

education, support, & hope

FOR ALL PEOPLE IMPACTED BY CANCER, ANYTIME, ANYWHERE

May - June 2024



**GILDA'S CLUB
KANSAS CITY**
An Affiliate of the
CANCER SUPPORT COMMUNITY



Announcements...



NATIONAL CANCER SURVIVORS DAY IS JUNE 2ND!

Sunday, June 2nd from 9am - 12pm at GCKC

GCKC is proud to serve as the organizer for the Kansas City Community with this free-flow event to recognize the cancer survivors in our community, raise awareness of the challenges survivors face, and, most importantly, to celebrate life. We can't wait to see you there!



GILDA: A TRIBUTE TO THE BELOVED COMEDIENNE

Friday, June 14th at 7pm @ The Westport Bowery

Created and Performed by Helena K Cosentino, this Gilda Radner tribute show is dedicated to anyone impacted by cancer. Helena is hoping to capture and share a glimpse of Gilda's amazing spirit, and inspire her laughter through life. Scan QR code for tickets!



GILDA'S IN THE COMMUNITY

In-person support groups at partner hospitals are back!

Starting in May, Saint Luke's East and Liberty Hospital Living with Cancer and Family & Friends Support Groups will be **in person** at these locations. The Living with Cancer Support Group at AdventHealth will return to **in-person** in June at their brand new cancer institute. Check out our online calendar for details!



Complete the 2024 GCKC Participant Form

Your feedback is important! Please complete the form 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.



**GILDA'S CLUB
KANSAS CITY**

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CANCER SUPPORT COMMUNITY

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., May 1 or Wed., June 5 @ 11:30am - Hybrid

Wed., May 15 or Wed., June 19 @ 4pm - Zoom

there is support here

HYBRID OR ZOOM SUPPORT GROUPS

LIVING WITH CANCER

First and Third Thursday, 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

Fourth Monday, 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, KIDS/TEEN SUPPORT

Fourth Thurs, 6-7:30pm - in person

This is a program for the whole family when a parent, grandparent or adult relative has cancer. An adult support group is held while the children (4-13) and teens (13-18) meet for equal parts of support and fun.

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, such as deep breathing, mindfulness, and meditation to reduce stress and relax.

ZUMBA LIGHT

Third Wednesdays, 5-6pm - Zoom

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

EXPRESSIVE ART THERAPY

Fourth Thursdays, 4-5:30pm - in person

Join Emporia State University students for monthly expressive art therapy programming. Materials will be provided.

KNITTING CLASS

May 6 & June 10, 5:30 - 7pm - in person

May 8 & June 12, 12 - 1:30pm - in person

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



HEALING THROUGH WRITING

Sat. May 18 & Sat. June 22, 10am-12pm - Hybrid

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

MINDFUL STRESS MANAGEMENT

Monday, June 10, 5:30 - 7pm - Hybrid

Join Jan Peck from KC Healing Project to learn strategies for managing stress, anxiety, or pain. No experience necessary; all are welcome.

ARTS & CRAFTS CLASS

Weds, June 19, 12-1pm - in person

Join retired art teacher Amy Wunsch to watercolor a sunset landscape with a KC skyline or rural skyline.

children, teens, & families

FAMILY SUPPORT AND FUN

ARTS & CRAFTS FOR KIDS & FAMILIES

Tuesday, May 21, 5-6pm - in person

Join Amy Wunsch, retired art teacher, for some fun and creative arts activities! Friendly Plastic Jewelry "Bake" a masterpiece pendant and pin from Friendly Plastic!

PERSONAL SUPPORT BOXES

Saturday, June 15, 10am - 12pm

Come decorate your own personal support box and fill it with pictures, supportive mantras, and affirmations! This class is open to children ages 5-12, teens ages 13-17, and families. All supplies and a light breakfast will be provided!



Apoyo en Español

GRUPO DE APOYO

Segundo Miércoles, 6-7:30 pm

Grupo de Apoyo para sobrevivientes de cáncer y sus familias en el que pueden obtener información, compartir recursos y recibir apoyo emocional. Para obtener más información, por favor, llame al 816-200-7356.

Gilda's in the Community! in person support groups

Saint Luke's East Hospital - Legacy Conf Room

LIVING WITH CANCER FAMILY & FRIENDS

**Tuesday, May 14, 6-7:30pm
Tuesday, June 11, 6-7:30pm**

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



AdventHealth - SHAW Cancer Institute

LIVING WITH CANCER

**Monday, May 20, 6-7:30pm
Monday, June 17, 6-7:30pm**

A group for those living with cancer.

Treehouse at Liberty Hospital

LIVING WITH CANCER FAMILY & FRIENDS

**Thursday, May 9, 6-7:30pm
Thursday, June 13, 6-7:30pm**

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

*Open
registration
online or
contact GCKC*

Gilda's in the Community!

PUSH THE PAUSE BUTTON - FOR CAREGIVERS

Monday, May 6, 6-7pm - Hybrid (AdventHealth & zoom)

Information/support for cancer caregivers, discuss common worries, and learn coping strategies.

CARDIAC EFFECTS OF CANCER TREATMENT

Monday, May 20, 6-7pm - Zoom

Join Dr. Deepthi Vodnala as she discusses cardiac effects of cancer treatment.

BASIC BUDGETING

Tuesday, May 28, 12-1pm - Hybrid (University Health & Zoom)

Rachel Audsley with Mazuma Credit Union will provide budgeting tips.

BENEFITS OF ACUPUNCTURE

Tuesday, May 28, 6-7pm - Hybrid (Saint Luke's South & Zoom)

Lindsey Perkins, L.Ac., will discuss history and workings of acupuncture and Chinese medicine and how this traditional form of medicine can provide relief

FOOD AS MEDICINE EVERY DAY

Wednesday, May 29, 6-7pm - Hybrid (Saint Luke's East & zoom)

Learn from Nutrition Health Coordinator, Grace Hoffman, how to incorporate nutrition and healing foods as part of a lasting lifestyle.

education workshops

MAXIMIZING MOVEMENT \$& WELLENESS

Monday, June 3, 6-7pm - Hybrid (AdventHealth & Zoom)

Learn about strategies to regain strength & minimize fatigue, from newly diagnosed through post-treatment.

COMMUNICATING W/YOUR HEALTHCARE TEAM

Monday, June 17, 6-7pm - Zoom

Learn strategies for self-advocacy and to improve communication with your healthcare team.

FRANKLY SPEAKING ABOUT CANCER: WHY CAN'T I STAY POSITIVE?

Monday, June 24, 6-7pm - Zoom

Join Shelby Moe, LCSW, OSW-C, as we explore how the burden of positive thinking may impact coping.

A TO ZZZZZZ: SLEEP & CANCER

Tuesday, June 25, 12-1pm - Hybrid (University Health & Zoom)

This program focuses on the importance of sleep, how cancer impacts sleep and optimizing sleep practices.

MAKING TREATMENT DECISIONS

Wednesday, June 26, 6-7pm - Zoom

Join Anita Slusher, LPC, LCPC, to learn how to recognize your treatment needs, build your support system, and advocate for what you need.

YOUNG ADULT CANCER SERIES

via Zoom Partnered with Turning Point

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



Monday, May 6th, 6-7pm - Mental Health & Cancer

Thursday, May 23rd, 6-7pm - Fertility Preservation

Monday, June 3rd, 6-7pm - Acceptance Commitment Therapy

Thursday, June 20th, 6-7pm - Vision Boards

Programming specifically for young adults who have been diagnosed with cancer. This series is running through September 2024 with topics including finances, body image, fertility, and more!



Thank you to our Volunteers!

Thank you to all our wonderful GCKC Volunteers! We appreciate you all! If you are interested in volunteering to help with social events, community outreach/tabling events, greeting participants at the clubhouse, please email amanda@gildasclubkc.org or call 816-531-5444.

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; The Bayer Fund; Central Presbyterian Church; Children's Services Fund of Jackson County, Mo.; Combined Federal Campaign; Educate Enrich Enable Fund; Edward G. and Kathryn E. Mader Foundation; Grail; Haggerty Family Foundation; Health Forward Foundation; Henderson 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; The Taylor S. and Patti Abernathy Charitable Trust, Bank of America, N.A. Trustee; Truman Heartland Foundation; Walker Family Foundation; and our other generous donors.

GildasClubKC.org • 816-531-5444 • support@gildasclubkc.org

GILDA'S CLUB KANSAS CITY

COMMUNITY IS STRONGER THAN CANCER®

May 2024

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



- ZOOM ONLY
- IN PERSON
- HYBRID

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 WELCOME MEETING - 11:30AM FAMILY & FRIENDS - 6PM PROSTATE NETWORK - 6:30PM	02 LIVING WITH CANCER - 6PM	03	04
06 KNITTING CLASS - 5:30PM PUSH THE PAUSE BUTTON (CAREGIVERS) - 6PM YA SERIES: MENTAL HEALTH & CANCER - 6PM YA SUPPORT GROUP - 6PM	07	08 KNITTING CLASS 12PM GRUPO DE APOYO 6PM POST-TREATMENT GROUP - 6PM	09 LIVING WITH CANCER AT LIBERTY HOSPITAL 6PM FRIENDS & FAMILY AT LIBERTY HOSPITAL 6PM	10	11
13	14 BREAST CANCER SUPPORT GROUP - 6PM LIVING WITH CANCER AT SAINT LUKE'S EAST - 6PM FRIENDS & FAMILY AT SAINT LUKE'S EAST - 6PM	15 WELCOME MEETING - 4PM ZUMBA LIGHT - 5PM FAMILY & FRIENDS GROUP - 6PM	16 LIVING WITH CANCER - 6PM	17	18 HEALING THROUGH WRITING - 10AM
20 CARDIAC EFFECTS OF CANCER TREATMENT - 6PM LIVING WITH CANCER AT ADVENTHEALTH- 6PM LIVING WITH LOSS - 6PM YA SUPPORT GROUP - 6PM	21 CHILDREN, TEEN, & FAMILY ARTS CLASS 5PM	22 POST-TREATMENT GROUP 6PM	23 EXPRESSIVE ART THERAPY 4PM	24 YA SERIES: FERTILITY PRESERVATION 6PM	25
27	28 BASIC BUDGETING AT UNIVERSITY HEALTH - 12PM MISSY'S BOUTIQUE INFO SESSION - 5:30PM BENEFITS OF ACUPUNCTURE AT SAINT LUKE'S SOUTH - 6PM BREAST CANCER SUPPORT 6PM	29 FOOD AS MEDICINE EVERY DAY AT SAINT LUKE'S EAST - 6PM	30 FAMILIES CONNECT SUPPORT GROUP - 6PM	31	01

GILDA'S CLUB KANSAS CITY

COMMUNITY IS STRONGER THAN CANCER

June 2024

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



ZOOM ONLY

IN PERSON

HYBRID

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02 NATIONAL CANCER SURVIVORS DAY 9AM - 12PM	03 MAXIMIZING MOVEMENT & WELLNESS AT ADVENTHEALTH - 6PM YA SERIES: ACT THERAPY 6PM YA SUPPORT GROUP 6PM	04 GUIDED RELAXATION 12PM	05 WELCOME MEETING 11:30AM FAMILY & FRIENDS - 6PM PROSTATE NETWORK - 6:30PM	06 LIVING WITH CANCER - 6PM	07	08
09	10 MINDFUL STRESS MANAGEMENT - 12PM KNITTING CLASS 5:30 PM	11 BREAST CANCER SUPPORT GROUP - 6PM LIVING WITH CANCER AT SAINT LUKE'S EAST - 6PM FRIENDS & FAMILY AT SAINT LUKE'S EAST - 6PM	12 KNITTING CLASS 12 PM GRUPO DE APOYO 6PM POST-TREATMENT GROUP - 6PM	13 EXPRESSIVE ART THERAPY 4PM LIVING WITH CANCER AT LIBERTY HOSPITAL 6PM FRIENDS & FAMILY AT LIBERTY HOSPITAL 6PM	14	15 PERSONAL SUPPORT BOXES - KIDS/TEENS/FAMILIES 10AM
16	17 COMMUNICATING WITH YOUR HEALTHCARE TEAM - 6PM LIVING WITH CANCER AT ADVENTHEALTH- 6PM YA SUPPORT GROUP - 6PM	18	19 ARTS CLASS 12 PM WELCOME MEETING - 4PM ZUMBA LIGHT - 5PM FAMILY & FRIENDS GROUP - 6PM	20 YA SERIES: VISION BOARDS - 5PM LIVING WITH CANCER - 6PM	21	22 HEALING THROUGH WRITING - 10AM
23	24 WHY CAN'T I STAY POSITIVE? - 6PM LIVING WITH LOSS - 6PM	25 SLEEP & CANCER - AT UNIVERSITY HEALTH 12PM BREAST CANCER SUPPORT 6PM	26 MAKING TREATMENT DECISIONS - 6PM POST-TREATMENT GROUP 6PM	27 GILDA'S BIRTHDAY BASH/COMMUNITY IS STRONGER THAN CANCER DAY 6-8PM	28	29
30	01	02	03	04	05	06



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21 W. 43rd St., Kansas City, MO 64111
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Community is Stronger than Cancer®

Thank you to our hospital partners.



Gilda's Clubhouse Hours (unless otherwise posted):
 Monday - Thursday: 9:30 a.m. - 4:30 p.m., Friday: 9:30 a.m. - 12:30 p.m.

"I am more than my cancer."

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