

Our Red Door is a Portal

July 2020

I became a Gilda's Club member in late 2018, after a year of cancer treatments, surgeries and associated "complications". Gilda's Club has been an essential part of my post-treatment recovery and my adjustment to the "new normal". Gilda-led groups such as Facing Forward, the Blood Cancer Group and the Men's Social Club have assisted me with moving forward and have provided me an opportunity to connect with other cancer survivors and (hopefully) provide mutual support. In the early days of membership, activities such as Qi Gong and Slow Flow Yoga helped me regain physical motion lost during my cancer journey.

But what to do during our current COVID-19 crisis?

Our beloved Red Door closed early on out of respect to members, staff and volunteers. The isolation and fear of contracting illness - well known to many Gilda's members already through their respective cancer journeys - was augmented and/or returned from past memory. Gilda's Club was needed more than ever! Fortunately for us all, Gilda's Club has truly stepped up during COVID and has continued to offer a rich variety of group support and other activities during these times when many of us feel even more isolated and vulnerable than usual.

Though it's not quite the same as walking through the Red Door and seeing familiar faces and places, the virtual programming quickly developed, organized and offered by Gilda's has provided an important "support line" for members and a means to keep in contact with the membership...not to mention our wonderful Gilda's staff! Gilda's Club, at all levels of the organization, definitely has continued to ensure that "no one faces cancer alone" - even during these troubled times.

Thank you!

David Featherstone

Gilda's Club Simcoe Muskoka member

Executive Director's Note

I invited David to share, in his words, a glimpse of our shared life in a rapidly changing world. We are all struggling to find balance, and including the words and views of others is of the greatest value.

Thank you David for your contribution.

Virtual Clubhouse & Program Activities

JULY AT
GCSM

MON	TUE	WED	THU	FRI
		1 CANADA DAY	2 11- 12:30 Summertime Remedies 1:00-1:45 Pilates	3 1:30-2:30 Member Social
6	7 10-10:45 Slow flow yoga	8 10-10:45 Journaling Group 3-3:45 Gentle Stretch	9 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Cancer Social	10 1:30-2:30 Member Social
13 11:30-12:30 Cancer & Coronavirus Support 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	14 10-10:45 Slow flow yoga 7-8:30 Families Connect: Paint Night	15 10-10:45 Journaling Group 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 7-8:30 Acrylic painting: Techniques & Colour	16 11-12 Blood Cancer Networking 1:00-1:45 Pilates 1-2 Youth Zumba (ages 10-17) 3:30-4:30 Let's Get Quizzicle: Trivia Social	17 1:30-2:30 Member Social
20 11:30-12:30 Cancer & Coronavirus Support 7-8:30 Landscapes and composition	21 10-10:45 Slow flow yoga 3-4:30 Mindfulness 7-8:30 Families Connect: Trivia Night	22 10-10:45 Journaling Group 1-2:30 Music & Art 3-3:45 Gentle Stretch	23 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Cancer Social	24 1:30-2:30 Member Social
27 11:30-12:30 Cancer & Coronavirus Support 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support 7:00-8:30 Breast Cancer Networking	28 10-10:45 Slow flow yoga 3-5 Step-By-Step Painting Class 7-8:30 Thriving After Cancer	29 10-10:45 Journaling Group 8-10 Youth movie night (ages 10-17) 3-3:45 Gentle Stretch	30 1:00-1:45 Pilates 3:30-4:30 Let's Get Quizzicle: Trivia Social	31 1:30-2:30 Member Social

Please note all activities are held virtually through Zoom. To register, e-mail program@gildasclubsm.org



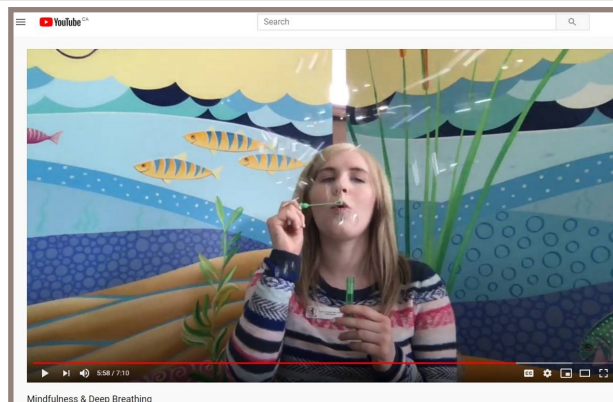
new CANCER & CORONAVIRUS SUPPORT GROUP SERIES

**8 WEEK SERIES:
MONDAYS 11:30AM-12:30PM
JULY 13 - AUGUST 31**

Open to Ontario residents who were diagnosed with any type of cancer during the Coronavirus pandemic.

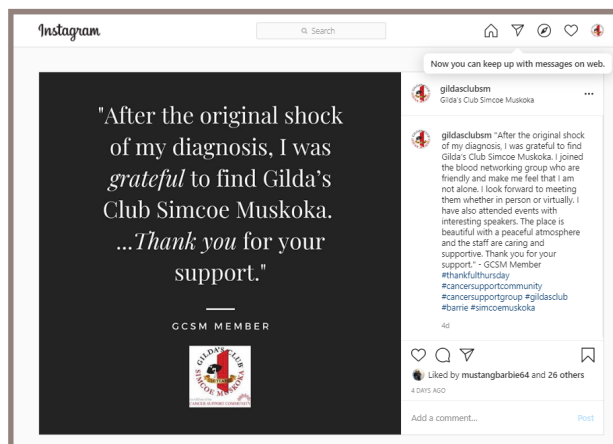
**OFFERED THROUGH ZOOM
COST: FREE**

Free membership & registration required.
Call 705-726-5199 ext 225
or e-mail
program@gildasclubsm.org to register.



Don't forget to follow our Social Media streams for the latest updates and member opportunities.

Follow us, hit the like button, and share!





Building Community

Gilda's Club Has a Strong Foundation to Build Upon.

As our region begins to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus, and to protect our members, volunteers and staff.

Facility Considerations



Minimize total amount of users in one space at a given time.



Utilize outdoors where possible.



Avoid or minimize contact with commonly touched surfaces.



If outdoors, utilize shaded and sheltered options where possible.

Members, Volunteers and Staff



Group sizes should always be minimized.



Stay at home if displaying any symptoms of COVID-19 in past 14 days, or if recently traveled.



Gilda's Club illness policy has always been that any visitor to the Clubhouse must be free of illness, and feeling well. Temperatures will be taken upon entry.

Contact Minimization



Physical distancing should be practiced whenever possible.



Unnecessary contact between people - handshakes, high-fives, hugs, etc. should be avoided.



Equipment and materials should not be shared.



Rooms will be single-use until cleaned.



Use sanitizing spray or wipes when spaces are not deemed single-use, or common areas.



Contactless registration and Virtual programming ensures maximum safety.

Good Hygiene



Handwashing or sanitizing at regular intervals throughout should be encouraged.



Wear a mask at all times, as directed by local Health Unit.



Avoid touching ones face throughout the day.

Projects With A Purpose has created a comfortable mask for you - free.

A Return to Building Community

The return of community at Gilda's Club Simcoe Muskoka will adapt as restrictions and policies change to match our region's situation and needs.

The following is a likely progression of activities. Mitigation strategies will need to be practiced throughout all of the following stages. We welcome your input and questions in this conversation.

Virtual Programming will continue for July and August



Virtual Programming & Staff Support from Clubhouse facility



Small Single-use Clubhouse Activity & Virtual Programming



Mixed Clubhouse Activities & Virtual Programming



Volunteer Presence & Social Activities



Larger Clubhouse Activities & hybrid Program delivery including Virtual

This document is part of an ongoing conversation with our members, volunteers and the cancer community. Please feel free to contact Executive Director Aaron Lutes to discuss how this impacts you. aaron@gildasclubsm.org

Please consult with the Simcoe Muskoka District Health Unit for the most up-to-date information and resources.

Laura Hemsworth - Raising Spirits with Plunging Effort

We have to make the best of things that we cannot change.

On January 22, 2015 I was given the worst news of my life. You have breast cancer. But it's the good one. Which nobody should say ever. I remember driving home from the doctor's in a fog. No emotion surfaced because I was in shock.

In my head I was telling myself I can't change this, I have cancer. What I need to do is whatever is necessary to survive this disease that has taken people close to me. I needed to be here for my husband, my kids and my grandkids. But I also need to stay positive and keep myself healthy.

When you are a busy working mom with children in university, ailing parents and are helping care for grandkids it makes for a busy calendar to fit in surgery dates, follow-up appointments and radiation treatments. Phew!

It was never an option to give in and feel sorry for myself. I always say 'It could always be worse' and I truly believe that.

When did I rest you ask? Hmmm My 'Me' time was happily spent with family, at the gym and having LOTS of coffee dates with my bestie.

Cheers to my exceptional oncology team at RVH's Cancer Centre. They always kept me informed, answered all my questions (there was always a lot!), made me comfortable and provided the best after care. If you have to have cancer these are the people you want on your team.

Being a volunteer with Gilda's Club Simcoe Muskoka for about 5 years pre-cancer diagnosis I was familiar with how cancer impacts your whole personal community. The support provided is very necessary and not everyone has their own support system. Gilda's Club is that place where you can go be yourself and be with our members that know exactly what and how you're feeling.

It's through these Red Doors that you receive Love, Hope, Support, Laughter, Music, Tears, Hugs & lots of yummy homemade snacks.

And that's why [I'm Free Falling for Gilda's Club](#) on July 12th, 2020.

Executive Director's Note

Join me on the 12th at Toronto Skydive, or donate!



Long-time supporter Dr. Stacie Weber is directing all proceeds of any enVy mask sales to Gilda's Club Simcoe Muskoka.

Dr. Stacie Weber
Cosmetic & Facial Rejuvenation Clinic

97 Collier Street, Barrie | 705.828.FACE (3223) | drweber.ca

Let us help you
put your best face forward.

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