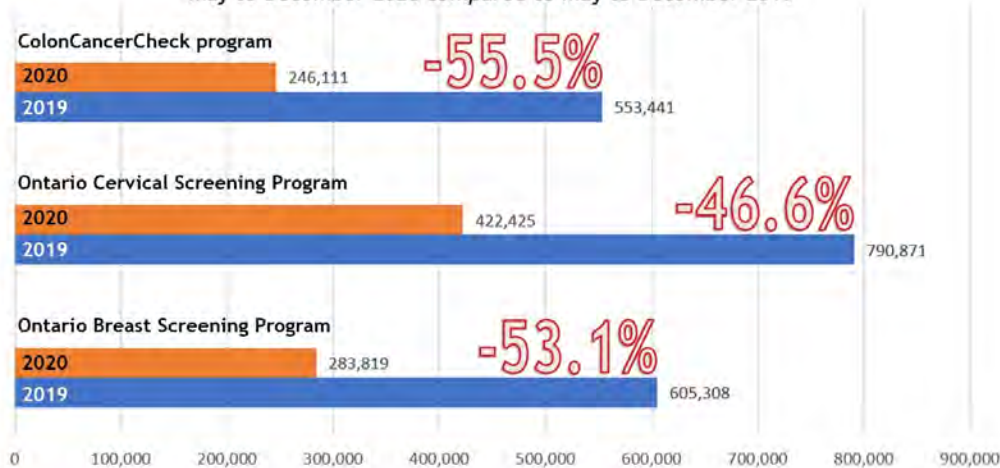




Ontario Health Screening

May to December 2020 compared to May to December 2019



May 2021

When do you sound the alarm?

Fourteen months in, we know the dangers of this pandemic are immediate and very real. An enduring global health crisis unlike anything we've ever witnessed, our attention has been understandably captivated by the ever-changing case counts, regulations, projections and human toll of this invasive virus.

Concern is gathering for what may likely be the next post-pandemic crisis. In the shadow of COVID, the cancer community - from diagnosis to treatment - has experienced a growing erosion of much needed attention. In the wake of exploding COVID case counts and variants of concern, we find ourselves in the midst of yet another lockdown. We are mandated to stay-at-home, and hospitals are forced to adjust critical surgeries and appointments across all their services.

People are not getting screened.

There is a storm coming and you only need to look at the screening numbers of the past year to see that we need to start talking about this - **Now**.

According to statistics gathered by Ontario Health (image above), almost a million fewer colorectal, breast and cervical cancer screenings were conducted between March and December 2020, than during the same time-frame in 2019.

Hesitant to go near healthcare facilities, people are putting off regularly scheduled tests and check-ups. Others choose to ignore perceived changes to their usual health status, waiting for lower COVID numbers to schedule a talk with their doctor.

In 2016 our regional Oncological Incidence rate was 566.1 per 100,000. Fast forward to 2021 and the clouds are building on the horizon. *The past 14 months has seen screening numbers drop by alarming levels.* I cannot emphasize how much of a difference early detection has on cancer treatment options and outcomes, and in this AM 640 recent [interview](#) with Barrie resident Lori, you'll understand why it's time to sound the alarm.

Early detection through screening may save your life.

Cancer screening remains safe to access during the pandemic. Speak to your doctor, nurse practitioner or call the Simcoe Muskoka Cancer Screening Hotline 1-866-608-6910 for more information.

Learn your cancer risk and how to take action at www.mycanceriq.ca

Virtual Clubhouse & Program Activities

MAY

MON	TUE	WED	THU	FRI
3 11:30-12:15 Pilates 7:30 - 8:30 Living With Loss Support 8:30-9:30 Rest & Restore Yoga	4 10-10:45 Slow Flow Yoga	5 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 6-6:45 Kids Grieve Too 7-7:45 Family Yoga 7-8:30 COVID & Cancer Support	6 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzical: Trivia Social 6:30 - 7:15 Cancer 101 For Kids 7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context <i>6-week series</i>	7 1:30-2:30 Member Social
10 11:30-12:15 Pilates 3-4 Circle of Life Support 6-7:30 Sculpture & More 7-8:15 Family & Friends Support 7:30 - 8:30 Living With Loss Support 8:30-9:30 Rest & Restore Yoga	11 CLOSED PROFESSIONAL DEVELOPMENT DAY	12 10-10:45 Journaling 3-4 Qigong 6-6:45 Kids Grieve Too 7-8 Teens Connect 7-8:30 COVID & Cancer Support	13 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7-8 Youth With Cancer Connect 7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context <i>6-week series</i>	14 1:30-2:30 Member Social
17 11:30-12:15 Pilates 1-2:30 Step By Step Painting Class 7:30 - 8:30 Living With Loss Support 8:30-9:30 Rest & Restore Yoga	18 10-10:45 Slow Flow Yoga 3-4 Lemonade Garden Party	19 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 4:30 - 5:15 Kids Mindfulness Series 6-7 Blood Cancer Networking 6-6:45 Kids Grieve Too 7-8:30 COVID & Cancer Support	20 10-10:45 Gentle Stretch 1:00-2:30 Flower Power 3:30-4:30 Let's Get Quizzical: Trivia Social 6:30-7 Virtual Therapy Dog Visit 7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context <i>6-week series</i>	21 1:30-2:30 Member Social
24 CLOSED VICTORIA DAY	25 10-10:45 Slow Flow Yoga 4:30-5:15 Gilda's Story Time	26 10-10:45 Journaling 3-4 Qigong 6-6:45 Kids Grieve Too 7-8 Teens Connect 7-8:30 COVID & Cancer Support	27 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7-8 Youth With Cancer Connect 7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context <i>6-week series</i>	28 1:30-2:30 Member Social
31 11:30-12:15 Pilates 6-7:30 Beautiful Flowers 7:30 - 8:30 Living With Loss Support 8:30-9:30 Rest & Restore Yoga	7:00-8:30 Breast Cancer Networking			

Questions or comments for our Cancer Support Program?

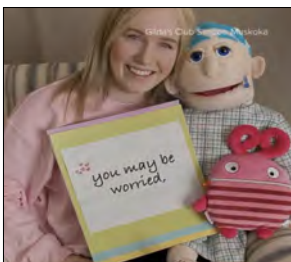
Email program@gildasclubsm.org!

Worry Creature Workshop: Orillia Public Library May 15 @ 10:30AM

Calling all families with children under 12!

We have partnered with Orillia Public Library for a special Zoom program that allows kids to create their own Worry Creature. Hosted by our own Jocelyn Leworthy, a Certified Child Life Specialist, this workshop starts with a story that will spark discussion to normalize, express, and validate children's worries, especially during a pandemic. We will also discuss and practice coping strategies, including decorating their very own Worry Creature. The creatures can be used as a coping and communication tool at home to help children express and manage heavy feelings like worry.

Worry Creature kits will be available for pickup at Gilda's Club Simcoe Muskoka or the Orillia Public Library prior to the Zoom meeting. Register [HERE](#).



Red Door Golf Tournament



15TH ANNUAL RED DOOR GOLF CLASSIC

SAVE THE DATE

WEDNESDAY, JULY 14, 2021

CONSECUTIVE TEE TIMES / SCRAMBLE FORMAT



Hooligans Meal Pack Program for Families

HOOLIGANS

eat • drink • cheer



Hooligans Meal Pack program for families!

Order your meal on Tuesday May 4th
for pick up on Wednesday May 5th
and Hooligans will contribute a portion of sales
to Gilda's Club Simcoe Muskoka
and our Cancer Support Program!

Menu and full details can be found on our [website](#)

HOW IT WORKS

- 1 CHOOSE** which menu items you would like delivered. Don't forget to pick which salad!
- 2 ORDER** by email to hoolies@hooligansrestaurant.ca by end of day Tuesday
- 3 E-TRANSFER** the total once your order is confirmed, to hoolies@hooligansrestaurant.ca
- 4 PICKUP** on Wednesdays, between 4 - 6pm, at our PICKUP door at the rear of the building on Owen Street side

Grow For The Green @ Bradford Greenhouses

**Support Gilda's Club
when you shop at
Bradford Greenhouses**



Mother's Day is almost here and whether you are planning on lavishing your 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! [Check out their Mother's Day specials!](#)

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.

Kempfenfelt Rotary Club Car Lottery



Buy your tickets at winacar.kempfenfeltrotary.ca

Early Bird Prize Draw

Saturday May 1, 2021 - 2:00 p.m.

The Early Bird Prize winner will be awarded a Sony 55" 4K UHD HDR LED Android Smart TV (XBR55X900H) valued at \$1,340.44 (including taxes and disposal fees).

Grand Prize Draw

Saturday July 31, 2021 - 2:15 p.m.

The grand prize winner will be awarded a 2021 BMW 430i xDrive valued at \$60,511.80.

Proceeds are directed to three local charities, including your Gilda's Club Simcoe Muskoka

Star Wars Auction



CLOSES on **May the Fourth (be with you)**
Visit our [Auction Website](#) for more information!

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