

August 2021



An Affiliate of the
CANCER SUPPORT COMMUNITY



A Round of Fun and Sun.

We celebrated our first in-person fundraising event in over 18 months with many smiles, laughter and some great weather (yet again!)

Gilda's Club Simcoe Muskoka welcomed new title sponsor Paradise Developments to this year's 15th Annual Red Door Golf Classic on Wednesday, July 14th at Bear Creek Golf Club, as well as many long-time supporters who helped us to raise a record amount of **over \$62,000!**

Successful events like the Red Door Classic ensure that our innovative Cancer Support Program remains free of charge for all who have been impacted by cancer in our community.

The Red Door is open because of so much support from sponsors, donors, participants, and volunteers.

Thank you!!!

TITLE SPONSOR

PARADISE DEVELOPMENTS

GOLFER GIFT SPONSOR **FOOD & BEVERAGE SPONSOR**

NATIONAL BANK FINANCIAL WEALTH MANAGEMENT **LORRIMAN STURGEON WEALTH MANAGEMENT GROUP** **Pratt DEVELOPMENT INC**

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AH AWARD LINDSAY HOLMBERG CHARTERED PROFESSIONAL ACCOUNTANTS **ARGO DEVELOPMENT CORP**

vie **VOLUNTEER SPONSOR**

MEDIA PARTNERS **ROCK 95 CLASSIC ROCK. NEW ROCK. GET IT ALL.** **107.5KOOIFM BARRIE'S BEST MIX** **Barrie 360 What Barrie's talking about**

(Mostly) Virtual Clubhouse & Program Activities

AUGUST

Mon	Tue	Wed	Thu	Fri
2 CLOSED CIVIC HOLIDAY	3 1:15-2 Movement for Physical Rehabilitation	4 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong	5 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzical: Trivia Social 6-8 Youth Bake Social <i>IN PERSON</i>	6 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
9 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	10 10-10:45 Gilda's Story Time 1:15-2 Movement for Physical Rehabilitation 6-7:30 Summer Sunsets	11 3-4 Qigong	12 3-8 Families Connect: Summer Carnival <i>IN PERSON</i> 6:30-7:30 Men's Social	13 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
16 11:30-12:15 Pilates	17 1:15-2 Movement for Physical Rehabilitation	18 10-10:45 Journaling 1-2:30 Facing Forward Support 11-4 Teddy Bear Clinic <i>IN PERSON</i> 3-4 Qigong 6-7 Blood Cancer Networking	19 10-10:45 Gentle Stretch 1:00-2:30 A Bug's Life 3:30-4:30 Let's Get Quizzical: Trivia Social	20 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
23	24	25 CLOSED	26 6:30-8:30 Youth Movie Night <i>IN PERSON</i>	27
30 11:30-12:15 Pilates	31 1:15-2 Movement for Physical Rehabilitation 7:00-8:30 Breast Cancer Networking			

Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

The following information is from the Northeast Cancer Centre (NECC) [June 2021 publication](#) and COVID-19 Vaccine Eligibility

All cancer patients **SHOULD** be vaccinated. Although vaccine efficacy may be less in those on active treatment, don't delay.

ANY PROTECTION IS BETTER THAN NONE.

- Any of the available COVID-19 vaccines can be used for cancer patients
- Time vaccination a few days prior to chemotherapy cycles to maximize chance of response
- Patients on prednisone (or equivalent) ≥ 20 mg/day may be too immunosuppressed to respond to vaccination

GO	CAUTION	STOP
<p>No contraindications for any:</p> <ul style="list-style-type: none"> • chemotherapy • targeted therapy • immunotherapy • endocrine therapy • radiation therapy <p>VACCINATE</p>	<ul style="list-style-type: none"> • <3 months since Rituximab <p>TALK TO ONCOLOGIST</p>	<ul style="list-style-type: none"> • <3-6 months since stem cell transplant • <3 months since CAR T-cell therapy • Previous anaphylactic reaction during chemotherapy

Raw & Reflective 2022 Calendar



What will the 2022 Raw & Reflective Calendar look like??

The Raw & Reflective calendar has raised over \$53,000 in the last two years, and is poised to be another amazing success with almost all available sponsorship opportunities sold. [Contact us](#) to see what is still available before we go to print!

Reserve your Calendar TODAY!

Kempenfelt Rotary Car Lottery a HUGE win!!



Looking good Yvon!

***Thank You
Kempenfelt Rotary Club
for your long-time support!***

Local Rotarians have taken Malcolm Gladwell's 10,000 hours to a new level.

10,000 tickets helped propel a service club to perfection in the eyes of Gilda's Club, Royal Victoria Hospital and Women's & Children's Shelter of Barrie!

Left to Right
Tonya Pearce, President,
Kempenfelt Rotary Club
Carolyn Dow-Lafontaine
Yvon Lafontaine, Grand Prize Winner
Aaron Lutes, Executive Director,
Gilda's Club
Gilbert Paquette, General Manager,
Georgian BMW



Yoga and Cider Series

Back by POPULAR demand!

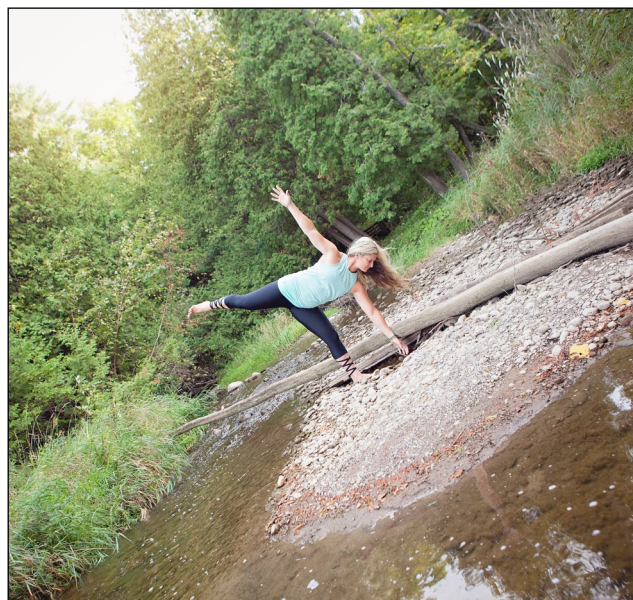
Yoga and Cider participants are in for an absolute treat on the beautiful grounds of [Heritage Estate Winery and Cider](#).

Heritage Estate will be hosting Gilda's Club on Thursday, August 19th and will be led by Ann Green of [BLiSS Ann Green Yoga](#).

Limited space available - email admin@gildasclubsm.org to secure your spot today!

\$40 per person and will include Cider sampling courtesy of Heritage Estate and food sampling courtesy of [Parksides Corner Market](#).

If you can't make it this month, mark September 16th in your calendars and [email us](#) to be placed on a waiting list!



Ladies Nine & Wine golf



Friday August 20

at Innisbrook Golf Course
Consecutive Tee Times
starting at 12 Noon

Come for the Fun - Best Ball format

Best Dressed Prizing
Theme is "**Ladies in Red**"

Friday August 20th at Innisbrook Golf Club

Foursomes and Hole Sponsorship are still available and registration is limited to only 60 golfers - and only a few spaces remain! Lots of prizes and activities!

Just email us admin@gildasclubsm.org for more information or to secure your spot!

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