

September 2021



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY



A devastated landscape

With all eyes on the pandemic for so long, we caught a glimpse of what damage was being wrought on the cancer landscape earlier this year. Now we clearly see a provincial deficit of 1.4 million cancer screening tests since March 2020 and a surge in calls from across the province to Gilda's Club for help. Simply using established statistics, ***there are 3,200 Ontarians walking around right now with an undiagnosed cancer.***

The damage being inflicted on our cancer community is beyond distressing, and we are witness to a devastating landscape of families being destroyed by Canada's deadliest disease. Early detection provides treatment options, and treatment options provide improved outcomes.

Cancer screening may save your life.

North Simcoe Muskoka's (NSM) deficit in cancer screening since the start of the pandemic.

Pandemic has created a backlog of the following screening tests in NSM:

- 10,464 FIT (fecal immunochemical test)
- 15,156 mammograms
- 16,560 pap tests

These backlogs are projected to result in ***140 undetected cancer cases*** in NSM:

- 16 colorectal cancer cases
- 71 breast cancer cases
- 53 cervical pre-cancerous cases

Be cancer aware and do not delay in connecting with your doctor.

If you do not have a family physician you can

call Simcoe Muskoka Cancer Screening Hotline at 1-866-608-6910

(Mostly) Virtual Clubhouse & Program Activities

Mon	Tue	Wed	Thu	Fri	Sat
		1-2 Worry Creature Workshop 1-2:30 Facing Forward Support	10-10:45 Gentle Stretch 1-2 Cancer 101 For Kids 3:30-4:30 Let's Get Quizzical: Trivia Social	9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
CLOSED LABOUR DAY	1:15-2 Movement for Physical Rehabilitation 4:30-5:15 Gilda's Story Time	10-10:45 Journaling 12-12:45 Head, Neck & Shoulders: 1 of 4	10-10:45 Gentle Stretch 4:30-5:15 Families Connect: BINGO 6:30-7:30 Men's Social	9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	1:15-2 Movement for Physical Rehabilitation	10-10:45 Journaling 11-12:45 Head, Neck & Shoulders: 2 of 4 1-2:30 Facing Forward Support 6-7 Blood Cancer Networking	10-10:45 Gentle Stretch 1-2:30 Notan Designs 3:30-4:30 Let's Get Quizzical: Trivia Social 6:30-7:00 Virtual Therapy Dog Visit	9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	11-12 Self-Care Saturday (ages 10-18)
11:30-12:15 Pilates 1-2:30 Step-By-Step Painting Class	1:15-2 Movement for Physical Rehabilitation 2:30-4:00 Countering Self-Criticism 6-7:30 Fall Colours	10-10:45 Journaling 12-12:45 Head, Neck & Shoulders: 3 of 4	10-10:45 Gentle Stretch 4:30-6:30 Youth Bake Social IN PERSON 6:30-7:30 Men's Social	9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	1:15-2 Movement for Physical Rehabilitation 7:00-8:30 Breast Cancer Networking	10-10:45 Journaling 12-12:45 Head, Neck & Shoulders: 4 of 4 4:30-5:15 Kids Mindfulness Series	10-10:45 Gentle Stretch		

Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

NEW Head, Neck & Shoulders

four week series

Learn how forward head carriage ("tech neck") can contribute to significant strain and tension in the neck and shoulder region as well as all the way down the body.

Learn & explore exercises to help move beyond the strain, feel less tension in the shoulders and neck, and move with more power and ease.

September 8, 15, 22, & 29

Wednesdays 12:00 to 12:45pm

*Facilitated by Maja Ognjanovich,
Certified Yoga & Pilates Instructor*

Countering Self-Criticism

Learn skills for how combat self-critical thoughts and self-talk. Using some Dialectical Behavioural Therapy (DBT), and some Self Compassion, you will leave this workshop equipped with skills to be kinder to yourself, increase motivation, and achieve overall more positive mental health.

Tuesday September 21

2:30 to 4:00pm

*Facilitated by Sara Desroches,
Registered Social Worker*

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 your help!

Printing is imminent and [contact us](#) to see reserve your calendar today!

Community Events



**\$6,807 raised
on August 20!**
First year event!



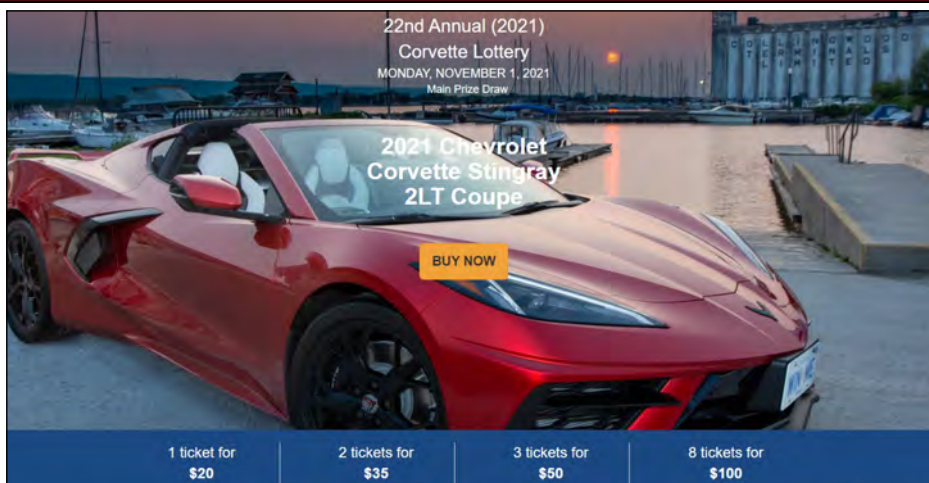
**\$14,050 raised
on August 10!**
11th Year Event!



**\$7,317 raised
on August 14!**
First year supporting Gilda's!

Community events mean so much to our Cancer Support Program and all funds from these events stay in our community to help our family, friends, coworkers, classmates and neighbours!

Wasaga Beach Rotary Club 22nd Annual Corvette Lottery



Rotary
Club of Wasaga Beach



Corvette Lottery

Wasaga Beach Rotary Club supports over 20 local charities every year with their annual Corvette Lottery.

Tickets are [now available](#) for the November 1st draw!

Yoga and Cider Series



Last chance!

Yoga and Cider participants are in for an absolute treat on the beautiful grounds of [Heritage Estate Winery and Cidery](#). A serene and private landscape await you and your friends!

Heritage Estate will be hosting Gilda's Club on Thursday, Sept 16th and will be led by Carol Phillips.

Space is reserved to only 25 guests - reserve your spot by email admin@gildasclubsm.org

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

Another Fundraising First at Gilda's Club

Virtual Gamer Matches Gifts For Gilda's

Collin has certainly found a way to never lose, and the more people who watch and subscribe to his Twitch.tv account, the more Gilda's Club wins.

Collin has already donated nearly \$600 to Gilda's Club Simcoe Muskoka this year by video game streaming on Twitch at www.twitch.tv/FloodPud. The money comes from donations and subscriptions from viewers of his channel, which he has been matching.

Collin's effort is a first for us here at Gilda's and we are cheering him on and we encourage you to visit his site and say "Hi"!



Collin first learned about Gilda's Club Simcoe Muskoka through his employers' long-time support of our free Cancer Support Program.

Prodomox Automation, and its leadership and staff, are an amazing example of community support in action! We are so thankful!!

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