, amaranth and quinoa. Wed. February 2, 1:30-2:30pm

Joyful Song Circle - The human voice in song can be a powerful tool for healing mind, body and spirit. Join Cindy Harris and members of the Pittsburgh Threshold Choir to sing, to be sung to, and to learn to use your voice. Only a desire to sing is necessary. We'll teach you how to use the voice you were blessed with! Mon. February 14, 6:00-8:00pm

Kids Cooking Class - Back by popular demand! 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. 4 Thursdays- Feb 17 & 24 and March 3 & 10 from 6:00-8:00pm. Suggested ages 6-12. Teens welcome to come learn and 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

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. The more classes you attend, the more proficient you will become. Every Tues. 1:30-2:30pm

Member Newsletter Info Meeting - Are you interested in helping to put together an on-line newsletter for members that would include articles, pictures, recipes, and profiles? Members and volunteers are invited to this meeting to share ideas and to start planning. We need your help! Sat. February 12, 9:00-10:00am

Pen & Ink Color Wash Art Workshop - Volunteer Donna McKeefrey will lead this workshop. Create a pattern and then put a color wash over it. This easy technique is for beginners and more experienced artists alike! Mon. February 28, 6:00-8:00pm

Photography Workshop - Gilda's volunteer and photographer Matthew Cywinski returns for another workshop covering basic fundamentals of photography. Film and digital basics to be covered. Another topic will be basic lighting techniques you can use to help you take great pictures! Bring your camera and your questions. Light refreshments will be available. Thur. February 24, 6:00-7:30pm

Qigong Workshop - 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. Thur. February 10, 6:00-7:00pm

Red Door Readers - Come join our adult Gilda's Book Club and enjoy a cup of coffee or tea. February's discussion will be *The Alienist* by Caleb Carr on Friday, February 25, 11:00-12:30pm

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

Writing for the Health of It - Come learn how to express yourself through different writing styles - journaling, creative writing, poetry, blogging, etc. This workshop is designed for cancer patients, their families and friends to learn how to use writing to relieve the stress associated with cancer. No previous writing experience is needed. Tues. February 22, 6:00-8:00pm

EVENTS OUTSIDE THE CLUBHOUSE

2011 Pittsburgh Marathon/Half/5-Person Relay – Join our team of Gilda's Runners/Walkers
Spread awareness and fundraise for Gilda's Club! Our group will meet every Saturday until May 15th. Running/walking routes, water and Gatorade will be provided to those running/walking for Gilda's plus fundraising incentives, monthly yoga and more. Call the clubhouse or visit www.gildasclubwesternpa.org for more details. No experience necessary!

The Faces of 2011 are a group of individuals who have been touched by cancer and want to give back and raise funds and awareness for Gilda's Club. If you know someone who has been touched by cancer and wants to be a part of the group, nominate them to be a Face. For more info check out www.gildasclubwesternpa.org

