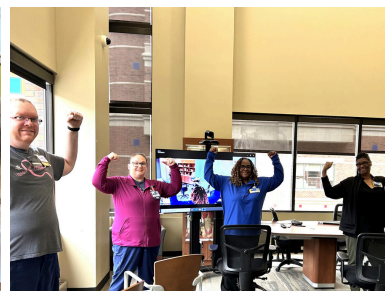


# education, support, & hope

FOR ALL PEOPLE IMPACTED BY CANCER, ANYTIME, ANYWHERE

November - December 2024



## Announcements...



### NETWORK PARTNER OF DISTINCTION AWARD!

**Awarded at the 2024 Cancer Support Community Affiliate Leadership Conference!**

We are thrilled to announce our designation as a Cancer Support Community Network Partner of Distinction! Gilda's Club KC is an independent 501c3 and a member of the Cancer Support Community, the largest international provider of cancer-specific psychosocial support.

### TEEN TIME KICKOFF!

**Saturday, November 9th from 1-3pm at the Clubhouse**

Teen Time is a social event for teen cancer survivors to connect and have fun! Bring a friend or come solo, and join us for this Kickoff Event with Bingo (with prizes!), snacks, pet therapy, and movement activities with Temple Made Fitness. Partnered with Turning Point. Register here!

### HOLIDAY BASH!

**Tuesday, December 17th from 6-8pm at the Clubhouse**

Celebrate the holiday season with us! Our annual Holiday Bash will be open house style this year! Drop by the Clubhouse for treat bags, games, and fun! We will have activities for children and adults alike; come share time with others in the GCKC community, and leave with fond memories. You are welcome to wear your favorite holiday sweater!



**Check Out our Online Calendar!**

See our most up-to-date programming by scanning the QR code to the left!

## Our Mission:

*Gilda's Club Kansas City uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*



## New to Gilda's Club Kansas City?

### Join us for a Welcome Meeting!

Welcome to Gilda's Club Kansas City! If you are interested in learning more about our FREE cancer support program, please join us for a welcoming meeting. First Wednesdays at 11:30 am - 12:30 pm Hybrid • Third Wednesdays at 4pm-5pm via Zoom. Scan the QR code below to register!



**Wed., November 6 or Wed., December 4 @ 11:30am - Hybrid**

**Wed., November 20 or Wed., December 18 @ 4pm - Zoom**

## there is support here

### HYBRID OR ZOOM SUPPORT GROUPS

#### LIVING WITH CANCER

**First Thurs (Zoom)/Third Thurs (Hybrid), 6-7:30 pm**  
Open to participants who are living with cancer.

#### FAMILY & FRIENDS

**First Weds (Zoom)/Third Weds (Hybrid), 6-7:30 pm**  
Open to participants who are supporting someone living with cancer.

#### BREAST CANCER

**Second Tues (Zoom)/Fourth Tues (Hybrid), 6-7:30 pm**  
Open to participants living with a breast cancer diagnosis.

#### POST-TREATMENT

**Second Weds (Hybrid)/Fourth Weds (Zoom) 6-7:30 pm**  
Open to new participants who completed treatment.

#### LIVING WITH LOSS

**Mon Nov 18 & Dec 9, 6-7:30 p.m. - Hybrid**  
Open to new participants who are grieving the death of a loved one from cancer.

#### YOUNG ADULTS SUPPORT

**First & Third Mondays, 6-7:30pm - Zoom**  
This group is open to anyone between the ages of 21-39 who has been diagnosed with cancer or is in remission.

SCAN THE QR CODE TO THE RIGHT TO  
REGISTER FOR CLASSES & GROUPS!!



#### PROSTATE CANCER NETWORK

**First Wednesday, 6:30-8 pm - Hybrid**  
Peer-to-peer group led by Prostate Network, open to participants living with a prostate cancer diagnosis.

#### FAMILIES CONNECT & KID SUPPORT

**Third Wednesday, 6-7:30pm - in person**  
A program for the whole family when a parent or caregiver has cancer. An adult support group is held while kids meet for equal parts of support and fun.

#### CAREGIVERS WITH KIDS SUPPORT GROUP

**First Wednesday, 6-7:30pm - Zoom Only**  
This monthly group is for parents/caregivers, open to families where a parent, close family member/caregiver, child, or sibling have cancer.

### ONE-ON-ONE SUPPORT

#### INDIVIDUAL, COUPLES, FAMILY, AND GRIEF COUNSELING

**Requests are welcome.**

To provide further support, GCKC offers short-term counseling. Limited to a maximum of six sessions.



## there is wellness here

### FREE WORKSHOPS

#### GUIDED RELAXATION

**First Tuesdays, 12-1pm - Zoom**

Learn to use Mind-Body techniques to reduce stress and relax.

#### GENTLE YOGA FLOW/ADAPTIVE FITNESS CLASS

**Second Wednesdays, 5-6pm - in person**

Join us for fun and fitness! Each month will offer a different class style; movements can be modified.



#### EXPRESSIVE ART THERAPY

**Third Thursdays, 4-5:30pm - in person**

Join Emporia State University students for expressive art therapy. Materials provided.

#### KNIT-KARMA CLUB

**Nov 11 & Dec 4, 12-1:30pm - in person**

**Nov 14 & Dec 5, 5:30-7pm - in person**

Learn the basics of knitting! No experience required. All supplies will be provided.

#### CROCHET COLLECTIVE

**Nov 18 & Dec 9, 12-1:30pm - in person**

**Nov 21 5:30-7pm and Dec 19th 5-6:30pm**

Learn the basics of crochet! No experience required. All supplies will be provided. In person.

#### MINDFUL STRESS MANAGEMENT

**Thursday, Nov 7, 5-6pm - Zoom**

Learn to use Mind-Body techniques to reduce stress and relax.

#### MARY KAY PAMPERING SESSIONS

**Wednesday, Nov 6 at 4pm - in person**

**Saturday, Dec 7 at 10am - in person**

Indulge in a moment of self-care! You deserve it!

#### HEALING THROUGH WRITING

**Sat. Nov 16 & Dec 14, 10am-12pm - Hybrid**

No experience necessary. Different writing prompts for each class. All are welcome.

## children, teens, & families

### FAMILY-FRIENDLY WORKSHOPS

#### JEWELRY MAKING CLASS

**Tuesday, November 19, 4-5:30pm - in person**

Make a bracelet to take home or share with a friend! All supplies will be provided. Registration is limited to 10 persons.

#### SCULPEY FUN!

**Saturday, November 23, 10-11:30am - in person**

Polymer clay can be used for earrings, charms, figurines, and anything else you can imagine. No experience necessary. All supplies provided and all are welcome!



#### WINTER WONDERLAND WATERCOLOR

**Thursday, December 12, 12-1:30pm - in person**

Create a winter wonderland watercolor! Using blue tape and a variety of watercolor techniques, you'll paint a cold weather masterpiece! All supplies provided, no experience necessary.

## Apoyo en Español GRUPO DE APOYO

Segundo Miércoles

6-7:30 pm

Para que cualquier persona con cáncer o sus familias compartan recursos y reciban apoyo emocional. Para obtener más información, llame al 816-200-7356.



## Gilda's in the Community!

Saint Luke's East Hospital - Legacy Conf Room

### **LIVING WITH CANCER FAMILY & FRIENDS**

**Tuesdays, Nov 12th & Dec 10th, 6-7:30pm**

One group for those living with cancer and another for those supporting someone living with cancer. Run concurrently.

Registration open  
online or contact us!

AdventHealth - SHAW Cancer Institute

### **LIVING WITH CANCER**

**Monday, Nov 18th, 6-7:30pm**

**Monday, Dec 16th, 6-7:30pm**

A group for those living with cancer.

## in person support groups

Treehouse at Liberty Hospital

### **LIVING WITH CANCER FAMILY & FRIENDS**

**Thursdays, Nov 14th and Dec 12th, 6-7:30pm**

One group for those living with cancer and another for those supporting someone living with cancer.

Run concurrently.



## Gilda's in the Community!

### **CAREGIVER SUPPORT MEETUP**

**Monday, Nov 11, 6-7pm - Hybrid (AdventHealth & zoom)**

Connect with fellow caregivers of cancer patients in a supportive and understanding space.

### **LEARN ABOUT MISSY'S BOUTIQUE**

**Tuesday Nov 12, 5:30-6pm - Zoom  
(partnered w/Turning Point)**

**TURNING POINT**  
A Community Resource of  
THE UNIVERSITY OF KANSAS HEALTH SYSTEM

30-minute overview with a short recap on products and services provided for breast cancer patients.

### **COPING WITH GRIEF DURING HOLIDAYS**

**Wednesday, Nov 13, 6-7pm - Hybrid (Saint Luke's East & zoom)**

Holidays can seem daunting, stressful, and lonely while grieving. Connect with others in a supportive space.

### **GI SIDE EFFECTS OF LUNG CANCER**

**Monday, Nov 18, 6-7:30pm - Zoom (partnered w/Liberty Hospital)**

Join Joe Riojas, FNP-C, to learn about possible GI side effects of lung cancer treatment, symptom management, and navigating emotions.

### **CANCER RISK IN AFRICAN AMERICAN PATIENTS**

**Monday, November 25, 6-7pm - Zoom (partnered w/Saint Luke's South)**

This discussion will address health disparities, preventative measures, risk factors, and self-awareness.

## education workshops

### **WHY CAN'T I STAY POSITIVE?**

**Tuesday, Nov 26, 12 - 1pm - Hybrid (University Health & zoom)**

This program explores depression, grief and resilience as they relate to cancer.

### **PELVIC FLOOR THERAPY**

**Monday, Dec 2, 6-7pm - Hybrid (AdventHealth & Zoom)**

Learn more from Ashleigh Heldstab, OTR/L, CLT about the pelvic floor, common concerns, and learn activities to support healthy function.

### **COLORECTAL CANCER**

**Monday, Dec 9, 6-7pm - Hybrid (Saint Luke's South & Zoom)**

Dr. Marc Roth will discuss different types of colorectal cancer, treatments, side effects, clinical trials, and coping with emotional concerns.

### **STRETCHING YOUR GROCERY DOLLARS**

**Wednesday, Dec 11, 6-7pm - Hybrid (Saint Luke's East & Zoom)**

Join us for a round-table discussion focused on adjusting to the physical and emotional impacts of post-treatment life.

### **VACCINE & IMMUNIZATION UPDATES**

**Monday, Dec 16, 6-7pm - Zoom (partnered w/Liberty Hospital)**

Join Dr. Jantz to learn about vaccines, including RSV, COVID, and influenza, as well as prevention techniques.



## Pet Therapy is back!

Enjoy the benefits of pet therapy, now provided by our partners at Mo-Kan Pet Partners at several of our in person support groups.

Check out our support group schedule online!



## Interested in Volunteering?

Scan the QR code to complete our Volunteer Interest Form, or contact Amanda Trout, Program Director, at [amanda@gildasclubkc.org](mailto:amanda@gildasclubkc.org) or 816-531-5444.



## Night of Remembrance

**Tuesday, November 12th, 6 - 8pm**

Join us as we remember those who have died but whose memories still live on in our hearts. We will have a brief ceremony and provide an opportunity to share reflections for those who feel so inclined. Participants may also bring a picture of their loved one to share. Pet therapy will be available. Register online or by contacting us. Everyone is welcome.



## THANK YOU!

Special thanks to our October event community partners: Haunts at The House with Lulu's; Keeper for a Cure; J McLaughlin; Pembroke Hill School Girls Field Hockey Team PINK Game; Kendra Scott Shine Bright, Do Good; Brews & Bros Trivia at Stone Pillar Winery; Waterway Goes Pink; The Powder Creek Ladies' Every Pair Matters ShootTexas Roadhouse Stomps Out Cancer.

## ABOUT GILDA'S CLUB

**Community is Stronger than Cancer.®**

Our program is always available to anyone with cancer and their loved ones at any stage, from diagnosis through survivorship. It is based on research, led by professionals, offered both in-person and virtually, and provided at no cost to participants.

Our program offers free support groups and short-term individual counseling, various educational workshops and healthy lifestyle classes on subjects like nutrition, exercise/movement, and mental health, and resources/referrals. We emphasize the importance of social connections and offer children, teens, and family services.

Programs are made possible in part by donations from the AdventHealth Shawnee Mission Foundation; American Century Investments Foundation; Ash Grove Cement Foundation, The Bayer Fund; Children's Services Fund of Jackson County, Mo.; Combined Federal Campaign; Educate Enrich Enable Fund; Grail; Haggerty Family Foundation; Health Forward Foundation; Henderson Foundation; IMA Foundation, Keeper for a Cure; J.B. Reynolds Foundation; Jean Stalcup Patient Education Fund; The Junior League of Kansas City, Mo.; Masonic Cancer Alliance; PhRMA; R.A. Long Foundation; The Research Foundation; Ronald D. Deffenbaugh Foundation; Saint Luke's Cancer Institute; The Powder Creek Ladies League; KC Current; Spike Out Cancer; The Sherman Family Foundation; State of Kansas Arts in Medicine; The Taylor S. and Patti Abernathy Charitable Trust, Bank of America, N.A. Trustee; Truman Heartland Foundation; Unified Government Hollywood Casino Grant Fund; The University of Kansas Cancer Center; and our other generous donors.

**GildasClubKC.org • 816-531-5444 • [support@gildasclubkc.org](mailto:support@gildasclubkc.org)**

# November 2024



SCAN THIS QR CODE FOR  
MOST UP-TO-DATE  
CALENDAR!



ZOOM ONLY

IN PERSON

HYBRID

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02
04  YOUNG ADULT SUPPORT GROUP - 6PM	05  GUIDED RELAXATION 12PM	06 WELCOME MEETING 11:30AM GLOW & PAMPER MARY KAY SESSION 5PM FAMILY & FRIENDS - 6PM CAREGIVERS W/KIDS - 6PM PROSTATE NETWORK - 6:30PM	07  MINDFUL STRESS MANAGEMENT 5PM  LIVING WITH CANCER - 6PM	08	09 TEEN TIME KICKOFF (FOR TEEN CANCER SURVIVORS) 1-3 PM 
11 KNIT KARMA CLUB 12PM  CAREGIVER SUPPORT MEETUP (ADVENTHEALTH) 6PM	12 MISSY'S BOUTIQUE 5:30PM BREAST CANCER SUPPORT GROUP - 6PM LIVING WITH CANCER AT SAINT LUKE'S EAST - 6PM FRIENDS & FAMILY AT SAINT LUKE'S EAST - 6PM NIGHT OF REMEMBRANCE 6PM	13 GENTLE YOGA/ADAPTIVE EXERCISE 5PM  COPING W/GRIEF DURING HOLIDAYS (SAINT LUKE'S EAST) 6PM GRUPO DE APOYO - 6PM POST-TREATMENT GROUP 6PM	14 KNIT KARMA CLUB 5:30PM LIVING WITH CANCER AT LIBERTY HOSPITAL 6PM  FRIENDS & FAMILY AT LIBERTY HOSPITAL 6PM	15	16 HEALING THROUGH WRITING - 10AM
18 CROCHET 12PM GI SIDE EFFECTS LUNG CANCER (LIBERTY HOSPITAL) 6PM  LIVING WITH CANCER (ADVENTHEALTH) 6PM LIVING W/LOSS 6PM YOUNG ADULT SUPPORT 6PM	19  JEWELRY MAKING 4PM	20 WELCOME MEETING 4PM  KID SUPPORT & FAMILIES CONNECT - 6PM FAMILY & FRIENDS GROUP - 6PM	21  EXPRESSIVE ART THERAPY 4PM  CROCHET 5:30PM LIVING WITH CANCER - 6PM	22	23 SCULPEY FUN - POLYMER CLAY CREATIONS 10AM
25 CANCER RISK IN AFRICAN AMERICAN PATIENTS (SAINT LUKE'S SOUTH) 6PM	26 WHY CAN'T I STAY POSITIVE? (UNIVERSITY HEALTH) 12PM  BREAST CANCER SUPPORT GROUP - 6PM	27 POST-TREATMENT GROUP 6PM	28 THANKSGIVING HOLIDAY CLUBHOUSE CLOSED	29 DAY AFTER THANKSGIVING CLUBHOUSE CLOSED	30



# December 2024



SCAN THIS QR CODE FOR  
MOST UP-TO-DATE  
CALENDAR!



ZOOM ONLY

IN PERSON

HYBRID

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02 <b>PELVIC FLOOR THERAPY</b> (ADVENTHEALTH) 6PM  <b>YOUNG ADULT SUPPORT GROUP - 6PM</b>	03 <b>GUIDED RELAXATION</b> 12PM	04 <b>WELCOME MEETING</b> 11:30AM <b>KNIT KARMA CLUB</b> 12PM <b>FAMILY &amp; FRIENDS - 6PM</b> <b>CAREGIVERS W/KIDS - 6PM</b> <b>PROSTATE NETWORK - 6:30PM</b>	05 <b>KNIT KARMA CLUB</b> 5:30PM  <b>LIVING WITH CANCER - 6PM</b>	06	07 <b>HOLIDAY GLAM MARY KAY</b> SESSION 10AM
09 <b>CROCHET 12PM</b> <b>COLORECTAL CANCER</b> (SAINT LUKE'S SOUTH) 6PM  <b>LIVING W/LOSS 6PM</b>	10 <b>BREAST CANCER SUPPORT GROUP - 6PM</b> <b>LIVING WITH CANCER</b> AT SAINT LUKE'S EAST - 6PM <b>FRIENDS &amp; FAMILY</b> AT SAINT LUKE'S EAST - 6PM	11 <b>GENTLE YOGA/ADAPTIVE EXERCISE 5PM</b> <b>GRUPO DE APOYO - 6PM</b> <b>POST-TREATMENT GROUP 6PM</b> <b>STRETCHING YOUR GROCERY DOLLARS</b> (SAINT LUKE'S EAST) 6PM	12 <b>WINTER WATERCOLOR CLASS 12PM</b> <b>LIVING WITH CANCER</b> AT LIBERTY HOSPITAL 6PM  <b>FRIENDS &amp; FAMILY</b> AT LIBERTY HOSPITAL 6PM	13	14 <b>HEALING THROUGH WRITING - 10AM</b>
16 <b>LIVING WITH CANCER</b> (ADVENTHEALTH) 6PM  <b>VACCINE &amp; IMMUNIZATION UPDATES</b> (LIBERTY HOSPITAL) 6PM  <b>YOUNG ADULT SUPPORT GROUP - 6PM</b>	17 <b>HOLIDAY BASH</b> 6-8PM 	18 <b>WELCOME MEETING</b> 4PM  <b>FAMILY &amp; FRIENDS GROUP - 6PM</b>	19 <b>EXPRESSIVE ART THERAPY 4PM</b>  <b>CROCHET 5PM</b>  <b>LIVING WITH CANCER - 6PM</b>	20	21
23	24 <b>CLUBHOUSE CLOSED</b>	25 <b>CLUBHOUSE CLOSED</b>	26 <b>CLUBHOUSE CLOSED</b>	27 <b>CLUBHOUSE CLOSED</b>	28
30	31 <b>CLUBHOUSE CLOSED</b>	01 <b>CLUBHOUSE CLOSED</b>	02	03	04



21 W. 43rd St., Kansas City, MO 64111  
 GildasClubKC.org • 816-531-5444

**Community is Stronger than Cancer®**

**Thank you to our community partners.**



**Gilda's Clubhouse Hours** (unless otherwise posted):  
 Monday – Thursday: 9:00 a.m. – 5:00 p.m., Friday: 9:00 a.m. – 12:30 p.m.

*"I am more than my cancer." - Gilda Radner*

GILDA'S CLUB KANSAS CITY  
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