



## Frequently Asked Questions (FAQs) about Gilda's Club Twin Cities

**NOTE:** If you are asked a question you don't know the answer to, tell them you will get their question to the Gilda's Club staff. Make note of the question and get their contact information and someone from Gilda's Club will follow up.

### 1) What is Gilda's Club?

Gilda's Club Twin Cities is a warm and welcoming place where everyone—men, women, young adults, teens and kids, those currently impacted by any form of cancer and those who care for (and about) them—can receive social and emotional support. Our non-residential clubhouse is a healing environment where people can connect with one another and learn new ways to live with cancer, guided by licensed professionals and certified volunteers.

### 2) Who is Gilda?

Comedian Gilda Radner was a member of the original cast of Saturday Night Live. After Gilda died in 1989 of ovarian cancer, her family and friends (including her husband, actor Gene Wilder and her therapist, Joanna Bull) opened the first Gilda's Club in her honor in New York City.

### 3) Is Gilda's Club only for ... women, breast cancer, ovarian cancer, etc.?

No. Gilda's Club is for men, women, young adults, teens and kids, those currently impacted with any type of cancer as well as those who care for (and about) them.

### 4) Where is Gilda's Club Twin Cities located?

The clubhouse is located on the north side of Interstate 394, just west of US Hwy 169, only 10 minutes away from downtown Minneapolis. Our address is 10560 Wayzata Blvd, Minnetonka, MN, 55305.

### 5) What kind of programs do you offer?

The Gilda's Club program contains five parts: support, education, healthy lifestyle, social opportunities, and information and referral.

- **Support Groups:** Professionally facilitated sessions focus on specific cancer types or circumstances. Unlike other programs at Gilda's Club, before participating in support groups, it is asked that members complete a customized membership plan, a one-on-one intake meeting with a program staff member.
- **Education:** Helps members acquire new skills and gather information on pain management, financial issues, alternative therapies and more
- **Healthy Lifestyles:** Programming encompasses nutritional classes, mind/body experiences including yoga, meditation and expressive arts
- **Social Opportunities:** Social activities help reinforce a sense of community and reduce feelings of isolation. Fun events are held for all ages.
- **Information and Referral:** A resource library as well as information and referral services to other community resources are available to all members.

We currently offer 130+ program activities per month. Our program offering is constantly growing so if you are interested and want to know more, please visit our website at [www.GildasClubTwinCities.org](http://www.GildasClubTwinCities.org) or call 612-227-2147.

**6) What is a member?**

A member is anyone who participates in a program at Gilda's Club. The term "member" and the name Gilda's Club comes from a quote by Gilda Radner when she said "Cancer gave me membership to an elite club I rather not belong to." There is no cost to be a member. It simply means that you are a member of the Gilda's Club and the Gilda's Club community.

**7) How does someone become a member?**

It is highly recommended to get started by attending a New Member Meeting. During that meeting you will take a tour of the clubhouse, learn more about Gilda's Club offerings and meet other people who are also looking for support. New Member Meetings are typically held at least once a week. To sign up to attend, visit our website [www.GildasClubTwinCities.org](http://www.GildasClubTwinCities.org) to register or call 612-227-2147.

**8) What does it cost?**

Our program is absolutely free, because the last thing someone impacted by cancer needs is another expense. We are completely supported by contributions from our community.

**9) How many people do you serve?**

Since opening our doors in 2014, we've served 2,000+ people impacted by cancer. We average 50-60 new members each month.

**10) How do I refer someone to your program?**

To refer someone to our program, please give them a Gilda's Club brochure, a program calendar and a refer a friend card. We highly recommend they sign up for and attend a New Member Meeting (see Question 7). They can also call 612-227-2147 for more information.

**11) Are you affiliated with other specific organizations?**

Gilda's Club Twin Cities is an affiliate of the Cancer Support Community (CSC), the largest professionally led nonprofit network of cancer support worldwide, which allows us to share information, best practices and resources. However, decisions about our program and financial support is completely local. Gilda's Club Twin Cities is not affiliated with any specific hospital or medical organization.

**12) How long have you been open?**

We opened our doors on April 23, 2014. A grassroots effort to open a Gilda's Club in the Twin Cities started in 2005 and the official capital campaign beginning in 2010. After a long process of fundraising, purchasing and refurbishing the clubhouse and creating our program, we opened our doors in April 2014.

**13) Who do you have on staff?**

We currently have a full-time staff of six led by our Executive Director, Libby Utter, and Program Director, Allison DeCamillis. In addition to our full-time staff, we also contract licensed mental health professionals to lead our support groups and offer additional referral help. A majority of our programs are taught by subject-matter experts and skilled volunteers. We are advised by our Board of Directors and Medical Advisory Board.

**14) How can I learn more?**

Visit our website, [www.GildasClubTwinCities.org](http://www.GildasClubTwinCities.org), call 612-227-2147 or schedule a tour. To schedule a tour, contact Carissa Vincent at [Carissa.Vincent@GildasClubTwinCities.org](mailto:Carissa.Vincent@GildasClubTwinCities.org) or 952-767-7623.

## Staff Directory

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