



Your Community Cancer Resource

Welcome to **Gilda's Gazette**, your month-at-a-glance of **Gilda's Club Rochester** and the cancer community at large. We're excited to highlight what's happening behind and beyond our red door, out in Rochester, and around the country.

As always, we couldn't do what we do without your support!

Visit Our Website

Cervical Cancer Awareness Month

January is Cervical Cancer Awareness Month! While cervical cancer mortality rates have fallen drastically since the 1970s - when it was the leading cause of death for women - nearly 13,000 women are still diagnosed with it every year. The primary cause of the decline in deaths from cervical cancer is the increase in Pap tests, which look for HPV (human papillomavirus) infection. **Women ages 21-65: have your regular Pap tests!** Since many HPV-related cancers could be prevented with vaccination, the CDC (Center for Disease Control) recommends all boys and girls receive the HPV vaccination by age 12.



Interested in learning more? [Check out the Frankly Speaking About Cancer radio show, episode HPV Vaccine: The Underutilized Cure.](#)

Kids in the Kitchen

We couldn't be more excited about this month's Kids in the Kitchen program! **Over 45 kids (plus their parents) joined us this past Monday to make a smorgasbord of delicious - and**

healthy! - breakfast treats. Our kiddos chopped, mixed, and blended their way to tasty smoothies, homemade granola, healthy breakfast burritos and more. Sponsored by Wegmans, this program was a hit with kids and parents alike. A family with a member diagnosed with cancer is often open to making healthy lifestyle changes. Kids in the Kitchen aims to educate the young members of these families on the impact diet choices have at cancer prevention. The classes expose children to healthy food that tastes good.



The kids can't wait to come back for Kids in the Kitchen in February, where they'll be cooking with a local, professional chef, and creating flower pots to grow their own romaine lettuce.

Sponsored by *Wegmans*

Third Party Events

Are you looking to give back to the community on behalf of GCR? **Consider hosting a third party event!** From a Jeans Day at your office, to suggesting us as the recipient of a giving circle, to creating a fundraiser from scratch -- all efforts are appreciated! If you're looking for ideas, or already have one brewing, please let us know! We'd love to work with you on making that idea come to life.



Visit the [Third Party Event page](#) on our website, or [email Johanna Lester](#), our Director of Events and Communications directly.

The Journey Forward

Thank you for your support of The Journey Forward!

We're sincerely grateful for the lives you're changing through your support of Gilda's Club Rochester and **The Journey Forward**. This year brings with it renewed hope and spirit that we embrace at the Clubhouse. Thank you for being there for our members and standing by our side. We wish you and yours the very best in 2018!



New Member Orientation

When cancer happens, it happens to the whole family and social network. In addition to those

living with a cancer diagnosis, we encourage family and friends to become members of Gilda's Club Rochester as well -- all through a **New Member Orientation**. Our programs are offered free-of-charge to everyone. From support groups, to wellness programs, to social events -- come see what we have to offer.



New Member Orientations are offered at numerous times and days throughout the week, and give you an opportunity to meet with a staff member to go over everything that Gilda's Club provides.

For more information or to inquire about scheduling a New Member Orientation, call our office at 585-423-9700 or email info@gildasclubrochester.org.



Be sure to check out our [full program calendar](#) every month to see what's happening here at Gilda's Club Rochester and around our community!

For fundraising and community events, visit our [Special Events page](#)!

Gilda's Club Rochester | 585.423.9700 | GildasClubRochester.org

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