

# Gilda's Club at Rush

## PROGRAM DESCRIPTIONS

### OUTPATIENT GROUPS AND ACTIVITIES

*Held in the Integrative Medicine Conference Room 1004D, in the Cancer Center located on the 10<sup>th</sup> floor of the Professional Building.*

#### CANCER NETWORKING GROUP

Come and join us for a discussion among cancer patients, caregivers, family and friends. This group will provide a safe place to share your experiences, stories, ideas and feelings with others.

*Facilitator: Lindsay Slomiany, LCSW*

*Wednesdays, 11:00AM-12:00PM*

*Thursdays, 11:00AM-12:00PM*

#### GENTLE YOGA

Give yourself the benefit of deep breathing and a comfortable stretch. This is a gentle yoga which can be done while seated. It's your chance to try yoga for the first time or to keep up your yoga practice.

*Facilitator: Anjali Shah, Certified Yoga Instructor*

*Wednesdays, 12:00PM-1:00PM*

*Facilitators: Nicole Thompson and Kate Bramer, Certified Yoga Instructors*

*Thursdays, 2:00PM-3:00PM*

#### WOMAN OF COLOR WITH CANCER

Join us in this monthly group for an opportunity for women of color to share their experiences and advice about living lives touched by cancer.

*Facilitator: Eva Smith, RN*

*First Wednesday of the Month, 1:00PM-2:00PM*

#### STRESS RELIEF, YOGA AND MEDITATION

Join us to explore simple ways to relax and relieve stress. Learn the power of proper breathing, gentle stretching and the art of bringing peaceful thoughts and energy to the mind.

*Facilitator: Vishnu Jorge Espinel, Certified Yoga Instructor*

*Wednesdays, 2:00PM-3:00PM*

#### ART AS RELAXATION

Learn origami and be surprised by the sense of accomplishment after making your first paper crane. Other art projects may also be featured. No Artistic skills required!

*Facilitator: Warner Saunders, Jr*

*Thursdays, 12:00PM-2:00PM*

#### LUNG CANCER GROUP

Come and join us for a discussion among lung cancer patients, caregivers, family and friends. This group will provide a safe place to share your experiences, stories, ideas and feelings with others.

Each meeting will allow a time to talk about broader issues that affect people living with cancer as well as issues that are specific to living with lung cancer.

*Facilitator: Daniel McFarland, DO and Lindsay Slomiany, LCSW*

*First and Third Thursdays, 3:00PM-5:00PM*

#### NUTRITION NETWORKING GROUP

This is a networking group for patients and family members to discuss various food choices and healthy nutrition options. There will be a weekly recipe provided and opportunity for recipe exchange.

*Facilitator: Elizabeth Martin, BA*

*Fridays, 12:30PM-1:30PM*

#### MELANOMA GROUP

A bi-monthly group that offers an opportunity for discussion among melanoma patients, caregivers, family and friends. This group will provide a safe place to share your experiences, stories, ideas and feelings with others. Each meeting will allow a time to talk about broader issues that affect people living with cancer as well as issues that are specific to living with melanoma.

*Facilitator: Lindsay Slomiany, LCSW and Jill Titzel, APN*

*Second and Fourth Wednesdays, 3:00PM-5:00PM*

#### POLISH NETWORKING GROUP

Attend this group and enjoy a discussion among Polish speaking individuals who have been affected by a cancer diagnosis.

*Facilitator: Gosha Thornton, MSW*

*Second and Fourth Wednesdays, 1:00PM-2:00PM*

#### THROAT CANCER GROUP

This bi-monthly group is an opportunity for throat cancer patients, caregivers, family and friends to come together to share their experiences, stories, resources and hopes with others. Meetings will consist of discussions, question and answer periods, and education.

*Facilitator: Lewis Trammell, Throat Cancer Survivor,*

*Janelle Reske, CCC-SLP and Lindsay Slomiany, LCSW*

*Second and Fourth Thursdays, 3:00PM-5:00PM*

#### LYMPHOMA NETWORKING GROUP

This a networking group for patients and family members affected by all subtypes of lymphoma.

*Facilitator: Elizabeth Martin, BA*

*Second and Fourth Fridays, 11:00AM-12:30PM*

#### CHALLENGES AND CONCERNS ABOUT CANCER FOR INDIVIDUALS OF COLOR

This monthly group invites individuals of color to participate in an open discussion focusing on the impact of cancer. Patients, family members and caregivers welcome!

*Facilitator: Eva Smith, RN*

*Third Wednesday of the Month, 1:00PM-2:00PM*

#### PARENTING THROUGH CANCER

A monthly networking group for parents of children under 18 designed to help parents who have cancer themselves, a spouse or child with cancer or are parenting through the death of a loved one.

*Facilitator: Jamie Mazer, LCPC*

*Fourth Wednesdays of the Month, 11:00AM-12:00PM*

### INPATIENT ACTIVITIES

#### STRESS RELIEF, YOGA AND MEDITATION

Join us to explore simple ways to relax and relieve stress. Learn the power of proper breathing, gentle stretching and the art of bringing peaceful thoughts and energy to the mind.

*Facilitator: Vishnu Jorge Espinel, Certified Yoga Instructor*

*Wednesdays, 2:30PM-3:30PM*

*10Kellogg Family Room*

#### ART AS RELAXATION

Learn origami and be surprised by the sense of accomplishment after making your first paper crane. Other art projects may also be featured. No Artistic skills required!

*Facilitator: Warner Saunders, Jr*

*Thursdays, 2:30PM-3:30PM*

*10Kellogg Family Room*

#### CAREGIVER SUPPORT GROUP

A weekly support group for family members or friends caring for a cancer patient. In this group, participants can share their experiences and stories, and obtain information regarding coping skills, support and camaraderie.

*Facilitator: Lindsay Slomiany, LCSW*

*Wednesdays 4:00PM-5:00PM*

*10Kellogg Conference Room*

#### POSTCARD PROJECT

Make someone you care about a personal art postcard. Join us as we create a personalized mixed-media postcard to mail or keep. Bring your favorite memories. We will supply all materials and steps for success.

*Check Calendar for Dates*