



Spring. Soup. Social. Battlestar Galactica.

We are rolling up the winter garb, unleashing a little more fun and social in the new Program Calendar. Soup socials, card and game groups, puzzles and colouring. Spring has emerged, and so has our fun side - come and join us!

Grow For The Green @ Bradford Greenhouses



Spring is upon us, and whether you are planning on Mother's Day and lavishing mom with the spectacular colours of Spring, or just preparing for your gardening - remember you can be supporting Gilda's Club at the same time!

Starting April 15th, Bradford Greenhouses Garden Gallery (Barrie & Bradford locations) has selected Gilda's Club as one of the organizations they will support in their Grow For Green fundraiser and is running now until the Fall. Whenever you are shopping at Garden Gallery, please say you support Gilda's Club before the cashier starts to check through your items.

Thank you to Bradford Greenhouses Garden Gallery for generously directing a portion of your sale to provide free support to anyone impacted by cancer.

Our Program Calendar for April, May and June

The Program Calendar for April, May and June provides several new opportunities for members. Your voice has always helped develop these calendars, and within an hour of the recent calendar being opened up we saw some programs reach registration capacity within an hour.

We heard from you and opened up more programs and spots to help meet your needs and interests.

As we welcome as many as a dozen new members in a week, we will continue to offer programs to provide connections and support. New networking groups, social activities, movement groups, and more, are being developed to meet your needs.

Smile with friends you have here. Welcome our new members with that same smile. Continue helping our volunteers and staff with warm conversations, laughter and community we have here.



Community Is Stronger Than Cancer

RVH oncology is hosting regional meetings at Gilda's Club for site-specific cancers. Helping elevate local medical community knowledge for updates and knowledge!



Look Good Feel Better Workshops are resuming again in our region and some will be hosted at Gilda's Club. **** April 18th workshop ****

First Monday of every month the Candlelighters are using Gilda's Club.



Barrie's Ribbons of Hope is a dragon boat team comprised of Breast Cancer Survivors and its executive are meeting at Gilda's now.

Introducing Tonya, Maggie & Tamara

The program team has seen changes since the warm weather last visited us, and we hope that the many program options in the calendar provides you with a chance to meet them in person.

Tonya McKee MSW, RSW, is our Program Director and brings to Gilda's Club a, incredible wealth of experience and passion. She has already opened up several new program offerings in the coming weeks, and is realizing additional opportunities that will be seen as early as this summer.

Maggie Kilfoy BSW is our Clinical Coordinator and has been connecting with members since late last year and always has a ready smile and helping hand. She has been a part of many recent new membership meetings and is helping our support groups grow,

Tamara Christie has been on placement for her BSW studies since September and is now on contract until the summer! She has been integral in developing our new CancerWorks initiative, as well as Cancer Support Programming here at Gilda's Club.

Surveys and Feedback

The upcoming program calendar is full of your suggestions and recommendations - ***and we want more of it!***

You will be receiving in the coming weeks a survey about our Cancer Support Program and your feedback is important to keeping, expanding and exploring program potential.

The past several months has seen an increase in monthly new membership inquiries but one thing has remained constant - most are referred to Gilda's Club Simcoe Muskoka by family and friends.

Thank you for sharing the work that is done here, and building the warmth that supports one another.

If you want to share your story, or provide your feedback that helps us spread the word to people who have yet to hear about us - please fill in the survey fully and help Gilda's Club support anyone impacted by cancer.

You can also fill out reviews on our Facebook page, Google review, or a post of thanks and gratitude for the community we have.



CancerWorks is a new outreach program designed for the HR professional who is looking to ensure that their staff and colleagues can access professionally-led cancer support for themselves, and their family, when dealing with the heavy emotional weight of a cancer diagnosis.

Many know that cancer is Canada's #1 disease, but the numbers are staggering and many businesses are like households - a cancer diagnosis affects more than just the person diagnosed. We are connecting business professionals with our amazing resources and helping share the amazing atmosphere of Gilda's Club into the workplace.

We will be hosting free workshops and helping people learn some tips of how to best support a colleague with the difficulty of a cancer experience and understand how Gilda's Club is available for them, their family and children, and the work family as well.

Our free Cancer Support Program only works when people discover what we do, and we want to teach others how to create and foster a workplace that cares for its employees, and Gilda's Club staff wants others to know that amazing support is available for when Cancer enters the workplace.

***CancerWorks website landing page
under construction and coming soon!***

Mastectomy Kits

The awful and traumatic step of a mastectomy surgery cannot be described in words alone, but thanks to volunteers here at Gilda's Club we are trying to help make some **big differences** with some little things.

Royal Victoria Hospital (RVH) predicts that they will perform approximately 300 of these surgeries this year alone. Orillia's Soldiers Memorial Hospital over 100, and Southlake Hospital around 100.

500 people in our community - at least - are looking for comfort and support, and we are introducing Gilda's Club to people so that they know that hope lives here.



We are working to provide each and every patient with a Gilda's Club kit:



- A handmade Heart-Shaped pillow
- A bra foam insert courtesy of [Amoena](#)
- A foam stress ball, good for exercise and circulation courtesy of [Naturally You](#)
- Length of string for exercises
- Information resources from Gilda's Club, LGFB, CCS and more!

Contact our Program Team to discover and discuss the resources, support groups, networking groups, and programs that exist for our community

Mastectomy Kits - Gilda's Givers

Help Us Make A Big Difference With Mastectomy Kits

Volunteers at Gilda's Club translated a love of quilting into a Mastectomy Kit that has a tremendous impact on women who find themselves experiencing Canada's #1 disease amongst women - breast cancer.

Become a Gilda's Giver today and help this program support people in our community.

We're working to provide Royal Victoria Hospital (RVH), Orillia Soldiers' Memorial Hospital and Southlake Regional Health Centre with

500
Mastectomy Kits

Get Screened.

Due to the pandemic, cancer screenings dropped dramatically in 2020. This has led to "stage migration," where people are diagnosed with Stage 3 and Stage 4 cancers instead of Stage 1 or 2. Connect with your physician to learn about cancer screening.

Simcoe Muskoka Cancer Screening Hotline [1-866-608-6910](tel:1-866-608-6910)
Learn your cancer risk & how to take action at www.mycanceriq.ca

Volunteer.

Connect with Cara to see how you can help create these kits.

Donate.

We are being asked to make over 500 kits every year. Please consider becoming a monthly donor. A \$10 monthly donation ensures materials and supplies are available for volunteers to create Mastectomy Kits and supports our professionally-led Cancer Support Programs.

DONATE

***Can you help
with just \$10 a month,
or one coffee per week?***

For just \$10 a month you will provide the materials needed for a Kit to be made by volunteers, as well as provide for a program to be hosted at Gilda's Club that helps up to 20 members find support and comfort.

Become a Gilda's Giver today and a five-year pledge at \$10 a month means at least 5 kits will be made available to someone in our community, as well as up to 100 additional members will find support and comfort with our professionally-led programming.

***500 Kits are needed
this year alone.***

***Become a
Gilda's Giver Today
and help
us provide hope.***

A Sunday Afternoon - June 4th

SAVE THE DATE



**GILDA'S CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

A Sunday Afternoon... At The Winery

Sponsorship Opportunities Available Now
Contact Lybbi Torrance 705 726 5199 x227

Red Door Classic - July 12th

Save The Date RED DOOR GOLF TOURNAMENT

Presented by:

PARADISE
DEVELOPMENTS®

WEDNESDAY JULY 12

SPONSORSHIP OPPORTUNITIES
AVAILABLE NOW

CONTACT LYBBI TORRANCE 705 726 5199 X 227



**GILDA'S CLUB
SIMCOE MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Community Events & Personal Fundraisers - Thank You!



Gilda's Club Simcoe Muskoka

2.6K likes • 2.9K followers



Promote

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Posts About Mentions Fundraisers Reviews Reels More

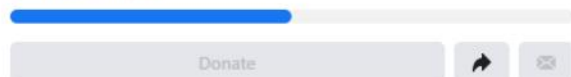
Fundraisers



Nicole's birthday fundraiser for Gilda's Club Simcoe Muskoka
Fundraiser for Gilda's Club Simcoe Muskoka by Nicole Pilger

\$125 raised of \$250

Ended



Donate



Annette's birthday fundraiser for Gilda's Club Simcoe Muskoka
Fundraiser for Gilda's Club Simcoe Muskoka by Annette Liz Power

\$200 raised of \$250

Ended



Donate



Thank you to our community for using **Facebook fundraising** - your special day helps us make special moments for our members.

**Happy belated birthday
Nicole and Annette
and thank you!**

Make sure to follow us, and leave comments, likes and reviews!



Wasaga Beach Rotary Club

\$5,000

January 9, 2023



Barrie Colts Foundation

\$2,500

February 18, 2023



Innisfil Community Events

\$4,350

March 30, 2023

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