



So that *no one* faces cancer alone®



2018

Annual Report

Message from the Executive Director

Dear friends,

2019 is a big year for Gilda's Club Twin Cities because it was on April 23rd, 2014, five years ago, that Gilda's Club Twin Cities first opened its red doors to anyone and everyone touched by cancer. That's five years of welcoming people through the signature red doors, five years of growing a program member by member and partnership by partnership, and five years of this community continuing to invest in our success! Definitely worth celebrating.



What we are going to celebrate all year is something that goes back even further, to the inspired genesis of an idea. So many volunteers, Board members, corporations and medical community partners banded with Gilda's Club's dedicated and visionary founders to make this dream a reality. We are where we are today because of all of those people who understood the very real value of social and emotional support for those impacted by cancer. Who understood we needed a place for that very specific and very powerful type of support to happen. Who understood the power of living life to the fullest – whatever the outcome.

As we celebrate five years of service to the Twin Cities' community, we know that we have only scratched the surface. According to the Minnesota Department of Health, despite the cancer mortality rate decreasing by almost 15 percent, nearly half of all Minnesotans will be diagnosed with a potentially serious cancer during their lifetimes. These statistics prove that the need for Gilda's Club is more important than ever. The health and wellbeing of Gilda's Club Twin Cities is non-negotiable.

Our five-part program of support serves not only those living with cancer but also family, friends and caregivers. Although we are just five years old, as an affiliate of the worldwide Cancer Support Community, our program comes with more than 30 years of expertise behind it, a one-of-a-kind, evidence-based program of social and emotional support.

This year we are celebrating growth, but you know we measure growth in many ways. Last year I promised that we would expand our Children, Teen & Family program and in Q2 alone we have 6 new offerings for youth. We have also leveraged technology to increase access to our educational offerings. We measure growth not only in how we deliver our mission daily, but also in the maturity we now have to know where else and how else we need to grow. We need to continue to expand access to meet the need throughout the Twin Cities and are hard at work determining how to achieve that goal.

We also measure growth by the expansion of our overall program, the number of members who come through our red doors, the types of cancer we see represented among members. But it's also the plantings in the meditation garden that started as seedlings and now provide a peaceful environment for members to reflect. It's the growth of our staff – now numbering 6, the launch this summer of a refreshed website, and working with our Board on a new strategic plan.

I know that I, too, have grown in my tenure as executive director at Gilda's Club. I will never forget meeting a member my first week at Gilda's Club – she took my hand in hers and thanked me for being here. She then told me her story, how she had lost her husband and was now dealing with her own cancer diagnosis. She shared treasured memories with me—but what struck me most and what I take with me moving forward from that first meeting—was that she stopped and spoke with me, not to unburden herself, but to connect with and to welcome me. I immediately felt a part of this incredible Gilda's Club and began to understand what membership in this club means...it means community.

With that knowledge and understanding, we move forward to the next five years and beyond, confidently, with promise, purpose and a momentum you can feel—fulfilling our mission each and every day—as we did on that first day, five years ago.

Kind regards,

Libby Utter

Executive Director | Gilda's Club Twin Cities

Our Program

The Gilda's Club program is a one-of-a-kind model of social and emotional support, professionally facilitated by licensed mental health professionals and designed by and for those who know first-hand what it means to live with cancer. Our program honors all viewpoints and encourages members to create a customized plan based on their personal needs.

Our comprehensive, evidence-based program rests on five cornerstones:



Support

Group support provides you opportunities for connection with others who are sharing a similar experience and the comfort in knowing you are not alone. At Gilda's Club Twin Cities, we currently offer over 18 weekly support groups that are facilitated by licensed mental health professionals.



Healthy Lifestyle

These classes and workshops are led by professionals and skilled volunteers, and are designed to empower you with skills to reduce stress and adopt new habits for wellbeing:

- ☐ Nutrition
- ☐ Mind-body practices (including yoga, Qi-gong, tai chi and mindfulness)
- ☐ Exercise
- ☐ Expressive arts (including improv, movement, writing and visual arts)



Education

Educational workshops provide you opportunities to acquire new skills, information and techniques to learn how to live with cancer. Each month, we offer a variety of topics taught by subject-matter experts in a safe, informal setting where you can ask questions and get answers.



Social Opportunities

Among the most popular offerings at Gilda's Club are our social activities, where you can connect with others at potluck suppers, Euro Cafés, holiday celebrations, knitting clubs, book clubs and more.



Information and Referral

Gilda's Club is a hub for cancer-related information and referrals in the Twin Cities metro. We are deeply connected to our local community so that we can offer you a robust array of cancer resources. As an affiliate of the Cancer Support Community, our parent organization, we have access to national resources, too!

Member Spotlight

I lived with leukemia at age four and now live with stage four metastatic breast cancer at age 43. **Life can be a challenge when you're living with cancer**, and that's putting it mildly. I take 17 pills a day just to remain stable. Occasionally I have to take something stronger for pain, but then I can't drive my kids to and from school. I've even taken leave from the job I love, working as a nurse practitioner, to participate in a clinical cancer trial.

Honestly, a lot of people can't handle it when I talk to them about my cancer, and that's understandable. When they ask how I'm feeling, "I'm hanging in there" is probably the best way to sum it all up. **I'm hanging in there thanks to my family, friends and Gilda's Club Twin Cities.**



Gilda's Club taught me that living with cancer is not a choice, how you live with it is.

-Trisha Haapoja

Mom, wife and Gilda's Club Twin Cities' member



Gilda Radner's Legacy



Following her own cancer diagnosis, former *Saturday Night Live* comedian Gilda Radner quipped,

"Cancer gave me membership in an elite club I'd rather not belong to."

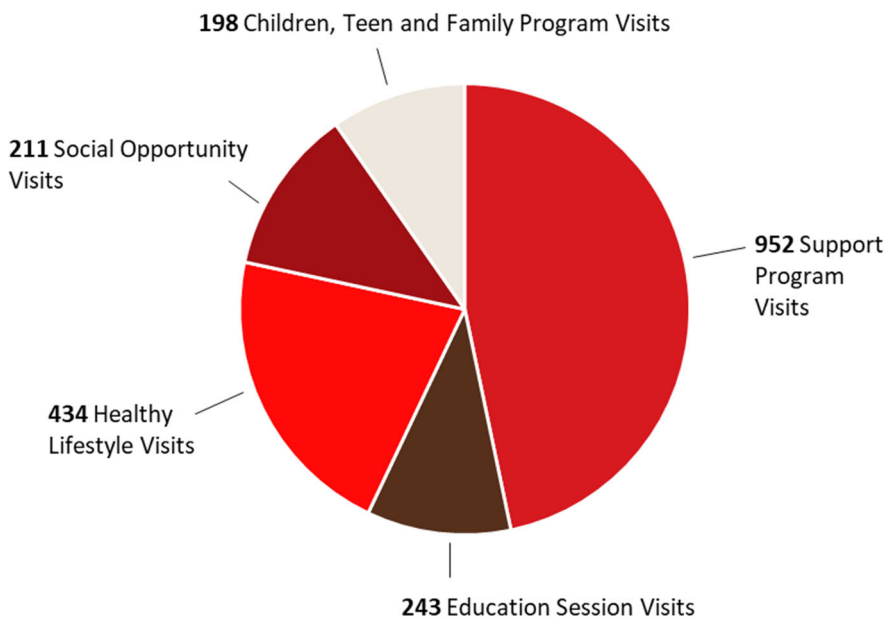
Today that club is Gilda's Club. From the very first Gilda's Club in New York City founded in 1995, to today's network of more than [40 independent and locally-funded](#) affiliates, Gilda's Club is where membership means connecting with people who truly understand. Gilda's Club Twin Cities is proud to be part of the worldwide [Cancer Support Community](#) (CSC).

Program Highlights

Who we serve

By the numbers

2,500+ Program Visits In 2018



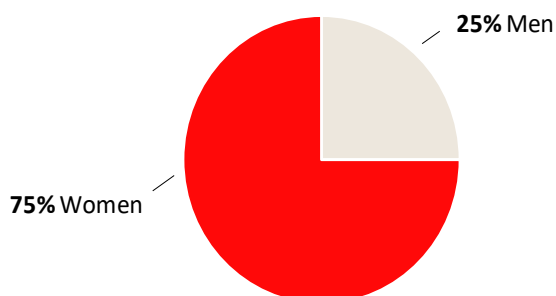
162 New Members In 2018

50+ Types of Cancer Served

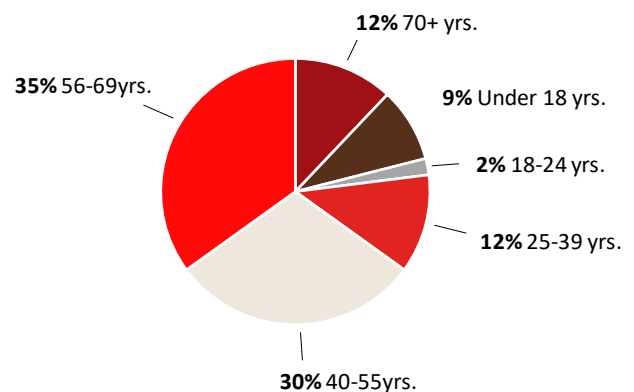
Including Rare Cancers, Pediatric Cancers, and Brain Tumors.

800+ Caregivers/ Support Person **200+** Living with Cancer **50+** Living with Loss

Member Gender Distribution



Member Age Distribution



The **#1 gap in cancer care** is the lack of social and emotional support. The Gilda's Club program of support fills that gap.

What our members say

84%

Have increased quality of life due to attending programs at GCTC



87%

Feel less isolated and more connected because they are a part of the community at GCTC



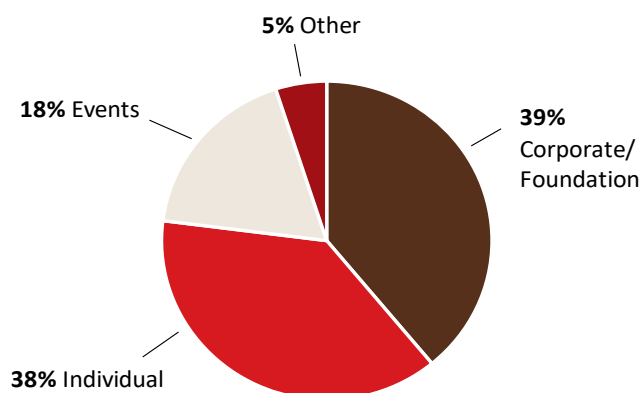
97%

Would recommend GCTC to a friend or colleague

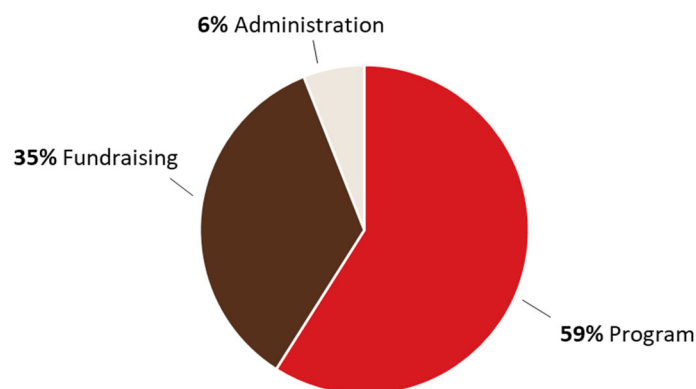


2018 Financials

Revenue by area



Expenses by area



Statement of Activities

Gilda's Club Twin Cities was built by the community, for the community and is sustained by the community. All program offerings are completely FREE for those we serve. Our free program of support would not be possible without the generous support of Twin Cities corporations, foundations, and individuals through direct donations and support of GCTC fundraising events.

Financial Statement Note:

These condensed financial summaries were prepared from audited financial statements for the year ending December 31, 2018

Leadership

Staff

Libby Utter
Executive Director

Ali DeCamillis
Program Director

Carissa Vincent
Development Manager

Ryan Sweeney
Development and
Stewardship Manager

Maddy Rydeen
Volunteer & Program
Coordinator

Board of Directors

Officers

Rick Kleven
Thrivent Financial
Board Chair

Louise Harris
praeo
Vice Chair

Ehren McGeehan
BMO Harris Bank
Vice Chair

Valerie Martinson
Thrivent Mutual Funds
Treasurer

Board

James Brefeld
Ameriprise Financial

Renée Garpestad
Lee Hecht Harrison

Gary Gottschalk
Churchill Equity

Jenni Lilledahl
Brave New Workshop

Liz Michka
Realty Inc.

Laura Nelson
Stinson Leonard Street

Joni Pierce
Marsh McLennan Agency

Al Seck
Self-employed

Eva Stevens
United Properties



Gilda's Club Twin Cities

Gilda's Club Twin Cities

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GildasClubTwinCities.org

612-227-2147



Our Mission

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

No one should face cancer alone. These simple words sum up the Gilda's Club Twin Cities' philosophy. We provide the emotional, social and psychological support that is proven to improve overall health outcomes. Our clubhouse is a healing environment where individuals learn from one another, while receiving guidance from licensed mental health professionals.

Inside the red doors, Gilda's Club Twin Cities is a welcoming community, a place to go for free support for everyone living with any type of cancer – men, women, teens and children — along with their families, friends and caregivers. As an affiliate of the world-wide Cancer Support Community, our program comes with more than 30 years of expertise behind it, a one-of-a-kind, evidence-based program of social and emotional support.