



Living with cancer?
Come as you are.™

GILDA'S CLUB DELAWARE VALLEY August 2009 CALENDAR HIGHLIGHTS

Gilda's Club is a **free cancer support community** for men, women and children living with cancer and their family and friends.

Interested in learning how to become a member?

Call us at 215-441-3290 to get information... it's **EASY!** And, **membership is free!!!**

WELLNESS, FAMILY AND NETWORKING GROUPS

Networking Groups are an opportunity for members to share information and experiences relating to a specific diagnosis or life situation. Family members and friends are welcome.

These groups meet monthly.

NEW: LGBTIQ (Lesbian Gay Bisexual Transgender Intersex Queer) Networking Group. For individuals living with cancer and their partners and supports. Thurs, Aug 20th, 7:00-8:30pm.

Wellness Groups are weekly, ongoing groups where people living with cancer can share their common concerns and learn from each other.

GETTING INTO SHAPE

Pilates: Mondays & Tuesdays, 10:00-11:00am

Experience the benefits of core body conditioning of your "powerhouse muscles" with instructor Sheila Kelly.

Yoga: Wednesdays, 6:30-7:30pm and

NEW! Restorative Yoga

Thursday August 6th & 13th, 2:00-3:00pm

Join Nancy Griggs relaxation, deep breathing and gentle stretching

**NEW! Tai Chi: Wednesdays, August 12th & 26th
1:00-2:00pm**

WALKING AND RUNNING CLUB

Wednesdays and Saturdays

Call the Clubhouse for schedule!

Getting Creative...

**Workshop: Art with Ellen of the Ivyland Art Group
Wednesday, August 12th, 6:30-8:00pm**

Learn about The Ivyland Art Group, a group of artists (or non-artists!) that meet regularly to work on various art projects while Ellen Hall offers instruction. You'll also be creating your own art project with Ellen during this workshop.

Reiki Share

August 13th and 27th, 6:30-8:00pm

If you have practiced Reiki, or are interested in seeing how it is experienced, then join fellow members for this new bi-monthly group. Reiki is a holistic practice that is performed by gently placing hands on or slightly above a person's energy fields to improve the channels of energy flow through the body.

A Visit from Bunn's!

All About Your Digestive Health

Wednesday, August 26th, 6:30-8:30pm

Mary Rossi from Bunn's Natural Foods will be providing helpful information about maintaining health in your digestive system, which can be challenging while going through cancer treatment.

Computer Help with Jay!

Wednesdays, 1:00-4:00pm

Drop in at any time during those hours!

If you have general computer questions or would like to learn something more about email, internet use, Word or Excel, stop by!

Men's Breakfast

Saturday, August 22nd, 8:00-10:00am

All male members and guests are welcome to come for a morning of good food and company! We'll be joined by guest speaker Allan Busdeker who will be sharing his experiences working on nuclear underground testing and other secretive things...

LECTURES AND WORKSHOPS

Lecture: The Facts on Hearing Loss and

Options to Improve Hearing

Tuesday, August 4th, 6:30-8:00pm

As a result of cancer treatment, many people experience mild to moderate hearing loss. We will be joined by Maryann

McCullough, AuD and Holli Lish, MACCC-A of the

Audiology and Hearing Aid Center in Warminster for this

informative talk. Get current information on state-of-the art hearing aids, learn to be a savvy consumer, and get hints on

how to make the most of your hearing.

Lecture: Making Sense of a Mess:

Getting Answers to Your Medical Bill Questions

Wednesday, August 5th, 6:30-8:00pm

Tuesday, August 11th, 5:30-6:30 MEET 1:1

This is a lecture not to be missed! Who doesn't have

questions about their medical bills? Valerie Carr, a Certified

Professional Coder, is specially trained to help individuals

decipher their medical bills which can often seem to be in a

foreign language. Valerie is also making herself available to

meet with people 1:1 on the 11th who have more questions!

Lecture: A Visit from The Talking Teacup:

All About Iced Teas

Thursday, August 6th, 6:30-8:00pm

Rescheduled from June...

The Talking Teacup is a beautiful teahouse and gift shoppe located in Chalfont. Owner Kathy Heck will be talking with

us about the health benefits of different types of iced teas,

and will also be bringing samples of their

homemade treats and teas.

Guided Meditation with Kathy

Thursday, August 6th, 10:30am-12noon

Tuesday, August 18th, 6:30-8:00pm

Join Kathy Stock for a session of guided meditation.

Meditation can accomplish many things...from achievement

to a higher state of consciousness, to greater focus, creativity

of self-awareness, or simply a more relaxed and

peaceful frame of mind.

Delicious and Nutritious in Minutes:

Monthly Cooking Club

Tuesday, August 11th, 6:30-8:00pm

Learn how to prepare simple, delicious meals in this monthly

cooking class, in addition to receiving helpful information on

the health benefits of various foods. Alysia Sargent instructs.

Lecture: Mediumship: A Discussion About

Spiritual Mediums

Thursday, August 13th, 6:30-8:00pm

Communicating with the spirit world is an intriguing topic that we have all wondered about at some time, even skeptics.

Barbara Arianna Kahn, O.M.M. will be here to open our

minds to the world of mediumship.

Lecture: Finding Gifts in Change

Tuesday, August 18th, 6:30-8:00pm

Many people view change as a scary or negative.

Professional Life Coach Sherry Shoemaker will show us

how to view change differently, take control of our lives and

maximize our personal gifts.

Lecture: Forgetting Your Words, Losing Keys and

Other Mind Changes with Cancer

Thursday, August 20th, 6:30-8:00pm

You have probably heard the term "Chemo-brain"... it's not

all in your head! Psychologist Dr. Marc Duome of Liberty

Health Group will provide insight into why this occurs and

strategies to help you cope with these cognitive changes.

Lecture: Ask the Attorney: Getting the Facts on

Medicaid and Medicare

Tuesday, August 25th, 6:30-8:00pm

Join us for this monthly series where we are joined by an

attorney from the Legal Clinic for the Disabled for an

informative discussion.