education, support, & hope
FOR ALL PEOPLE IMPACTED BY CANCER, ANYTIME, ANYWHERE
May - June 2024

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.

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.

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.

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

GUARDED 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.

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.

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.

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.

Gilda’s in the Community!

education workshops

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.

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, LSCSW, OSW-C, as we explore how the burden of positive thinking may impact coping.

A TO ZZZZZZZ: 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.

GildasClubKC.org • 816-531-5444 • support@gildasclubkc.org
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.
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<th>MONDAY</th>
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<td>29</td>
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<td>01 WELCOME MEETING - 11:30AM&lt;br&gt;FAMILY &amp; FRIENDS - 6PM&lt;br&gt;PROSTATE NETWORK - 6:30PM</td>
<td>02 LIVING WITH CANCER - 6PM</td>
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<td>06 KNITTING CLASS - 5:30PM&lt;br&gt;PUSH THE PAUSE BUTTON (CAREGIVERS) - 6PM&lt;br YA SERIES: MENTAL HEALTH &amp; CANCER - 6PM&lt;br&gt;YA SUPPORT GROUP - 6PM</td>
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<td>08 KNITTING CLASS - 12PM&lt;br&gt;GRUPO DE APOYO - 6PM&lt;br&gt;POST-TREATMENT GROUP - 6PM</td>
<td>09 LIVING WITH CANCER AT LIBERTY HOSPITAL - 6PM&lt;br&gt; FRIENDS &amp; FAMILY AT LIBERTY HOSPITAL - 6PM</td>
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<td>13</td>
<td>14 BREAST CANCER SUPPORT GROUP - 6PM&lt;br&gt; LIVING WITH CANCER AT SAINT LUKE'S EAST - 6PM&lt;br&gt; FRIENDS &amp; FAMILY AT SAINT LUKE'S EAST - 6PM</td>
<td>15 WELCOME MEETING - 4PM&lt;br&gt; ZUMBA LIGHT - 5PM&lt;br&gt; FAMILY &amp; FRIENDS GROUP - 6PM</td>
<td>16 LIVING WITH CANCER - 6PM</td>
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<td>20 CARDIAC EFFECTS OF CANCER TREATMENT - 6PM&lt;br&gt; LIVING WITH CANCER AT ADVENTHEALTH - 6PM&lt;br&gt; LIVING WITH LOSS - 6PM&lt;br&gt;YA SUPPORT GROUP - 6PM</td>
<td>21 CHILDREN, TEEN, &amp; FAMILY ARTS CLASS - 5PM</td>
<td>22 POST-TREATMENT GROUP - 6PM</td>
<td>23 EXPRESSIVE ART THERAPY - 4PM</td>
<td>24 YA SERIES: FERTILITY PRESERVATION - 6PM</td>
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<td>28 BASIC BUDGETING AT UNIVERSITY HEALTH - 12PM&lt;br&gt; MISSY'S BOUTIQUE INFO SESSION - 5:30PM&lt;br&gt; BENEFITS OF ACUPUNCTURE AT SAINT LUKE'S EAST - 6PM&lt;br&gt; BREAST CANCER SUPPORT GROUP - 6PM</td>
<td>29 FOOD AS MEDICINE EVERY DAY AT SAINT LUKE'S EAST - 6PM</td>
<td>30 FAMILIES CONNECT SUPPORT GROUP - 6PM</td>
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# Gilda's Club Kansas City

## June 2024

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<th>Sunday</th>
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<td>NATIONAL CANCER SURVIVORS DAY 9AM - 12PM</td>
<td>MAXIMIZING MOVEMENT &amp; WELLNESS AT ADVENTHEALTH 6PM</td>
<td>GUIDED RELAXATION 12PM</td>
<td>WELCOME MEETING 11:30AM FAMILY &amp; FRIENDS 6PM</td>
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<td>MINDFUL STRESS MANAGEMENT 12PM</td>
<td>KNITTING CLASS 5:30 PM</td>
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Community is Stronger than Cancer®

Thank you to our hospital partners.

Saint Luke’s CANCER INSTITUTE

Advent Health Cancer Center

university health

Juntos

El Centro

The University of Kansas Cancer Center

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."

GILDA’S CLUB KANSAS CITY
21 W. 43rd St., Kansas City, MO 64111
GildasClubKC.org • 816-531-5444