



MARCH 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



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

HIGHLIGHTS IN MARCH

SAVE THE DATE: On Wed. March 16, Gilda's Club will be Whole Food's designated charity for their 5% Day! So that week, buy your weekly groceries on March 16th at Whole Foods and help raise money for Gilda's Club!!

2nd Annual Gilda's Club Teen Writing & Art Contest
Spear-headed by Gilda's Club Teen Advisory Committee (GTAC), we are looking for honest, detailed personal writings & artwork by young writers and artists (9th-12th grade) who demonstrate an authentic ability to move their audience by sharing their experience with cancer. Contest entry deadline: Sat. March 19, 2011. Please call Kathleen Petulla for more details 412-338-1919.



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 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, March 1 & 15 from 6:00-8:00pm & Thurs. March 24, 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.

Kid/Teen Support - An 8-week peer support group offering kids/teens the opportunity to make friends and learn new skills when cancer is in the family. Parents are required to attend the Parent Orientation on Thursday, March 24 from 6:00-8:00pm, prior to their children attending Kid/Teen Support starting March 31 from 6:00-8:00pm. Dinner will be provided for families from 6:00-6:30pm. Please register with Kathleen Petulla at 412-338-1919.

Parent Orientation for Kid/Teen Support (required) - One time meeting for parents of kids/teens attending Kid/Teen Support. Thursday, March 24, 6:00-8:00pm.

VOLUNTEERS

Basic Volunteer Orientation - Learn about the Gilda's Club philosophy and available volunteer opportunities. Mon. March 7, 6:00-8:00pm. Please call Ann Amato with questions.

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.

Volunteer Town Hall Meeting - We want to hear from you, Gilda's volunteers!! Please attend this annual meeting in order to share your ideas and suggestions about being a volunteer. We need your feedback so we can keep improving your volunteer experience! Be sure to sign up. Pizza and drinks to be provided. Mon. March 21, 6:00-8:00pm

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.

Anal/ColorectalMon. March 7, 6:00-7:30pm

Breast CancerTues. March 1 & 15, 6:30-8:00 pm

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

Multiple Myeloma Discussion with Dr. James Rossetti from West Penn Cancer InstituteTues. March 8, 6:00-8:00pm

Prostate CancerTues. March 1, 6:30-8:00 pm

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

Young AdultTues. March 22, 6:30-8:00pm

ONGOING WORKSHOPS

Art Workshops with our Volunteers - No experience necessary and materials will be provided. Paper Making 3/2, Watercolor Painting 3/9, Calligraphy 3/16, Greeting Cards 3/23 (1:30-3:30), Beading 3/30. Wed. 1:30-3:00pm

Ask the Nurse: Fatigue 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 fatigue and cancer. Why do I have fatigue even though my chemo is over? Light refreshments will be available. Thur. March 10, 6:00-7:30pm

Beading Workshop - Come and play with beads. This class is for beginners and those who would like to continue working on a project they have already started. Please sign up. Tues. March 22, 5:00-6:30pm. & March 30, 1:30-3:00pm

Cooking Workshop: Who Doesn't Love Pizza? - Join your favorite cooking team for a great time!! Pizza! Pizza! Pizza! Not just any old pepperoni either: Barb, Mary Lou and Patti will have some great healthy ideas for everyone's favorite. So join us for a slice and salad!!!! Sat. March 26, 1:30-3:30pm

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. Sat. March 26, 12:30-1:30pm

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 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. March 3, 6:00-8:00 & Friday, March 4, 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 and Wednesday 12:30pm.

Joyful Song Circle - The human voice in song can be a powerful tool for 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. March 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 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. 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

Paper Making Workshops - Have you ever admired the beautiful handmade paper in those fancy stationary shops? Do you throw away a lot of paper products and wish you could be doing something more environmentally friendly? If so, come learn the basics to make your own paper! Wed. March 2, 1:30-3:00 or Tues. March 29, 6:00-8:00pm

Photography Workshop - Matthew Cywinski returns for the spring edition of this workshop. Bring your camera, and creativity! This is a popular workshop, so be sure to sign up early! Thur. March 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. March 17, 6:00-7:00pm

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

Toiling with Coiling Art Workshop - This is a ceramics workshop focusing on using the coiling technique to create pottery. Each person will create his/her own unique mug that will be fired and then glazed during a future workshop. Mon. March 7, 6:00-8:00pm

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

Watercolor Painting Art Workshop - Learn how to use different watercolor techniques to create a beautiful colorful spring flower. Look closely at the shapes and colors in a flower to draw your own or use one of the art instructor's. Wed. March 9, 1:30-3:00pm

Writing Life Stories - Writing life stories is a great way to find deeper meaning in life while creating a written legacy for future generations, and research has shown that writing these stories is good for your health. Local author Sharon Lippincott, author of *The Heart and Craft of Lifestory Writing*, will conduct workshops to share writing tips and help you get started writing the story of your life. These are learn-by-doing events, so bring along paper and pen. Mon. March 21, 1:00-3:00pm

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

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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 ACTIVITIES

Irish Step Dance Performance & Meet Our 2011 Runners/Walkers - Pot Luck Dinner

Come celebrate St. Patrick's Day early! Students from the Shovlin Academy of Irish Dance will give the audience a display of soft and hard shoe dances to all the usual tunes. Some of our 2011 Runners/Walkers will join our festivities of dancing and dinner. Please bring a side dish to share. Wed. March 9, 6:00-8:00pm

Minute to Win It Super Saturday

Back by popular demand, come try your hand at deceptively simple family-friendly games involving household items. Based on the NBC hit show "Minute to Win It," each game has a 60 second time limit. Come challenge fellow members for prizes and bragging rights. Sat. March 12 from 1-3pm. Please register.

LECTURES/WORKSHOPS

How to make Informed Decision about Clinical Trials Lecture/Dinner

Do you wonder how clinical trials work? Please bring your questions and join Mary Fisher, Community Outreach Coordinator and Jane Alexander, BSEd, CCRC Research Participant Advocate, both from the University of Pittsburgh as they provide us with information on the benefits/risks in participating in a clinical trial, key questions for you to ask and answer any of your questions. This lecture is co-hosted by NOCC (National Ovarian Cancer Coalition). Don't forget to register! Wed. March 2, 6:00-8:00pm

Biking 101: Back to Basics Lecture

Join us as Volunteer, Dave Mitchell discusses all aspects of biking for fun and exercise. Topics with include: bike style, bike selection and cost, adaptive bikes, and where to ride. Members will help determine the content of additional sessions. Mon. March 7, 6:00-7:30pm

Health Risks and Benefits of Popular Commercial Diets Lecture/Dinner

Join Author, Julia Greer, MD, MPH as she gives you an overview of commercial diets popular in the United States and describes their benefits and risks to you health--as well as to your wallet. Wed. March 16, 6:00-8:00pm

Manage Stress & Boost Immunity Lecture/Dinner

Learn a few techniques to manage stress and boost your immunity from licensed acupuncturist David Sokulski of the Birch Center. He will talk about foods to eat, supplements to take and exercises to do. Please attend this informal lecture to learn some new information and get your questions answered. Wed. March 23, 6:00-8:00pm

Dealing with Difficult Emotions: The Follow-up Lecture/Dinner

Kevin Henry, counselor & bereavement coordinator with Forbes Hospice, returns for a follow-up discussion. In December, he challenged members to 1. Develop and carry through on a self-coaching plan toward becoming their own best friend and 2. Approaching others and telling those others something positive noticed, liked, or admired about them. Attend this session to report your progress and to see how other members fared. Be sure to sign up. Dinner will be provided. Wed. March 30, 6:00-8:00pm

MARCH 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																									
<p>Help Gilda's Club GO GREEN!</p> <p>If you would like to receive the calendar via email please contact us at colleen@gildasclubwesternpa.org</p>	<p>1</p> <p>11:30-1:30 Wellness Group 1:30-2:30 Meditation I 6:00-8:00 Bereavement Group 6:00-8:00 For Kids: Game Night 6:30-8:00 Breast Cancer Networking Group 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga</p>	<p>2</p> <p>12:30-1:30 Gentle Yoga 12:30-1:30 Gilda's Running/Walking Group 1:30-3:00 Art Workshop: Paper Making 3:00-6:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 How to Make Informed Decisions about Clinical Trials Lecture/Dinner</p>	<p>3</p> <p>6:00-8:00 Wellness Group Family/Friends Group Kid/Teen Talk 6:00-8:00 Kids Cooking Class 3 6:00-8:00 Gilda's Quilters</p>	<p>4</p> <p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 12:00-2:00 Gilda's Quilters</p>	<p>5</p> <p>8:15 Gilda's Club Running/Walking Group - Call the Clubhouse for location details!</p>	<p>6</p> <p>6:00-7:00am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 6:00-7:30 Anal/Colorectal Networking Group 6:00-7:30 Biking 101 - Back to Basics Lecture 6:00-8:00 Toiling with Coiling Art Workshop 6:00-8:00 Basic Volunteer Orientation</p>	<p>7</p> <p>11:30-1:30 Wellness Group 1:30-2:30 Meditation II 6:00-8:00 Multiple Myeloma Networking Group: Discussion with Dr. James Rossetti from West Penn Cancer Institute 6:00-7:30 New Member Meeting 6:30-7:45 Gentle Yoga</p>	<p>8</p> <p>12:30-1:30 Gentle Yoga 12:30-1:30 Gilda's Running/Walking Group 1:30-3:00 Art Workshop: Watercolor Painting 3:00-6:00 Knit Wits 6:00-7:30 Ask the Nurse: Fatigue and Cancer 6:00-8:00 Irish Step Dance Performance & Meet Our 2011 Gilda's Runners/Walkers Group - Podluck Dinner</p>	<p>9</p> <p>1:00-2:30 New Member Meeting 6:00-7:30 Ask the Nurse: Fatigue and Cancer 6:00-8:00 Wellness Group Family/Friends Group Kid/Teen Talk 6:00-8:00 Kids Cooking Class 4</p>	<p>10</p> <p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>11</p> <p>8:15 Gilda's Club Running/Walking Group - Call the Clubhouse for location details! 10:00-12:00 Family Support 3 1:00-3:00 Minute to Win It Super Saturday</p>	<p>12</p>	<p>13</p> <p>6:00-7:00am Gilda's Club Running/Walking Group 12:00-1:00 Gentle Yoga 6:00-7:30 New Member Meeting 6:00-8:00 Joyful Song Circle</p>	<p>14</p> <p>11:30-1:30 Wellness Group 1:30-2:30 Meditation III 6:00-8:00 Bereavement Group 6:00-8:00 For Kids: Movie Night 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga</p>	<p>15</p> <p>12:30-1:30 Gentle Yoga 12:30-1:30 Gilda's Running/Walking Group 1:30-3:30 Art Workshop: Calligraphy 3:00-6:00 Knit Wits 6:00-8:00 Health Risks and Benefits of Popular Commercial Diets Lecture/Dinner</p>	<p>16</p> <p>6:00-7:30 Living Life Post Treatment Networking Group 6:00-8:00 Wellness Group Family/Friends Group Kid/Teen Talk 6:00-7:00 Qigong Workshop</p>	<p>17</p> <p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>18</p> <p>8:00 Gilda's Club Running/Walking Group - Call the Clubhouse for location details!</p>	<p>19</p>	<p>20</p> <p>6:00-7:00am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:00-3:00 Writing Life Stories 6:00-8:00 Volunteer Town Hall Meeting/Pizza Party</p>	<p>21</p> <p>11:30-1:30 Wellness Group 1:30-2:30 Meditation IV 5:00-6:30 Beading Workshop 6:00-7:30 New Member Meeting 6:30-8:00 Young Adult Networking Group 6:30-7:45 Gentle Yoga</p>	<p>22</p> <p>12:30-1:30 Gentle Yoga 12:30-1:30 Gilda's Running/Walking Group 1:30-3:30 Art Workshop: Greeting Cards - It's a Birthday Party! 3:00-6:00 Knit Wits 6:00-8:00 Manage Stress & Boost Immunity Lecture/Dinner</p>	<p>23</p> <p>6:00-8:00 Wellness Group Family/Friends Group For Kids: Movie Night 6:00-7:30 Photography Workshop 6:00-8:00 Parent Orientation for Kid/Teen Support</p>	<p>24</p> <p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 11:00-12:30 Red Door Readers</p>	<p>25</p> <p>8:15 Gilda's Club Running/Walking Group - Call the Clubhouse for location details! 10:00-12:00 Family Support 4 12:30-1:30 Fitness Fun 1:30-3:30 Cooking Workshop: Who Doesn't Love Pizza? 1:30-3:00 New Member Meeting</p>	<p>26</p>	<p>27</p> <p>6:00-7:00am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 6:30-8:00 Recurrence & Metastatic Networking Group</p>	<p>28</p> <p>11:30-1:30 Wellness Group 1:30-2:30 Meditation V 6:00-8:00 Paper Making Workshop 6:30-7:45 Gentle Yoga</p>	<p>29</p> <p>12:30-1:30 Gentle Yoga 12:30-1:30 Gilda's Running/Walking Group 1:30-3:00 Art Workshop: Beading 3:00-6:00 Knit Wits 6:00-8:00 Dealing with Difficult Emotions: The Follow-up Lecture/Dinner</p>	<p>30</p> <p>6:00-8:00 Wellness Group Family/Friends Group Kid/Teen Support I</p>	<p>31</p> <p>Become a Member - It's FREE</p> <ol style="list-style-type: none"> 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.

CLUBHOUSE CLOSED