

Gilda Gram

A quarterly newsletter for our friends



GILDA'S CLUB
KANSAS CITY

An Affiliate of the
CANCER SUPPORT COMMUNITY

May 2024

GCKC Programs Address Cancer Patient Concerns

The Cancer Support Community keeps track of various issues and concerns for cancer patients and their caregivers. Gilda's Club KC reviews this data each year, and crafts our programs and services to meet expressed needs. The following chart shares just a portion of the data relating to Quality of Life, Side Effect & Symptoms, and Treatment Decision-Making.

Access our program calendar at: <https://gckc.gnosishosting.net/Events/Calendar>



2023 Key Findings

As of April 2023, over 2600 patients and 600 caregivers have participated in the Cancer Experience Registry sharing insights that can provide CSC and the broader cancer community with actionable information to improve support services, enhance cancer care, and influence healthcare policy.

www.cancersupportcommunity.org/publications-presentations



44% were at risk for clinically significant levels of anxiety or depression

About 1 out of 2 were moderately to very seriously concerned with exercising/being physically active

Nearly 3 out of 10 were moderately to very seriously concerned about managing side effects of treatment

35% were moderately to very seriously concerned with thinking clearly (e.g., 'brain fog' or 'chemo brain')



Side Effects & Symptoms



Treatment Decision-Making

57% did not feel prepared to make cancer treatment decisions

Nearly 3 out of 5 did not feel knowledgeable about each cancer treatment option before making a decision

Young Adult Support Spotlight

Aleah attends our Young Adult Cancer Support Group that is held on the 1st and 3rd Monday of each month, and she had this to say about the group.



“It has been a really positive gift to me in a really difficult year. No one ever talks about how discouraging it is to be the youngest patient in the waiting room, and how most support group members are at least 30-40 years older than you. I really look forward to chatting with my new friends every month, and we’ve even grown to have a text group outside of group time! I’m very thankful that I found Gilda’s Group and I hope to continue the friendships as I make my way to the end of active treatment and survivorship with breast cancer!”

“There are those who open their hearts to others... who never think twice about giving of themselves. They are the wonderful warmhearted people who make all the difference in our lives.”

- Gilda Radner

Our volunteers represent the community that we belong to and serve. We wouldn't be able to offer our programs and services without you. If you're interested in learning more about becoming a volunteer, then please email support@gildasclubkc.org and include Volunteer in the subject line. Thank you.



Art Therapy and Cancer

Gilda's Club Kansas City has been the recipient of an Arts in Medicine grant to provide monthly workshops. Arts in Medicine, a partnership between the Kansas Creative Arts Industries Commission and Emporia State University, has provided GCKC with Lyudmyla and Kennedy, graduate art therapy students. They continue to lead a monthly expressive art class promoting insight, fostering self-esteem and self-awareness, and cultivating emotional resilience.



Congratulations!

Congratulations to Hayden and Colleen for completing their Doctorates in Occupational Therapy! Gilda's Club KC had the pleasure of having these two complete their internships at the Clubhouse! Hayden and Colleen helped develop and lead several diverse programs since January, and they successfully presented their research on April 29th!



Mark Your Calendar

On Sunday, June 2, 2024, Kansas City will come together to recognize those living with a history of cancer, raise awareness of the ongoing challenges of surviving the disease, and celebrate life, as part of the 39th annual National Cancer Survivors Day®. Join us at Gilda's Club KC to celebrate!

Helena K. Cosentino has created, and will again perform, her one woman show paying homage to Gilda Radner, the first actor hired for the original cast of "Saturday Night Live." Gilda used humor and laughter to get through the struggles, and cruelty of life, making fun of the very things she battled. Join us on Friday, June 14th for a tribute to laughing!

Register for these events and others at:
www.gildasclubkc.org/calendar-events

save the date

June 2

National Cancer Survivors' Day

June 14

Gilda: A Tribute to the Beloved Comedienne

July 13

Spike Out Cancer

Aug 26

Golf Fore Gilda

Sept 20

Auction for a Cause

Oct 19

Every Pair Matters

All events underwrite our programs of education and support that are FREE to participants.

FOUNDATIONS THAT SUPPORT GILDA'S CLUB KC

Programs are made possible in part by donations from the AdventHealth Shawnee Mission Foundation; American Century Investments Foundation; The Bayer Fund; The Cancer Support Community; Central Presbyterian Church; Children's Services Fund of Jackson Co, MO; Combined Federal Campaign; Department of Health & Senior Services, State of Missouri; Educate Enrich Enable Fund; Edward G. and Kathryn E. Mader Foundation; Grail; Haggerty Family Foundation; Health Forward Foundation; Henderson Foundation; Keeper for a Cure; J.B. Reynolds Foundation; Jean Stalcup Patient Education Fund; The Junior League of Kansas City, MO; Masonic Cancer Alliance; PhRMA; R.A. Long Foundation; The Research Foundation; Ronald D. Deffenbaugh Foundation; Saint Luke's Cancer Institute; The Sherman Family Foundation; The Taylor S. & Patti Abernathy Charitable Trust, Bank of America, N.A. Trustee; Truman Heartland Foundation; Walker Family Foundation; and our other generous donors.