



An Affiliate of the

**CANCER SUPPORT COMMUNITY**



*A Global Network of Education and Hope*

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# **Program Calendar**

**February 2012**

**COMING IN March**

**St. Patrick's Potluck**

# February 2012

## New Member Meeting

This is an orientation meeting for anyone interested in joining Gilda's Club who would like to learn more about what we have to offer. You can share your story with others or just listen. This is a one-time meeting for adults with cancer and for families and friends of people living with cancer. Please call to make a reservation - 716.332.5900.

10-11:30am Yoga  
11am-12pm Spanish  
1-3pm Open Art  
3:30-5:30pm Open Beading  
6-8pm Noogie Nights: This is Me & My Family  
6-8pm Wellness Group  
6-8pm Family & Friends Group  
6-8pm Bereavement Group  
6:30-8pm Breast Cancer Group

10-11:30am Mixed Level Yoga & Philosophy  
12-1pm New Member Meeting

10-11:30am Yoga  
11:30am-12:30pm Nutritional Networking Lunch

10-11am Yoga  
10-11am Crafts & Games for Kids  
11:15am-12:15pm Tai Chi

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Clubhouse Closed

11 am-12pm Qi Gong  
12-1pm Poetry  
12:30-1:30pm Emotions & Pain Reduction Associated with Cancer  
2-4pm Wellness Group  
4-5pm Yoga

10-11:30am Yoga  
1-3pm Open Art  
3:30-5:30pm Open Beading  
6-8pm Noogie Nights: What is Cancer?  
6-8pm Wellness Group  
6-8pm Family & Friends Group  
6:30-8pm Red Door Readers: Love Walked In by Marisa De Los Santos

10-11:30am Mixed Level Yoga & Philosophy  
12-1pm New Member Meeting  
2-3:30pm Gilda's Glee Club  
5:30-7:30pm Noogieland Open  
5:45-7:15pm Lung Cancer Caregiver Group  
6-7:30pm Cancer in your 20s & 30s Group  
6:30-8pm Leukemia & Lymphoma Group  
6:30-8pm Multiple Myeloma Group

10-11:30am Yoga  
11:30am-12:30pm Nutritional Networking Lunch

10-11am Yoga  
10-11am Valentine's Crafts & Decorating with Girl Scout Troop #435  
11:15am-12:15pm Tai Chi

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Breast Cancer Support Groups Sponsored by the WNY Affiliate of Susan G. Komen for the Cure

Clubhouse Closed - Day

6-8pm Valentine's Celebration

11 am-12pm Qi Gong  
12-1pm Poetry  
12:30-1:30pm Emotions & Pain Reduction Associated with Cancer  
2-4pm Wellness Group  
4-5pm Yoga  
6:30-8pm Effects of Grief

10-11:30am Yoga  
11am-12pm Spanish  
1-3pm Open Art  
3:30-5:30pm Open Beading  
6-8pm Noogie Nights: All Tangled Up (Exploring Feelings)  
6-8pm Wellness Group  
6-8pm Family & Friends Group  
6:30-8pm Young Breast Cancer Group

10-11:30am Mixed Level Yoga & Philosophy  
4:30-6pm Kidney Cancer Group  
6-8pm Potluck

10-11:30am Yoga  
11:30am-12:30pm Nutritional Networking Lunch

10-11am Yoga  
10-11am Crafts & Games for Kids  
11-12 Noon New Member Meeting  
11:15am-12:15pm Tai Chi

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Clubhouse Closed - AM  
President's Day

2-4pm Look Good Feel Better

11am-12pm Qi Gong  
12-1pm Poetry  
12-1pm Effective Communication w/ Practitioner (Part 2)  
2-4pm Wellness Group  
4-5pm Yoga  
5:30-7pm Teen Night  
6-7pm New Member Meeting

10-11:30am Yoga  
1-3pm Open Art  
3:30-5:30pm Open Beading  
6-7:30pm GYN Group (New Time & Day)  
6-8pm Noogie Nights: Top 10 Things I Can Do  
6-8pm Wellness Group  
6-8pm Family & Friends Group

10-11:30am Mixed Level Yoga & Philosophy  
2-3:30pm Gilda's Glee Club  
6-7:00pm Thyroid Nodules & Cancer

10-11:30am Yoga  
11:30am-12:30pm Nutritional Networking Lunch

10-11am Yoga  
10-11am Crafts & Games for kids  
11:15am-12:15pm Tai Chi

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Clubhouse Closed

11am-Noon Qi Gong  
12-1pm Poetry  
12:30-1:30pm Emotions & Pain Reduction Associated with Cancer  
2-4pm Wellness Group  
4-5pm Yoga  
5:30-6:30pm Meditation

10-11:30am Yoga  
1-3pm Open Art  
3:30-5:30pm Open Beading  
6-8pm Noogie Nights: Lessons Learned  
6-8pm Wellness Group  
6-8pm Family & Friends Group



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Please remember that we are SMOKE FREE, FRAGRANCE FREE AND PESTICIDE FREE.

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## Special Events in February

**Mixed Level Yoga & Philosophy** – For the next ten weeks our Thursday morning yoga class at 10-11:30 am will include mixed level yoga instruction with mini talks on the Yamas and Niyamas, ethical precepts of yoga and their practical application.

**Emotions & Pain Reduction Associated with Cancer** – Tuesdays, February 7th, 14th & 28th, 12:30-1:30 pm – Increase your awareness of the impact of emotions and pain, and learn strategies for staying balanced and peaceful everyday - presented by Judy Harris, EdD.

**Lung Cancer Caregiver Group** - Family, friends, caregivers of someone with Lung Cancer are invited to this new group. 5:45-7:15pm, Feb. 9th, please call 332-5900 to register. (Co-sponsored with Roswell Park Cancer Institute, Social Work Dept.)

**Valentine's Celebration** – Monday, February 13th, 6-8 pm - Bring the kids to enjoy dinner, music and activities for the entire family. Hosted by students from Nardin Academy. Call to register in advance at 332.5900.

**Pot Luck Supper** – On Thursday, February 16th, please join us for a Potluck Supper. Please sign up in advance and plan to bring a side dish, dessert, or beverage to share. Hosted by the American Assoc. of Critical-Care Nurses. Valentine's theme and desserts provided by Girls Scout Troop #435.

**Look Good, Feel Better** - Monday, February 20th, 2-4 pm - This program is presented by the American Cancer Society to help women currently undergoing cancer treatment with their appearance related to side effects from that treatment. Each woman learns to perform her own makeover using make-up provided. Space is very limited so please register by calling the American Cancer Society at 1.800.227.2345.

**The Effects of Grief: The Emotional Roller Coaster Ride** - Tuesday, February 14th, 6:30-8 pm - Presented by Bob Fink, M.Div., Chaplin, The Center for Hospice & Palliative Care. This talk is a part of the Healing a Grieving Heart series designed for adults who have experienced the loss of a loved one. Sponsored by the Roswell Park Cancer Institute, Department of Pastoral Care; call 845.8051 for information and to register.

**Effective Communication with Your Practitioner** - In this two-part workshop discuss ways of speaking comfortably with health care providers. Part 2 will be Tuesday, February 21st, 12:30-2 pm. Open to the public; Register in advance at 332.5900, Presented by Ellen Melamed, MA, patient, advocate, educator and practitioner.

**Thyroid Nodules & Cancer** – Thursday, February 23rd, 6-7 pm, Saurin Popat, MD of the Delaware Medical Group will present the latest updates on diagnosis, surgery and treatment for Thyroid Nodules & Cancer. Open to the Public; Call in advance to register at 332.5900.

## Ongoing Activities, continued

**Lymphoma/Leukemia Networking Group** – 6:30-8 pm on the 2nd Thursday of every month. Family members are welcome to attend this meeting. (Co-sponsored by the Leukemia and Lymphoma Society)

**Men's Group** – A Networking Group that meets the 2nd Thursday of the month 6-7:30 pm. The group is for men whose significant other is living with cancer. (On hold)

**Multiple Myeloma Networking Group** – Held monthly on the 2nd Thursday of each month from 6:30-8 pm. This group welcomes anyone with a Multiple Myeloma diagnosis and his/her family members. (Co-sponsored by the Leukemia and Lymphoma Society)

**Sarcoma Support Group** – Meets the 4th Tuesday of every month, 4-5:30 pm (On hold – Call program staff for more info. Group is co-sponsored with Roswell Park Cancer Institute).

**Young Breast Cancer Survivors Networking Group** – 6:30-8 pm on the third Wednesday of the month. This group is for women under age 40 living with breast cancer. (Funded by WNY Affiliate of Susan G. Komen for the Cure.)

### WORKSHOPS

**Open Art** – Every Wednesday, 1-3pm. Join other members in utilizing our art room to express yourself with art. Work on a project or try something new.

**Open Beading** – Meets every Wednesday 3:30-5:30 pm. Members are welcome to get creative with beads.

**Knitting** – Bring projects in progress or come and learn or just come for fun to knit and visit with others. (Call about availability of assistance/instruction and group knitting.)

**Meditation** – Many forms of meditation and relaxation are taught and practiced. Join us on the second and fourth Tuesdays, 5:30 - 6:30 pm.

**poetry without rhyme** – Tuesdays at noon is the time to write poetry - no experience necessary.

**Spanish** – Quieres habla español? Come join us for a class in conversational Spanish on the 1st and 3rd Wednesdays from 11 am-12 pm

**Qi Gong** – Tuesday mornings, 11 am-Noon – gentle & relaxing exercise.

**Tai Chi** – Held on Saturdays, 11:15 am -12:15 pm. This ancient system of movements and positions has benefits for mind & body.

**Yoga** – Yoga is a great way to relax the body and mind while stretching and toning muscles. Take some time during your busy schedule to treat yourself to a little relaxation and stress relief. Wear loose and comfortable clothing. Yoga mats are provided or you may bring your own.

### SOCIAL

**Gilda's Glee Club** – Held the 2nd and 4th Thursdays from 2 pm-3:30 pm – Have fun while singing familiar songs and meeting new people!

**Pot Luck Supper** – Hosted on the 3rd Thursday of every month, 6-8 pm. It is fun and it's always delicious. PLEASE SIGN UP and let us know what you are bringing.

**Red Door Readers** – The Gilda's Club book club meets on the second Wednesday of the month, 6:30-8 pm. February: *Love Walked In* by Marisa De Los Santos; March: *Violets of March* by Sara Jio

**Nutritional Networking Lunch** – Meets Fridays at 11:30am to discuss nutritious eating & recipes. You may bring a dish to share (*meat-free, dairy-free, no refined sugars preferred*) or bring a lunch for yourself. New-comers are encouraged to attend without bringing a dish and just visit with the group.

### NOOGIELAND

**NoogieNights** – A weekly evening of fun and support for children (ages 4-12) who have been touched by cancer. (Please register 48 hours in advance).

**NoogieLand Open** – Supervised recreation time for children (ages 4-12) who have been touched by cancer. (Please register 48 hours in advance).

**Teen Night** – A monthly get together for teens who have been affected by cancer. Pizza is provided and teens can bring a friend. Please register at least 24 hours in advance.

**During inclement weather watch Channel 2 or go to WGRZ.com to find out if we are closed. You may also call 716.332.5900 and check ext. 209 or 212 for information on delays or cancellations.**

### Gilda's Club Activities

Register at least 24 hours in advance for all activities at 716.332.5900. If you decide to register at the last minute, please call to make sure there is enough room. Classes without a minimum number of pre-registered members may be canceled.

## Ongoing Activities

**New Member Meeting** – This is an orientation for those who have not yet joined Gilda's Club and would like to learn more about what we have to offer. You can share your story with others or just listen. This is a one-time meeting for adults with cancer and their families and friends. Please call to make a reservation. Please call 716.332.5900 to make a reservation.

### Support Groups

#### WEEKLY

**Wellness Groups and Family Groups** – Separate support groups for those living with cancer and their family and friends. Members meet weekly to share thoughts, feelings and experiences. Please contact Program staff before attending for the first time.

#### MONTHLY NETWORKING

**Breast Cancer Networking Group** – Monthly group for women with breast cancer meets the first Wednesday of every month, 6:30-8 pm. (Funded by WNY Affiliate of Susan G. Komen for the Cure.)

**Bereavement Group** – This group meets on the 1st Wednesday of the month, 6-8 pm. It is for members who have had a family member or friend die from cancer.

**Gynecological Cancer Networking Group** – This group is for women with a present or past diagnosis of any type of gynecological cancer who would like to share their experiences and gain support. The group will meet from 6:00-7:30 pm on the 4th Wednesday of every month. (New time & day)

**Kidney Cancer Networking Group** – 4:30-6 pm on the 3rd Thursday of every month.

**Living with Cancer in Your 20s and 30s** – This Networking Group provides an opportunity for young adults to share their unique cancer experiences. The group meets from 6-7:30 pm on the 2nd Thursday of every month.

**Lung Cancer Networking Group** – 5:45-7:15 pm on the 2nd Thursday of the month. This monthly group is for men and women living with lung cancer and will provide an opportunity for information gathering and support.

Membership in Gilda's Club is free to people living with cancer as well their family and friends. Gilda's Club is a not-for-profit organization supported by donations from individuals, corporations, and foundations. In order to sustain our unique program, Gilda's Club Board members, staff and volunteers work hard to build a financial foundation that allows us to offer our free program to members. In keeping with our philosophy, Gilda's Club does not solicit our members for donations, although if interested, we welcome member participation. If you or someone you know would like to be kept informed of Gilda's Club special events, donations opportunities or other ways to support us, please contact us at 716.332.5900.

**STAFF DIRECTORY:**

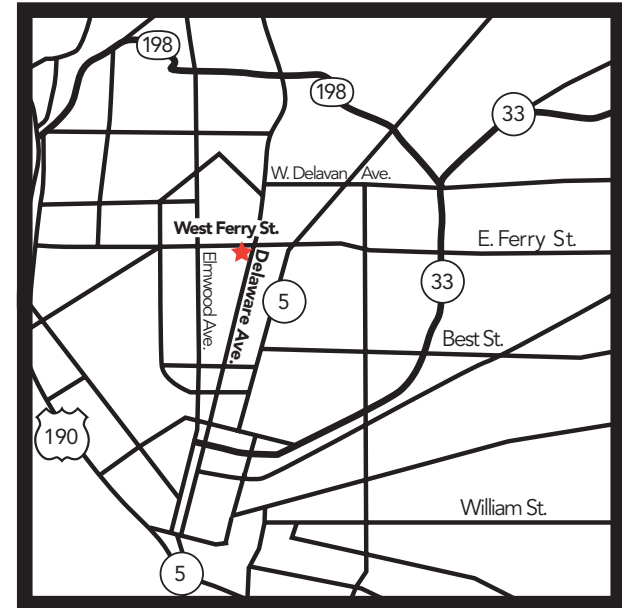
Judith Skretny – Executive Director  
Kimberly Lauta – Program Director  
Shelly Marabella – Coordinator of Children's Programs  
Terri Campbell – Development Coordinator  
Joanne Winnert – Secretary

If you no longer wish to receive this calendar or if your address has changed, please call us at 716.332.5900 or e-mail: [klauta@gildasclubwny.org](mailto:klauta@gildasclubwny.org)

If you know someone who is experiencing cancer in their family, please have them call us if they would like to be put on our mailing list.

**Reminder:** If you have a cold or any contagious illness, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better.

# How to Find Us



716.332.5900

1140 Delaware Avenue • Buffalo NY 14209

[www.gildasclubwny.org](http://www.gildasclubwny.org)

## Become a Member

Three steps to membership and continued use of Gilda's Club Western New York

1. Call 716.332.5900 to speak to a Program Staff person.
2. Come to a New Member Meeting to learn about us.
3. Create a Customized Membership Plan.

**Membership is free.**

For more information on becoming a member, a volunteer or to make a tax-deductible donation, please contact us. Gilda's Club is a 501© (3) non-profit corporation funded by gifts from individuals, foundations and corporations.