



Grand Re-Opening BBQ on September 28th

It's time for you to meet your Gilda's Club Simcoe Muskoka team.

We invite you to attend our Open House and BBQ event for our community and celebrate that our clubhouse is "returning to normal".

We've done incredible things during the most challenging of times. Some new faces are here to serve our community, and it is finally the day to come together and celebrate.

Join us to help show that community is stronger than cancer.









Open House & BBQ on September 28

**Wednesday, September 28
5:00 PM to 7:30 PM**

Gilda's Club Courtyard

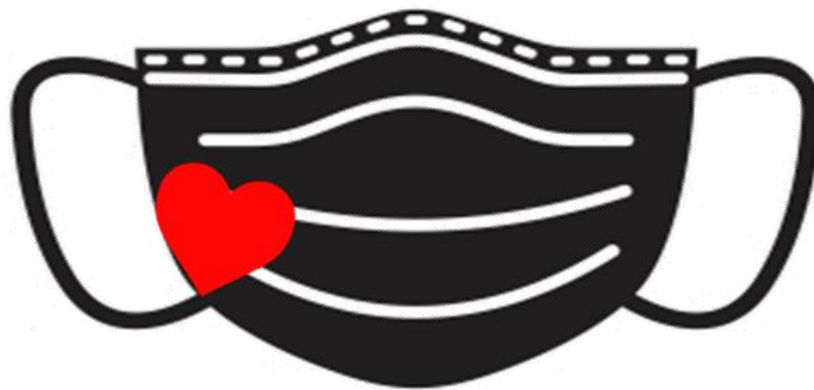
**RSVP your name and how
many in your group to**
lybbi@gildasclubsm.org

RSVP is to help us with food & beverage planning. We will have limited supplies and all items are strictly first-come, first-served. RSVP is not a guarantee of food service.



We are now designating the Clubhouse as Mask Friendly

We are a mask friendly place



**Mask wearing while in the Clubhouse is optional.
Please respect the comfort level of others .**

Sept Program Calendar - in-person & virtual

MON	TUE	WED	THURS	FRI
SEPTEMBER			1 11:30 -12:15 Pilates 1:30-2:30 Member Social	2
5 CLOSED STAT HOLIDAY	6 9:30-10:15 Head, Neck & Shoulders 10-3 Sewing & Quilting	7 1-2:30 Facing Forward Support 6:30-7:30 Journaling	8 11:30 -12:15 Pilates 3-4 Let's Get Quizzical! 6:30-7:30 Men With Cancer Connect	9
12 11-12 Hatha Yoga 1:30-2:30 Member Social 7-8:30 Metastatic Networking	13 9:30-10:15 Head, Neck & Shoulders 10-3 Sewing & Quilting 6:30-8:00 Children, Stress and Behaviour	14 10-11 Journaling	15 11:30 -12:15 Pilates 1:30-2:30 Member Social	16
19 11-12 Hatha Yoga 2-3:15 Circle of Life Support 7-8:15 Family & Friends Support	20 9:30-10:15 Head, Neck & Shoulders 10-3 Sewing & Quilting 10:30 am-12:00 Body Image During & After Cancer	21 10-11 Journaling 1-2:30 Facing Forward Support 6-7 Blood Cancer Networking 6-8 Shattered Glass	22 11:30 -12:15 Pilates 6:30-7:30 Men With Cancer Connect	23
26 11-12 Hatha Yoga 1:30-2:30 Member Social 7:00-8:30 Breast Cancer Networking	27 9:30-10:15 Head, Neck & Shoulders 10-3 Sewing & Quilting	28 10-11 Journaling	29 11:30 -12:15 Pilates	30

Check with our Program Team for any changes!

Questions or comments for our Cancer Support Program?

Email program@gildasclubsm.org!

Youth Programming Update - Meet Paulette!

My name is Paulette Light. I am a Registered Social Worker and the new Program Manager at Gilda's Club Simcoe Muskoka. My primary responsibility is for planning and facilitating the Child, Youth & Family Programs. Some of you may remember me from my time at Gilda's in 2019, when I completed a student placement for my Bachelor of Social Work. I am so happy to be back and look forward to seeing everyone and meeting new Members.

My experience working with children and youth includes providing one-to-one & group support while working in primary care, hospice, and private practice settings. I look forward to continuing to offer the Gilda's Club Simcoe Muskoka programming that families have come to know and love, as well as offering one-to-one support for children and teens.

We are currently underway with planning our next program calendar for October, November, and December. In the meantime, I am pleased to share a special September program calendar for Children, Youth, & Families, and hope to see many of you this fall at the Clubhouse.

Please feel free to reach out and say hello, or to request information for one-to-one or family support. I also welcome feedback about what you would love to see offered in Noogieland in the coming months.

You can reach me by phone [705-726-5199](tel:705-726-5199) ext 228 or email paulette@gildasclubsm.org.

Take care!
Paulette Light, MSW, RSW

Paulette Light



Youth & Families Calendar - NEW

Children, Youth & Family Programs for September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6	7	8 4:30-6:30 (in person) Meet & Greet & Pizza Party (all families with children) 7-7:30 (zoom) Mindful Kids (5-10yrs)	9	10 9:30-10:30 (in person) Coping Skills Workshop 10:30-11:30 (in person) Molly the Therapy Dog visit in Noogieland
12	13 7-9:00pm @ Alt Rock, Dunlop St, Barrie Teens Social & Rock Climbing (ages 13-18)	14	15 7-7:30 (zoom) Mindful Kids (ages 5-10)	16	17
19	20	21	22 7-7:30 (zoom) Mindful Kids (ages 5-10)	23	24
26	27 6:00-7:30 (in person) Family Paint Night Families with children up to 18 yrs	28	29 7-7:30 (zoom) Mindful Kids (ages 5-10)	30	

You can reach Paulette at [705-726-5199](tel:705-726-5199) ext 228 or paulette@gildasclubsm.org.

Community is Stronger Than Cancer - Available Everywhere

Your Gilda's Club Simcoe Muskoka is part of a Network with dozens of Cancer Support Communities and Gilda's Club Worldwide.

Collectively we have created and support www.mylifeline.org and a Support Helpline 888-793-9355 so anyone, anywhere can access support.

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**

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

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



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

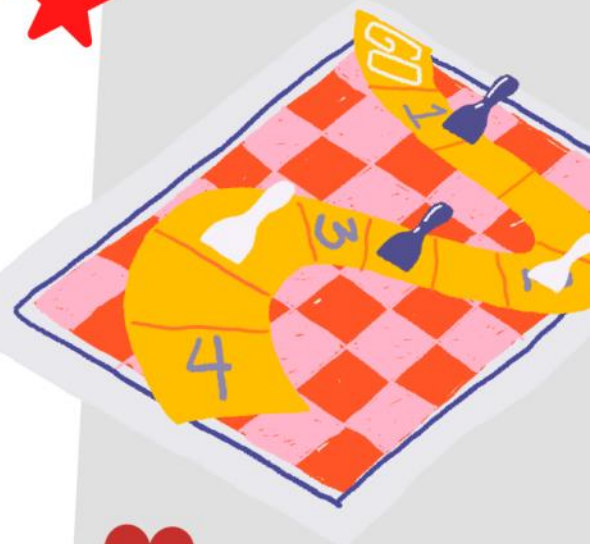
Meet & Greet

COME AND JOIN US!
THURS, SEPT 8, 2022
DROP-IN BETWEEN
4:30-6:30

*REGISTRATION REQUIRED
PLEASE NOTE THAT PARENTS ARE
REQUIRED TO STAY WITH THEIR
CHILD(REN)

Drop in and say hi to our
new Program Manager
Paulette Light!
Join Paulette in Noogieland
for pizza and snacks, and a
variety of fun and games.
We will also be offering
clubhouse tours for new
Members.

Register
NOW



Volunteers Are Making Mastectomy Kits



On September 10th we will be happily hosting the Kempenfelt Quilters Guild here at Gilda's Club and collectively making as many Heart Shaped Pillows and Mastectomy Kits as we can.

Follow our day on our social media (links on the last page of this Newsletter) for some fun and amazing updates on how these are made and being given to hundreds of individuals going through this traumatic surgery in our region.

The Kits include Heart Shaped Pillows, bra inserts, stress foam and exercise materials, and pamphlets and information for groups including Gilda's Club. Thank you to the many people and businesses involved!

Why Mastectomy Kits & How Can You help?

The pandemic screening statistics could bring anyone in our community to tears, and these numbers paint a devastating post-pandemic landscape for our cancer community.

RVH and Southlake screening numbers from 2020 are crushing, and disproportionately affect women.

It is expected between just RVH and Southlake (not including other hospitals in our region) that **this year alone will require almost 750 kits.**

We need donations of cotton fabric, polyester stuffing, industrial-type of shelving units for storage, volunteers who are interested in sewing, as well as monthly donors to help with some fundraising that helps with printing, delivery and other costs of creating this program and ensuring that our Cancer Support Program is available to anyone dealing with cancer-related distress.

Please contact our [Volunteer Coordinator Cara](#) to see what materials needs currently are or to volunteer, or to be a Monthly Donor [visit our website](#).

More information coming to our website soon!

Wasaga Beach Rotary Club 23rd Annual Corvette Lottery



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

Tickets are [now available](#) for the October 25th draw!

Early Bird Draw start Sept 7th!!

Raw & Reflective Calendar

RAW & REFLECTIVE



What will the 2023 Raw & Reflective Calendar look like?

The Raw & Reflective calendar has raised over \$75,000 in the last three years, and is poised to be another amazing success with your help!

Printing is underway and you can pre-order your calendar.

[Visit our website](#) to get the sneak peak of the calendar and you can place your order [Tuesday Sept 6th](#).

2023 Theme is GRIT

Grit is a word with multiple meanings, and even in the simplicity of 4 letters this word grit can possess enough power to alter outcomes and directions.

No one has ever invited a cancer diagnosis into their home. Cancer is an uninvited guest that is dirty, rough and raw at every interaction. A journey or trek that is full of grit and abrasion that wears you down in the slowest of ways. Sandpaper on your spirit, desires and dreams.

The models, photographers and stories in this calendar meet that abrasive definition with one of their own design – one that personifies the ability to persist with passion and perseverance in the face of cancer.

This kind of passion is not about intense emotions, it's about having direction and commitment - and support.



RAW & REFLECTIVE 2022

Check out our [fundraising events pages](#) on our website for the latest information and details on all of our events!

Everest Challenge



Gilda's Club Simcoe Muskoka is excited to be a part of this amazing journey led by the Blue Mountain Village Foundation.

So many individuals in our community are diagnosed with cancer every day, and their journey is not unlike the one to climb Everest – you need a team, you need a plan and you need a lot of help to climb that mountain.

Gilda's Club exists "**so that no one faces cancer alone**"™ and with the Everest Challenge we will be able to help many successfully overcome the mountain that we know as Canada's #1 disease.

100% of donations to the Gilda's Team on the Blue Mountain Village Foundation are directed to Gilda's Club and our free Cancer Support Program!

WHEN: October 16, 2022

WHERE: Blue Mountain Village

WHO: Funds will be raised in support of the Blue Mountain Village Foundation. Every participant will have an individual fundraising commitment of \$400 and funds raised will go to support local charitable organizations - including Gilda's Club!

JOIN OUR TEAM TODAY

All registrants before Sept 16 receive a free T-Shirt

DONATE TO SUPPORT OUR CLIMB

Check out our [fundraising events pages](#) on our website for the latest information and details on all of our events!

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WWW.GILDASCLUBSIMCOEMUSKOKA.ORG

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