



April 2020

The Power of our Words

We hope that you and your families are staying safe. The many changes that all of us are challenged to adjust to daily is like trying to dress for the typical April weather forecast - expect a variety of things you won't like, but cherish the moments that are warm and nice.

We cannot decide the weather that impacts us, but we can decide how we react to it. There is a deep reservoir of positivity that we possess, and is likely where someone came up with "April showers bring May flowers". Like a Spring storm, it will pass and there is a rainbow waiting for us.

At Gilda's Club, our first priority is the health and safety of our community - and as many of you know, on Monday March 16th we temporarily closed the Clubhouse. While all in-person activities have been suspended, our community continues to discover new ways that we can remain strong together.

There has been great difficulty in trying to prepare words of direction and encouragement in the midst of a global health crisis. To find the right words requires accurate information, and unfortunately information changes quickly and without warning these days.

There is hope.

It is in the simplest of words that I think we will find some balance. It is hard to search for, and select positive words in such difficult times. If we select words that can carry gratitude, we can start to piece together a stronger and more confident voice. Together, we can be the rainbow that emerges once the storm abates.

We'd like to thank each of you for your support, patience, and dedication to our mission as we continue to navigate these uncertain times together. We are here. We are with you. And we will continue to update you through email, on our website and on social media.

Aaron Lutes
Executive Director

Barbara White
Board Chair

Virtual Clubhouse & Program Activities

Welcome to Your Virtual Gilda's Club!

We understand things are uncertain during these unprecedented times. Please know your Program Team continues to be here for you and we continue to monitor e-mails and voicemails.

Do not hesitate to reach out if there is anything we can do for you by way of cancer support.

While our Clubhouse remains closed, we have developed (and continue to develop) several digital and online cancer support resources. For more information, please visit our website, or follow us on Facebook, Instagram, and Twitter.

As always, all program activities remain FREE to Members; to enquire about our free Membership for those impacted by cancer, e-mail program@gildasclubsm.org

We wish you and your family health, wellness and safety.

Warmest regards,

The Program Team at Gilda's Club Simcoe Muskoka

Sara Desroches

MSW, RSW
Program Director

Erin King (Browning)

BSW, RSW
Program Coordinator

Jocelyn Leworthy

MSc, CCLS
Child, Youth & Family Coordinator

Access by Phone



www.CancerSupportCommunity.org

We're here for you with over-the-phone, one-on-one support and resources.

Monday - Friday 9:00 a.m. - 9:00 p.m. ET
Saturday - Sunday 9:00 a.m. - 5:00 p.m. ET

Access Online

APRIL 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 03:00 PM Virtual Gentle Stretch	3
6	7 02:00 PM Virtual Slow Flow Yoga	8	9 01:40 PM Virtual Pilates	10
			03:00 PM Virtual Gentle Stretch	
13 01:15 AM Virtual Family & Friends Support Group	14 02:00 PM Virtual Slow Flow Yoga	15 07:00 PM Virtual Breast Cancer Networking Group	16 11:00 AM Virtual Blood Cancer Networking Group	17 01:30 PM Virtual Social
			03:00 PM Virtual Gentle Stretch	
20 01:15 AM Virtual Family & Friends Support Group	21 02:00 PM Virtual Slow Flow Yoga	22	23 01:40 PM Virtual Pilates	24 01:30 PM Virtual Social
			03:00 PM Virtual Gentle Stretch	
27 01:15 AM Virtual Family & Friends Support Group	28 11:00 AM Virtual Seminar: Spring Cleaning: From the Inside Out	29	30 03:00 PM Virtual Gentle Stretch	

Visit <https://gildasclubsimcoemuskoka.org/>
Select > CALENDAR tab
Select > View Program Calendar

Volunteer Appreciation Week

I consider myself a glass is half-full personality.

Despite the changes of staffing, the major disruption of COVID-19 on Clubhouse operations (and regular life), an unknown timeline of when things start again, and the cancellation of our Volunteers Appreciation Week events, I am optimistic that we can use this “hard pause” to help establish what life can be like once we re-open.

Gilda’s Club was born in a kitchen. The vitality and essence has always resided in the volunteer presence who are the warm and welcome faces at the reception, and the caring support and voice seen and heard in various programs.

We cannot thank the hundreds of volunteers over the years enough for the many gifts of caring you have given this organization, its staff, and its members. We need to celebrate that gift with our over 100 current volunteers - properly - once the Clubhouse is open again.

While the attitude is that the glass is half-full, I truly look forward to a toast to our volunteers with a full glass! We could not do this without you!



Friends of Gilda’s Club

It is my hope to launch upon Clubhouse re-opening a new volunteer setting called “Friends of Gilda’s Club”. I want to establish more opportunities for volunteers to be involved and support three main areas of focus: Program needs, Clubhouse needs, and the creation of a social fundraising calendar. Volunteers can choose what area(s) are of interest, and more importantly help discover more activities and events that are fun and engaging.

Program support will encompass the needs determined by the Program Calendar and Kids Kamps - same as we’ve enjoyed in the past. Clubhouse needs will include a warm and welcome face at the reception desk, and other seasonal components as needed. The new addition will be volunteer driven and supported social activities, and could include fundraising event such as bake sales, bazaars, high tea, and even managing Clubhouse usage for Gilda’s Club supporters and donors. Events and activities that enrich the fabric and spirit of Gilda’s Club, and support the vision that “no one faces cancer alone”.

If you have questions or ideas, please feel free to email Aaron@gildasclubsm.org and we can start working on this now!

Save The Date



Friday July 10



We look forward to
seeing our sponsors,
donors, golfers, and
volunteers at the
15th annual **Red Door**
Golf Classic



10TH ANNIVERSARY **SEPT 26**
BY THE LAKE
featuring Jim Cuddy



Ways to Give

We Depend on Donors and Partners, Like You.

There are a variety of ways you can help bring Gilda's Club Simcoe Muskoka's free support program to those facing cancer throughout Central Ontario. Contact Aaron Lutes at aaron@gildasclubsm.org to learn more.

Beyond the Red Door Society with a gift of \$1,000 or more annually.

Gilda's Givers is a monthly donation program which helps sustainable support to continue planning and delivery of programs that meet our members' needs! As little as \$20 a month helps!

Planned Giving/Bequest & Estate giving

Fundraise on Behalf of Gilda's Club Simcoe Muskoka - organize your own event.

Employer Giving / Corporate Match Programs!

Donate Good & Services such as printing, postage or Ad space!

Sponsor a Gilda's Club Simcoe Muskoka event. We are still anticipating the ability to safely host several events later this year, and we want your business to be noticed by people excited to get out?! We are here to work with you and can apply creative solutions that help your business get noticed!

BOARD OF DIRECTORS

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Jocelyn Leworthy
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