



An Affiliate of the
CANCER SUPPORT COMMUNITY

The mission of Gilda's Club Twin Cities is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.
YOU make our mission possible.

Dear friend of Gilda's Club,

My name is Jim Thomas. I'm a board member at Gilda's Club Twin Cities. I'm also living with cancer.

Before I became a board member in 2021, I came to Gilda's Club Twin Cities for support when I was at the lowest point of my cancer journey.

One month into my retirement I had been diagnosed with multiple myeloma. Four months later I was diagnosed with throat cancer. After countless rounds of radiation and chemo, I was informed I would need a neck dissection to remove the cancerous lymph nodes. That's when I felt myself dropping into a metaphysical "ditch." And that's when I joined Gilda's Club.

I needed a helping hand to pull me out of that ditch, and that's just what I got at Gilda's Club. I joined as a "virtual member," attending a weekly support group with others living with cancer and Coffee Talk, a virtual social program. Every week I looked forward to hopping online with Gilda's staff, other members and volunteers. This amazing community helped me realize that I could choose my attitude every day and regaining that bit of control got me out of the ditch and back into life.

Because of that experience, I am dedicated to ensuring the continued success and growth of Gilda's Club Twin Cities. That's why I became a board member in 2021, serving on several committees, contributing my time, knowledge and financial support.

At Gilda's Club Twin Cities, we have a hard-working staff, dedicated volunteers, and Board members that give their blood, sweat and tears **to ensure the Gilda's Club program is here for those who need it—like me and my wife, Kitty.**

And, you, our donors, are the vital stakeholders in our continued existence. Thank you for attending our events, advocating for us in your community and generously donating your time and financial contributions to ensure we can meet our goals to:

- **Expand membership by 25%**, serving more of those in need.
- Sustain that expanded membership with **both virtual and in-person clubhouses** as well as hybrid support options.

Please help us with your contribution to our year-end campaign so that Gilda's Club Twin Cities can continue supporting our community through their one-of-a-kind program of social and emotional support, meeting those facing cancer wherever they are—because no one should face cancer alone!

What your generosity can do:

- \$2,500 gift funds one day of programming at Gilda's Club.
- \$1,000 gift funds one support group spot for one member for one year.
- \$250 gift funds one social program for one year.

Every donation makes a difference and takes us one step closer to building a better community for the over 30,000 Minnesotans diagnosed with cancer each year—including those who cannot travel to the clubhouse due to compromised immune systems, cancer complications or distance from the Twin Cities.

Please join me in supporting Gilda's Club Twin Cities and making sure others living with cancer get the helping hand they need, when they need it.

Sincerely,

Jim Thomas

P.S. from Kitty: As Jim's wife and caregiver, I also benefited by attending a weekly Family and Friends support group at Gilda's Club—so I was not alone either. I made new friends and helped others manage this journey. Please give so those living with cancer—and all who are impacted by a cancer diagnosis—can continue to receive this vital support.

