

gilda gram

Winter 2019

GILDA'S CLUB SIMCOE MUSKOKA *So that no one faces cancer alone.*TM



**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

Dear Member, Community Member and Friend,

It has been my honour and privilege to sit as Board Chair for 2018, a year that was full of change, opportunities and success, providing cancer support in our community.

My family and I have been involved with Gilda's Club Simcoe Muskoka since the **Red Door** opened and appreciate the opportunity to continue to serve the residents of Simcoe County, Muskoka and York Region.

The importance of social and emotional support to thousands of people living with cancer in our community, their friends and family is essential in the journey of illness and recovery.

I had to deal with the loss of my Mum to cancer when I was 28, and five years later my husband was diagnosed with Non-Hodgkins Lymphoma, both times we weren't fortunate enough to have Gilda's Club in our community for support.

There is nothing more present for me than a sense of privilege and gratitude I have in serving Gilda's Club in whatever way I can.

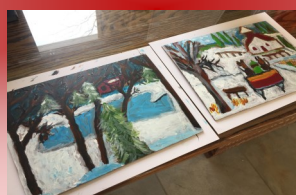
I am thrilled to be looking forward to 2019 with the board and staff who are all so proud to represent Gilda's Club and we are thankful to our community for their continued support *so that no one faces cancer alone.*

Wishing you and yours all the best in 2019,

Barbara White
Board Chair
Gilda's Club Simcoe Muskoka



FREE CANCER SUPPORT FOR ALL
ALL AGES | ANY CANCER DIAGNOSIS | ALL GENDERS
PATIENTS | FAMILY & FRIENDS



GILDA'S CLUB SIMCOE MUSKOKA - WHAT'S HAPPENING

HURRY HARD!

GILDA'S CLUB SIMCOE MUSKOKA RED DOOR CURLING BONSPIEL

PRESENTED BY *Tim Hortons.*

SATURDAY FEBRUARY 9TH, 2019
BARRIE CURLING CLUB
OPEN BONSPIEL
DRAW TIME: 8:30 AM

REGISTRATION INCLUDES:
2 SIX END GAMES
LIGHT BREAKFAST
LUNCH
PRIZES
MUSIC
SILENT AUCTION

\$400 PER TEAM
TEAMS ARE ENCOURAGED TO
COLLECT PLEDGES!



For additional information on sponsorship and registration, please contact Ruth Watson at 705-726-5199 or admin@gildasclubsm.org.

NEW- Starting 2019

- * 6 week Kids Support group series
- * 6 week Kids Grieve support group series
- * 6 week Teens Connect support group series
- * Hatha Yoga classes (weekly)
- * Pilates classes (twice/month)
- * Art Journaling group
- * Goal setting workshop series (once/month)
- * Immunotherapy lecture by Dr. Yu from RVH
- * Body Image and Self Esteem workshop
- * Communication & Advocacy workshop

Ask about Kids Kamp and March Break activities!
(trip to the Royal Ontario Museum)

Event registration is required prior to attending any activity. Registrations allow staff to appropriately plan for space and materials.

For anything (*other than support groups*), you can register Online at www.gildasclubsimcoemuskoka.org

By Email program@gildasclubsimcoemuskoka.org
By Phone 705-726-5199

Or stop in at the Clubhouse and registering in person.

You must be a registered Gilda's Club Member to attend any Support or Networking groups.

To register for a Support or Networking group, email sara@gildasclubsimcoemuskoka.org or call 705-726-5199 ext.

BEYOND THE RED DOOR SOCIETY

The Beyond the Red Door Society is made up of an outstanding group of donors who have made a long term financial commitment to Gilda's Club Simcoe Muskoka. Their support will help us to ensure that no one faces cancer alone, both now and in the future!

Our sincere thanks to the members of the Beyond the Red Door Society:

David Avard & Lesa Bowen
B & I Truck Parts Inc.
Ken & Nancy Bailey
Brokerlink Slessor & Periard Insurance
Busch Systems
Christine Charlebois
Sharon & Harold Cook
Ian Cook & Carol Phillips
David & Mary Crook
Laurie Crosson
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MAV International
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Stonemanor Woods Operating Corp.
Ian & Judy Sutherland
Brian & Lisa Tambllyn
Susan & George Todd
Craig Wallwin
Ruth & Larry Watson
Jeff & Barbara White
Therese Young

For more information on the Beyond the Red Door Society please contact
705-726-5199 or admin@gildasclubsimcoemuskoka.org.

Our Members



We are Brendon and Leslie, and we became members at Gilda's Club Simcoe Muskoka this past year.

Several years ago our daughter Shannon was diagnosed with colon cancer at age 31. At the time we were living in Vancouver, and soon decided we needed to live closer to help our daughter. Helping Shannon became a full time effort for both of us. Constant trips to treatments in Toronto, doctors appointments, just helping her with daily living - we were devoted to her. Unfortunately this past summer Shannon passed away from her disease at age 36.

Along with the unimaginable loss of our daughter came another huge hole in our lives. We had no sense of community or belonging anywhere. Then we found Gilda's Club.

The program activities and sense of community at Gilda's Club have been amazing for us. We had no idea it was also a place for the friends and families of people with a cancer diagnosis. How we wish we had learned about Gilda's Club while Shannon was still with us. She would have so enjoyed coming to the clubhouse with us to be a part of the many groups and activities offered.

The art classes would have been one of Shannon's favourite activities. She would have enjoyed the chance to focus on something creative and different, even for a little while.

Gilda's Club gives you the opportunity to connect with other people who truly understand what you are dealing with, because they are on the same journey as you. This is truly a place where "you can be you". No judgement, no funny looks, no feeling bad because today you just want to be sad.

We know there are many families out there with stories like ours, and we invite anyone touched by cancer to experience Gilda's Club the way we have.

Support GILDA'S CLUB with a Do It Yourself Fundraiser!

From bake sales and bottles drives, haircuts and bingo nights, to golf tournaments, concerts, garage sales and more, you can turn anything into a fundraiser for Gilda's Club Simcoe Muskoka. We call them **Do It Yourself, or DIY Fundraisers**, and since Gilda's Club does not receive any government funding, the money raised through DIY Fundraisers has a significant impact on meeting our fundraising goal each year.

Planning a **DIY Fundraiser** to benefit Gilda's Club can be an exciting and rewarding experience to get everyone involved! Whether you are a business looking to align your brand with Gilda's Club Simcoe Muskoka, or a community member or organization who has a fundraising event idea, don't hesitate to contact us. **For more information on how you can get started on your DIY Fundraiser, please contact the Clubhouse at 705-726-5199 or admin@gildasclubsimcoemuskoka.org.**



Kalyn's Donations!



Honda Waterfront
Marathon



Kempenfelt
Derby



Scotia Bank



Shoppers Drug Mart

If you'd like to have a meaningful and rewarding volunteer opportunity please connect with Susan Haiplik directly to learn more.

Email: susan@gildasclubsimcoemuskoka.org, call :705-726-5199 ext. 230

Better yet, please drop in and say Hello!

GILDA'S COURTYARD OF HOPE

Make a meaningful gift in honour or in memory of someone special, or in celebration of a memorable occasion. You can also recognize a person, family or business.

For \$200, your purchase of a personalized, inscribed brick in **Gilda's Courtyard of Hope** will directly impact Gilda's Club Simcoe Muskoka, and ensure that we can continue to provide **FREE** support to anyone touched by cancer.

Phase IV is scheduled for a Spring 2019 installation. To purchase a brick please visit our website

www.gildasclubsimcoemuskoka.org/courtyard-of-hope-bricks

or speak with John at 705-726-5199



CONTACT US



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WWW.GILDASCLUBSIMCOEMUSKOKA.ORG



Instagram



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