

GILDA'S CLUB NEW YORK CITY  
**GildaGram**

Living with Cancer? Come as you are.™



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Member Spotlight: **Luis**



Over a year and a half ago I was diagnosed with stage 2 anal cancer, I call this my cellular imbalance.

I started chemo and radiation which lasted six months. By then my imbalance had metastasized to other parts of my body. Chemo was tried for six extra months. It's this that brought me many times to the front door of Gilda's Club.

Those moments were full of fears and doubts like - *Is Gilda's Club only for women? Would I fit in?* I had moments of doubt when I was told I needed to go through interviews and orientation. I thought maybe this isn't for me. At the moment I was concentrating on fear and those moments in my life when I had been rejected and told I didn't belong. How wrong I was! I feel so lucky I became a member of Gilda's Club. Since joining Gilda's Club my experience has been one of pleasant surprises.

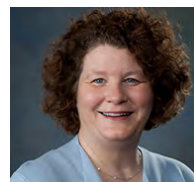
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8<sup>th</sup> Annual Benefit Luncheon  
*Celebrating Women Working & Living with Cancer*

Gilda's Club New York City will hold its 8<sup>th</sup> Annual Benefit Luncheon *Celebrating Women Working & Living with Cancer*, on Wednesday, May 13, 2015.

We are pleased to announce our honorees **Judith Dunn, PhD**, VP, Global Head of Clinical Development, Roche Innovation Center New York, who will receive the Red Door Award and **Susan Molineaux, PhD**, President and CEO, Calithera Biosciences, who will receive the Gilda Award. We also welcome back our luncheon host, **Amy Robach**, News Anchor, ABC's "Good Morning America."

This year celebrates the 20th Anniversary of Gilda's Club. Since 1995 we have supported, educated and empowered more than 11,000 individuals and families affected by cancer. Our free



Judith Dunn, PhD



Susan Molineaux PhD



Amy Robach

comprehensive program includes support groups, educational lectures and workshops for everyone – men, women, teens and children.

Throughout our 20 years, we are proud to have created a family and a home for our members, one where they can share their hopes and fears, and their sadness and joy. Sponsorships, tickets and journal ads are available on our website.

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## Member Spotlight: Luis

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I look forward to the meetings. In these meetings we have moments when we laugh and cry. We have moments when we exchange advice on ways to deal with our imbalance called cancer. It is at this meeting we have the courage to say out loud, "I am stopping treatment because it isn't working anymore". Or to say out loud, "I am trying a new experimental drug".

It's at these meetings that we have moments when we talk about personal challenges and we find solutions to them with the help of the facilitator and other group members. It's at these meetings where we exchange news and ideas about alternative medicine and nutrition.

Gilda's Club has brought happiness and pain to my life. Like when a friend's imbalance goes into remission and we all celebrate and rejoice with her or him. Or when a friend transitions to a new reality, we cry and treasure more the moments we spent together at Gilda's Club. Many people advised me not to be around people who concentrate on pain, fear and death.

How wrong they were.

Gilda's Club has given me and my family so much more than meetings. It has given my partner a place to go and find other caregivers - a place to unload and say things we can't say to each other's face.

Gilda's Club has given me tools to become my best advocate in front of doctors, lawyers, insurance companies and others. Gilda's Club has allowed me to get in touch with the artist in me by offering art workshops and classes in multiple subjects. Gilda's Club and its members have given me ideas and insights as to how to navigate this new reality with my partner, my kids, their mother, my mother and my friends.

All this has made me value every moment with everyone. I have learned to be in the present moment, count my blessings and to concentrate on love. These meetings are for me, moments in my life that I appreciate and share with my loved ones. And Gilda's Club has brought new loved ones to my life.

*If you or someone you know is looking for support - whether you have cancer, know someone who has cancer or has lost someone to cancer - please call us at (212) 647-9700 and ask to speak to a social worker about becoming a member.*



*Luis (R) and his Partner (L)*

## Workshop Highlight: Drawing to “Feel Good”

Creative arts therapies such as music therapy, dance/movement therapy, and various forms of art therapy, are believed to help reduce anxiety, stress and depression in cancer patients. In January and February, in collaboration with **The Creative Center**, we were able to offer our members an 8-week art series workshop called *Drawing to “Feel Good”*.

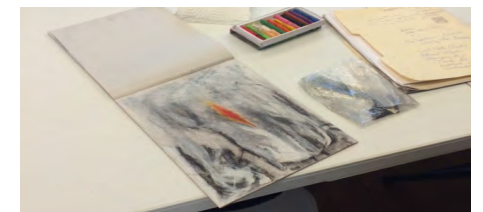
This workshop combined a meditative form of drawing with simple stress-relief techniques to assist attendees in expressing their emotions. The goal was to support members in building hope, resilience, and sense of achievement.

*“The workshop at Gilda’s Club helped me express lots of my feelings and allowed me to share my personal experiences through drawing,”* said Arleen, a member of

Gilda’s Club NYC.

*“I shared my story of the cancer and how it affected me. I had a great experience with the Emotional Freedom Technique (EFT) which uses tapping to help your emotional health. Through EFT, I was able to feel other member’s feelings and was able to give them encouragement. In the class I spoke up about my hero; my hero is my mother. I was glad everyone was able to hear my story. I enjoyed the opportunity to be part of this class and to connect with the other members.”*

The Creative Center at University Settlement is dedicated to bringing the creative arts to people with cancer, chronic illnesses, and through all stages of life. For more information regarding The Creative Center, please visit [www.thecreativecenter.org](http://www.thecreativecenter.org).



## Health and Wellness Day

More than 30 GCNYC community members attended this year’s **Health & Wellness Day**, sponsored and organized by Gilda’s Club NYC Associate Board.

Held annually, this Saturday program promotes the well being of the mind and body and makes available a few fun activities to pamper the individual.

In the dancehall, participants were able to attend any of the educational lectures and interactive workshops, and enjoy a healthy, organic lunch.

This year, we were thrilled to have **Shayne Robinson, RD, CSO, CDN** who presented and answered pertinent questions on nutrition, **Eileen Esposito** who discussed and demonstrated the benefits of music therapy, and finally, **Dr. Annette Dorfman** who led the group in a very relaxing meditation.

On the second floor, two make-up artists, **Jane Buchi** and **Sheila Jordan**, were stationed and ready to glam up anyone interested in getting a mini-makeover. Just down the hall, photographer **Christina Rohrmann** snapped beautiful portrait photographs including a very colorful and whimsical photo booth.

Many thanks to all of the volunteers who gave of their Saturday afternoon to share their knowledge and talents with our community.

Special thanks to **Blaike Hannay**, Associate Board Program and Outreach Chair, for spearheading the event along with the rest of the GCNYC Associate Board. We greatly appreciate your efforts and we look forward to doing it again next year!

## Camp Sparkle kicks off 2015 with a week of

# Winter Fun



The 2015 *Camp Sparkle* series launched in February with a week of **Winter Fun**. These week-long sessions are held at the Clubhouse during times when school is not in session. The number of sessions held each year is dependent on funding received for each individual week of Camp.

This Camp session held during winter-recess was made possible by a generous donation by the **Jane and Frances Stein Foundation**. Fourteen children participated in this exciting week which included arts & crafts, fun games, interactive workshops, and an icy field trip.

Yogi Beans was in to provide an interactive yoga workshop, leading the

group in body movement exercises with the use of music and imagination. Campers were thrilled when Miss Deb from **Rizzo's Reptile Discovery** came to present an exciting and educational program on reptiles and other wildlife. The campers got to touch and hold tree frogs, chinchillas, and snakes!

Campers took a field trip to **Wollman Rink in Central Park**, where they received a private ice-skating lesson from Coaches Bonnie, Andrew, Chantelle & Wendy, followed by unlimited free skate.

Finally, in traditional Camp Sparkle fashion, the week ended with a winter theme-related movie, *Ice Age*, complete with popcorn, pizza and ice cream.

Special thanks goes to our four Junior Associate Board teen volunteers who assisted with the Camp Sparkle session. The next Camp Sparkle session will be in April during Spring Break.



*Camp Sparkle is open to children ages 4-12 that have been touched by cancer in some way-whether through a diagnosis of their own or that of a loved one. The cost to run one week of Camp is about \$7,500.*

## Living with Cancer: A Teen Perspective

### A Collection of Essays from the Gilda's Club New York City Essay Contest



Now available for download on the Nook and Kindle platforms is our newly published E-book, *Living with Cancer: A Teen Perspective- A Collection of Essays from the Gilda's Club New York City Essay Contest*. Of the 227 essays that we received during the first four years of the contest, 32 were selected to be a part of this heartfelt compilation that guides the reader through the various stages and experiences of cancer from the teen's perspective.

The E-book is arranged by chapters, providing readers with the opportunity to read essays about the personal diagnoses of teens, teens that have a friend or loved one living with cancer, and teens that have lost a friend or loved one to cancer. William Morris Endeavor is currently helping to develop a Print-On-Demand version of the E-book, so it can be available in hard copy as well. We hope to have the Print-On-Demand version of the E-book ready for distribution within the next couple of months.

We are currently in our sixth year of the contest and accepting essays through April 17, 2015.

## Nueva Vida Survivor and Caregiver Research Study



GEORGETOWN UNIVERSITY



**PCORI Year 1** - In 2012, Georgetown University (GU) solicited GCNYC to be a subcontractor in a research proposal to the Patient-Centered Outcomes Research Institute (PCORI) in collaboration with three other cancer-care organizations: Latinas Contra Cancer, CA; Nueva Vida, D.C.; and LatinaSHARE, NYC.

The proposed project is targeted at evaluating the impact of an 8-week educational program for Latina breast cancer survivors and their caregivers for three years.

The study includes two groups of survivor and caregiver pairs whom will receive access to all GCNYC general programming, and a randomized group whom will receive a patient-caregiver intervention which includes attendance at eight 2-hr educational sessions held twice a month for four months. The total three year award to GCNYC is \$286,384.

On November 6, 2014 we launched the first

year of the study at the Clubhouse. From the first session, participants reported a great deal of positive feedback, particularly around the support and opportunity that it provided for the caregiver to have a forum where they too could express their experiences and feel validated.

Each session started with a group dinner that was filled with lots of laughter and sharing. One participant described this as her “date night” of the week, because she felt so pampered and taken care of. The dyads shared their thoughts of the intervention on their last night and all wished the intervention could continue and wished that it had gone on longer. They shared that they learned a lot through this experience, improved their communication skills and were excited to be able to help future generations of Latina Survivors and Caregivers.

We are currently recruiting for the second year of the study which we hope to launch in Spring 2015.



### Can't get to Lower Manhattan?

Find out if there is a *Gilda Comes to You* location that suits you better!

#### Brooklyn

Berkeley Carroll School  
Kings County Hospital  
Center for Cancer Care

#### The Bronx

Montefiore-Einstein  
Center for Cancer Care

#### Upper East Side Manhattan

The Mount Sinai Hospital  
Ruttenberg Treatment Center

#### Queens

Queens Cancer Center

*Please call for details about any of these locations.*

## Social Corner

*Each month, we hold a social event where members and their family and friends can come together as a community*

To kick off the new year, we held our first **New Year Celebration** social event in January. Members and their family and friends were invited to mix and mingle in the dancehall and celebrate the start of a brand new year. A Gilda's Club favorite, *The Workshop - NYC A Capella*, graciously returned to perform a few pop favorites for the attendees. Special thanks to our friends at Starbright Floral for sending us a few floral arrangements to brighten the room.

**Noogie & Teen Family Fun Night** was also held in January. This special event was created for the children and teens in our program to come together for dinner and a movie along with their families.

Thirty-seven adults, teens and children attended the last family night, where we enjoyed pizza and popcorn, and watched the highly acclaimed movie, *The BoxTrolls*. Noogie & Teen Family Fun Nights are offered on a quarterly basis.

The **Remembrance Gathering** is a very special evening that is held each year in February. This night is dedicated to those we have lost in the past year and invites our members to come and remember their friends and loved ones together as a community.

Those in attendance were invited to write a message and attach it to a flower which was then used to create a bouquet that was arranged with love and reverence. A few members stood up and shared a heartwarming story or two with the group and the evening concluded with a reflection and meditation.

## 4<sup>th</sup> Annual Gildie Awards

presented by the  
GCNYC Associate Board



The Gilda's Club NYC Associate Board proudly presents the Fourth Annual **Gildie Awards – A Celebration of Life, Laughter and Courage**. This year's honorees will be **Cynthia Sansone** and **Rachel DeMolfetto**, Founders of *Mondays at Racine*.

Mondays at Racine is an in-salon wellness and beauty program that has been taking care of people living with cancer for over twelve years, whereby complimentary spa and salon services are provided and aimed to reduce the stress and anxiety associated with cancer and its treatments. By attending to the whole body and not just the disease, Mondays at Racine helps people with cancer face the challenge of healing ... beautifully. To learn more about this program, visit their website at [mondaysatracine.org](http://mondaysatracine.org).

*The Gildie Awards will be held on April 16, 2015 at Webster Hall. General admission tickets are \$85 and VIP tickets are \$125 and may be purchased on the Webster Hall website. Lite fare provided by: Relish Catering. Specialty cocktail & beer sponsored open bar: Kettle One Vodka | Guinness | Red Stripe. Music by DJ Vida Ventura and Temporary Grace.*

## A Special Evening with our Donors



Stefanie Rosenblum and Alex Brody from Sony Music, RED Distribution

In February, the Gilda's Club NYC Board of Directors held a special reception for our top tier donors to debut the new plaques that were added to our Donor Wall.

Each new plaque on the Wall recognizes a donor who has contributed \$2,500 or more to our program in the previous calendar year.



GCNYC Board Members Frank Gibbons, Sofija Jovic and Alexander Scott

This year, we were excited to add a total of twenty new donors to the wall, and move five pre-existing donors up to higher levels.

Our donors make up a very special part of our community that directly supports our free program of cancer support. We are extremely grateful for everyone who has kindly supported Gilda's Club NYC.

## Gildafest'15 honoring Actress & Comedian Amy Poehler SOLD OUT!

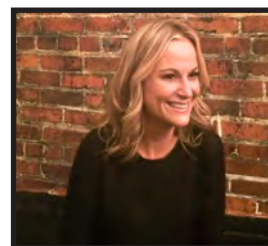


After a rocky start with Hurricane Juno forcing us to postpone our first Gildafest in January, we are happy to say that we're back on track! The **sold-out** Gildafest'15 has a new date and promises to be jam packed with lots of laughs and an obscene amount of fun.

Hosted by SNL Alums, **Rachel Dratch** and **Ana Gasteyer**, Gildafest'15 will honor actress and comedian **Amy Poehler** with *The Gilda Radner Award for Innovation in Comedy* for her sketch and improv talents, specifically at Second City, Upright Citizens Brigade and Saturday Night Live, as well as her extensive accomplishments in film, television and writing, which exemplifies the comedic spirit of Gilda Radner.

Special guests for the evening include: **Vanessa Bayer, Aidy Bryant, Michael Che, Ilana Glazer, Abbi Jacobson, Colin Jost, Andrea Martin, Bobby Moynihan, Cecily Strong, Kenan Thompson, players from the Upright Citizens Brigade, and Michelle Wolf.**

Gildafest'15 will be held on Monday, April 27, 2015 at Carolines on Broadway.



Honoree Amy Poehler

**GET GUARANTEED ENTRY FOR THE  
TCS NYC MARATHON WITH  
GILDA'S CLUB NEW YORK CITY**



**Join the Gilda's Club Marathon Team  
and receive:**

- Guaranteed entry into the TCS NYC Marathon on Sunday, November 1, 2015
- Coaching and Training by Physical Equilibrium
- Group Runs (with awesome people!)
- Exclusive Gilda's Club Marathon Team T-Shirt

**Already have a spot?**

You can still join the team and receive all the benefits listed above.

**Email [gildaontherun@gildasclubnyc.org](mailto:gildaontherun@gildasclubnyc.org)  
LIMITED SPOTS AVAILABLE**

**#TeamGilda**

**Please Join Us**

GILDA'S CLUB NEW YORK CITY

*Celebrating  
Women*

Working & Living with Cancer

8<sup>TH</sup> ANNUAL BENEFIT LUNCHEON

Wednesday, May 13, 2015

Metropolitan Club

1 East 60th Street

11:30 am to 2:00 pm

*Sponsorships, Tickets and Journal Ads available  
for purchase now at [gildasclubnyc.org](http://gildasclubnyc.org)!*



**Welcome to the  
2015 Gilda Bike Team!**

Laura Bartlett  
Richard Bartlett  
Christine Braunstein  
Mike Burns  
Katharine Cox  
Bob Easton  
Frank Gibbons  
Krista Gundersen  
Warren Krotz  
Jeffrey Kunak  
Brian McAuliffe  
Alex Modell  
Steven Moore  
Bridgette Payne  
Pontip Rasavong  
Dan Wadsworth

To support the Bike Team, visit  
[www.firstgiving.com/gildasclubnyc/  
gildas-2015-bike-team](http://www.firstgiving.com/gildasclubnyc/gildas-2015-bike-team)

**MARK YOUR CALENDAR**

For more information about any of the listed events, please visit our website at [www.gildasclubnyc.org](http://www.gildasclubnyc.org) under Special Events or email [development@gildasclubnyc.org](mailto:development@gildasclubnyc.org)

**April**

**April 16**

**Associate Board Event**

The Gildie Awards

Presented by the GCNYC Associate Board

**April 17**

**Teen Essay Contest Deadline**

**April 27**

**Comedy Event**

Gildafest'15

**May**

**May 3**

**Sports Event**

TD Five Boro Bike Tour

**GO TEAM GILDA'S CLUB!**

**May 13**

**Luncheon Benefit**

Celebrating Women

8<sup>th</sup> Annual Benefit Luncheon

**May 28**

Teen Essay Contest Reception

**June**



**Gilda's Club NYC**

**20TH BIRTHDAY**

**Party**

Friday, June 19 2015

## **Gilda's Club New York City Mission:**

### **To Support, Educate, and Empower Cancer Patients and Their Families**

*Our free comprehensive cancer program includes support groups, educational lectures and workshops for everyone impacted by cancer – men, women, teens, and children.*

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# 6th Annual "It's Always Something"



**Now taking submissions!**

This contest is open to teens in grades 9-12, residing in either New York City or Long Island, who have been touched by cancer in some way - whether they have it, had it, or know someone who has.

Teens are invited to share stories about their cancer journey, as well as help educate the wider community about the cancer experience within families. Celebrity judges include best-selling young adult authors: Tonya Hurley, Ally Condie, Adele Griffin, Jenny Han, Rainbow Rowell & Holly Black.

A few amazing prizes have been donated for the top winners, including top concert tickets from Nancy Cambino, Operations Manager/Marketing Director at Cox Radio Long Island. A reception for all teen entrants and their families and friends will be held in May 2015. The deadline for submissions is April 17, 2015.

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