

GILDA'S CLUB



An Affiliate of the
CANCER SUPPORT COMMUNITY

Community is Stronger than Cancer.®

OUR MISSION: Gilda's Club Kansas City uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

OUR EVIDENCE-BASED FIVE PART PROGRAM MODEL:

1

Education

Our educational workshops feature experts from various disciplines and provide information related to the cancer experience including specific diagnosis and treatment information, side effect management, financial and insurance issues, and post-treatment concerns. Exclusive to GCKC, participants gain access to all our Frankly Speaking About Cancer® resources, such as "Immunotherapy," "What Do I Tell the Kids?" and "Coping with the Cost of Care."

2

Healthy Lifestyle

Our classes are designed to help participants become more engaged in exercise, nutrition, guided meditation, and other activities proven to lower stress. Expressive art classes have become very popular with our community. These classes involve active participation as patients learn skills during their cancer experience to live well with cancer.

3

Support

Facilitated by licensed mental health professionals, support groups are offered separately for both those living with cancer and for those actively caring for someone with a cancer diagnosis. These groups are focused on the emotional and social aspects of the cancer experience from diagnosis, through treatment, and even bereavement. Short-term counseling is also available.

4

Resource and Referral

Whether a patient is looking for specific cancer information, community resources, or someone with whom they can speak with about their questions or concerns, a GCKC professional can help lead them in the right direction.

5

Social Connection

One of the greatest benefits of the GCKC program is the life-long friendships built through social connection. We try to schedule at least one family-oriented event each quarter. This component helps build a sense of community so that no one faces cancer alone.

PARTNERSHIPS:

AdventHealth Shawnee Mission for Support Groups and Educational Classes

El Centro for Education and Healthy Lifestyle Classes in Spanish

Juntos Center for Advancing Latino Health for Support Groups in Spanish

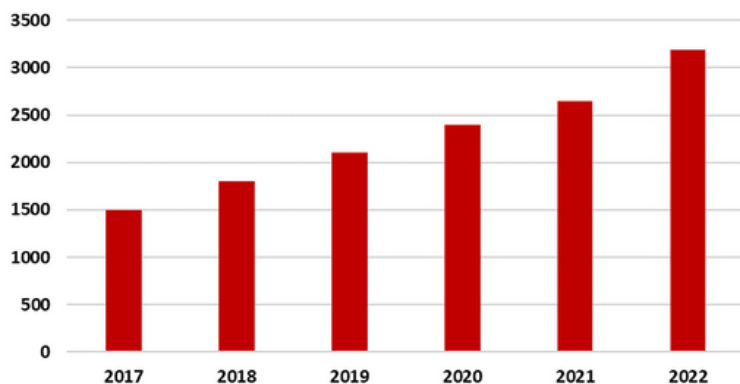
Liberty Hospital for Support Groups, Educational, and Healthy Lifestyle Classes

Saint Luke's East for Support Groups, Educational, and Healthy Lifestyle Classes

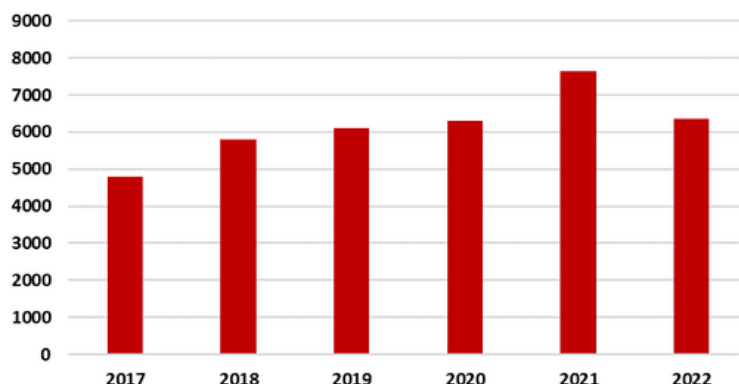
Saint Luke's South for Educational and Healthy Lifestyle Classes

Turning Point-University of Kansas Health System for Educational and Healthy Lifestyle Classes

Individuals Served



Program Visits



RESULTS FROM THE 2022 PARTICIPANT SURVEY:

Each year we survey participants to learn more about their experience and perceptions of the GCKC program. We use these responses to track the impact we are having as well as to identify opportunities for improvement.

We asked participants how they would describe the impact GCKC has had in their lives and found the following for those surveyed:

- **95%** have reduced stress since joining programs at GCKC
- **98%** have an increased access to information about cancer, treatment, and side effect management
- **97%** feel more prepared to discuss cancer with their medical providers
- **96%** feel more empowered to manage their diagnosis successfully (or that of my loved one)
- **93%** have better communication with family and/or friends
- **91%** feel more connection with others who share similar experiences
- **96%** are satisfied overall with the GCKC program

EXCLUSIVE PROGRAMS:



Kid Support™

Kid Support works hand-in-hand with the other programs offered by Gilda's Club Kansas City to help children live well with cancer in the family. Families receive a free box containing weeks of activities to be completed as a family. Accompanying the box are pre-recorded videos on our website (www.GildasClubKC.org/kidsupport) to assist caregivers with the activities and sharing the information. This program is available in both Spanish and English.



Open to Options®

Open to Options can assist participants in preparing for an appointment in which they will be making a treatment decision. This ensures that their decisions will align with their personal goals. In a brief one-hour session, a specialist helps create a personal list of questions/concerns and prioritizes those issues to aid in developing the best treatment option.



Cancer Support Source® (CSS)

Cancer Support Source is a survey available to anyone impacted by cancer. CSS screens for social and emotional concerns and provides referral and follow-up care personalized for each individual.



Frankly Speaking About Cancer®

The Cancer Support Community's landmark cancer education series provides trusted information, in an accessible language, on a variety of topics important to those impacted by cancer.