



ELLICSR
Healthy Steps
Group: Winners
of the Healthy
Steps Song
Contest

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

ELLICSR Healthy Steps Group: Winners of the Healthy Steps Song Contest

By: Barbara Jenkins, CPTN-CPT, CLM, Fitness Instructor, Healthy Steps instructor and Stephanie Phan, OTReg. (Ont.), CLM, Occupational Therapist, Healthy Steps instructor, Princess Margaret Cancer Centre

Healthy Steps is a group exercise program designed to help cancer patients and survivors thrive. The program is offered at the ELLICSR centre once a week for an hour, for a total of 10 weeks.

The program aims to:

- Improve health and well-being.
- Encourage an active lifestyle.
- Help cancer patients and survivors move from a hospital or cancer center-based exercise program, to community-based programs



The Healthy Steps exercise program is structured to be a fun, rejuvenating set of:

- Lymphatic opening exercises,
- Stretches,
- Light resistance exercises, and
- Dance movements to music.

It uses smooth, slow, resistance movements designed to help patients heal their bodies safely and effectively.

When the new owner of Healthy Steps announced last Fall that the organization needed a song to be used at conferences and meetings, she issued a challenge out to all the instructors world-wide.

The challenge was to find a tune most people would know, then write a Healthy Steps song to that tune. The lyrics had to include 11 compulsory words and phrases. Obviously, Lebed Method Healthy-Steps was one, but it also included some posers like smooth, slow resistance and Lymphedema, as well as Sherry, Mark and Joel (the original creators of the program).

Barbara picked the tune by accident. A copy of the 1915 wartime song, "Pack Up Your Troubles in Your Old Kitbag" was sitting on her piano. She remembered what a catchy chorus it had, coupled with a lovely repetition of "Smile, smile, smile", which is the essence of Healthy-Steps - to have fun! After a week of playing around with the words, she practiced "Do Healthy-Steps" with the group, had it audiotaped (with thanks to ELLICSR's video team Julian Cardozo and Natasha Icliates) and sent off a CD to Healthy-Steps headquarters in Virginia. We were delighted to hear mid-January that our song was the winning entry.

The implications of this win means that the CD will be played at Healthy-Steps conferences and ELLICSR's name will be mentioned when it is sung. There are 4 conferences scheduled in US cities this year, as well as one in the UK. It is up to the individual instructors whether they decide to use it in their classes. Healthy-Steps is helping to put ELLICSR on the international map!

For more details on how to "Do Healthy-Steps each week, enjoy the fun and smile, smile, smile!", phone ELLICSR at 416-581-8620.

Community Connections at ELLICSR

Thursday March 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.

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 April 16, 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



Bikur Cholim

416-783-7983

www.bikurcholim.ca



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



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancerCanada.ca



The Leukemia & Lymphoma Society (LLS)

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

www.lls.org/tor



Lung Cancer Canada

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

www.lungcancerCanada.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



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancerCanada.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.testicularcancerCanada.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancerCanada.org



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



Willow Breast Cancer Support Canada

416-778-5000

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

See Chris Taylor’s story at 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



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

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