

Program News



Ali DeCamillis
Program Director

Fresh Fall Programs

As fall approaches, we often think of the changing seasons, school kicking into full swing, and the falling leaves. Here at Gilda's Club we like to think of all the new opportunities that fall

brings! I am excited to announce a special new beginning here at Gilda's Club that is also an exciting opportunity for teens.

Creative expression allows us to think in new ways, confront difficult problems, and celebrate our own uniqueness. In 2016, Gilda's Club Twin Cities launched an initiative called **LISTEN/™** - an arts-based program to provide creative ways to elevate our members' voices and a platform to share their story.

The journey started with **LISTEN/™ Stories of Cancer told through Movement, Music, and Voice**, a series of workshops and a performance created in partnership with Stuart Pimsler Dance & Theater. Twin Cities Public Television documented the process and produced a 26-minute documentary called **LISTEN/ Stories of Cancer and Resilience** - that aired in February 2018 and was recently nominated for an Upper Midwest EMMY.

In the next phase of this initiative, we are finding ways to elevate the voices of younger generations - voices not often heard in the cancer community - and provide opportunities to share how cancer has impacted their lives.

Gilda's Club Twin Cities is launching **LISTEN/™ Dear Cancer** - a teen creative writing/essay contest that elevates the voices of teens impacted by cancer. Eligible participants are middle and high school teens (ages 13-19) impacted by cancer, either through their own diagnosis or through a friend or family member. Essays must be in original voice - reflecting personal experience with cancer - insights, original thoughts, lessons learned, and individual character. [Click here for contest details.](#)

To help provide the tools for self-expression, Gilda's Club has partnered with The Loft Literary Center for a series of teen writing workshops. Roxanne Sadovsky will bring her experience teaching Intuitive Writing and the Healing Memoir at the Loft to lead these evening workshops. Roxanne has a masters in counseling psychology and creative nonfiction and believes through the creative process, individuals can connect to their internal wisdom and discover what they need to live a more

fully alive, present, meaningful, and spontaneous life.

No previous writing experience is necessary to participate in the workshops or the essay contest. All teens between ages 13-19 are welcome even if this is your first time connecting with Gilda's Club.

Prizes & Categories:

Middle school teens will be judged separately from high school teens, in each of the following two categories:

- Teens living with cancer or survivors
- Teens who have/had a family member or friend living with cancer or who has died

1st - Laptop valued around \$1,500

2nd - iPad valued around \$750

3rd - Best Buy gift card for \$250

2018 panel of celebrity judges:

Cathy Wurzer

Journalist, author, host of Twin Cities Public Television *Almanac* and Minnesota Public Radio *Morning Edition*

RUBÉN ROSARIO

Award-winning columnist with St. Paul Pioneer Press and formerly New York Daily. Married father of two & living with multiple myeloma

Keno Evol

Poet, essayist, spoken word artist, educator, activist, founder/ED Black Table Arts, winner 2017 Sonia Sanchez-Langston Hughes Poetry Contest

Alli Shoemaker

Writer, mom, childhood cancer advocate, sister of Zach Sobiech who lived with osteosarcoma and wrote the hit song "Clouds"

Kenzie Fronck

2018 Eden Prairie HS grad, founder of AdvoKate childhood cancer awareness event, studying nursing to honor her sister Kate

See you at the clubhouse!

Ali DeCamillis, Program Director of Gilda's Club Twin Cities

See what's on the Program Calendar



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IMPORTANT REMINDER: SIGN UP FOR PROGRAM OFFERINGS

Everyone – GCTC members and their guests, including kids and teens – needs to sign up for classes at GildasClubTwinCities.org, by downloading the My GCTC app or calling the clubhouse 612-227-2147. Why signup?

- It allows us to contact you in case of class changes or cancellation
- We can better manage class sizes
- It allows us to more efficiently track our clubhouse usage and program activities

Please remember to cancel if you are unable to make it to class. Why is this important?

- We can open the spot up to someone on a waitlist
- Facilitators and instructors can better prepare for class setup & supplies

Does this apply to support groups?

Well, there's always an exception! Members cannot sign up for GCTC support groups, they must go through an intake process to be placed into a group. We expect you will contact your facilitator in case of absence. This clearly communicates your commitment to your group and allows the facilitator to update the group. If support group members miss more than three consecutive meetings without communication or after facilitators have attempted contact, they will receive notice that they will be removed from the roster and their spot will open up to another member.

**CHILDREN, TEENS & FAMILY PROGRAM
NEW PROGRAM OFFERINGS FOR THE WHOLE FAMILY**

KIDS

Kids Support

Thursday, October 11– December 13 from 6:30-8:00pm

Kid Support is a free peer support group for children ages 4-11 who have a parent, grandparent, sibling, or other family member or friend with cancer, or for children who have cancer themselves. This 8-week group offers children an opportunity to learn communication skills, relaxation techniques and identify feelings that will help them when cancer is in their lives. Trained facilitators work with two age groups (4-7 and 8-11) through a variety of age-appropriate activities such as artistic expression, poems, stories, cartoons and games. The process is designed to help children feel safe to ask questions, express difficult feelings and share common experiences.

+Parents are required to attend the parent orientation on *October 4th from 5:30-6:30pm to learn more about Kid Support prior to enrolling their children.*



TEENS

Teen Writing Workshop

Middle School Series: October 18 and 25 from 5:00-6:00pm

High School Series: November 8 and 15 from 5:00-6:00pm

Talking (or not talking) about living with cancer can be a painful and confusing path to figure out on top of everything else going on at school and at home. Writing offers a safe, personal, private, creative space to spread out your thoughts and feelings, say what you want and need to say, what you feel like you can't say or shouldn't say, while creating awesome original prose you might not have thought you could write. In this small, fun workshop, get to know your personal writing voice by writing, sharing, listening to and reflecting on the words written and shared on the spot. No previous writing experience necessary. All are welcome, even if this is your first time to Gilda's Club.



PARENTS

Frankly Speaking about Cancer: What Do I Tell the Kids?

Tuesday, December 4 from 5:30-6:30pm

Rescheduled from Tuesday, August 14

When someone in the family has cancer, it is normal to focus attention on that person's medical treatment, and their well-being. Many parents try to protect their children by not sharing information about the situation. We don't often realize that even if they are not told about cancer, children of all ages can feel the impact of an illness on a family. This workshop will explore strategies and provide resources for carrying out these difficult but necessary conversations. Join us as we learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources.

THE WHOLE FAMILY

Book Reading: *Our Mama is a Beautiful Garden* with Katy Tessman

Monday, October 15 from 6:30-7:00pm

Bring your family and join local author and breast cancer survivor, Katy Tessman, for a book reading and song-singing good time. Katy will be reading her book *My Mama is a Beautiful Garden*. We will follow up with some songs and laughter. She aims to help families find bravery and hope during a time that can be so dark. This evening's activities will help you find your strength, courage, and optimism to continue the fight.



Continued on next page...

NEW TO THE CALENDAR

Social Opportunities

Gilda's Great Chili Cook-Off

Tuesday, October 23 from 5:00-6:30pm

We're excited to announce the 1st Annual Gilda's Great Chili Cook-Off! Do you have an award-winning chili recipe? Do friends rave about your culinary chili greatness? Or simply have a best-ever family chili secret? Bring a crockpot of your best chili and compete against up to 10 contestants for the right to say you won the 2018 Gilda's Great Chili-Cookoff! Gilda's will provide bowls, spoons and traditional toppings. You bring your chili in a crockpot to share with friends. Don't care to cook or can't find the time, but love to taste and socialize? No worries. Bring some friends and vote for your favorite chili. Will it be wild to mild? You decide. Everyone gets to taste and vote for the winner.



Brave New Workshop - Night on the Town

Tuesday, November 6 from 7:30-9:30pm

Spend a night downtown at the fabulously-funny Brave New Workshop Comedy Theatre with your friends from Gilda's Club. The holiday show is a cherished annual event for those most likely to wind up on the "naughty" list. Join Brave New Workshop as they round out their 60th anniversary season with trademark BNW holiday hilarity! "Angels We Have Heard Are High (O Holy Crap!)" features all-star performers Lauren Anderson, Denzel Belin, Doug Neithercott, and Taj Ruler; with musical direction by Jon Pumper and technical direction by Matthew Vichlach. Tickets are FREE for GCTC members and one guest. Spots are limited so RSVP ASAP to reserve your spot!

NOTICE FROM BNW: For the comfort of all our patrons, we do not allow children under the age of 13 to attend our performances. Our shows are written with an adult audience in mind, in an adult environment, and often our content is deemed inappropriate for young people.

Fall Evening of Remembrance

Wednesday, November 7 from 6:00-8:00pm

Save the date for our bi-annual Evening of Remembrance. All Gilda's Club members and their friends and family are welcome to join and remember the people we love who have died due to cancer. All guests are encouraged to bring photos or memorabilia to honor your loved one's life to place on the Remembrance Tables. RSVP required for yourself AND any guests. This will help us determine how much food to get. Children are welcome.

Holiday Cookie Baking

Wednesday, December 5 from 6:00-8:00pm

Eating healthy doesn't mean you have to skip baked goods around the holidays. Join us to learn healthy and delicious recipes, because nothing says the holidays liked fresh cookies! In this fun social activity we will explore natural sweetener alternatives, gluten free options, and how baking from scratch doesn't have to be difficult. There will be plenty of samples, chances to decorate your own cookies, and you will take home simple recipes to try on your own. All ages are welcome, but space is limited so be sure to RSVP!

Holiday Dinner

Wednesday, December 19 from 6:00-7:00pm

Whatever holiday you celebrate in the month of December, join your Gilda's Club family to celebrate the love and support we share. This is a great opportunity to connect with other members, mingle with the Gilda's Club staff and make new friends. All members, future members, volunteers, and staff are encouraged to attend. Dinner will immediately follow the Living Fully with Resiliency, Self-Compassion and Self-Care educational workshop. Please RSVP for both activities. If special dietary considerations are required, please let us know in advance by calling Maddy Rydeen at 952.767.7623.

Education

Financial Strategies for Women

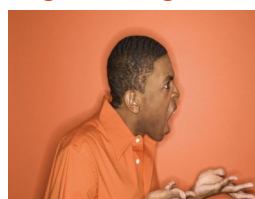
Monday, October 15 from 12:00-1:00pm

Join us for a session focused on financial strategies for women. Learn tips that will help you turn retirement concerns into confidence. Get positive, professional guidance while learning more about the following topics:

Financial Strategies for Women, Securing and Preserving Your Retirement Strategy, and Prepare Wisely: End of Life Strategies.

Lunch will be provided by Thrivent Financial.

Anger: Dealing with Difficult Emotions



Monday, October 22 from 4:00-5:00pm

Anger is a completely natural emotion that sometimes does not get enough attention in popular media as part of the process of experiencing cancer or living with a loved one with cancer.

Let's hold space for this powerful emotion, and take a look at some ways to cope with anger as part of this experience. We will explore how anger affects the whole body and mind, and take a look at how to live with anger and move through it through both a reflective and a practical level. Bring yourself, a family member, or friend!

Education (continued)

In Sickness and in Health: Weathering the Cancer Storm as a Couple

Tuesday, October 23 from 6:30-8:00pm

The connection between you and your partner can have a strong impact on how you weather the cancer journey. You may find yourself, as even the most connected of partners do, getting caught in a pattern of trying to protect your loved one from your own fears and worries, leaving you feeling alone and isolated. Your relationship can be a buffer against the stresses of a cancer diagnosis and all that comes with it. In this 1.5 hour educational session, we will: 1) Explore the common pitfalls couples fall into (and why) when faced with cancer. 2) Discuss strategies for maintaining (even improving) your connection so that your relationship can be a source of comfort and healing for both of you. Who is this class for? Either one or both members of a couple facing a cancer diagnosis, or anyone interested in this important topic.

Look Good Feel Better

Monday, November 5 from 10:00am-12:00pm

Look Good Feel Better is a free program from the American Cancer Society, hosted at Gilda's Club Twin Cities, designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. You will take home a makeup pack valued at \$200.

Challenges of Cancer and Work

Tuesday, November 6 from 9:30-10:30am

A cancer experience is full of ups and downs and many unanticipated challenges. Employment being a big concern for many! If this is you, you may ask yourself, "Do I continue to work? If I am in between jobs, what can I do? Do I share with my employer my diagnosis? I'm in post-treatment but I can't do the work I used to do, how can I identify my strengths to carve out a new career path?" A cancer survivor, who also specializes in helping individuals gain employment skills and identifying their strengths, will share her story of navigating career and cancer. There will also be an opportunity for an open discussion about the employment challenges one may face while living with cancer.



Frankly Speaking About Cancer: Clinical Trials

Thursday, November 8 from 6:30-8:00pm

People impacted by cancer and their loved ones are invited to join a free workshop on clinical trials. Clinical trials have led to major advances in the field of oncology today by validating the benefits of new and improved cancer treatments – this workshop will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but should be aware that a clinical trial

may be a treatment option. While advance registration is preferred, walk-in attendees are always welcome.

Frankly Speaking About Cancer: Neuroendocrine & Carcinoid Tumors (NETs)

Thursday, November 15 from 5:00-6:30pm

Gilda's Club Twin Cities invites people impacted by cancer and their loved ones to join a free workshop with Dr. Thorvador Halfdanarson of May Clinic about neuroendocrine & carcinoid tumors. This workshop will raise awareness among patients and caregivers about diagnoses, treatment options, managing side effects, coping with the psychosocial impact of neuroendocrine and carcinoid tumors, and fostering constructive dialogue with their health care team. This workshop will be broadcast live on Gilda's Club Twin Cities Facebook page.

Emotional Benefits of Sharing Your Story

Tuesday, November 27 from 5:30-6:30pm

Each person's experience with cancer is unique. Sometimes it can feel comforting to share stories and find commonalities, other times it can feel isolating. If you are struggling to put words to your experience, or feel like people won't understand, you may benefit from this hour! We will talk about how to find meaning in your experience, how to connect with others, and the benefits (for you and others) of sharing your story.

'Tis the Season for Stress Management

Tuesday, December 4 from 9:30-10:30am

Are you anticipating a stressful holiday season? Are you wondering how you are going to balance taking care of yourself in the face of cancer with all of the obligations and engagements of the season? Are you nervous about navigating holiday gatherings and conversations with family, friends and acquaintances? If so, come join the conversation. We will be discussing some of the common challenges individuals with cancer face during the holiday season and will learn some techniques to help manage stress and enjoy the holidays.

Living with Lymphedema

Thursday, December 6 from 4:30-6:00pm

Lymphedema, swelling which results from a blockage in the lymphatic system, is most commonly caused by the removal of or damage to your lymph nodes as a part of cancer treatment. This educational presentation is for caregivers and anyone who has had a lymph node removed (even just one), radiation and/or surgery or if you just have questions. Topics to be discussed will include what lymphedema is, what the risk factors are, how lymphedema is treated and what are the symptoms to monitor. Get your questions answered by a certified lymphedema therapist.

Frankly Speaking About Cancer: Metastatic Breast Cancer

Saturday, December 8 from 2:00-5:00pm

This free educational workshop offers information on the latest treatments for metastatic breast cancer as well as networking groups that will provide an opportunity to connect with others living with metastatic breast cancer. Caregivers and anyone interested in learning more can attend.

Healthy Lifestyle—Expressive Arts

Iris Fold Card Making

2nd and 4th Wednesdays from 10:30am-12:00pm

Iris folding is the technique of using simply folded strips of paper, systematically arranged around a pre-cut opening, to create a beautiful design. The folded paper image can stand alone or be embellished to add to the design or to transform a basic shape into people, animals and things. Iris folded cards are fun, easily personalized to reflect your tastes, preferences and whimsy. If you can cut a short, straight line with a scissors and count to three, you can make this class project. Come join us for this beginner class and see a preview of what you can do.



Breathe 'n' Paint

Thursdays, November 1-15 and December 6-20 from 10:00am-12:00pm

Art has a way of transporting us to a place where all is well. Painting has no expectation of us. With a gentle reminder to breathe while we paint, it has the ability to provide a respite. No experience or materials are necessary. Simply show up and breathe.

NEW SUPPORT OFFERINGS

Please note that these offerings are drop-in and do not require a CMP to participate.

Art Therapy: Building Creative Resiliency

Thursdays, October 11-November 15 from 6:30-8:00pm

Resiliency is the ability to have clear thoughts, actions and behaviors that help us recover from loss, distress, or other hard experiences. Resiliency is an acquired skill and can be easily learned. Be part of this series to explore ways to creatively build and practice resiliency. Together we will cultivate a personal awareness of resiliency through a practice of art making and expressive writing.

Finding Balance: Wellness through Art

Tuesdays, Oct. 2-Nov. 13 from 10:30-12:00pm

There are periods throughout life where our experiences feel more chaotic and uncontrollable. One of these times can come from learning about a cancer diagnosis. Through this class we will use art and the Wellness Wheel model. This is a tool that can be used to discover where our lives might be out of balance and how we can stabilize and bring balance to the chaos. During this 7-week long class participants will be encouraged to look more deeply into an element of the Wellness Wheel. Together we will use different art materials and explore how to regain balance and stabilization. Participants are encouraged to attend each class, but are not required.



Meaning-Centered Psychotherapy

Mondays, October 22-December 3 from 1:00-2:30pm

Meaning-centered psychotherapy aims to decrease feelings of sadness or hopelessness by teaching individuals living with advanced and chronic cancer how to focus on the importance of creating, experiencing, and keeping a sense of meaning in life. In this 7-week group session, members will learn about using sources of meaning to foster resilience, finding and creating a sense of meaning and purpose in life, and finding new ways to face and overcome the challenges caused by your illness. Participation requires a commitment to attend all sessions. Limited to 8-10 participants. Anyone interested in participating must complete a brief intake process with program director, Ali DeCamillis. Please sign up and a follow up call will be made to you in advance of the first session.

Thank you to our Program Sponsors:

Allina Health
Minnesota Oncology

Cancer Support Community

Thank you to our Program Partners:

Adler Graduate School	Food for Life
African American Breast Cancer Alliance	Leukemia & Lymphoma Society
American Cancer Society	The Loft Literary Center
Angel Foundation	Mental Health Systems (MHS)
Brave New Workshop	Metro-Minnesota
Breast Cancer Education Association (BCEA)	Community Oncology
Camp Kesem	Research Consortium
CLL Society	Thrivent Financial
Cranes of Hope	Young Survival Coalition
Firefly Sisterhood	Our Local Schools

Honoring our members who have died:

Christine Buen	Beth Osowski
Sara Dubin	Lenore Rogers
Allan Johnson	Bill Smith
Ed Koskie	Janette Strathy

This list represents members whose passing Gilda's Club is aware of. If your loved one is missing from this list, we apologize.