



## Gilda's Club Kansas City Member Fact Sheet

### Overview and Background

- Gilda's Club Kansas City is a unique community providing social and emotional support for people of all ages living with all types of cancer, along with their family and friends—from early diagnosis to post treatment and beyond.
- Gilda's Club provides a warm and welcoming, home-like setting where anyone impacted by cancer can share experiences, find support and learn how to live well with cancer.
- Gilda's Club is the first clubhouse in Missouri or Kansas. It opened Oct. 24, 2011.
- The Club is named for comedienne Gilda Radner (best known for her work on NBC's "Saturday Night Live") who died from ovarian cancer in 1989. Her husband, Gene Wilder, and her cancer therapist, Joanna Bull, founded Gilda's Club in 1995 in New York, N.Y.

### Programming

- In 2007, the Institute of Medicine published a report stating psychosocial health programs, such as those at Gilda's Club, complement medical care and are essential to an overall cancer treatment plan.
- Gilda's Club offers various programs for people living with all types of cancer, their families and caring friends such as:
  - Weekly adult support groups
  - Monthly networking groups that focus on post treatment, breast cancer, young survivors, grief and loss, and more
  - Customized membership plan session for one-on-one support
  - Lectures featuring easy-to-digest information
  - Healthy lifestyle workshops including nutrition, cooking classes, body movement and meditation
  - Community-focused social events
- Gilda's Club offers unique, monthly programs for parents and teens as well as weekly supportive play groups for children impacted by cancer.
- The Gilda's Club clubhouse is conveniently open throughout the week so that members can:
  - Rest in a quiet place between appointments
  - Browse and borrow information from the cancer resource library
  - Learn how to prepare nutritious meals
  - Meditate in a yoga class to relax or re-energize
  - Share common experiences at weekly support groups
  - Join community activities such as a pot lucks, improv classes or art workshops

### Membership and Participation

- Anyone impacted by cancer is welcome to participate in as many, or as few programs and events as they wish.
- All programs, events, activities and memberships are completely *free of charge*.
- Gilda's Club offers regularly scheduled, Gilda's 101 introductory meetings for those wondering where to begin.

### Resources

- Gilda's Club is an affiliate of the Cancer Support Community, an international nonprofit dedicated to providing support, education and hope to those impacted by cancer through community-based centers and online services.
- Gilda's Club is supported completely through direct and in-kind donations by individuals, corporations, foundations and volunteer contributions. All funds raised in Kansas City are used for local programming.

For more information or to schedule a tour of the Clubhouse, contact **Merritt Benz, LCSW** at **816-531-5444** or [merritt@GildasClubKC.org](mailto:merritt@GildasClubKC.org).