



Give Yourself a  
Break: Ideas for  
Caregivers

Community  
Connections  
at ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations



## ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

# Give Yourself a Break: Ideas for Caregivers

By: Aileen Trang, MSc - Patient Education & Research Coordinator

Caregivers of people with cancer can often forget to take time for themselves. A break can help relieve stress and boost mental wellness. Here are some ideas to help caregivers take breaks.

### Visit the hospital terrace or garden.

Most hospitals will have a terrace or garden for patients, visitors and staff to use. Stretch your legs and get some fresh air. If your loved one will be sleeping for a while, enjoy a cup of coffee and some light reading out there.

### Create an “I’ll be back soon” symbol.

Caregivers often need to stay close to a loved one who is staying in the hospital. Come up with a signal. Leave a stuffed toy on your chair as a sign that you will be back in a few minutes. It will help your loved one feel less anxious and help you feel less worried about leaving.

### Create an “escape” space.

When a loved one returns home, you may still need to keep an eye on him or her. You can create a special place for you to “escape” to during your breaks. For example, hang bird feeders in your backyard, or put your work station in front of a window, add decorations and play soothing music.

### Go for a nature walk.

Studies have shown that natural settings are best for relieving stress and enhancing mood. Go for a nature walk in a park when and if your caregiving duties allow it or if another person can take over that day. You can go alone or invite friends for a picnic.

Everyone’s sweet “escape” is different. It may also seem like you’re giving yourself more to do or postponing your caregiving duties, but the break will recharge you and help you do a better job. Remember, any escape, no matter how short, still counts. Longer getaways have a longer lasting effect, but that may not always be possible. If a 5-minute break is all you can take, try scheduling more of them into your day.



# Community Connections at ELLICSR

Thursday February 19, 2015

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.

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*

10:30 am –  
12:00 pm

### Write for Your Life Expressive Writing Workshop

You have a story to tell! Experiencing cancer is challenging and life changing. Join a community and explore your own personal narrative through easy and entertaining writing exercises. No writing experience necessary! Everybody wins when you Write for Your Life. The program consists of 4 sessions. *To register for this workshop contact: ELLICSR Reception 416.581.8620*

11:00 am –  
12:00 pm

### Relaxation Therapy

Learn how to use deep breathing, muscle relaxation, and imagery to heal the mind, body, and spirit.

12:15 pm –  
1:15 pm

### Survivor's Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

1:30 pm –  
2:30 pm

### A Spoon Full of Laughter: Improv Comedy

Robert Hawke, an alumni of The Second City, will lead participants through a fun filled session that will include hilarious and easy improv games that anyone can do. Come and participate or just watch and enjoy. No experience necessary.

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 ½ hour class is free and available to all Princess Margaret patients.

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

Stop by ELLICSR to:

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

For more information, call 416-581-8620.



Community Connections is held on the third Thursday of every month!

The next Community Connections is:

**Thursday March 19, 2015**

**9:30 am to 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 West 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](http://www.artforcancerfoundation.org)



## Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



## The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## The Canadian Amyloidosis Support Network

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

[info@thecasn.org](mailto:info@thecasn.org)



## Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



## Kidney Cancer Canada

1-866-598-7166

[www.kidneycancerCanada.ca](http://www.kidneycancerCanada.ca)



## The Leukemia & Lymphoma Society (LLS)

416-585-2873 or 1-866-585-2873

[www.lls.org/tor](http://www.lls.org/tor)



## Lung Cancer Canada

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

[www.lungcancerCanada.ca](http://www.lungcancerCanada.ca)



## Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



## Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



## Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



## The Olive Branch of Hope

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

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

[www.theolivebranch.ca](http://www.theolivebranch.ca)



## Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovarianCanada.org](http://www.ovarianCanada.org)



## Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancerCanada.ca](http://www.pancreaticcancerCanada.ca)



## POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



## Prostate Cancer Canada

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

[www.prostatecancer.ca](http://www.prostatecancer.ca)



## Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



## Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



## Testicular Cancer

519-894-0134

[www.testicularcancerCanada.ca](http://www.testicularcancerCanada.ca)



## Thyroid Cancer Canada

416-487-8267

[www.thyroidcancerCanada.org](http://www.thyroidcancerCanada.org)



## Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



## Willow Breast Cancer Support Canada

416-778-5000

[www.willow.org](http://www.willow.org)



**“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](mailto:legacy@thepmcf.ca)

See Chris Taylor’s story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  **UHN**

If you’d like to **support**  
**this Newsletter** by  
placing an ad, contact us

1-800-339-5662 | [willowpublishing.com](http://willowpublishing.com)



**patient directory.ca**

*Quality Healthcare Publications*



*Proudly Canadian Since 1994*

#### Patient & Survivorship Education

**Editor:** Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Kristin Foster | Please forward comments, questions or submissions to [myann.marks@rmp.uhn.on.ca](mailto:myann.marks@rmp.uhn.on.ca)

The Patient Education and Survivorship Programs are supported by the Princess Margaret Cancer Foundation.

The information contained in this newsletter is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© University Health Network - Princess Margaret Hospital - Patient and Family Library - 2015