

PROGRAM CALENDAR

A free, non-profit support community for anyone touched by cancer

Featured Events This Month

♦ **Milestones in Myeloma Therapy**
Wednesday, November 5 | 6-8pm
 Together with the Leukemia and Lymphoma Society we are presenting a patient program on Myeloma Therapy. Topics will include current and emerging drug therapies and management of disease and treatment side effects. Speaker is Dr. David Siegel, MD, PhD from the Cancer Center at Hackensack University Medical Center. **Dinner will be served at 5:30pm. Please sign up at the front desk or call 201-457-1670 ext 110**

♦ **A MOSAIC of Colon Cancer Survivorship**
Tuesday, November 18 | 6-8pm
 Gilda's Club NNJ invites people living with Colon Cancer along with their families and friends to a free dinner workshop celebrating advances in colon cancer treatment with a new program called MOSAIC of Colon Cancer survivorship. Presenter is Dr. Howard Hochster from Langone Medical Center-NYU Medical Oncology Associates. **Please sign up at the front desk or call 201-457-1670 ext 110.**

♦ **Family Fiesta**
Saturday, November 15 | 11-1pm
 Bring the whole family to celebrate life with fabulous Latin American Rhythm! Juan Carlo will be here to dance and teach for us. Michael Quarles and QBeats percussion will also be here, and so much more! Latin Jazz Maestros! Open to the public. **Please sign up at the front desk or call 201-457-1670 ext 110.**

♦ **Thanksgiving Potluck**
Wednesday, November 19 | 6-7:30pm
 This year at Gilda's Club, we have much to be thankful for. Please join us in for a celebration of thanks. Gilda's Club will provide the turkey, so don't forget to bring your favorite side dish or desert to share with all of Gilda's family and friends. Paul Spezial and his band will provide the entertainment. Open to the public, please sign up. **Please sign up at the front desk or call 201-457-1670 ext 110.**

Thank you to our November Heroes

- * Brighton Collectibles *
- * Frankie L's Pizzeria Hackensack *
- * TH Waldman *
- * Lupardis Farm *
- * Angelina's Pizzeria Hackensack *
- * Gofman Family *
- * Stern Family *
- * Abad Family *
- * Esbre Water *
- * Teaneck High School Cancer Awareness Club *
- * Bergenfest 2008 *
- * Liberty Health Meadowlands Hospital Medical Center *
- * Visage Salon, Oradell *
- * Joanne Santiglia *
- * Ray Turkin *
- * Fred and Randi Silbur *
- * Edible Arrangements *
- * Gilda's Club Players *
- * Sandy Giordano *
- * Millers Bakery, Tenafly *
- * Stop and Shop, Teaneck *
- * Bergen PAC *
- * Helen Tilford, IGM Practitioner *
- * Amira Mor *
- * Stop and Shop, Tenafly *
- * String Jazz Society of NJ *
- * Loretta Brovot *
- * Heidi Finklestein *
- * Noogiefest Volunteers *

For their generous donations and contributions to GCNNJ

Message from the Executive Director

In the spirit of Thanksgiving, the Gilda's Club NNJ community has so much to be thankful for, especially since our clubhouse has been able to remain open and we continue to provide the emotional and social support so essential for anyone touched by cancer.

We want to thank our compassionate volunteers, generous donors and hardworking staff and board members. Their contributions are greatly appreciated. We also want to thank our members for giving back. During this transition our members have taken a more active role in the Club's mission, helping to support the community that has been there during their difficult times.

There are so many ways to give back to our community. Some people opt to give financially, while others volunteer their time. One thing that we can all do is to spread the word about Gilda's Club and our mission. I still hear from people who think we are only open to women or for ovarian cancer. I call upon every one of you to help break these myths. Let's spread the word that Gilda's Club is where to go for support whenever there is a diagnosis of any type of cancer.

Please see our calendar for our upcoming events, lectures and workshops. On November 19 we will host a Thanksgiving Day potluck at the clubhouse to give thanks for all the wonderful people who have given so much to our community. Please join us with your friends and family and bring your favorite side dish as we share in the spirit of the holiday.

Cancer support for the whole family – The whole time.

Lenore Guido

Gilda's Club Photo Album



Gilda's Belated

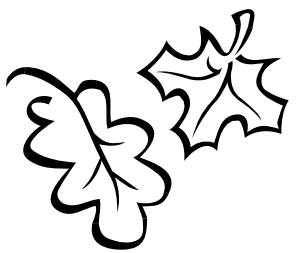


B-Day Bash

Was a Smash!

Clubhouse Wishlist	New Things We Need	
• Bottled Water	• C-fold towels	• Plastic Utensils
• Paper Towels	• Toilet Paper	• Large Paper Plates
• Parmalat Milk	• Tissues	• Copy Paper
• Coffee/ Extra Large coffee filters	• Dishwashing Detergent	• Coffee Cups
• Plastic Cups	• Napkins	• Clorox Wipes
• ...and for the Noogies	• Kids snacks	• Lysol Wipes
	• Juice Boxes	
	• Arts and Craft Projects for Children	

Only new items, please!



Calendar

November

Non-Profit
 US Postage
PAID
 Hackensack, NJ
 Permit No. 1177

575 Main Street | Hackensack, NJ 07601 | (201) 457-1670
www.gildasclubnnj.org | info@gildasclubnnj.org



2008 November

Lung Cancer Awareness Month
Pancreatic Cancer Awareness Month

Gilda's Club Northern New Jersey | 575 Main Street | Hackensack, NJ 07601
1-201-457-1670 ext 110 Cancer Support for the Whole Family, the Whole Time!
Monday 10am-4pm | Tuesday-Thursday 10am-8pm | Friday 10am-4pm | Saturday (3rd Saturday each month) 10am-2pm

Featuring
This Month



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Volunteer Corner Calendar Mailing Calendar volunteers, the calendar mailing will take place on Monday, November 17th at 11:00am. Please sign up if you are able to participate. Interested in Volunteering? Please sign up for a Red Door Tour or call 1-201-457-1670 ext 124 Interested in Joining the Fundraising Auxiliary or Have a Great Idea? Please leave your idea at the front desk or email auxpresident@gildasclubnnj.org</p>			<p>For Kids For Teens Noogieland Children touched by cancer can explore their feelings, ask questions, and just "be kids" having FUN! through art and play. Teen Scene Teen Thursdays is a get together for teenagers whose lives have been touched by cancer. Meets every Thursday of the month. This is a fun way for teenagers to get involved in the clubhouse, volunteer, get support, and to just be themselves.</p>		<p>1 Clubhouse Closed</p>
<p>3 New Member Meeting 1-2pm</p>	<p>4 Not on the Floor Yoga 10:30-11:45am Mah Jongg 12:30-2pm Yoga w/Jess 5:30-6:30pm Art Class: Mixed Media 6:30-8pm</p>	<p>5 Yoga w/Trena 11am-12pm Ceramics w/Marilyn 12-2pm "Ask the Doctor" 2:30-4pm Spring Forest Qigong w/Ann 3-4pm Thyroid Cancer Networking 6-7:30pm ♦ Myeloma Lecture 6-7:30pm Knitting Circle 6:30-8pm</p>	<p>6 * Red Door Tour 8:30-9:30am Helping Hands and PH&D Networking 11am-12pm Gentle Yoga 1-2:15pm Poker Time 1-3pm *TNT: Dynamite Thursdays 6:30-8pm</p>	<p>7 *Tai Chi 11am-12pm</p>	<p>8 Clubhouse Closed</p>
<p>10</p>	<p>11 Not on the Floor Yoga 10:30-11:45am Crochet/Knitting w/Remi 11:30am-1pm Healthy Juices w/Joe 12:30-1:30pm Mah Jongg 12:30-2pm Art Class: Mixed Media 6:30-8pm</p> <p>* Investment Illusion vs. Investment Reality Lecture 6-7:30pm</p>	<p>12 Yoga w/Trena 11am-12pm Living Life after Treatment 12:30-2pm Guided Imagery/Meditation 2-3pm Lung Cancer Networking 2:30-4pm Spring Forest Qigong w/Ann 3-4pm New Member Meeting 5:30-6:30pm Knitting Circle 6:30-8pm Entre Amigos (among friends) 6:30-8pm Breast Cancer Networking 6:30-8pm</p>	<p>13 Gentle Yoga 1-2:15pm Poker Time 1-3pm *TNT: Dynamite Thursdays 6:30-8pm</p>	<p>14 *Tai Chi 11am-12pm</p>	<p>15 Sisters Networking 10am-12pm ♦ Family Fiesta 11am-1pm</p>
<p>17 New Member Meeting 1-2pm * Dance Expressions 2:15-3:15pm Crazy Quilting 1-3pm</p>	<p>18 Not on the Floor Yoga 10:30-11:45am Mah Jongg 12:30-2pm * Writing Your Illness 6-7:30pm Art Class: Mixed Media 6:30-8pm ♦ A MOSAIC of Colon Cancer Survivorship Lecture 6-8pm</p>	<p>19 Yoga w/Trena 11am-12pm The Men's Club 2:30-4pm *Spring Forest Qigong w/Ann 3-4pm</p> <p>Knitting Circle 6:30-8pm ♦ Thanksgiving Potluck 6-7:30pm</p>	<p>20 * Dr. Dave is back w/Stress Management Lecture 10:30-11:30am Gentle Yoga 1-2:15pm Poker Time 1-3pm *TNT: Dynamite Thursdays 6:30-8pm ** Children's Hip Hop**</p>	<p>21 *Tai Chi 11am-12pm</p>	<p>22 Clubhouse Closed</p>
<p>24</p>	<p>25 Not on the Floor Yoga 10:30-11:45am Crochet/Knitting w/Remi 11:30am-1pm Mah Jongg 12:30-2pm Art Class: Mixed Media 6:30-8pm</p>	<p>26 Living Life after Treatment 12:30-2pm Book Club: "Mrs. Bridge" By: Evan Connell 2-3:30pm *Spring Forest Qigong w/Ann 3-4pm *Socrates Café 3:30-5pm Knitting Circle 6:30-8pm</p>	<p>27 Thanksgiving Clubhouse Closed</p>	<p>28 Clubhouse Closed</p>	<p>29 Clubhouse Closed</p>

***Dynamite Thursdays**

Thursdays, November 6, 13, 20 | 6:30-8pm

On Thursday November 20th we will have Hip-Hop & Beyond for Kids & Teens. Learn new moves and how to put together your own dances! The focus is on fun! An energetic creative way to express yourself to music. Taught by Center for Modern Dance Education staff member Roger Turner. **There will be no Noogieland on the 27th**

***Healthy Juices with Joe**

Tuesday, November 11 | 12:30-1:30pm
Joe will share some of his healthy recipes that he uses to stay healthy while dealing with a cancer diagnosis.

*** Investment Illusion vs. Investment Reality**

Tuesday, November 11 | 6-7:30pm
A symposium discussing the current market environment and how it is affecting everyone around us. Ways to protect your assets and things you can do to take advantage of the current volatile times we are facing everyday.

***Dr. Dave and Stress Management**

Thursday, November 20 | 10:30-11:30am
Dr. Dave, a local chiropractor, shares lifestyle changes to maximize health and minimize stress.

*** Writing Your Illness**

Tuesday, November 18 | 6-7:30pm
Discover the profound healing effect writing has on the emotional and psychological experience of illness. This workshop will help the individuals learn to write openly and honestly the story of their illness. Workshop Leader: Joan Cusack Handler Ph.D., Psychologist, Publisher, CavanKerry Press Poet and Prose writer.



How to become a Member

1. Call 201-457-1670 ext 125 to speak to a program staff person
2. Come to a New Members Meeting
3. Create a Customized Membership Plan

Support Groups

Day and Time	Groups Offered
Tuesday, 12:30-2pm	Wellness
Tuesday, 6:30-8pm	Wellness, Family, ph&d Alumni
Thursday, 10-11:30am	Wellness
Thursday, 6:30-8pm	Wellness, Bereavement

Reminders For Members

- *If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the club-cancelled. house when you are feeling better. Thank You!
- *Due to members strong reactions to odors during chemotherapy, please refrain from wearing cologne or perfume when at the clubhouse. Thank You!
- *Please sign up for all activities at least 24 hrs. in advance at (201) 457-1670. Activities without sufficient enrollment will be