

Gilda's Club South Jersey - February 2012

Clubhouse: (609) 926-2699
 The Living Room: (609) 407-4788
www.gildasclubssouthjersey.org

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
<p>Activities listed in gray boxes are being held at the Main Clubhouse in Linwood.</p>		<p>Activities listed in red boxes are being held at The Living Room at AtlantiCare Cancer Care Institute in Egg Harbor Township, NJ.</p>		
<p>New! Prepare for Surgery, Heal Faster™: Surgery, treatment, procedures, etc., can go more easily when you learn this technique to feel calmer, have less pain following, use less pain meds, recover faster & more. Call Adria to schedule: 926-2699.</p>		<p>1</p> <ul style="list-style-type: none"> 9:30 am - TriYoga 10:00 am - Gilda's Teen Club - Buena Regional H.S. 11:00 am - Reiki 6:00 pm - Gynecological Cancers Group 6:15 pm - Tai Chi & Breast Cancer Study with Paul Pickens 6:30 pm - NEW! "Stitchin & Bitchin" with Toby Sweeney 	<p>2</p> <ul style="list-style-type: none"> 9:30 am - Flowing Yoga (Vinyasa) 6:00 pm - Living with Loss 6:00 pm - Living beyond Loss 6:00 pm - Noogie Night - Grief Busters! 6:30 pm - Advocacy Networking Group 	<p>3</p> <hr/> <p>4</p> <hr/> <p>5</p>
<p>6</p> <ul style="list-style-type: none"> 9:30 am - Yoga 5:00 pm - Zumba! 5:30 pm - Jewelry Making 6:00 pm - Gilda's Teen & Tween Club 6:15 pm - Tai Chi & Breast Cancer Study with Paul Pickens 6:30 pm - NEW MEMBER MEETING 	<p>7</p> <ul style="list-style-type: none"> 9:30 am - Walk & Talk 5:00 pm - "Gilda's Club Live! Theater on the Go" 6:00 pm - Wellness Group 6:00 pm - Family & Friends Group 6:00 pm - Noogie Night & Homework Spot 	<p>8</p> <ul style="list-style-type: none"> 8:30 am - Gilda's Teen Club - Upper Twp Middle School 9:30 am - TriYoga 1:30 pm - CancerCare Teleconference - "The Latest Developments Reported at the 34th Annual San Antonio Breast Cancer Symposium" 6:00 pm - Reiki 6:15 pm - Tai Chi & Breast Cancer Study 6:30 pm - "Let's Just Say It... Fat!" - <i>presented by Justin Bean, Acupuncturist</i> 	<p>9</p> <ul style="list-style-type: none"> 9:30 am - Flowing Yoga (Vinyasa) 1:30 pm - CancerCare Teleconference - "Update on the Treatment of Liver Cancer" 6:00 pm - Living with Loss 6:00 pm - Living beyond Loss 6:00 pm - Noogie Night - Grief Busters! 6:30 pm - Advocacy Working Group 	<p>10</p> <hr/> <p>11</p> <ul style="list-style-type: none"> 9:30 am - Noogieland - Super Saturday! "Showing Our Love" <hr/> <p>12</p>
<p>13</p> <ul style="list-style-type: none"> 9:30 am - Gilda's Teen Club - Ocean City High School 9:30 am - Yoga 12:00 pm - Lunch & Learn: "Facing Death... with Open Eyes" - <i>a Documentary presented by Stephanie Hand, MSW, LSW, CT & Terre Mirsch, RN, BSN</i> 5:00 pm - Zumba! 6:00 pm - Widowed Persons Group 6:15 pm - Tai Chi & Breast Cancer Study with Paul Pickens 	<p>14</p> <ul style="list-style-type: none"> 8:15 am - Gilda's Teen Club - Absegami High School 9:30 am - Walk & Talk 1:30 pm - CancerCare Teleconference Call: Update from the 2011 American Society of Hematology (ASH) Annual Meeting 1:30 pm - Gilda's Quilters 3:00 pm - NEW MEMBER MEETING 3:30 pm - Sit, Knit & Crochet with Sue Conway! 6:00 pm - Wellness Group 6:00 pm - Family & Friends Group 6:00 pm - Noogie Night & Homework Spot 	<p>15</p> <ul style="list-style-type: none"> 9:30 am - TriYoga 9:30 am - Gilda's Teen Club - Egg Harbor Twp High School 6:00 pm - "Billy Elliot" - Movie Night & Potluck Munchies! 6:00 pm - Parents Living with Loss 6:00 pm - Reiki 6:15 pm - Tai Chi & Breast Cancer Study 	<p>16</p> <ul style="list-style-type: none"> 9:30 am - Flowing Yoga (Vinyasa) 11:00 am - Reiki 3:00 pm - Poetry Reading & Writing Workshop 6:00 pm - Living with Loss 6:00 pm - Living beyond Loss 6:00 pm - Noogie Night - Grief Busters! 6:00 pm - Teens & Young Adults Living with Loss 	<p>17</p> <hr/> <p>18</p> <hr/> <p>19</p>
<p>20</p> <ul style="list-style-type: none"> 9:30 am - Yoga 5:00 pm - Zumba! 6:00 pm - Guest Chef: An Encore Performance! Love is in the Air! 6:15 pm - Tai Chi & Breast Cancer Study with Paul Pickens 	<p>21</p> <ul style="list-style-type: none"> 9:30 am - Walk & Talk 12:50 pm - Gilda's Teen Club - Middle Township High School 5:00 pm - NEW! Circle of Song 6:00 pm - Wellness Group 6:00 pm - Family & Friends Group 6:00 pm - Noogie Night & Homework Spot 	<p>22</p> <ul style="list-style-type: none"> 9:30 am - TriYoga 1:20 pm - Gilda's Teen Club - CharterTech High School for the Performing Arts 5:30 pm - Reiki 6:00 pm - "Ask the Doctor: About the Heart during Treatment & Long Term" <i>presented by Dr. Tome Nascimento, Cardiologist</i> 6:15 pm - Tai Chi & Breast Cancer Study 6:30 pm - "And then There's Fiber!" - <i>presented by Justin Bean, Acupuncturist</i> 	<p>23</p> <ul style="list-style-type: none"> 9:30 am - Flowing Yoga (Vinyasa) 3:00 pm - NEW MEMBER MEETING 6:00 pm - NEW DAY! GI Cancers Group 6:00 pm - Living with Loss 6:00 pm - Living beyond Loss 6:00 pm - Noogie Night - Grief Busters! 6:45 pm - Sea Glass with Carol Bonfiglio and Sue Bennett 	<p>24</p> <ul style="list-style-type: none"> 5:30 pm - Noogieland - Fun Friday! "All About Self-Esteem" <hr/> <p>25</p> <hr/> <p>26</p>
<p>27</p> <ul style="list-style-type: none"> 9:30 am - Yoga 10:05 am - Gilda's Teen Club - Hammonton High School 5:00 pm - Zumba! 6:15 pm - Tai Chi & Breast Cancer Study with Paul Pickens 6:30 pm - NEW! Attractor Field Technique with Adria 	<p>28</p> <ul style="list-style-type: none"> 9:30 am - Walk & Talk 1:30 pm - Gilda's Quilters 3:30 pm - Sit, Knit & Crochet with Sue Conway! 6:00 pm - Wellness Group 6:00 pm - Family & Friends Group 6:00 pm - Noogie Night & Homework Spot 	<p>29</p> <ul style="list-style-type: none"> 9:30 am - TriYoga 10:00 am - Gilda's Teen Club - Buena Regional High School 11:00 am - Stress Management 1:30 pm - CANCERcare Teleconference: "Update on the Treatment of Pancreatic Cancer" <p>BREAST CANCER SPECIAL EVENT sponsored by Shirley Mae Breast Cancer Assistance Fund</p> <ul style="list-style-type: none"> 4 pm - Breast Cancer Exchange 5 pm - Supper & Social 6 pm - "Touched by Cancer" - <i>presented by Dr. Marvin Hyett</i> 6:15 pm - Tai Chi & Breast Cancer Study with Paul Pickens 6:30 pm - NEW MEMBER MEETING 	<p>10:30 am - NEW MEMBER MEETING</p>	<p>10:00 am - Men's Talk & Breakfast!</p>
		<p>10:00 am - Family & Friends Group</p> <p>10:00 am - Wellness Group</p> <p>12:15 pm - Reiki</p>		



Gilda's Club South Jersey
700 New Road
Linwood, NJ 08221
(609) 926-2699
www.gildasclubsouthjersey.org

To receive our "Gilda Gram"
e-newsletter, let us know
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CANCER SUPPORT COMMUNITY

Thank you, Sponsors...



Gilda's Club South Jersey - February 2012 - Program Calendar

A FREE program of support, education & hope for families touched by cancer.

New Member Meetings

Linwood Clubhouse at 700 New Road, Linwood, NJ 08221 (609) 926-2699

Mon., February 6: 6:30 pm • Tues., February 14: 3:00 pm
Thurs., February 23: 3:00 pm • Wed., February 29: 6:30 pm



Gilda's Club Living Room at AtlantiCare Cancer Care Institute
2500 English Creek Avenue, Building 400, 2nd Floor,
Egg Harbor Township, NJ 08234 (609) 407-4788

Thurs., February 2: 10:30 am • Tues., February 7: 10:30 am
Mon., February 13: 10:30 am • Tues., February 21: 10:30 pm

Call the appropriate location to sign up for a New Member Meeting.
Attendance is required before participating in any group or workshop.

To learn more about our program, visit our interactive program calendar at www.gildasclubsouthjersey.org

Gilda's Club South Jersey - February 2012 - Program Highlights

"Tai Chi & Breast Cancer Study" with Paul Pickens

Mondays & Wednesdays beginning February 1: 6:15 – 7:15pm

This series of Tai Chi classes is for Breast Cancer Survivors receiving aromatase inhibitors (hormone therapy) as an adjunctive therapy. Led by Paul Pickens, Tai Chi instructor, in partnership with Mary Lou Galantino, PT, MS, PhD, MSCF, Professor of Physical Therapy, The Richard Stockton College of NJ, this study will examine the relationship between physical activity, like Tai Chi, & survivorship. The class will meet for 8 weeks, twice each week, at Gilda's Club. For more information, please call Dr. Mary Lou Galantino: (609) 652-4408.

"Ask the Doctor: About Supplements" presented by Dr. Steven Chang

Wednesday, February 8: 12:30pm – 1:30pm at The Living Room

Presented by Dr. Stephen Chang, RPH, owner of Parkway Pharmacy in Atlantic City, and Essential Elements Health Food Store in Northfield. Do you have life-long questions? Come learn why, what, and how to use supplements safely & effectively in health maintenance and recovery. Learn when to start or restart supplementation schedule, answer what the alternatives are and still achieve expected cancer therapies' effectiveness.

"Ask the Doctor: About Thyroid Cancer" presented by Dr. Matthew Corcoran

Thursday, February 9: 11:30am – 12:30pm at The Living Room

Dr. Matthew Corcoran, MD, Endocrinologist at the Atlanticare Healthplex, will discuss thyroid nodules, diagnosis of and types of thyroid cancer, treatment and follow-up care for life. Resources and handouts will be provided.

Lunch & Learn: "Facing Death...with Open Eyes" a documentary presented by

Stephanie Hand, MSW, LSW, CT & Terre Mirsch, RN, BSN, CHPCA

Monday, February 13: 12:00pm – 2:00pm Lunch Included.

What is it like to face death with awareness? Join us to screen a wonderful documentary as together we explore the possibilities. Presented with four stories "woven together in a lyrical tapestry of words, images & music" & followed by discussion led by Stephanie Hand, MSW, LSW, CT, Holy Redeemer Hospice & Terre Mirsch, RN, BSN, CHPCA, Vice President of Hospice & Palliative Care Services for Holy Redeemer Home Care & Hospice. Sponsored by Holy Redeemer Hospice

Guest Chef: An Encore Performance! Love is in the Air!

Monday, February 20: 6:00pm – 8:00pm

We love, love, love Chef/Owner Joe Lautato of Cafe 2825! And we love Steven Chang for bringing Chef Joe to Gilda's Club. Join us in welcoming back Chef Joe and "show him the love" for his incredible generosity, wonderful food, great lessons in cooking & amazing warm spirit.

"Artist of the Month": Dynamic Drawing with Charcoals

Thursday, February 16: 10:00am – 12:00pm at The Living Room

Presented by Nancy Palermo, BA in Fine Arts from the University of Maryland. Learn the essential secrets of drawing while producing a beautiful charcoal still life. Since 2000 Nancy has painted many murals in public and private spaces including St. Augustine's Roman Catholic Church in Ocean City, the Bubba Mac Shack in Somers Point, The Ocean City Public Library, and the Eugene Tighe School in Margate. Nancy's paintings have garnered many awards throughout NJ. She is currently teaching at the Ocean City Arts center.

"Ask the Doctor: You Gotta Have Heart" presented by Dr. Tome Nascimento

Wednesday, February 22: 6:00pm – 8:00pm

Dr. Nascimento, Cardiologist, will discuss the heart during cancer treatment & long term. Can chemotherapy & radiation affect the heart during treatment? Are there long term repercussions? What is the best way to take care of the heart? We gotta have heart...let's take care of it the best we can.

"Breast Cancer Special Event: Touched by Cancer"

Wednesday, February 29: 4pm – Breast Cancer Exchange 5pm – Supper & Social

6pm – "Touched by Cancer" presented by Dr. Marvin Hyett

Body image, relationships & intimacy are greatly impacted by cancer & effects of surgery, internal & visible scars. Dr. Marvin Hyett will lead the discussion about these topics. He has listened for many years to survivors living with these issues. He is a wonderful listener & will help us understand how to feel better about this "new normal". Sponsored by the Shirley Mae Breast Cancer Assistance Fund.

Registration is required for all groups & activities – please call the appropriate location.
Check out our full program calendar at www.gildasclubsouthjersey.org