

May 2022



Spring sensations

Gilda's Club is ready to welcome some warmth and sunshine.

Activities are starting to emerge and gatherings are starting to happen. Spring is in the air and we have increased the number of in-person programming options for members in the Program Calendar and we are starting to get more volunteers into the clubhouse.

The seeds of many plans have been planted and we are about to see things flourish - a wonderful collection of colours, sights and sounds.

We have new staff helping to create an exciting year for programs, volunteers and fundraising events and look to get you involved in helping to share the news that we have great things happening and how you can support our cancer community.

Reach out to us and say hello, and be a part of some of the many things that we have happening and be a part of the warmth and sunshine that is starting to shine on your Gilda's Club Simcoe Muskoka.



Aaron Lutes
Executive Director

May Program Calendar - in-person & virtual

| MON | TUE | WED | THURS | FRI | SAT |
|--|---|---|--|---|--|
| 2 11-12 Hatha Yoga 3-4:15 Circle of Life Support 4-5:30 Medical Play Monday 7-8:15 Family & Friends Support 7-8:15 Living With Loss Support | 3 10-3 Sewing & Quilting 4:30-5:15 Teens Express Through Music 5-7 Family Scrapbooking | 4 1-2:30 Facing Forward Support 4:30-5 Gilda's Story Time 6:30-7:30 Journaling 6:30-8 Spring Sculpture 6-6:45- Kid Support | 5 1:30-2:30 Member Social | 6 10-11 QigongYoga 11:30-12:30 Dynamic Drumming | 7 10-1 Kids in the Kitchen |
| 9 11-12 Hatha Yoga 10-12 Preschool Playtime 1:30-2:30 Member Social 6:15-7:00 Kids Martial Arts 7-8:15 Living With Loss Support | 10 10-3 Sewing & Quilting 4:30-5:15 Teens Express Through Music 6:00-8:00 Make it Pop 6:30-8:00 Parent Support Series | 11 CLOSED STAFF PD DAY | 12 1-2:30 Metastatic Networking 3-4 Let's Get Quizzical! 6:30-7:30 Men With Cancer Connect 6:30-7:30 Youth With Cancer Connect | 13 10-11 QigongYoga 11:30-12:30 Dynamic Drumming 6-8 Teen Social | |
| 16 11-12 Hatha Yoga 10-12 Preschool Playtime 3-4:15 Circle of Life Support 7-8:15 Family & Friends Support 7-8:15 Living With Loss Support | 17 10-3 Sewing & Quilting 1:00-2:30 The Importance of Gut Health 4:30-5:15 Teens Express Through Music 6:30-8:00 Parent Support Series 5-7 Family Scrapbooking | 18 10-11 Journaling 1-2:30 Facing Forward Support 4:30-5 Gilda's Story Time 6-7 Blood Cancer Networking 6-6:45 Kid Support | 19 11:30-12:15 Pilates 1:30-2:30 Member Social 4:30-5 Kids Mindfulness | 20 10-11 QigongYoga 11:30-12:30 Dynamic Drumming | |
| 23 CLOSED STAT HOLIDAY | 24 10-3 Sewing & Quilting 4:30-5:15 Teens Express Through Music 6:30-8:00 Parent Support Series | 25 10-11 Journaling 1-2 Chair Yoga & Meditation 5-7 Family Scrapbooking 6-7:30 Bold & Beautiful 6-6:45- Kid Support 7-8 Teens Connect | 26 11:30-12:15 Pilates 3-4 Let's Get Quizzical! 6:30-7:30 Men With Cancer Connect 6:30-7:30 Youth With Cancer Connect | 27 10-11 QigongYoga 11:30-12:30 Dynamic Drumming | Check with our Program Team for any changes! |

Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

Welcome Joseph!



Joseph Pugelj, MSW, RSW
Program Director

Pronouns: He/Him
 705-726-5199 ext. 225
joseph@gildasclubsm.org

Joseph Pugelj is a Registered Social Worker (MSW), having completed his first undergraduate degree at Wilfrid Laurier University (BA), followed by his HBSW and MSW at Lakehead University

He started his career in the field of Child Protection, before moving on to providing individual and group counselling among children and adults within Family Health Team and Nurse Practitioner Clinic settings. For the last 5 years he has worked as the Program Coordinator for a children's residential treatment program in the Simcoe Muskoka area.

Joseph is passionate about the field of mental health, and is especially passionate about making sure those who need supports and services are able to find and access them.

Taking on the position of Program Director will allow him to make sure the members of Gilda's Club Simcoe Muskoka are able to have access to a wide range of programming and services. The position will also allow him to meet a very important life and career goal. As a 32-year survivor of childhood cancer (leukemia), it has been a goal of his to one day be able to give back to the cancer community in a meaningful way.

His role with Gilda's Club of Simcoe Muskoka will provide him that opportunity to give back just as others had supported him and his family during his cancer experience. Welcome to our community Joseph!!

June Program Calendar - in-person & virtual

| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|--|
| MAY 30 11-12 Hatha Yoga 10-12 Preschool Playtime 4:30-5:00 Youth Advocacy Group 7-8:15 Living With Loss Support 6 11-12 Hatha Yoga 3-4:15 Circle of Life Support 4:30-5 Gilda's Story Time 6:15-7:00 Kids Martial Arts 7-8:15 Family & Friends Support 7-8:15 Living With Loss Support 13 11-12 Hatha Yoga 1:30-2:30 Member Social 1-3 Preschool Playtime 4-5:30 Medical Play Monday 7-8:15 Adult Living With Loss Support 20 3-4:15 Circle of Life Support 7-8:15 Family & Friends Support 7-8:15 Adult Living With Loss Support 27 11-12 Hatha Yoga 1:30-2:30 Member Social 7-8:15 Adult Living With Loss Support 4:30-5:00 Youth Advocacy Group | MAY 31 10-3 Sewing & Quilting 4:30-5:15 Teens Express Through Music 6:30-8:00 Parent Support Series 7:00-8:30 Breast Cancer Networking 7 9:30-10:15 Movement for Arthritis 10-3 Sewing & Quilting 6:30-8:00 Parent Support Series 14 9:30-10:15 Movement for Arthritis 10:30-12:00- Coping with Guilt, Regret, & Self-Criticism 1-3 True North Canada 21 9:30-10:15 Movement for Arthritis 10-3 Sewing & Quilting 7:00-8:30 Breast Cancer Networking 28 9:30-10:15 Movement for Arthritis 10-3 Sewing & Quilting | 1 1-2:30 Facing Forward Support 6-6:45- Kid Support 6:30-7:30 Journaling 8 10-11 Journaling 4:30-5:00 Kids Mindfulness 7-8 Teens Connect 15 10-11 Journaling 1-2:30 Facing Forward Support 6-7 Blood Cancer Networking 6:30-8 Family Print Making 22 10-11 Journaling 1-2 Chair Yoga & Meditation 6-7:30 Mountains & Rocks 7-8 Teens Connect 29 10-11 Journaling | 2 11:30 -12:15 Pilates 1:30-2:30 Member Social 1-3 Preschool Playtime 9 11:30 -12:15 Pilates 1-2:30 Metastatic Networking 3-4 Let's Get Quizzical! 6:30-7:30 Men With Cancer Connect 6:30-7:30 Youth With Cancer Connect 16 11:30 -12:15 Pilates 1-3 Preschool Playtime 1:30-2:30 Member Social 6-7:30 Mindfulness for Beginners 23 11:30 -12:15 Pilates 1-3 Preschool Playtime 3-4 Let's Get Quizzical! 4:30-5 Gilda's Story Time 6:30-7:30 Men With Cancer Connect 6:30-7:30 Youth With Cancer Connect 30 11:30 -12:15 Pilates | 3 10-11 QigongYoga 10:00-11:00 Dynamic Drumming- Youth 11:30-12:30 Dynamic Drumming 6-8 Teen Social 10 10-11 QigongYoga 11:30-12:30 Dynamic Drumming 17 10-11 QigongYoga 11:30-12:30 Dynamic Drumming 24 10-11 QigongYoga 11:30-12:30 Dynamic Drumming | 11 11:30-12:30 Worry Creatures in the Community |

Check with our Program Team for any changes!

Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

Community is Stronger Than Cancer - available everywhere



**GILDA'S CLUB
SIMCOE MUSKOKA**
An Affiliate of the
CANCER SUPPORT COMMUNITY

You are not alone

Community is Stronger Than Cancer.



Free Support & Resources

- Licensed community navigators provide support in over 200 languages
- Connections to local or national resources, including support groups, transportation services, and other programs
- Specialized information and navigation
- Treatment decision planning

Gilda's Club Simcoe Muskoka
www.gildasclubsimcoemuskoka.org
 1-705-726-5199
program@gildasclubsm.org

Cancer Support Helpline
 Monday to Friday 9AM - 9PM EST
 Saturday-Sunday 9AM- 5PM EST
www.mylifeline.org
 1-888-793-9355



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Community is Stronger Than Cancer.



What People Have Been Saying:

"I was overwhelmed by the generosity and helpfulness of each person I spoke with! Thanks for getting me started in the right direction!"
- Helpline Caller

"I called and spoke to a helpline staff member, who was AMAZING! She listened with a caring ear to my story and provided me with resources and phone numbers for support."
- Helpline Caller

"Thank you. I've got hope on my horizon now." - Helpline Caller

**CANCER SUPPORT
HELPLINE
888-793-9355**
A Program of the Cancer Support Community

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Welcome Lybbi



Lybbi Torrance
Event Coordinator
Pronouns: She/Her
705-726-5199 ext. 227
lybbi@gildasclubsm.org

After graduating from Georgian College with a diploma in Community Studies, Lybbi has been incredibly fortunate to work in several different career fields.

With a background in Human Resources, Marketing and Promotions, and experience working for a not-for profit organization, she has a great professional balance to be successful in her new role.

Lybbi plans to develop creative and engaging strategies, using relationship-oriented approach mixed with her contagious enthusiasm to strengthen the ties between the Simcoe and Muskoka communities and Gilda's Club.

Event planning has always been one of her personal interests and she is eager to apply her professional expertise to her passion. She is very excited to continue her career journey with an inspirational organization and feels privileged to be a part of the Gilda's Club Simcoe Muskoka team. Welcome to Gilda's Club Lybbi!

Welcome Cara

Cara is our new Volunteer Coordinator and comes to us with years of experience working in a not-for-profit environment working with children, family, and volunteers. She has first-hand experience on what it is like to be a volunteer as she has been one through different organizations.

Her most notable volunteer experiences are being a Big Sister for 9 years as well as being a part of the 2015 PanAm Games!

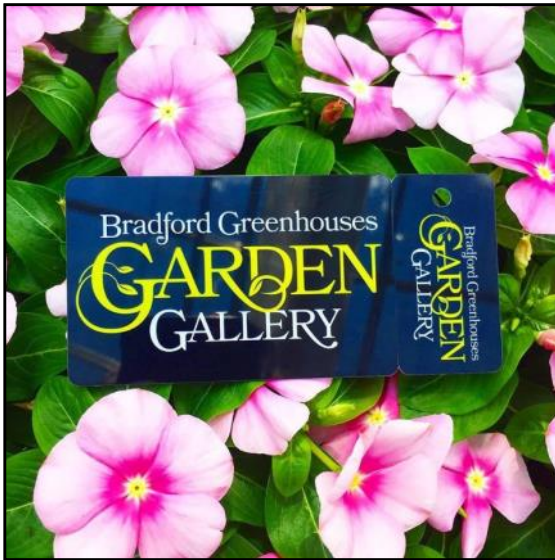
Cara believes that volunteers are an integral part of any organization and is invaluable. Cara is excited to be part of Gilda's Club and is working on building a strong and supportive relationship as well as bringing the vibrancy and sense of community to our volunteers.

Gilda's Club welcomes you Cara!



Cara Dyke
Volunteer Coordinator
Pronouns: She/Her
Ph: 705-726-5199 ext. 230
cara@gildasclubsm.org

Mother's Day & Gilda's Club Support



Barrie Location

4346 Highway 90
Springwater, Ontario
Phone: 705-725-9913

L9X 1T7

Bradford Location

3817 County Road 4
Bradford, Ontario
Phone: 905-775-2942

L3Z 2A5

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

Visit their [website](#) for up-to-date information on deals and all your Spring gardening needs!

Already underway, Bradford Greenhouses Garden Gallery (Barrie & Bradford locations) has selected Gilda's Club as one of the organizations they will support. **Whenever you are shopping at either Garden Gallery location, 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.

Program continues until October 15th 2022.

Volunteer Week - Thank You to our Volunteers!



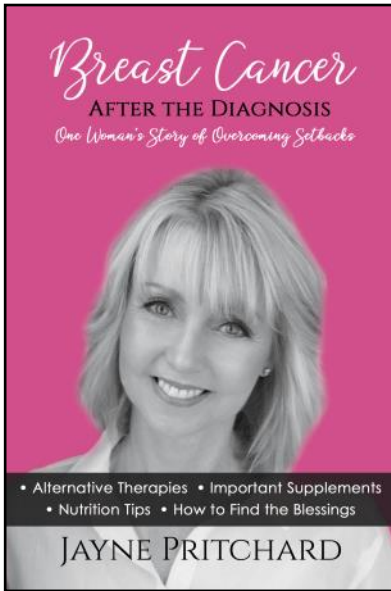
Volunteer Appreciation Week was a great way to welcome back some familiar faces to some in-person gathering at the Clubhouse!

April 24 - 30, 2022 was National Volunteer Week and we are grateful for the wonderful volunteers who help Gilda's Club Simcoe Muskoka provide support to our cancer community. We cannot say **Thank You** enough!

We look to discover additional opportunities in the coming months to socialize, connect and increase opportunities for volunteers to safely connect with our Cancer Support Program and our members!

Interested in learning more about our opportunities and confirming your interest in the new opportunities as they arise? Connect with [Cara](#) at Gilda's Club today!

Jayne Pritchard book release



CTV's Jayne Pritchard shares her cancer journey four years after diagnosis, in her new book, ***"Breast Cancer After the Diagnosis, One Woman's Story of Overcoming Setbacks"***.

Jayne, a longtime and familiar face on CTV News Barrie, decided to go public with her diagnosis as a way to educate others about early detection.

In her book, Jayne shares her physical, emotional, and spiritual struggles as she navigated her way through seven surgeries.

Jayne's book is available at Gilda's Club for \$40 and 25% of every purchase will go to our Cancer Support Program. Additionally, any purchase before May 19th will be entered into a draw to win a copy of Gilda Radner's ***"It's Always Something"*** book.

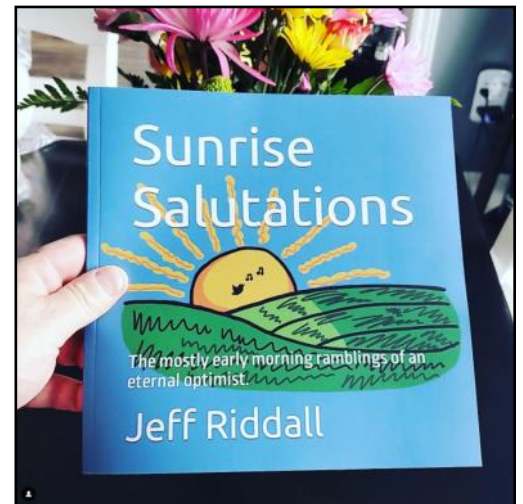
Draw will be made on Friday May 20th, the anniversary of our namesake's passing due to Ovarian Cancer. Stop by at Gilda's to get your copy of Jayne's book or connect with [Suzanne](#) to confirm your e-transfer and pick up details.



Sunrise Salutations

Introducing Sunrise Salutations - the mostly early morning ramblings of an eternal optimist.

Jeff Riddall has published his first book on [Amazon](#) with partial proceeds going the Cancer Support Program at Gilda's Club Simcoe Muskoka.



Jeff is on [Instagram](#) and has his own [website](#).

Jeff notes that a few of his followers suggested they'd enjoy reading a collection of his morning tweets and his dreams of one day publishing something is here!

Scotiabank's 6th Annual Brick Campaign Golf Tournament



Tuesday June 21, 2022

\$850 per Foursome

Includes: Golf, Cart, Lunch, Dinner,
Gift Box

10:30am - Registration

11:00am - Lunch

12:00pm- Shotgun Start

Dinner to follow after golf

Scotiabank's 6th Annual Brick Campaign Golf Tournament is proudly Supported by Duncor Enterprises Inc.

Scotiabank is proud to support the communities where we live and work.

With the support of our community, clients, sponsors and our employees, the Scotiabank Brick Campaign has raised over \$1,000,000 to help build and support local charities.

Red Door Golf presented by Paradise Developments

Paradise Developments proudly presents the 16th Annual Red Door Classic golf tournament on Wednesday, July 13th at Bear Creek.

Shot^{fun} start at 12:30 and sponsorships are now open.

Visit our [website](#) or contact [Lybbi](#) for more information!



Our Community Rocks!



100 Guys Who Give A Damn

stopped by to show that they do indeed Give a Damn and that Community is Stronger than Cancer.

Executive Director Aaron Lutes accepts a donation from members Brian Sametz and Michael Tough in support of Gilda's Club free Cancer Support Program. Thank you!

A Sunday Afternoon presented by Vie Holistic

Vie Holistic proudly presents A Sunday Afternoon .. At the Lake on Sunday June 12th on the north shores of Kempenfelt Bay. Sponsorships and VIP access still available, and admission tickets are on sale (while they last!) Fine food and great times await! Sponsorship, VIP inquiries, tickets, auction and volunteering questions can contact [Lybbi](https://www.lybbi.com).

featuring Jim Cuddy!



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admin@gildasclubsimcoemuskoka.org

Charitable Registration # 87366 4205 RR0001

WWW.GILDASCLUBSIMCOEMUSKOKA.ORG

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Joseph Pugelj MSW, RSW
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