



2021 CALENDAR



Reflections

November 2020

What leads someone to decide to fundraise for a charity? Sometimes it's gratitude, sometimes it's recognition of the important work they do, and other times the sheer need for services drives home the desire to help.

For Sharon Smith of Connect Hair Studio, it was the series of clients who sat in her chair and shared their experiences, with breast cancer, then lung, then ovarian, then prostate... it seemed that cancer was everywhere. And it is.

With cancer growing... like a cancer, how do you choose an organization to support?

What if you chose an organization who supports people with every kind of cancer - and their families and caregivers as well: all the people affected by the diagnosis that changes lives? What if you could help others understand the courage of people affected by the disease and the story they have to tell?

The Raw and Reflective calendar was born from Sharon's inspiration to give back and the inspiring stories of people who have lived with so many different cancers. It was realized by the dedicated team of volunteers from inside and outside the organization.

Gilda's provides a lifeline and reassuring hand to anyone who asks. Undaunted by the pandemic, they have offered their services virtually - to truly ensure that no-one faces cancer alone. The calendar models, photographers and committee are proud to support their efforts.

*November Newsletter introduction submitted by Patricia Dent
on behalf of the Raw & Reflective 2021 fundraising committee*

Sharon Smith, Greg Smith, Patricia Dent, Stacey LePage, Jen Smethurst, Cybele Gorrissen and Aaron Lutes

Virtual Clubhouse & Program Activities

NOVEMBER

at Gilda's Club

MON	TUE	WED	THU	FRI	SAT
12-12:45 Pilates 2 1-2 Podcast Club: Eating Well & Staying Active	10-10:45 Slow Flow Yoga 3	9-9:45 Slow Flow Yoga 4 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 6-6:45 Kids Support 7-8 Teens Connect	3:30-4:30 Let's Get Quizzicle: Trivia Social 5 7-8 Youth With Cancer Connect	1:30-2:30 Member Social 6	
12-12:45 Pilates 9 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support 7:30 - 8:30 Living With Loss Support	10-10:45 Slow Flow Yoga 10 2-3 Memory Boosters & Brain Teasers	9-9:45 Slow Flow Yoga 11 10-10:45 Journaling 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	2-3 Chair Yoga & Meditation 12 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Social 7-8 Youth With Cancer Connect	1:30-2:30 Member Social 13	11-12 Children's Mindfulness Workshop 14 6-6:45pm A Letter To Someone I Love
12-12:45 Pilates 16 1-2 Podcast Club: Don't Let Cancer Steal Your Joy 6-7:30 Painting Techniques: Group Of Seven 7:30 - 8:30pm Living With Loss Support	10-10:45 Slow Flow Yoga 17 5:30-7 Coping with COVID-related Stress	9-9:45 Slow Flow Yoga 18 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	11-12 Blood Cancer Networking 19 1-2:30 Geometric Designs 3:30-4:30 Let's Get Quizzicle: Trivia Social 6-6:45 Honouring Children's Grief Awareness Day 6:30-8 End-of-Life Planning in the Age of Coronavirus 7-8 Youth With Cancer Connect	10:30-11:30 Winter BINGO 20 1:30-2:30 Member Social	
12-12:45 Pilates 23 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support 6-7:30 Colour Schemes: Emily Carr 7:30 - 8:30 Living With Loss Support	10-10:45 Slow Flow Yoga 24 2-3 Memory Boosters & Brain Teasers 7-8 Talking to Children About Cancer 7:00-8:30 Breast Cancer Networking	9-9:45 Slow Flow Yoga 25 10-10:45 Journaling 1-2:30 The Importance Of Self-Care 3-3:45 Gentle Stretch 6-6:45 Kids Support 6:30-8 Cancer, COVID-19, & Anxiety 7-8 Teens Connect	2-3 Chair Yoga & Meditation 26 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Social 7-8 Youth With Cancer Connect	1:30-2:30 Member Social 27	
12-12:45 Pilates 30 1-2 Podcast Club: Spotlight on COVID-19: Coping w Emotions 6-7:30 Step-by-step Painting Class 7:30 - 8:30 Living With Loss Support					



Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

DECEMBER

at Gilda's Club

MON	TUE	WED	THU	FRI	SAT
	10-10:45 Slow Flow Yoga 1	9-9:45 Slow Flow Yoga 2 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 4:30-5:15 Winter Family BINGO 6-6:45 Kids Support 7-8 Teens Connect	3:30-4:30 Let's Get Quizzicle: Trivia Social 3 7-8 Youth With Cancer Connect	1:30-2:30 Member Social 4	11-12 Children's Anger Workshop 5
12-12:45 Pilates 7 7:30 - 8:30 Living With Loss Support	10-10:45 Slow Flow Yoga 8 2-3 Memory Boosters & Brain Teasers 6:30-7:30 Virtual Fireside Chat: Coping With the Holidays	9-9:45 Slow Flow Yoga 9 10-10:45 Journaling 1-2:30 Coping With a COVID-19 Winter 3-3:45 Gentle Stretch	2-3 Chair Yoga & Meditation 10 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Social	1:30-2:30 Member Social 11	
12-12:45 Pilates 14 1-2 Podcast Club: Coping With Cancer During the Holidays 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support 6-7:30 Colour Schemes: Winter Holiday 7:30 - 8:30 Living With Loss Support	10-10:45 Slow Flow Yoga 15 1:00-2:30 Holiday Pop 3-4 Virtual Fireside Chat: Coping With the Holidays 7:00-8:30 Breast Cancer Networking	9-9:45 Slow Flow Yoga 16 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch 6:15-7:00 Family Holiday Cookie Decorating	11-12 Blood Cancer Networking 17 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Adult Virtual Holiday Bash	1:30-2:30 Member Social: Support Through the Holidays 18	
21	22	23	24	25	
28	29	30	31		

CLOSED

FOR THE HOLIDAYS



NEW from your Cancer Support Program

End-Of-Life In The Age Of COVID-19

An educational workshop

Learn about palliative care myths and facts, legacy work, and how to die with dignity and support. Open to those living with a life-limiting illness, and/or caregivers.

WHEN: Thursday November 19

6:30 - 8:00pm

Cost: FREE

Hosted through Zoom

To register, e-mail program@gildasclubsm.org

Join Kaylen Leonienko, Registered Social Worker, as she explores palliative care myths and facts, legacy work, and how to die with dignity and support in a time where resources are limited and time with family and friends is restricted due to COVID-19.

Open to both caregivers, and those living with a life-limiting illness.

You do not need to be a GCSM Member to register.

To RSVP and get your Zoom link, e-mail program@gildasclubsm.org or call 705-726-5199.

Make the Most Out of Your Charitable Tax Credits!

Support your favourite cause and you can receive as much as 53% back through charity tax deductions. See the difference that charitable tax credits make when you donate to your favourite charity, and claim your charitable donation receipts.

Not only is giving to charity a great way to make a difference to your favourite cause, but when you claim your charitable tax credits you can also take advantage of federal and provincial government tax incentives. Here are just some of the ways that giving charitably might pay off for you!

Federal and provincial tax incentives add up

By donating to your favourite charity, you may receive as much as 53% of the amount you donated back at tax-time. Calculate how much you can claim with our Charitable Tax Credit calculator below.

Donate securities, eliminate the capital gains tax and get a larger tax credit

Securities are the most efficient way to give charitably. When you donate publicly traded securities (stocks, mutual funds, bonds, etc.) directly to your favourite charity, you can eliminate the capital gains tax as these securities are sold, and still receive a tax receipt for their full market value. Plus, your charity also gets the full value of the securities.

Consider carrying donations forward for larger charitable tax credits.

You do not have to claim all of the donations you made in the year they were made. When you donate over \$200, you are automatically eligible to carry them forward and claim them on your tax return for any of the next five years. This flexibility means that the unclaimed carry forward portion may qualify for a larger tax deduction for you, in the future.

**Calculate Your
Charitable Tax Credit***

*Link takes you CanadaHelps.org. Details are outlined on the site and are a basic guide to a conversation with your financial planner.

Gilda's Club Simcoe Muskoka is available to help connect you with many great resources!

Community Events and Activities



Stay away from the dark side
Help a good cause

Stay tuned for an [Online Auction](#) coming this month!

Many great items were donated in 2020 for fundraising events we couldn't host, and now is your time to get them!

Just in time for the Holidays!

We are adding and assembling items and you can visit our exclusive [Online Auction](#) site to find out more! We will be adding in some exclusive collectible Star Wars memorabilia, but we have a MASSIVE Star Wars visiting a galaxy near you in Spring 2021!!

THIS IS THE AUCTION THAT YOU ARE LOOKING FOR

Creative FUNdraising Ideas Wanted!

We've noted in many Newsletters and messages that you can turn a lot of things into a small fundraiser for Gilda's Club. Do It Yourself, or [DIY Fundraisers](#), is where most charities begin - the grassroots efforts that connect people and fun is had in the name of a good cause.

We welcome everyone to consider how we can connect in a world where we are challenged to stay apart. Could there be a Drive-Thru bake sale where a family or group uses our kitchen on a Saturday or Sunday?

Maybe a group can support a holiday gift wrapping service - drop your items off and pick them up the next day?

Bring your ideas [to Aaron Lutes](#) and we can ensure safety and fun in the coming months!

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