



February 2021

A Flurry of Activity

Ideas are like snowflakes these days. The clarity of the path before is like a snowstorm.

Without a doubt this is a challenging world to navigate and feel connected with each other. We are at times lost in a blizzard of uncertainty.

We are all adapting with new virtual and digital tools to create opportunities to feel familiarity and generate some warmth and comfort in our surroundings.

I truly believe that amazing things are possible with an open mind and willingness to keep trying again. Like shovelling the driveway for the third time in a day, we forge on and get it done any way we can!

The year prior to my arrival saw a majority of our annual revenue come from fundraising events. This past year saw fit to be that impenetrable blizzard and kept us from arriving at any fundraising event destination. We needed help and we've been fortunate to have so many beacons of light from donors to help guide our way.

We still need help to continue offering comfort to anyone impacted by cancer, and the creative and innovative ways we are trying are helping to raise awareness of our free Cancer Support Program.

Just as I said last month, I would like you to help us build a larger community and share this Newsletter with someone you know. Help us reach new club members, volunteers, supporters and donors and create the year that we envision!

Help us prove that community is stronger than cancer.

Aaron Lutes
Executive Director

Virtual Clubhouse & Program Activities

FEBRUARY

MON	TUE	WED	THU	FRI	SAT
1 12-12:45 Pilates 7:30 - 8:30 Living With Loss Support	2 10-10:45 Slow Flow Yoga	3 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong	4 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social	5 1:30-2:30 Member Social	
8 12-12:45 Pilates 3-4 Circle of Life Support 6-7:30 Creating Emotional Impact 7-8:15 Family & Friends Support 7:30 - 8:30 Living With Loss Support	9 10-10:45 Slow Flow Yoga 1:00-2:30 My Funny Valentine	10 10-10:45 Journaling 1-2 Meal Planning And Prepping 3-3:45 Qigong 4:30-5:15 Family Yoga 6:30-8 Newly Diagnosed Cancer Support	11 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7:30-8:30 Mindfulness	12 1:30-2:30 Member Social	
15 CLOSED FAMILY DAY	16 10-10:45 Slow Flow Yoga 5:30-6:30 Dinner Is Better Together	17 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 4:30-5:15 Cancer Jeopardy 6:30-8 Newly Diagnosed Cancer Support 6-6:45 Kids Grieve Too 7-8 Teens Connect	18 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 5:30-6:30 Blood Cancer Networking 7-8 Youth With Cancer Connection 7:30-8:30 Mindfulness	19 1:30-2:30 Member Social	20 11-12 Kids Club (ages 5-12)
22 12-12:45 Pilates 1-2:30 Step By Step Painting Class 3-4 Circle of Life Support 7-8:15 Family & Friends Support 7:30 - 8:30 Living With Loss Support	23 10-10:45 Slow Flow Yoga 12-1 Chat With A Child Life Specialist 1-2:30 Your Career After Cancer 7:00-8:30 Breast Cancer Networking	24 10-10:45 Journaling 3-3:45 Qigong 4-5 Hot Chocolate Social 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support	25 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7-8 Talking to Children About Cancer 7:30-8:30 Mindfulness	26 1:30-2:30 Member Social 6:30-8:30 Family Movie Night	

Questions or comments for our Cancer Support Program?
Email [program@gildasclubsm.org!](mailto:program@gildasclubsm.org)

Thursday, Feb 25th

TALKING TO CHILDREN ABOUT CANCER

Register by email
jocelyn@gildasclubsm.org

NEWLY DIAGNOSED CANCER SUPPORT

8-WEEK SUPPORT GROUP

8- WEEK SERIES:
WEDNESDAYS, 6:30 - 8:00PM
FEBRUARY 10- MARCH 31

OFFERED THROUGH ZOOM
COST: FREE

Open to those residing in Northern and Central Ontario, who have been diagnosed with any type of cancer within the last 12 months.

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

www.gildasclubsimcoemusoka.org

Volunteer News

Welcome to Gilda's Club!

We are pleased to announce that we have two new Board members here at Gilda's Club Simcoe Muskoka! These two amazing people have incredible energy that will help us support the Club visions and goals for the years to come, especially supporting and engaging our volunteers as well as our Program Team and the Cancer Support Program.

Lise McCourt comes to Gilda's Club with a wealth of experience in volunteering. Soon after her retirement from the Ontario Nurses' Association in the spring of 2014, she became a volunteer at RVH in the Cancer Centre. She was soon recruited to sit on the Auxiliary Board of Directors and, for the past four years, has been serving as president of the Auxiliary. Fighting cancer has always been a cause close to Lise's heart, and she is thrilled to bring her expertise to Gilda's Club Simcoe Muskoka.

Ashley Oliver is a Registered Social Worker (MSW). She started her career in various public-sector roles, and has since moved into private practice, with a focus on healthcare and rehabilitation case management and capacity assessments. By virtue of her work, she typically meets people during very difficult times in their lives and feels a deep sense of responsibility to provide thoughtful and considerate service to every single person; a value she takes with her to her role as a Board Member at Gilda's Club Simcoe Muskoka. She is excited to be a part of the organization and serving Gilda's Club Members and the community.

Welcome to Gilda's Club Simcoe Muskoka Lise and Ashley!

Volunteers Needed!!

We have two opportunities for volunteers to consider in the coming months. We have our Courtyard of Hope Garden Dome which needs a scheduling coordinator and a support team to help organize with the cleaning of the garden dome space in the morning, and on-site early evening support for keeping the bathroom door open to the Courtyard when used in the evening. This is onsite and contactless.

The second opportunity is for taking photos, creating descriptions, and estimating auction values of a limited edition Star Wars memorabilia auction later this Spring. Hundreds (!!) of items are in the Clubhouse basement awaiting to be posted for the massive online auction. Great for high school students and can be done as family bubbles, remotely, and contactless.

Valentine's Day Fundraiser

We have a VERY SPECIAL Valentine activity this year courtesy of Rocky Mountain Chocolate Factory!

Buy a beautiful Milk Chocolate "Be My Valentine" Heart (with Milk Chocolate Foil Hearts) for \$15, and \$3 from your purchase will be donated to Gilda's Club Simcoe Muskoka.

Email barrie@rockychoc.com for orders, or call 705-735-CHOC(2462).



Rocky Mountain Chocolate Factory is located in the Georgian Mall in Barrie. 509 Bayfield Street

Courtyard of Hope Garden Dome



Do the Provincial lockdowns have you feeling like your home is a jail? Want to escape - even if for just one night?

If you want a night out with your family in a safe space then we are here for you. Designed for our members' safety, this Garden Dome is easily cleaned and you are free to arrange your own dinner for pick up or contactless delivery. Support the small businesses in our community and give yourself a small gift of a nice night out.

We are supporting our members, our volunteers, our Beyond the Red Door Society + major + annual donors, and anyone who wants to join the Gilda's Club Simcoe Muskoka community.

Help us and our Cancer Support Program. Ask how you can get your night out, and spread the word that our free Cancer Support Program is available to anyone impacted by cancer.

Tim Hortons
Daytime Sponsor

Waiting for someone receiving care in RVH's Cancer Centre during the day and have no place to go? This space is available for you!

MONDAY Gilda's Club Member Families	TUESDAY Gilda's Club Volunteers	WEDNESDAY Barrie 360 107.5 KNOX FM ROCK 95 CLASSIC ROCK. NEW ROCK. GET IT ALL.	THURSDAY Beyond The Red Door Society	FRIDAY AUTOIQ.CA BARRIE DODGE JEEP RAM	SATURDAY Garden Dome Sponsors & Supporters	SUNDAY Day Of Rest
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Any inquiries for booking Garden Dome space can be directed to admin@gildasclubsm.org
All bookings are based on availability and Simcoe Muskoka District Health Unit guidelines.

A special Thank You to the following supporters for financial and in-kind contributions to make this sanctuary space possible!



BOARD OF DIRECTORS

- Ruth Watson - Board Chair
- Christine Charlebois
- Eleanor Dath
- Patricia Gilbert
- Michael Gleason
- Mark Jepp
- Mike Lassaline
- Domenic Maccarone
- Lise McCourt
- Paulina Molnar
- Deb Van Natter
- Ashley Oliver
- Barbara White
- Kathryn Whitehead
- Jody Wood-Martin
- Natalie Ferguson
Recording Secretary



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STAFF

- Aaron Lutes
Executive Director
- Suzanne Ure
Operations Manager
- Sara Desroches
MSW, RSW, Program Director
- Erin King
BSW, RSW, Program Coordinator
- Jocelyn Leworthy
MSc, CCLS, Child, Youth & Family Coordinator