



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 healthy lifestyle workshops for everyone impacted by cancer – men, women, teens, and children.

GCNYC to Pilot Individual Counseling



Gilda's Club has historically focused on group or communal activities for members under the belief that no one should face cancer alone. Offerings such as support groups and workshops are meant to provide a community of understanding so that members can learn to live with cancer alongside others going through similar experiences. That is not to say, however, that we don't recognize the need for individual support and counseling for people impacted by cancer.

Individual counseling has been an optional program component for each Gilda's Club and Cancer Support Community affiliate to determine if, and when, the need and resources align to deliver an individually focused service. This summer, we plan to launch a pilot of this service specifically to members in need of individual support in their transition from care giving for a loved one living with cancer to grieving their loss.

Private individual and/or family counseling sessions can help with problem solving and empowerment, decrease feelings of isolation, and help navigate the numerous transitions that are faced by those impacted by a diagnosis of cancer. Sessions will be offered to members at no cost to the individuals, couples and families who are seeking support for cancer-related distress.

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Getting to Know

Esther Santiago

GCNYC Facilities Support



If you ever come to the Clubhouse during the day, chances are you'll have met Esther. It is almost inhumanly possible not to smile whenever you see her. Esther has been with Gilda's Club for eight years and is always happy to help any way she can.

1. Name three of your favorite hobbies or interests.
Working out, going to the Poconos and hanging out with my husband.
2. Name three things that you couldn't live without if you were stranded on a deserted island.
The Bible, a devotional book and my cell phone.
3. What's your favorite TV show?
The Honeymooners!
4. Since you like to work out, what's your ideal 'cheat meal'?
Thai Food - I love Pad Thai!

Ways to Give

Here are some of the ways you can show your support of Gilda's Club NYC.

- Make an annual or recurring donation
- Double your gift with a matching gift from your employer
- Attend or sponsor an event
- Encourage your friends to donate or attend an event
- Join our Legacy Society with a planned gift
- Hold your own fundraiser
- Join our Bike or Marathon teams
- Volunteer your time and skills
- Become a Corporate Partner
- Join our Associate Board
- Follow us on social media

The Fun in Fundraising

11th Annual Celebrating Women Luncheon



(L-R) Gerri Willis, Michelle Freyre, Jami Rubin, Alise Reicin, MD



Lily Safani & Lisa D'Apolito



Gerri Willis & Eileen Moran

More than 260 guests attended an afternoon luncheon at the Metropolitan Club to Celebrate Women and raised more than \$320,000 for Gilda's Club NYC. Gerri Willis, anchor and correspondent with Fox Business Network, hosted the fundraiser which featured a keynote speech from the director and producer of "Love, Gilda", Lisa D'Apolito.

Honorees, Michelle Freyre, President of U.S. Beauty, Johnson & Johnson Consumer Inc. and Alise Reicin, MD, Senior Vice President and Head of Global Clinical Development for the biopharmaceutical business of Merck KGaA, Darmstadt, Germany and received the Red Door Award for Advances in Cancer Research and the Red Door Award for Leadership respectively.

The Gildie Awards presented by the Associate Board of GCNYC



(L-R) Brandi Larsen, GCNYC Member Speaker; Lily Safani, CEO; Krysta Rodriguez, Honoree; Elyn Marsh, Host; Deborah K. Wilson, Director of Development

The Associate Board of Gilda's Club NYC celebrated its 6th annual fundraiser, The Gildie Awards, on June 6th at City Winery, a new venue for the young professionals.

Broadway actress, Elyn Marsh, was a spectacular host for the nearly 300 guests who enjoyed an evening of gypsy jazz by Alex Simon, delicious hors d'oeuvres, open bar, silent auction, and pizza donated by Papa John's.

Cancer survivor and actress, Krysta Rodriguez, received the Red Door Award for Advocacy for speaking openly about her cancer and writing the blog Chemocouture.

The evening ended with an amazing set by DJ Vida and Stef Nava. We are grateful for the support from the following sponsors: Brookfield, Full Circle, Maureen Martinez, The Rita J. and Stanley H. Kaplan Family Foundation, TruExperiences, and Katherine Wynkoop, in memory of Susan Walton Wynkoop.



Workshop: Improving Your Mood Through Hypnosis

Stress is difficult to avoid these days. With the pressures of work and family, or even just walking down a busy street in New York City, it's easy to feel overwhelmed. Add the impact of an illness such as cancer, the effects of stress can be the difference between a "good" and a "bad" day.

One workshop that we offer to help with stress reduction is *Improving Your Mood Through Hypnosis*.

"As a facilitator I help members of Gilda's Club learn how to control their thoughts in order to relax and feel better," says Alexander Ivlev, a

certified hypnotist and volunteer workshop facilitator at Gilda's Club NYC since 2014.

"During my workshop, which is a hypnosis group session for stress reduction, every person is getting relaxed as much as he or she can. I teach people how to let go of negative emotions such as fear and anger, how to stop thinking unwanted thoughts, how to forgive and how to be thankful for everything you have. That's why my workshop is very relaxed and enjoyable for everyone who attends it."

Improving Your Mood Through Hypnosis is offered once a month to members. Additional stress reduction workshops offered include Movement Meditation, Easy Self-Hypnosis for Life, Reiki, Laughter Yoga and more.



For more information on Alexander Ivlev, visit:

www.hypnosisrapport.com

Educational Lectures Soon to be More Accessible

Educational lectures are an important component to our program providing information ranging from nutrition, to social security benefits, to cancer specific topics, amongst many others. While some topics adhere more to cancer patients, some are very resourceful to caregivers as well. All lectures are free and open to members and non-members, and take place at our Clubhouse.

Thanks to a grant recently awarded by the Cancer Support Community (CSC), we now have the capability to record and share our lectures



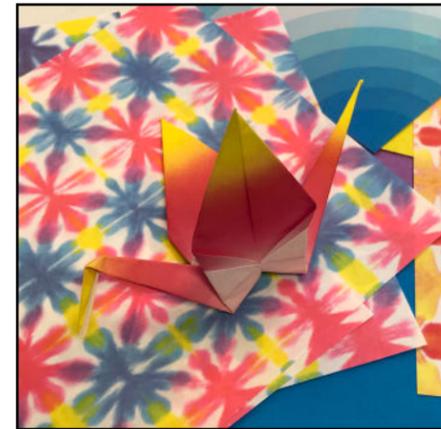
online making this educational information more accessible. Our first two pilot lectures were streamed live on our Facebook page.

Sponsored by CSC, we live streamed *Frankly Speaking About Cancer: Clinical Trials* on June 21st with

speaker, Bobby Green, MD, SVP Clinical Oncology, Flatiron Health, Board Member, Community Oncology Alliance and *Frankly Speaking About Cancer: Bone Health* on July 17th with speaker Brian Golden, MD, NYU Langone Medical Center.

With this new capability, we plan to reach more individuals who are in need of information, but are unable to travel to the Clubhouse. Eventually our goal is to have all of our lectures available online as a resource to the cancer community.

#HopeCrane & The Wings of Hope



Origami paper crane

As part of the Cancer Support Community's #HopeCrane project, members in our Origami workshop made paper cranes which have been a long-standing symbol of hope and wellness during difficult times. This particular workshop has been an integral part of many Gilda's Club members' recovery due to the support it provides.

"Origami supports the management of treatment side effects such as neuropathy and chemobrain by strengthening hand-eye coordination, fine motor skills and mental concentration," says Emily Riordan, the workshop facilitator.

"The members also emotionally and socially support each other through encouragement when, for example, someone is challenged by a fold or they laugh together when the finished pieces don't completely resemble the photos displayed in the instructions."

Art therapy is helpful to people because its techniques provide an outlet of self-expression; through coloring, drawing, painting, sculpting, folding, or collage. These techniques examine the undertones of psychological and emotional feelings in the creator's work, which allow them to truly understand their deeper thoughts and personalities.

At Gilda's Club, we offer a variety of creative expression workshops that provide a haven of support and belonging. Being able to share one's work with people going through similar struggles is something our members find invaluable.



Wings of Hope wreath

The Wings of Hope was a group project created by participants in the origami workshop over time and currently hangs in the art room.

Special thanks to Emily Riordan who introduced and facilitated the workshop. We'll miss you!

Social Events Recap

Birthday Party

On June 15th, we celebrated 23 years of free cancer support with a



beach themed birthday party that served up delicious cake and ice cream. Gilda's Club members and their friends and family gathered together in the Dance Hall for an evening of conversation, a lively game of Pin the Bow on Gilda, and a festive underwater themed photo booth. Many thanks to Magnolia Bakery who generously donated a beautiful three-tiered blue ombré cake befitting to the theme.

Teen Night II

The teens had their second movie night in June with a movie screening of *Black Panther*. To much of their dismay, Michael B. Jordan was not in attendance, but they did enjoy pizza and popcorn.

An Evening of Pampering

Aveda once again hosted a special night of pampering for our members at their SoHo storefront on July 9th. The wonderful staff provided facials and hair and make-up stations, offering our members a little rest and relaxation from the stress of New York life. Thanks once again to Kenny and James, and the rest of the Aveda SoHo staff who continue to support Gilda's Club and our members.

GO #TEAMGILDA!



Gilda's Bike Team crushed 42 miles in the 2018 TD Five Boro Bike Tour and raised \$25,800!



Gilda's Marathon Team will be running in the TCS NYC Marathon on November 4th. We're excited to

welcome **20 runners** to our 10th Anniversary team and wish you much luck on your training!



Jackie Applegate • Elizabeth Berger • Andrew Bernard • Analisa Cipriano • Matthew Cipriano • Alison DeNoia • Sara Dimmick • Eric Fullenbaum • Jessica Hopkins • Quinn Jackson • Thibault Kopp • Peter Kupersmith • Ammala Lacroix • Melissa Marques • April McKenzie • Jessica Morgulis • Stephen Scala • Steven Smolyn • Claudia Styslinger • Juno Turner

ANNOUNCEMENTS

"Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity."
- Gilda Radner



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Summer in Noogieland



THANK YOU

We love welcoming Corporate Volunteer groups to the Clubhouse! This quarter, we were thrilled to have volunteers from **Flatiron Health** decorate Noogieland for the summer season. Thank you so much for taking the time out of your day to transform our children & youth space!



Club Sparkle!

Full-day sessions of Club Sparkle were held the week of July 9-13. Fifteen children ages 5 to 12 participated and enjoyed a full schedule of art projects, music workshops, sports and body movement workshops and a field trip to the Central Park Zoo.

MARK YOUR CALENDAR

For more information about any of the listed events, please visit our website at www.gildasclubnyc.org or e-mail development@gildasclubnyc.org



August	September	October
<p>August 3, 10, 31 Summer Fridays Clubhouse Closes at 1PM</p> <p>August 13-17 Special Youth Program Camp Sparkle (pre-registration required)</p>	<p>September 21 Youth Social Event Family Fun Night</p> <p>September 28 Social Event A Celebration of Our Members</p>	<p>October 13 Special Saturday Member Event Day of Beauty</p> <p>October 18 Volunteer Opportunity Noogiefest Decorating Night</p> <p>October 19 Social Event Noogiefest</p>
September	October	
<p>September 3 Labor Day Clubhouse Closed</p>	<p>October 8 Columbus Day Clubhouse Closed</p>	

