

25

YEARS

**GILDA'S CLUB
MIDDLE TENNESSEE**

An Affiliate of the
CANCER SUPPORT COMMUNITY



ANNUAL REPORT  2022-2023

25

From Our President & CEO

If you have been to the Clubhouse recently, you know this is a busy place! We are heartened to see a steadily increasing number of members and their families choosing to come to the Clubhouse for monthly socials, weekly Community Meals, and to the variety of cancer support programs we offer.

We have shared the contagious joy when members in virtual support groups meet each other in-person for the first time, and have been honored to be a place where parents can drop off their children for a few hours while they enjoy a rare date and break from the emotional toll of treatment.

First time visitors to the Clubhouse appreciatively share, "This place is wonderful, just what we need, and we will be back. Thank you and your team for providing these wonderful programs, it makes all the difference during a challenging time."

Virtual programs remain a convenient choice. Many support groups now offer ongoing hybrid options – allowing members to decide on a weekly basis what is best for them; to come to the Clubhouse or attend virtually.

Because of your financial support and investment, we can continue to meet the growing need for evidence-based support at no charge to anyone impacted by cancer.

We extend thanks to Helen Lane, who recently concluded her term as Board Chair, strategically and ably leading the board for the last two years. We welcome Allen Huggins as the new Board Chair and thank all our board members who lead passionately and focus on mission excellence.

This coming year we are celebrating an incredibly special milestone - Gilda's Club's 25th Anniversary! We often say Gilda's Club exists to serve the entire community, and we only exist because the entire community supports us.

If you have made a single donation to Gilda's Club, are a lifelong funder, have designated an estate or planned gift, have referred a friend to seek support, have volunteered as a board member, on an event committee, or offered a class or workshop, have benefited from a class, workshop, or support group, or if you have served on the staff in the last 25 years, we are here because of you! **We celebrate each of YOU as we celebrate our 25th Anniversary year!**



There will be many opportunities to celebrate Gilda's Club's 25th Anniversary during the coming year and we hope you will join us!

We are grateful for your continued partnership and generosity which will secure cancer support for anyone in Middle Tennessee for the next 25 years.



Harriet Schiftan, MSW, MAJCS
President & CEO

Our Impact

7,251

Total Attendance

Includes support groups, workshops, socials, Customized Support Plans, and resource/referrals contacts

370

Number of Support Groups

194

New Member Customized Support Plans



Only at Gilda's

Gilda's Club is Middle Tennessee's unique provider of support groups, resource referrals, education, nutritional counseling, healthy movement and stress reduction classes, and expressive arts.

RESOURCES & EDUCATION

Gilda's Club is a hub for cancer-related information. Empower yourself with knowledge from local experts and medical professionals. A phone call can get you started.

HEALTH AND WELLNESS

- Exercise and movement for all levels
- Nutrition and cooking
- Stress management
- Art workshops

SUPPORT GROUPS

Professionally-led support groups for adults, young adults, teens, and children.

- Cancer support groups
- Family or caregiver support groups
- Grief support
- Diagnosis specific networking groups

SOCIAL ACTIVITIES

A cancer diagnosis can be isolating. Connect with other individuals and families to build a sense of community and belonging.



“

You can't imagine how good it feels to come for your orientation session at Gilda's Club and find out that in whatever ways you choose to participate, it's all free and it's yours for the asking. "Free" is not just about money, it's about "giving away" – the attitude with which Gilda Radner faced her difficulties. The message is:

You're not alone. We're here for you. And your family and friends and caregivers. Welcome.

”



1,850

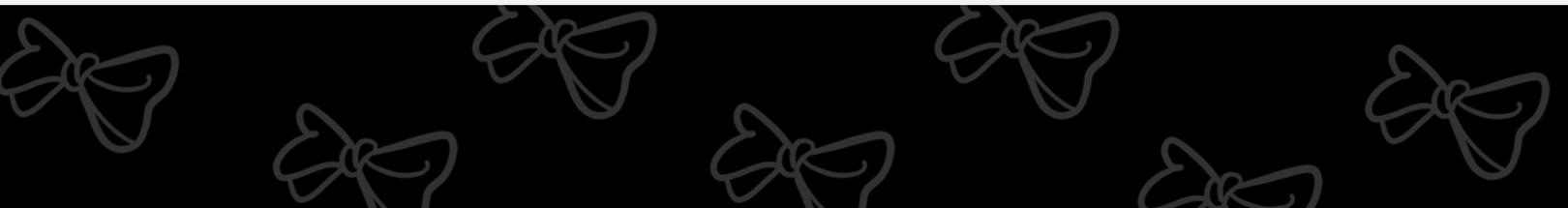
Total Attendance
at workshops, social, and educational programs

1,667

Responses to Resource Requests

381

Total workshops, socials, and
educational programs



“ [When I'm with my Gilda's Club group] I know I can be my authentic self. I don't have to 'be strong' if I'm not feeling strong, and I don't have to smile if I'm not feeling happy. I know [they] love and support me just the way I am, and that is so special to me. I know group is the safe space where I can talk about the hardest stuff, come as I am, and that [they] understand. ”



“ I'd be lost without the ladies in my [support] group. My family and friends are so wonderful, but they don't get it like my Gilda's group. They've become my closest friends- cheerleaders when I need them and someone to cry with when I'm having a hard day. So grateful to have met these amazing people and for the support I get from everyone at Gilda's. ”



Something for Everyone

One of the most commonly used words when someone is asked about Gilda's Club is "community." Togetherness is something we take seriously and we consider it a privilege to be a connector for our members, volunteers, and their loved ones.

This year we have made it a priority to focus on bringing people together again after so many years apart. We began offering new support groups, partnered with other Gilda's Clubs and a viral cancer artist to bring a virtual art program to life, and implemented a weekly meal for our members to have even more options to be together and form meaningful connections with each other.

Community Meals

New in 2023, our staff and incredible volunteers have banded together to provide a weekly home-cooked meal for our members. We know the energy it can take to put together daily meals for oneself or a family, and we wanted to take just a little bit of that burden off our members' plates.

New Support Groups

As the needs of our community change, we adapt to meet those needs. This year we implemented new support groups such as the Men's Support Group and the LGBTQ+ Support Group.

Tough Friends Art Club

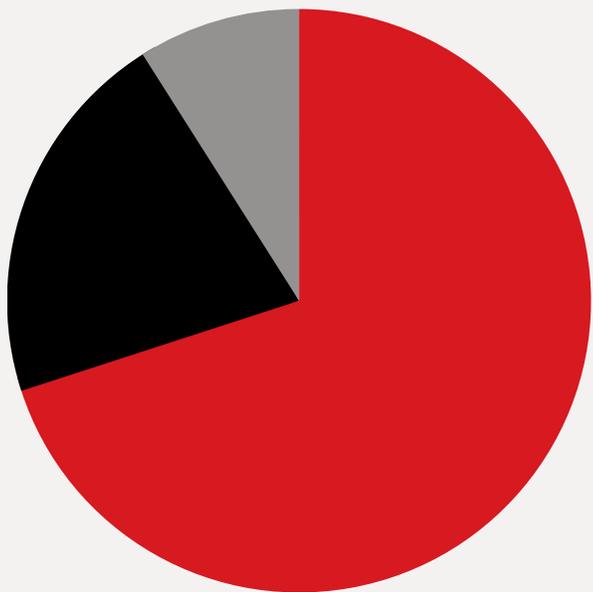
In partnership with cancer artist OhYoureSoTough and Gilda's Club Madison, we have been bringing this virtual art program to Young Adults (YA's) across North America. This interactive online workshop allows participants to learn about an artist and their creative process, create their own art, and meet other YA's facing cancer.

Monthly Socials

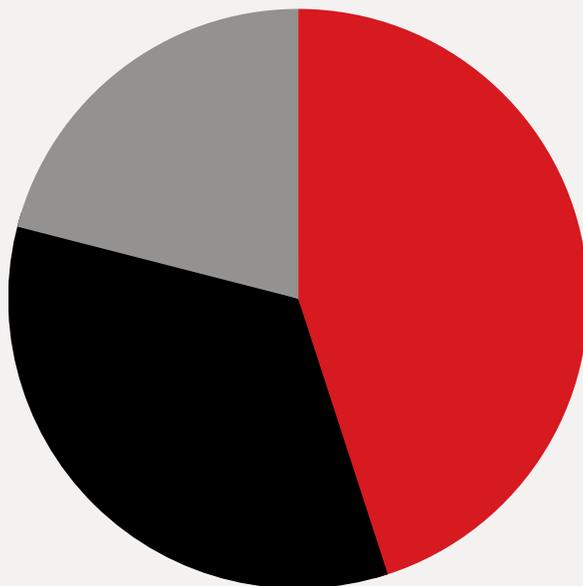
While support groups and workshops are important components of cancer support, we have learned our community loves to simply be together. From Bingo Night to a Preds Watch Party, we are committed to finding creative ways for our members to meet and strengthen each other through new relationships.



FY 2022-2023 FINANCIALS



70% Program Delivery
21% Fundraising & Development
9% Management & General



45% Fundraising Events
34% Foundations and Grants
21% Individual Giving

EXPENSES

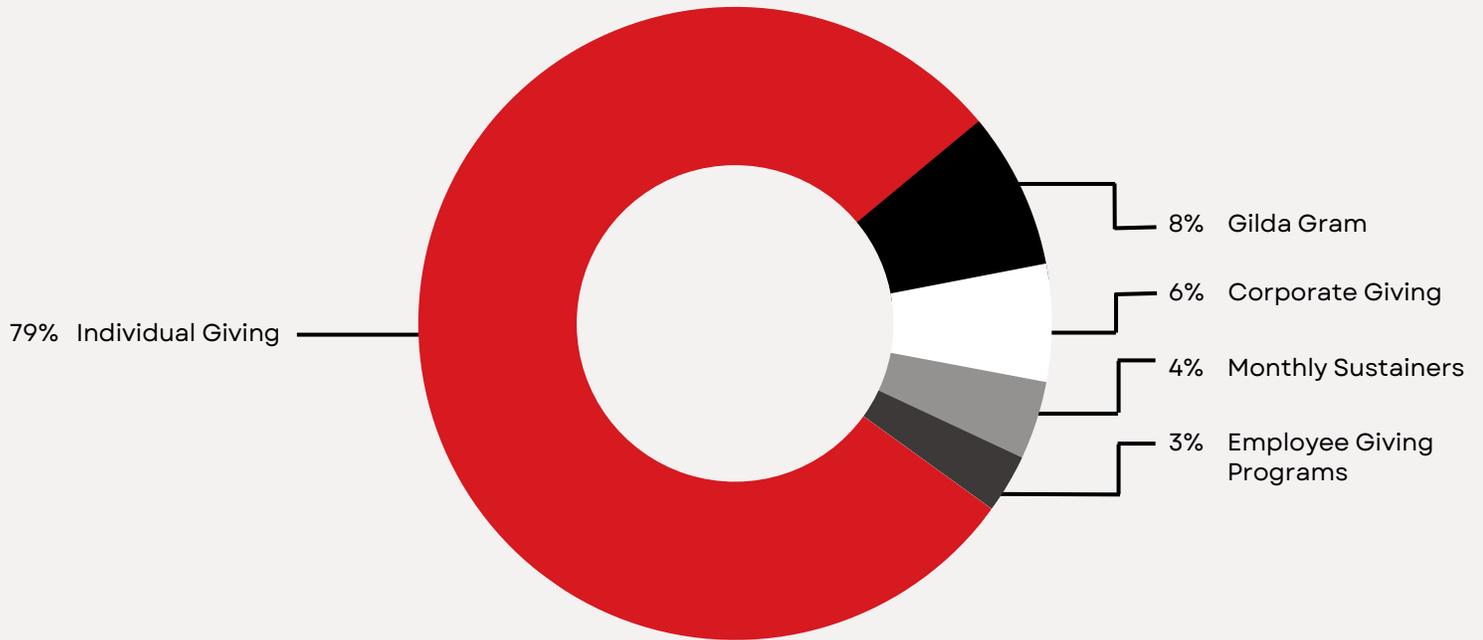
Program Delivery:	\$818,028
Fundraising & Development:	\$245,409
Management & General:	\$105,175
	\$1,168,612

REVENUE

Fundraising Events:	\$556,485
Foundation & Grants:	\$412,293
Individual Giving:	\$254,622
Other/Interest:	\$3,999
	\$1,227,400

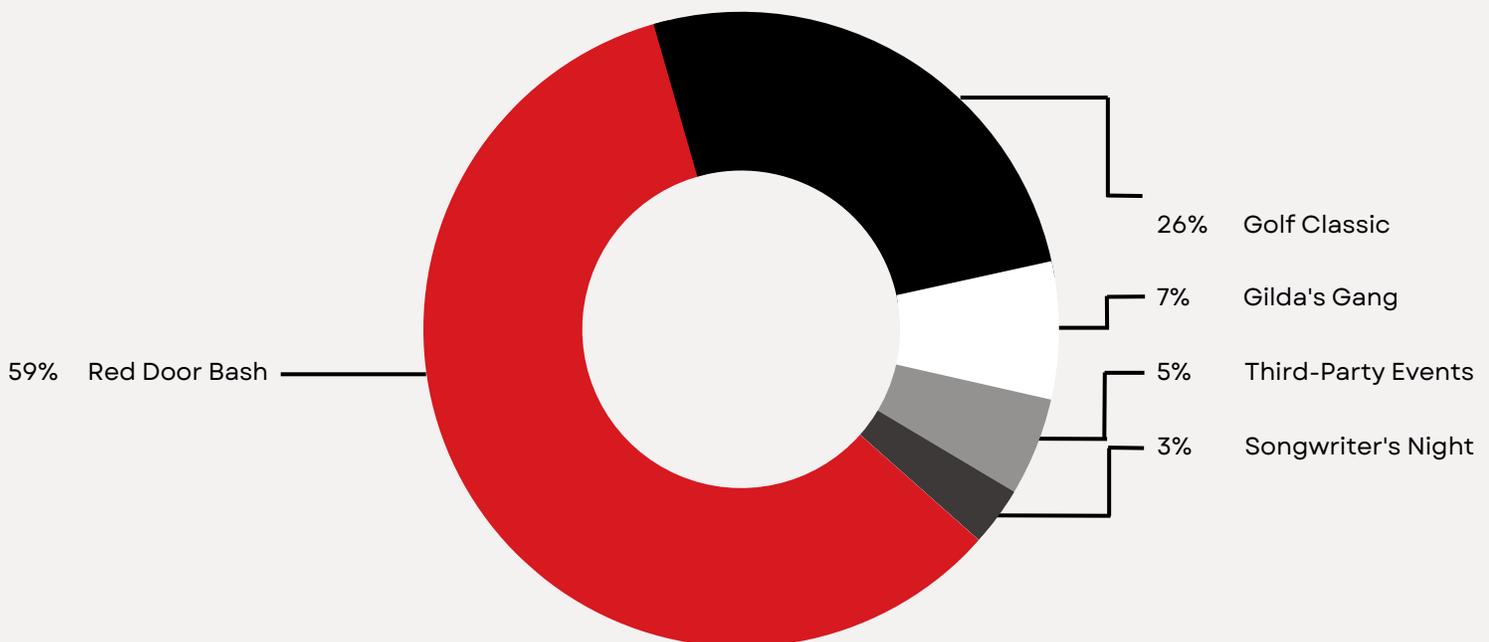
INDIVIDUAL GIVING

Generous community donors make individual contributions through Donor-advised Funds, donations of stock, bequests, memorials and tributes, annual or year-end gifts, employer-matching funds, and unrestricted donations throughout the year.



FUNDRAISING EVENTS

Gilda's Club's four signature events each year provide the opportunity to raise awareness, build community, and fulfill our mission. Our events not only raise needed funds through participation fees, sponsorships, and donations, but they also bring us new members, community partners, donors, and supporters.



25 & Counting



Gilda's Gang Half Marathon inspired by Dr. Gail Addlestone launches.

2006

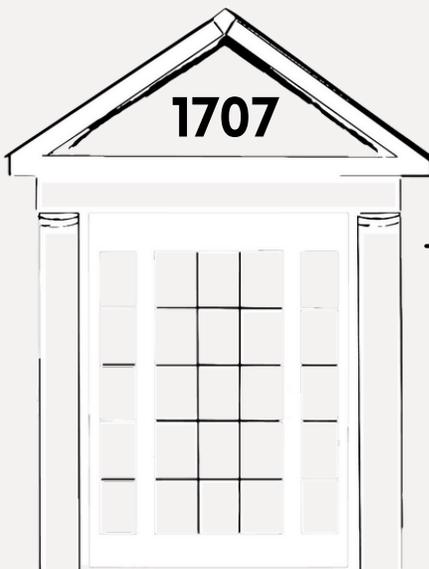
Inaugural Golf Classic

1998

Gilda's Club opens in Nashville August 3, 1998.

Program expands to include support for children at Noogieland.

2000

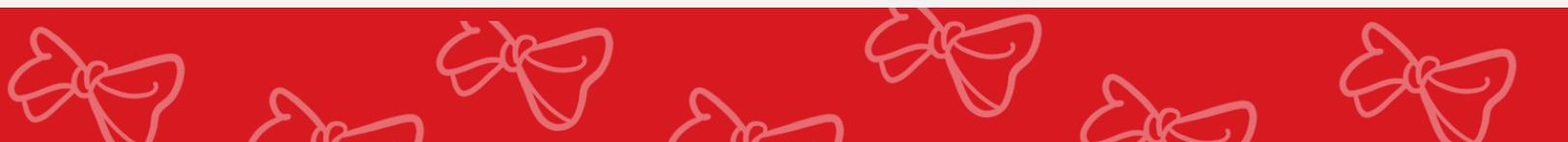


Moves to Division Street and is re-dedicated in memory of Sandy Towers' childhood friend, Kristy Olson Taylor.

2006

Completes successful \$5 million capital campaign for property and renovation of 1707 Division Street location.

2007



2017

Williamson County satellite program opens.

Red Door Society for major donors whose gifts are \$1,000 or more annually launches.

Changes name to Gilda's Club Middle Tennessee.

Offers cancer support in-person, virtually, and hybrid with funds from The Frist Foundation for teleconferencing tech in seven support group rooms.

Launches Birthday Boxes for Kids and Teens, Extra Hugs Care Packages, Parking Lot Socials, and Valentine Comfort Boxes to better reach members while offering virtual support.

2021



2023

Celebrates 25th Anniversary and over 5,500 total members and their families served.



Offers entire cancer support program virtually and Williamson County location closes during the pandemic.

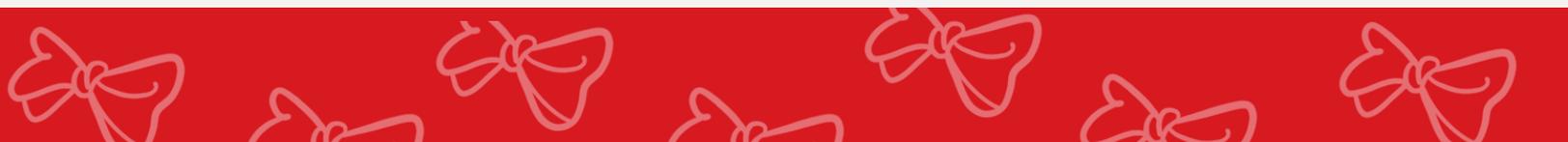
Introduces Will Power Society for planned gifts

2020



Clubhouse permanently re-opens to members in January for in-person and virtual programming.

2022



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CREATING A FAMILY LEGACY: Fitz Family Fund for Brain Cancer Awareness and Research

Julianne and Earl Fitz have taught their children



donors, with a variety of passions, embracing The Community



ward creating meaningful moments.



Gilda's Club Nashville: 'a club you never wanted to join'

BY ALEXA HINTON

CITY CONFIDENTIAL

Sandy Towers met her best friend, Kristy Olson, in the eighth grade at a church youth event. The two Lutheran girls from a small town in the Midwest had a soul by

Beyond the laughs, Towers said it was her friend's adventurous spirit that made her stand out. The leggy, athletic homecoming queen candidate was bolder than the stereotypical

To deal with her grief, Towers, an event planner for a Brentwood country club, imagined planning various fundraisers to benefit cancer societies or other philanthropic means as a way of honoring her friend.

...needs a village to accomplish something when you have

Nancy Saturn, Samant

Group bakes for Gilda's Club



Gilda's spirit, humor remain at namesake



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Gilda Radner City Faces



Gilda's Club 'a club you never

BY ALEXA HAYTON
Sandy Towers met her best friend, Kathy Olson, in the eighth grade at a church youth event. The two Lutheran girls from a small North Dakota town became inseparable and shared secrets on the set of a play.
"She had a really sick sense of humor, which I really appreciated. I can't give an example because it would sound awful," Towers says. "I guess we both did and that's why we were called. We went both to lunch on the side table. She thought I was funny and I thought she was funny, and we were a great audience for each other."
The two became inseparable during high school. They'd spend hours and hours miles for the sake of sharing conversation and enjoying each other's company. Towers would even when Towers started the director of her Christian music band and moved to Minnesota and then to Nashville in the 1980s.

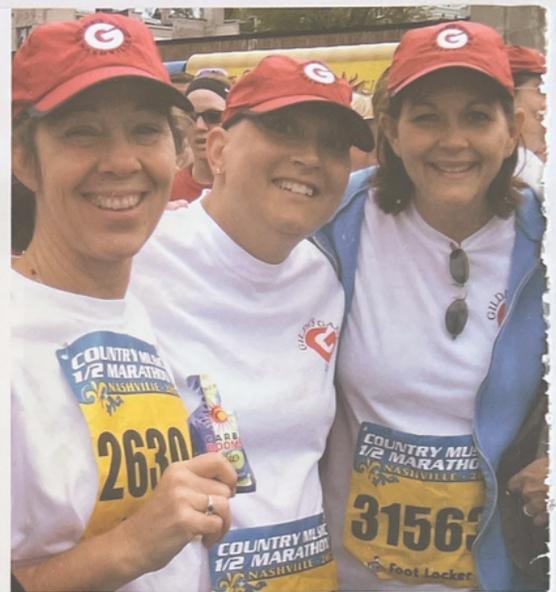
magical

Gilda's Club honors the grand lady of art and get



Samantha Saturn

Top left, Pam with her daughter, Sara Martin, and mother, Sara Owen, at the 2007 Susan G. Komen Nashville affiliate's Race for the Cure. Pam designed the



STORIES OF SURVIVAL

42



Gilda's in the Community

The Gilda's Club team is committed to being active in the local cancer community. Each year we are invited to educate and raise awareness as thought leaders and experts in psychosocial cancer support.

- Alive Hospice/Culture and Mourning Series | Mt. Zion Baptist Church
- Alive Hospice/Speaking Grief Documentary | Vanderbilt University
- Ascension St. Thomas Practice Oversight Committee | Primary Care Offices across Middle TN
- Association for Fundraising Professionals Nashville Chapter
- Association of Pediatric Hematology Oncology Nurses | Music City
- Belmont University School of Occupational Therapy
- Center for Nonprofit Management CEO Advisory Committee
- Center for Nonprofit Management Salute to Excellence Award Presentation
- Comprehensive Cancer Controls National Partners
- Concord Counseling – Counseling Referral Partnership
- Cookeville YMCA Cancer Survivor Group
- Fight Colorectal Cancer
- Good Nights at Good Wood Nashville
- Lantern Lane Farm Counseling Center
- Meharry Medical College | Spring Goes Pink
- National LGBT Cancer Network
- Oncology Nursing Society – education at quarterly continuing education opportunity
- Sarah Cannon Survivorship Day
- Sister's Network Inc, Nashville Chapter
- Station Camp High School Giving to Gilda's Fundraiser hosted by Ashlee Welbern and Peyton Ausderau
- Tennessee Cancer Coalition
- Trevecca University | Counseling Program
- University of Tennessee College of Social Work
- Vanderbilt University Medical Center Program for LGBTQ Health
- Vanderbilt University Medical School | Resident Tours
- Vanderbilt-Ingram Cancer Center Community Advisory Board
- Vanderbilt-Ingram Cancer Center Young Adult Cancer Initiative



“ Coming to Gilda’s Club was like entering an oasis. I was in the most devastating place of my life, but I kept coming. I listened. I learned. I shared. I stayed until I could breathe again. I found [support] group a safe place to cry and decompress with people who didn’t try to fix me. ”



2,057

Total Volunteer Hours

Volunteers

Our stellar volunteers are one of our greatest assets. They play an important role in expanding the number of people who receive support by offering workshops and classes, being a warm and welcoming voice on the phone, serving on event committees, delivering care packages, and fulfilling a multitude of needs around the Clubhouse on a daily basis.



Our Board of Directors, Advisory Board, and Associate Board are volunteer community leaders who offer expertise, leverage personal and professional networks, and extend counsel to ensure Gilda's Club operates at peak capacity, so that we are financially successful and that our cancer support program is visible and accessible.

Board of Directors

Allen Huggins, *Chair*

Helen Lane, *Immediate Past Chair*

Stuart Hall, *Treasurer*

Rae Hirsch, *Secretary*

Sunny Bray

Ken Bryant

Rick Froio

Andy Gill

Randy Goldstein

Rachel Goodrich

Dr. Steven Hecklin,

DMD

Janet Kurtz

David Lewis

Drew Mallory

Jennifer McGugin

Michael Moschel

Samantha Saturn

Carolyn Schneider

Lisa Taylor

Sharon Turner-

Friley

Alicia Wilson

Kathy Winn

Advisory Board

Felice Apolinsky

Joe Barker

Jim Brown

Walter

Campbell

Mark Carver

Jim Corum

Fletcher Foster

Ron Galbraith

Cathy Jackson

Harriet Karro

Brian Marger

Michael Radner

Pat Rogers

Ronna Rubin

Tom Snyder

Sandy Towers

Fleming Wilt

Pam Wylly

Associate Board

GCMTN'S YOUNG PROFESSIONALS BOARD

Katherine Shaoul, *Board Chair*

Ree Nicholas, *Vice Chair*

Katherine Allen

Sarah Currey

Jessie Eppelheimer

Keelin Gerard

Jazmine Hicks

Blake Jeter

Laura Killeen

Chris Kirk

Lauren Lyons

Laura Mallory

Nicole Malofsky

Caitlin Mead Zager

Madison Moquin

Abby Murphy

Buck Patton

Meg Sergel

Robyn Singer

Sarah Vickery

Molly Warren



Gilda's Club Middle Tennessee

1707 Division Street
Nashville, TN 37203
gildasclubmiddletn.org

OUR MISSION

Gilda's Club Middle Tennessee's mission is to ensure all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



GET INVOLVED

Gilda's Club is able to fulfill our mission with the generosity of our donors, volunteers, and funders.

Ready to make a difference?

DONATE

GildasClubMiddleTN.org/donate

VOLUNTEER

GildasClubMiddleTN.org/volunteer

ATTEND AN EVENT

GildasClubMiddleTN.org/events

1707 Division Street, Nashville, TN 37203 • GildasClubMiddleTN.org • 615-329-1124

@GildasClubMiddleTN    