



Taking Charge
Program

Community
Connections at
ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations

ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Taking Charge Program: Helping you make Healthier Lifestyle Choices after Breast Cancer

By Linda Muraca RN, BA, BScN, MN, Nurse Clinician, Marvella Koffler Breast Centre



The “Taking Charge Program” began in 2006 after research showed that breast cancer survivors could reduce their risk of recurrence by having a healthy weight and by doing more physical activity. The program was developed by a nurse clinician, registered dietitian, exercise trainer and the breast cancer team at Mount Sinai Hospital. The Taking Charge Program offers five interactive group sessions every two weeks for **patients who have finished active treatment**.

The “Taking Charge Program”:

- Is given in a group format.
- Suggests ways to improve after you complete a few days of diet and exercise tracking.
- Includes information on current research, helping you identify how ready you are to make changes.
- Power walking, strengthening and stretching,
- Diet information/food planning and cooking with the wellness chef in ELLICSR.

Here are a few comments from participants who completed the program:

“...great to be in a group with common goals”

“motivated me to become active again and make small changes in food which made a huge difference”

“a valuable support for my weight control and exercise goals”

“excellent transition from active treatment to getting back to everyday life”

“...made me walk taller ...”



Patient Education

Continues ▶

Sessions include:

- Personal review of current diet and exercise activities
- Realistic weight goals
- Individualized diet and exercise plans

Location:

- Two sessions are held at Mount Sinai Hospital
- Three sessions are held at ELLICSR in Toronto General Hospital

Taking Charge is held from 11:00 a.m. to 1:00 p.m.

Contact Linda Muraca at 416-586-4800 ext. 5190 to enroll for the next free program.

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 January 19, 2017 9:30 am – 3:30 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 – 12:30 pm.

10:30 am –
12:00 pm

Gilda's Club Greater Toronto & ELLICSR present Yoga

Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620.

10:00 am –
11:30 pm

Gilda's Club Greater Toronto & ELLICSR present Mindfulness Meditation

Mindfulness is about paying attention to the present moment and how we think and feel. It can help you with feelings of anxiety, stress and not being certain about the future. This class includes techniques such as breathing and body relaxation. Registration required. Call 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. The demonstrations led by Jeremy Capone, Wellness Chef, will focus on cooking and culinary expertise. Nutrition information and/or nutrition advice, specific to your healthcare needs, will not be provided. Cooking samples always provided!

2:30 pm –
3:30 pm

Getting Back on Track

Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This 1 hour class is free and available to all Princess Margaret patients.

The next Community Connections is: **Thursday February 16, 2017, 9:30 am – 3:30 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



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer.ca



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbcbf.org



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



The Canadian Amyloidosis Support Network

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

info@thecasn.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer.ca



Leukemia & Lymphoma Society of Canada (LLSC)

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

www.llscanada.org



Lung Cancer Canada

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

www.lungcancer.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



The Olive Branch of Hope

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

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCApeers.com



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer.ca



POGO

416-592-1232

www.pogo.ca



Prostate Cancer Canada

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

www.prostatecancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Rethink Breast Cancer

www.rethinkbreastcancer.com



Testicular Cancer

519-894-0134

www.testicularcancer.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer.ca



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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**“When you’ve had cancer,
every day is a gift.”** –Chris Taylor

*“Thanks to the groundbreaking research, the care of
Dr. Messner and the compassion of the whole team
at The Princess Margaret,
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email legacy@thepmcf.ca

See Chris Taylor's story at www.thepmcf.ca

The Princess Margaret Cancer Foundation  UHN

Patient & Survivorship Education

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