



Energy Boost for
Back to School
and Work

Community
Connections at
ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Energy Boost for Back to School and Work

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Snack Tips for Back-to-School or Work

As summer slowly comes to an end, many will be going back to school or work. Whether you are going through treatment or just finished, the transition back can be tiring. Some patients may experience cancer related fatigue (CRF), which is when you feel physically, emotionally or mentally very tired because of your cancer or cancer treatment. It is the most common side effect and can also be the most stressful side effect. Follow these snack tips to help manage your energy:

Snack often. Eat every 3-4 hours to help maintain your energy levels.

Get enough protein. Protein can help maintain your energy levels, build and repair your muscles, provide essential vitamins and mineral in your body. Snack on proteins like nuts, cheese or yogurt.

Eat more fibre. Research shows that eating at least 25 grams of fibre a day can help reduce cancer related fatigue. To boost fibre, add whole grains, vegetables, fruit, lentils or nuts & seeds to snacks.

Enjoy healthy fats. Your body needs fat for energy and to help absorb certain vitamins. Be sure to enrich snacks with anti-inflammatory fats such as omega 3's coming from almonds, walnuts or hemp seeds.

Drink plenty of fluids. To feel less tired, make sure to stay hydrated by drinking 8 cups (2 litres) of fluid throughout the day. Incorporate fluid snacks such as smoothies or soups throughout your day.



Enjoy **Spinach and Bulgur Arancini** for a savoury on-the-go-snack. Brought to you by the ELLICSR Kitchen.

Spinach and Bulgur Arancini

1. Preheat oven to 400°F (205°C) and line baking sheet with parchment paper. Set aside.
2. Place bulgur in a glass bowl and cover with boiling water. Cover with plastic wrap and let sit for 15 – 20 minutes until softened. Drain and set aside.
3. Place frozen spinach in bowl and cover with boiling water. Let sit for 5 minutes until defrosted and using a clean tea towel, squeeze out excess water.
4. In a large bowl, mix spinach, egg, parmesan cheese, onion powder, garlic powder, thyme, nutritional yeast, salt and pepper together.
5. Stir in ¾ cup (180 mL) of the crushed corn flakes, mozzarella and soaked bulgur.
6. Using an ice cream scoop, form into 8 balls. Roll arancini in remaining crushed corn flakes and place onto parchment lined tray.
7. Bake for 20 to 25 minutes or until golden brown.

Ingredients

| | |
|---------|-----------------------------------|
| ½ cup | Bulgur, coarse |
| 1 cup | Frozen Spinach |
| 1 each | Egg |
| ¼ cup | Parmesan Cheese, shredded |
| 1 tsp | Onion Powder |
| ½ tsp | Garlic Powder |
| ¼ tsp | Thyme, dried |
| ¼ cup | Nutritional Yeast |
| 1/8 tsp | Salt |
| 1/8 tsp | Black Pepper |
| ½ cup | Mozzarella Cheese, shredded |
| 1 ¼ cup | Crushed Cornflakes or Breadcrumbs |

For more ELLICSR Kitchen recipes visit: www.ellicsrkitchen.ca Join the ELLICSR Kitchen on the third Thursday of the month for a free drop-in class, from 12:15pm-1:15pm.

Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

Stop by Community Connections to:

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.



Community Connections at ELLICSR

Thursday September 20, 2018

9:30 am – 1:30 pm

Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community.

You can visit anytime from 9:30 am – 12:30 pm.

9:30 am –
12:00 pm

Art for Cancer Foundation Presents: Creating from Within – a free painting workshop

Express your creativity with acrylic paints, no experience required and all supplies are provided.

To register for this workshop contact: ELLICSR Reception 416.581.8620

12:15 pm -
1:15 pm

ELLICSR Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating.

Cooking samples always provided!

The next Community Connections is: **Thursday October 18, 2018, 9:30 am to 1:30 pm**

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

Meet the Community Connections Supportive Care Organizations

Art for Cancer Foundation

416-763-8752

www.artforcancerfoundation.org



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer.ca



The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbccf.org



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Canada
Cancer de l'ovaire Canada

The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCAPeers.com



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer.ca



The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

info@thecasn.org



Pink Pearl Foundation

www.pinkpearlfoundation.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



POGO

416-592-1232

www.pogo.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

www.prostatecancer.ca



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

www.llscanada.org



Rethink Breast Cancer

www.rethinkbreastcancer.com



Lung Cancer Canada

416-785-3439 or 1-888-445-4403

www.lungcancer.ca



Testicular Cancer

519-894-0134

www.testicularcancer.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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- Family Caregiver Support
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