25th Anniversary
Gilda's Club Chicago Annual Report

Year in Review—
Reimagining a New Gilda's Club Chicago

Gilda's Club is poised for a new era in cancer support. Leveraging new technologies, we're expanding services to reach beyond our traditional service area. During this time of Reimagining, we've laid a cornerstone for tremendous growth for both in-person and virtual service. We hope you'll join us as we set out to ensure that no one faces cancer alone.

Sincerely,

[Signature]

CEO, Gilda's Club Chicago

Reshaping the Future

Our staff and facilitators have expanded their knowledge and skills in Technology, in Diversity, Equity and Inclusion training and in Understanding how their skills and activities translate in a hybrid environment.

Rebuilding to Reach More

The Gilda's Club future is bright as we have now extended our reach from 58 zip codes prior to the pandemic up to 149 zip codes served after the pandemic, allowing us to deliver our services with greater health equity.

Gilda's Club Chicago
537 N. Wells Street
Chicago, IL 60654
(312) 464-9900
GildasClubChicago.Org
Our Membership

Cancer Doesn't Discriminate

Gilda's Club Chicago is proud to serve a diverse membership as we continue to educate ourselves on Diversity, Equity and Inclusion. We've made DEI a priority because the members we serve are diverse in ethnicity, age, gender identity, sexuality and religious beliefs. Because cancer doesn't discriminate. Through Community and Faith-based outreach and working with programs like the Blue Cross Blue Door Neighborhood Center and Howard Brown, Gilda's Club continues to look to support anyone impacted by cancer.

Funding a Better Future

Every donation demonstrates our shared commitment to ensure that no one faces cancer alone. And Gilda's Club Chicago is 100% privately funded with every donation coming from generous supporters like you. We rely on our community's generosity to keep our programs free to everyone impacted by cancer. There are many ways to give and so many people to help.
The Voice of Our Members

**Improved Life:**
87% Improved Their Quality of Life.

"I feel like Gilda's saved me from depression after my treatment. I didn't know where to turn. My family was supportive, but didn't quite understand. My daughter found Gilda's Club and signed me up for several groups. I have formed great friendships out of these groups of understanding people who genuinely care about you. It's been 3 years and I really don't know how I could've made it this far without Gilda's Club. I have recommended other people to GC and I am still actively involved. Thank God and you for saving my life."

**Greater Strength:**
75% Improved their physical abilities such as strength, balance and flexibility

"I was diagnosed with breast cancer in April of 2022. I elected to have a bilateral mastectomy with lymph node removal. It's been a long journey and my doctor suggested the Gilda's Monthly Breast Cancer Meetings. After joining Gilda's, I found their healthy living tools. I've been taking Yoga, Tai Chi and Be Moved. All great classes that help me with strengthening my body. I attended my first support group and truly felt I was not alone and the support was incredible. Grateful for Gilda's!"

**Cared For:**
91% of Gilda's members found comfort in community of others who understood their experience.

"Gilda's Club has been totally instrumental in my dealing with two cancer diagnoses. I'm always in awe of the personal care I receive from Gilda's Club staff. They have introduced me to a community of cancer patients that have walked every step of this journey with me. I never feel alone!"
THE IMPACT OF GILDA’S CLUB

85% Gained information that enhanced their knowledge of their cancer journey
87% Improved their emotional well being enabling them to better cope with distress
84% Feel more empowered to manage their illness
77% Are better able to communicate with friends, family and health care team
86% Decreased feelings of isolation due to cancer

Source: 2022 Gilda’s Club Chicago Member Satisfaction Study

Supporting Caregivers

"In the caregiver weekly support group I was able to dedicate time to mentally and emotionally process my journey with my mother’s cancer. It allowed me to intentionally focus on my feelings about the disease with the support of individuals going through similar issues. It allowed me to not be consumed by the hardships of cancer the rest of the week which made me a better caregiver and a healthier person. I’m so grateful for the support I received and to the other members in my group. I cannot express how essential this group was to my responsibility as a caregiver."

A Safe Space on the Journey

"I joined Gilda’s Club within the last few months, yet I feel like a life-long member of the family. From the monthly support groups to cheering on the marathon team runners, I was immediately welcomed in to a supportive community; one I’d never hoped to join. Having a safe space to share my cancer experiences - allowing myself to be vulnerable - helps normalize my thoughts and emotions surrounding my diagnosis and prognosis. I am truly grateful to have Gilda’s Club as part of my treatment plan moving forward".

Thank you for expanding our reach!

Gilda’s Club Chicago extends our thanks for your generosity. Your support of our mission makes it possible for Gilda’s Club to expand our reach to more people impacted by cancer.