



Drumming
Meditation: The
Healing Power of
the Drum

Community
Connections
at ELLICSR

Meet the
Community
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Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Drumming Meditation: The Healing Power of the Drum

By: Dr. Norma D'Agostino, *staff psychologist with the Princess Margaret Cancer Center*; Dr. Shari Geller, *author, clinical psychologist, and creator of the Therapeutic Rhythm and Mindfulness (TRM) program*; Menaka Pulandiran, *research coordinator with the Department of Supportive Care at the Princess Margaret Cancer Center*



Thump. Thump. Pa-rump-thump. One person begins a slow, steady beat. Another person will play a faster, more up-tempo beat. Over time other drummers are joining in. Each drummer plays their own beats on different drums. No two beats are the same, and yet they all go together. The drumming gets louder. Now maybe ten people are playing different drums with different beats. Their shoulders relax and they breathe deeper. Their minds are calm. As the drumming continues, the beat speeds up. Even though I can't see them I can feel the energy in the air. Finally, the drumming reaches its peak. The lead drummer tells everyone to end together. 1-2-3-BOOM. Silence. A moment later I hear everyone laughing and clapping.

As I worked at my desk, I could hear the drumming circle in the exercise room at the ELLICSR centre. The drumming was part of a research study by Dr. Norma D'Agostino. Playing music is becoming an important part of cancer wellness. Playing music is part of exercise in mindfulness and is a way to reflect on your emotions. Group drumming and mindfulness practices both reduce stress and burnout. They also increase energy and are a safe space for self-expression and group connection.

Today, drumming circles happen in community centres, festivals, and local parks. Some places offer drumming programs called Therapeutic Rhythm and Mindfulness (TRM). TRM started as a program for cancer survivors. It was designed to help people deal with difficult emotions around cancer. The TRM program blends drumming, mindfulness and emotional reflection. TRM has been offered to many cancer survivors in community centres that provide cancer support. It has also been offered in hospitals that provide cancer care in Toronto and the GTA.

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Dr. Shari Geller is an author, clinical psychologist, and creator of TRM. Dr. Geller has a long-term personal mindfulness meditation and drumming practice.

Dr. Norma D'Agostino is a staff psychologist at the Princess Margaret Cancer Centre. Dr. D'Agostino was asked by Dr. Geller to lead the TRM research team. Dr. D'Agostino believes TRM is a program that can help cancer survivors of all ages improve their quality of life.

If you would like to learn more about Therapeutic Rhythm and Mindfulness (TRM) please visit the website: www.rhythmandmindfulness.ca

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 June 16, 2016 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.

10:00 am –
11:30 am

Gilda's Club Greater Toronto & ELLICSR present Mindfulness Meditation

Mindfulness is about paying attention to the present moment and how we think and feel. This class includes techniques such as breathing and body relaxation. Registration required. Call 416-581-8620

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

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!

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.

The next Community Connections is:

**Thursday July 21, 2016
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 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



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



Willow Breast Cancer Support Canada
416-778-5000
www.willow.org



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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

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.

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