



MARCH 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](http://www.gildasclubwesternpa.org)

**Food For Life 4-Week Workshop**  
Back by popular demand, Janet McKee, Holistic Health Counselor will once again facilitate this informative 4-week workshop on nutrition. Please register for all four workshops. Space is limited, so register early. Mon, March 8, 15, 22 & 29, 6:00-8:00pm. Light dinner will be provided. This workshop is for members who have not yet attended; for questions call the clubhouse.

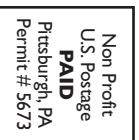
**Colorectal Cancer Networking Group**  
Ask the Nurse about Colorectal Cancer - Join us for Colorectal Cancer Awareness Month and our first monthly networking group. Marsha Krzyzaniowski, RN from Allegheny General Hospital will be available to answer your questions. Sat, March 27, 10:30-12:00pm

### MARCH HIGHLIGHTS

United Way  
#221008



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

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 March, 6:00-8:00pm

**Kid/Teen Support:** An 6-week peer support group offering children and teens the opportunity to make friends and learn new skills to help when cancer is in their lives. Parents are required to attend the Parent Orientation on Wed, March 17, 6:30-8pm, prior to their children attending the support sessions, starting Wed, March 24, 6:30-8pm. Dinner will be provided 6-6:30pm Please register with Kathleen Petulla (412)338-1919.

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

**Parent Group** – Coinciding with the 6-week Kid/Teen Support sessions, the Parent Group is a peer support group for parents living with cancer in their lives. Parents will have the opportunity to connect and share with other parents how to navigate parenting while living with cancer. Parent orientation on March 17 is required, Parent Group start March 24 from 6:30-8:00pm. Dinner will be provided 6-6:30pm.

**Parent Orientation for Kid/Teen Support (required)** - One time meeting for parents of kids/teens attending Kid/Teen Support and parents attending the Parent Group. Wed, March 17, 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.

**Volunteer Networking Group** - A group for trained volunteers to meet and exchange experiences. Mon, March 22, 6:00-7:00pm

### 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.

#### After Cancer and Beyond Networking Group:

Thurs. March 4 & 18, 6:00-7:30 pm

#### Breast Cancer Networking Group:

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

#### NEW Colorectal Cancer Networking Group:

Sat. March 27, 10:30-12:00pm

#### Gynecologic Networking Group:

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

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

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

#### Multiple Myeloma Networking Group:

Tues. March 9, 6:00-8:00pm

#### Prostate Cancer Networking Group:

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

#### Recurrence & Metastatic Networking Group:

Mon, March 29, 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. Sat, March 27, 1:30-3:30pm

**Art Workshop with our Volunteers** - No experience necessary and materials will be provided. Every Wed. 1:30-3:00pm

**Bingo Night!!** - N-27. O-14. If you are a fan of Bingo, then come and play with us! Dinner will be provided. Prizes to be awarded in various categories. Be sure to call the Clubhouse to sign up. Tues., March 30, 6:00-8:00pm

**Knotted Necklaces Workshop** - This month during the beading workshop, volunteer Jenny will show how to make various knotted necklaces. Then make your own necklace. Tues., March 16, 5:00-6:00pm

**Crocheted Purses Workshop** - This workshop is for anyone who knows how to crochet. Please bring your needles and yarn will be provided. You will be able to take home your newly crocheted purse that night! Mon, March 22, 6:00-8:00pm

**Express Yourself with Writing** - Join 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. Tues, March 9, 6:00-8:00pm

**Fitness Fun: Bands, Balls & Tubing** - Break out from those winter blues! Join us as Jeff returns for a fun, no experience necessary low impact exercise class. Sat, March 27, 10:30-11:30am

**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. Call the clubhouse for more details.

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

**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, March 27, 1:30-3:30pm

**Green Cleaning Products Workshop** - Go green with this hands-on workshop and learn about nontoxic yet effective alternatives you can use to clean your home while protecting your health and

environment. Acquire knowledge, the recipes, and the actual products so you can start cleaning the "green way" right away. Mon, March 8, 12:30-2:30pm. Please register.

**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. Tues, 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 *Kramer vs. Kramer*. The film tells the story of a married couple's divorce and its impact on everyone involved, including the couple's young son. It received an Academy Award for Best Picture in 1979. Tues, March 16, 1:30-3:30 pm

**Mah Jongg** - Wanted !! New or experienced Mah Jongg players to spend a fun afternoon at Gilda's Club playing this ancient Chinese game and meeting new friends. Mah Jongg is a game played by 4 people with domino like tiles. Similar to rummy, the goal is to make hands based on a card of potential combinations. We'll teach those who have never played. Thur, March 18, 12:00-2:00pm

**Red Door Readers** - Come join our adult Gilda's Book Club and enjoy a warm cup of coffee or tea. March's discussion will be *The Broken Teaglass* by Emily Arsenault. March 26, 11:00-12:30pm

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

**Spring Cooking** - Spring is just around the corner, so join us for a cooking workshop. Volunteer Teresa will demonstrate how to make a few of her favorite Spring recipes. And you will get to sample each dish. Be sure to sign up since space is limited. Sat, March 27, 11:30-1:30pm

**NEW Toddler Time** - a playgroup for children ages 0-5 and their adult to come enjoy time in the clubhouse with other youngsters. Toddler time will be structured, including songs, games, imagination, and a chance for their adults to share with each other the joys and challenges of raising young children while cancer is in the family. Saturday, March 13 from 10-11am. Please register.

**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, March 1, 6:00-8:00pm & Mon, March 8, 4:00-6:00pm

**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, March 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! The Gilda's Club Staff will be running/walking 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 10th and will run through September 2010. Visit our website for more information and an application or call Carol



# 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.

United Way  
#221008

412-338-1919

## SOCIAL EVENTS

# MARCH 2010

| SUNDAY                  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |   |
|-------------------------|--|---|---|--|---|--|---|
| <b>CLUBHOUSE CLOSED</b> | 1<br>11:30-12:30 Gentle Yoga<br>6:00-7:30 <b>New Member Meeting</b><br>6:00-8:00 Weaving Workshop                                  | 2<br>11:30-1:30 Wellness Group<br>6:00-8:00 Bereavement Group<br>6:00-8:00 Living with the Loss of Spouse/Partner Group<br>6:00-8:00 Kids in the Kitchen<br>6:30-8:00 Prostate Cancer Networking Group<br>6:30-7:45 Gentle Yoga | 3<br>12:30-1:30 Gentle Yoga<br>1:30-3:00 Open Art Workshop<br>3:00-6:00 Knit Wits<br>6:00-8:00 <b>Fertility Preservation for Cancer Survivors Lecture/Dinner</b><br>6:00-8:00 <b>Taste of Wellness Lecture/Dinner</b><br>6:00-8:00 <b>Cancer from a Personal &amp; Professional Perspective</b>       | 4<br>11:00-1:00 Wii Fun Workout<br>6:00-7:30 After Cancer & Beyond Networking Group<br>6:00-8:00 Wellness Group Friends/Family Group<br>For Kids Only: Art   | 5<br>10:00-11:00 Gentle Yoga<br>11:00-12:00 Walk-n-Talk   | 6<br>9:00 - Gilda's Runners & Walkers —<br>Call clubhouse for group meeting location<br><br><b>CLUBHOUSE CLOSED</b>  |   |
|                         | 7  | 8<br>11:30-12:30 Gentle Yoga<br>12:30-2:30 Green Cleaning Products Workshop<br>4:00-6:00 Weaving Workshop<br>6:00-7:30 <b>New Member Meeting</b><br>6:00-8:00 Food for Life I Cooking Workshop                                  | 9<br>11:30-1:30 Wellness Group<br>6:00-8:00 Express Yourself with Writing<br>6:00-8:00 Multiple Myeloma Networking Group<br>6:30-8:00 Living with Cancer in your 20's & 30's<br>6:30-7:45 Gentle Yoga   | 10<br>12:30-1:30 Gentle Yoga<br>1:30-3:00 Art Workshop with Donna<br>3:00-6:00 Knit Wits<br>6:00-8:00 <b>Gilda's Games &amp; Around the World Pot Luck Dinner</b>  | 11<br>1:00-2:30 <b>New Member Meeting</b><br>6:00-8:00 Wellness Group Friends/Family Group<br>For Kids Only: Game Night   | 12<br>10:00-11:00 Gentle Yoga<br>11:00-12:00 Walk-n-Talk   | 13<br>8:30 - Gilda's Runners & Walkers —<br>Call clubhouse for group meeting location<br><br>10:00-11:00 <b>NEW Toddler Time</b><br>1:00-3:00 <b>Olympic Super Saturday</b>   |
|                         | 14   | 15<br>11:30-12:30 Gentle Yoga<br>6:00-8:00 Food for Life II Cooking Workshop<br>6:00-7:30 <b>New Member Meeting</b>   | 16<br>11:30-1:30 Wellness Group<br>1:30-3:30 Movie & Discussion<br>5:00-6:00 Knotted Necklace Workshop<br>6:00-8:00 Bereavement Group<br>6:00-8:00 Living with the Loss of Spouse/Partner Group<br>6:00-8:00 Kids in the Kitchen<br>6:30-8:00 Breast Cancer Networking Group<br>6:30-7:45 Gentle Yoga | 17<br>12:30-1:30 Gentle Yoga<br>1:30-3:00 Art Workshop with Daviea<br>3:00-6:00 Knit Wits<br>6:00-8:00 Parent Orientation<br>6:00-8:00 <b>Taste of Wellness Lecture/Dinner</b><br>6:00-8:00 <b>Impact of Cancer on the Individual, Friend/Family &amp; Environment</b>                                       | 18<br>11:30-1:00 Gynecologic Networking Group<br>12:00-2:00 Mah Jongg Game<br>6:00-7:30 After Cancer & Beyond Networking Group<br>6:00-8:00 Wellness Group Friends/Family Group<br>For Kids Only: Movie Night | 19<br>10:00-11:00 Gentle Yoga<br>11:00-12:00 Walk-n-Talk   | 20<br>9:00 - Gilda's Runners & Walkers —<br>Call clubhouse for group meeting location<br><br><b>CLUBHOUSE CLOSED</b>  |
|                         | 21   | 22<br>10:30-12:30 Look Good...Feel Better Workshop<br>11:30-12:30 Gentle Yoga<br>6:00-7:00 Volunteer Networking Group<br>6:00-8:00 Crocheted Purses Workshop<br>6:00-8:00 Food for Life III Cooking Workshop                    | 23<br>11:30-1:30 Wellness Group<br>6:00-7:30 <b>New Member Meeting</b><br>6:30- 8:00 Living with Cancer in your 20's & 30's<br>6:30-7:45 Gentle Yoga  | 24<br>12:30-1:30 Gentle Yoga<br>1:30-3:00 Art Workshop with Dan<br>3:00-6:00 Knit Wits<br>6:00-8:00 Kid/Teen Support Parent Group<br>6:00-8:00 <b>Managing Menopausal Symptoms after Breast Cancer Lecture/Dinner</b><br>6:00-8:00 <b>Taste of Wellness Stress Reduction Through Movement Lecture/Dinner</b> | 25<br>1:00-2:30 <b>New Member Meeting</b><br>6:00-8:00 Wellness Group Friends/Family Group<br>For Kids Only: Wii Tournament   | 26<br>10:00-11:00 Gentle Yoga<br>11:00-12:00 Walk-n-Talk<br>11:00-12:30 Red Door Readers   | 27<br>9:00 - Gilda's Runners & Walkers -<br>Call clubhouse for group meeting location details<br>9:00-1:00 Scrapbook Workshop<br>10:30-12:00 <b>NEW</b> Colorectal Networking Group: Ask the Nurse<br>10:30-11:30 Fitness Fun: Bands, Balls & Tubing<br>11:30-1:30 Spring Cooking<br>1:00-2:30 <b>New Member Meeting</b><br>1:30-3:30 Acting Up<br>1:30-3:30 Give Back Workshop with CREW |
| 28                      | 29<br>11:30-12:30 Gentle Yoga<br>6:00-8:00 Food for Life IV Cooking Workshop<br>6:30-8:00 Recurrence & Metastatic Networking Group | 30<br>11:30-1:30 Wellness Group<br>6:00-7:30 <b>New Member Meeting</b><br>6:00-8:00 Bingo Night<br>6:30-7:45 Gentle Yoga  | 31<br>12:30-1:30 Gentle Yoga<br>1:30-3:00 Art Workshop w/Daviea<br>3:00-6:00 Knit Wits<br>6:00-8:00 Kid/Teen Support Parent Group<br>6:00-8:00 <b>Clinical Trials 101 Lecture/Dinner</b>  | <b>Become a Member - It's FREE</b><br>1. Call (412) 338-1919 to register for a New Member Meeting (NMM).<br>2. Attend New Member Meeting (NMM).<br>3. Meet with a staff member to create a FREE Customized Membership Plan.<br>4. Participate and come to the clubhouse as often as you like.                |   | Help Gilda's Club<br><b>GO GREEN!</b><br>If you would like to receive the calendar via email please contact us at <a href="mailto:colleen@gildasclubwesternpa.org">colleen@gildasclubwesternpa.org</a> |   |

**Olympic Super Saturday/T4T (Teens for Teens):** Family time in the clubhouse. Reach for the gold, silver and bronze medals as we celebrate the Olympics with games designed for the whole family. Includes awards ceremonies and festive snacks. Saturday, March 13 from 1-3pm. Please register.

## LECTURES/WORKSHOPS

**Gilda's Club "Taste of Wellness" 6-week Workshop/Dinner** - Join us, as we continue our 6-week workshop, on 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. The four Wednesday evenings will be planned as follows:

**Week 5 - Wednesday, March 3, 6:00-8:00pm**

**Cancer from a Personal & Professional Perspective** - Crystal Costanza Ross, RN, Director Allegheny General Hospital, discusses the importance of self-care from her personal and professional experience.

**Week 6 - Wednesday, March 10, 6:00-8:00pm**

**Gilda's Games & Around the World Pot Luck Dinner** - Join us for a social evening of food and games with Gilda's Club Members, Volunteer & Guests.

**(Rescheduled from February)**

**Week 2 - Wednesday, March 17, 6:00-8:00pm**

**Impact of Cancer on the Individual, Family/Friend & Environment** - Ellen Ormond, PhD, Psychologist, UPMC Cancer Center Discusses how a cancer diagnosis touches the individual, family and community in which one lives.

**Week 3 - Wednesday, March 24, 6:00-8:00pm**

**Stress Reduction through Movement** - Cindi Barton, Co-Director Three Rivers Yoga & Lotus Heart Rising. Educational & interactive presentation on yoga, meditation and visualization.

**Fertility Preservation for Cancer Survivors** - Please join us for a discussion with Dr. Teresa Erb about fertility preservation options for cancer survivors. This program is sponsored by the National Ovarian Cancer Coalition. Light refreshments will be provided. Wed. March 3, 6:00-8:00pm.

**Food For Life 4-Week Workshop** - Back by popular demand, Janet McKee, Holistic Health Counselor will once again facilitate this informative 4-week workshop on nutrition. Please register for all four workshops. Space is limited, so register early. Mon. March 8, 15, 22 & 29, 6:00-8:00pm. Light dinner will be provided. This workshop is for members who have not yet attended, for questions call the clubhouse.

**Look Good...Feel Better Workshop** - Presented by the American Cancer Society. Make-up, hats & wigs, etc. Light refreshments will be provided. Only for those in treatment. Mon. March 22, 10:30-12:30pm

**Managing Menopausal Symptoms after Breast Cancer Lecture/Dinner** - Join Hilary Shapiro-Wright, MD from Allegheny General Hospital Cancer Center as she discusses menopausal symptoms after breast cancer and the use of Tamoxifen/Raloxifene for the prevention of a breast cancer recurrence. Wed. March 24, 6:00-8:00. Light dinner will be provided

**Colorectal Cancer Networking Group** - Ask the Nurse about Colorectal Cancer - Join us for Colorectal Cancer Awareness Month and our first monthly networking group. Marsha Krzyzanowski, RN from Allegheny General Hospital will be available to answer your questions. Sat. March 27, 10:30-12:00pm

**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. Wed. March 31, 6:00-8:00pm