

April 2010

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

New Member Meeting

This is a meeting for anyone interested in joining Gilda's Club and 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.

	10-11:20am Yoga	10-11am poetry without rhyme 11am-noon Qi Gong Noon-2pm Open beading – no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 5:30-6:30pm Yoga 6:40-7:40pm Tango	1-3pm Art Workshop 3:30-5:30pm Beading 6-8pm Noogie Nights: Small Talk 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group 6-8pm Family and Friends Alumni (bereavement) 6:30-8pm Breast Cancer Networking Group	4:30-5:30pm Tai Chi 5:45-7:15pm Lung Cancer Networking Group 6-7:30pm Living with Cancer in Your 20's and 30's 6-7:30pm Men's Networking Group 6-7:30pm Noogie Nights 7-8:30pm Lymphoma-Leukemia Group	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch 11:30am-12:30pm Knitting	1	2	3
4						8	9	10

	10-11:20am Yoga	10-11am poetry without rhyme 11am-noon Qi Gong Noon-2pm Open beading – no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 5:30-6:30pm Yoga 6:30-8pm <i>Grief: Who Am I and Where Do I Go from Here?</i> 6:40-7:40pm <i>Tango Cancelled</i> 6:40-7:40pm Meditation	1-3pm Art Workshop 6-8pm Noogie Nights: Fun with Pennies 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group 6:30-8pm Red Door Readers: <i>13 Reasons Why</i>	10-11am Spanish 4:30-6pm Kidney Cancer Networking Group 4:30-5:30pm Tai Chi 6-8pm Pot Luck Supper – The Return of the UB Pharmacy Grad Students, Part 3, and entertainment by our own volunteer, Debra Vertoske	9-10am Intro to Resistance Training 10:15-11:30pm Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch 11:30am-12:30pm Knitting	11	12	13	14	15	16	17
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	10-11:20am Yoga	10-11am poetry without rhyme 11am-noon Qi Gong Noon-2pm Open beading – no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 5:30-7pm <i>Movin' on/Helping Hands – new date this month</i> 5:30-6:30pm Yoga 6:40-7:40pm Tango	1-3pm Art Workshop 3:30-5:30pm Beading 6-8pm Noogie Nights: Painting 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group 6-8pm Family and Friends Alumni (bereavement) 6:30-8pm Young Breast Cancer Survivors Networking Group	4-5:30pm GYN Group 4:30-5:30pm Tai Chi 6-7:30pm Physical Therapy & Cancer Treatment	9-10am Intro to Resistance Training 10:15-11:30pm Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch 11:30am-12:30pm Mah Jongg	18	19	20	21	22	23	24
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	10-11:20am Yoga 2-4pm Look Good, Feel Better	10-11am poetry without rhyme 11am-noon Qi Gong Noon-2pm Open beading – no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 5:30-6:30pm Yoga 5:30-7pm Teen Night 5:30-7pm Metastatic Networking Group 6:40-7:40pm Tango 6:40-7:40pm Meditation	1-3pm Art Workshop 6-8pm Noogie Nights: Lego Night 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group	4:30-5:30pm Tai Chi 6-7:30pm Ask the Expert: Chemo Brain	9-10am Intro to Resistance Training 10:15-11:30pm Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch	25	26	27	28	29	30	
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Special Events in April

Pot Luck Supper – On Thursday, April 15th, the UB pharmacy graduate students will again provide our pot luck supper... you just need to bring a side, a salad or a dessert. They will provide the main course and the fun. Entertainment by our own volunteer, Debra Vertoske. RSVP by Monday, April 12th.

Grief: Who Am I, and Where Do I Go From Here? on Tuesday, April 13th at 6:30-8pm, will be presented by Judith Skretny M.A., Vice President, The Center for Excellence in End of Life Education, Research and Practice and sponsored by The Office of Pastoral Care at Roswell Park Cancer Institute. This program is for adults who have experienced a loss of a spouse, parent or other loved one. Common reactions of grief and some of the feelings one might experience along the grief journey will be discussed. For information and to register call (716)845-8051, The Office of Pastoral Care at Roswell Park Cancer Institute.

Physical Therapy & Cancer Treatment – Thursday, April 22nd, 6-7:30pm – Come learn more about how physical therapy can assist with

cancer treatment through therapeutic exercise to maintain/regain strength and the use of massage techniques to aid with lymphedema. Presented by the UB Doctor of Physical Therapy Club. This presentation is open to the public. Please register by Tuesday, April 20th.

Look Good, Feel Better – On Monday, April 26 from 2-4pm, this program will be presented by the American Cancer Society to help women currently undergoing cancer treatment with their appearance related to side effects of that treatment. Each woman learns to perform her own makeover using make-up provided. Space is very limited so please sign up asap by calling the American Cancer Society at 1-800-227-2345. The next program will be 6/21.

Ask the Expert: Chemo Brain – Kathleen Shanahan, PhD from Roswell Park Cancer Institute will discuss the challenges with mental function including memory, learning, attention, concentration, language, and spatial perception related to chemotherapy. Thursday, April 29, 6-7:30pm.

Ongoing Activities – Basic 3+

New Member Meeting – This is a meeting 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.

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 the first time.

TWICE MONTHLY

Family and Friends Alumni Group – This group meets on the first and third Wednesday of the month. It is for members who have had a family member or friend die from cancer. It is facilitated by Mary Lynn Acee-Kielich.

MONTHLY NETWORKING

Breast Cancer Networking Group – Lisa Anllo, PhD facilitates this monthly group which meets the first Wednesday of every month.

Gynecological Cancer Networking Group – This group is for women who have, or have had, any type of gynecological cancer and would like to share experiences and support, the group will meet from 4-5:30pm on the fourth Thursday of every month.

Kidney Cancer Networking Group – 4:30-6pm on the third Thursday

Living with Cancer in Your 20s and 30s – This Support Group is for young adults to share their unique cancer experiences. This group meets from 6-7:30pm on the second Thursday.

Living with Metastatic Illness – 5:30-7pm on the fourth Tuesday. When cancer comes back or metastasizes it often creates a special set of feelings and issues. Meet others to compare experiences, gain wisdom and share strength.

Lung Cancer Networking Group – 5:45-7:15pm on the second 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.

Lymphoma/Leukemia Networking Group – 7-8:30pm on the second Thursday.

Men's Group – This is a Networking Group that meets the second Thursday of the month for men who are living with women living with cancer. Charles Syms, LCSW facilitates this group.

Ongoing Activities continued

Movin' On – This Networking Group is for cancer survivors. It is part of Gilda's Club ph&d component and offers perspective, helping hands and discovery for those at least two years beyond treatment who want to integrate the cancer experience and move forward. Christy Castner will facilitate this group on the second Tuesday from 5:30-7pm.

Young Breast Cancer Survivors Networking Group – 6:30-8pm on the third Wednesday of the month, this group is for young women living with breast cancer. This group is facilitated by Lisa Anllo, PhD.

Workshops

Saturday programming is on hold for a few months.

Art Workshop – This group meets every Wednesday from 1-3pm. A skill is taught on the first Wednesday of the month. You may either continue with your project throughout the month or choose another art form to create your own project. No previous art experience necessary.

Beading – There is open beading every Tuesday from noon-2pm. Two Wednesdays a month, a class will be taught. Please check calendar for dates.

Knit Wits – Knitting occurs on the first and third Fridays from 11:15am-12:30pm. Bring projects in progress or come and learn. Kibitzers welcome.

Meditation – Many forms of meditation and relaxation are taught and practiced. Join us on the second and fourth Tuesdays.

poetry without rhyme – Tuesday morning is the time to write poetry – no experience necessary.

Resistance Training – We will all gain something from resistance training on Friday mornings from 9-10am. We have 3 and 5 pound weights for you to use.

Spanish Quieres habla espanol? – Come join us for a class in conversational Spanish on the first and third Thursday of the month from 10-11am.

Tai Chi/Qi Gong – Tuesday mornings from 11am-noon, come and enjoy qi gong. Then on Thursdays from 4:30-5:30pm, we offer tai chi.

Tango – Learn to tango – come alone or come together at 6:40pm on Tuesday evenings.

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 your body to a little relaxation and stress relief. Wear loose and comfortable clothing. Yoga mats are provided.

Social

Glee Club – On hold.

Mah Jongg – Come play this ancient Asian game on the second and fourth Friday mornings. If you've never played, we will be delighted to teach you.

Pot Luck Supper – The third Thursday of every month – it's fun! and it's always delicious. **PLEASE SIGN UP** and let us know what you are bringing.

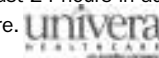
Red Door Readers: April, *13 Reasons Why*, Jay Asher; May, *Buffalo Lockjaw*, Greg Ames; June, *Little Bee* Chris Cleave; July, *Twenties Girl*, Sophie Kinsella; August, *The Help*, Kathryn Stockett; September, *Olive Kitteridge*, Elizabeth Strout; October, *The Girl with the Dragon Tattoo*, Stieg Larson.

Noogieland

* **NoogieNights** – A weekly evening for children (ages 3-12) who have been touched by cancer to come together and have fun through art & play. (Please sign up 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. Be sure to call at least 24 hours in advance.

* **NoogieNights** are sponsored by Univera Healthcare.



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.

During inclement weather watch Channel 2 or go to WGRZ.com to find out if we are closed.