



ELLICSR hosts
6th National
Cancer Survivors
Day event
on emotional
wellness

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

ELLICSR Hosts 6th National Cancer Survivors Day Event on Emotional Wellness

On June 8th, ELLICSR: Health, Wellness & Cancer Survivorship Centre hosted its sixth annual National Cancer Survivors Day event to honour cancer survivors. The theme was emotional wellness. The event featured an expert panel and various workshops that addressed emotional wellbeing for cancer survivors that included nutrition and healthy eating, intimacy, laughter yoga and creative writing.

Connecting cancer survivors

The event attracted 78 attendees including cancer survivors, friends and family. Every year, ELLICSR holds an event on National Cancer Survivors Day with the goal of connecting cancer survivors and providing a day of activities that is both enjoyable and beneficial for its participants.

"I wouldn't miss this event for the world. You learn so many things. It's so helpful and beneficial to be with people who get it; who know exactly what it's like to be a cancer patient," says event participant and cancer survivor, Patricia Turnbull, whose attended ELLICSR's National Cancer Survivors Day event for the last three years.

The day started with a keynote lecture from Dr. Gary Rodin, Department Head, Department of Supportive Care at Princess Margaret Cancer Centre. This was followed by a presentation and Q&A period with a panel of oncology experts including Dr. Alexandra Ginty, Deborah Aber and Jean Jackson, and Jon Eddington, a caregiver to his wife for two years.



The Food & Feelings workshop provided an interactive cooking and nutrition class for this year's participants. The workshop was held by, from left to right, Dietetic Intern Kelly Ringrose, Registered Dietitian Christy Brissette and Wellness Chef, Jeremy Capone. (Photo: ELLICSR)

‘Seeing the patient as a whole person’

“The diagnosis and treatments for cancer affects both physical and emotional health, and effective treatments for cancer should not be just about treating the physical disease,” explains Dr. Jennifer Jones, Director, Cancer Rehabilitation and Cancer Survivorship Program.

Other activities available at this year’s event included the painting of a mural during registration, seated yoga and an experiential workshop on

relaxation and the use of guided imagery.

“The compassion that the hospital and medical care providers are showing now, seeing the patient as a whole person and treating the whole person not just the disease: I think that’s wonderful,” says Marilyn, event participant.

ELLICSR at UHN brings together scientists, educators, health care providers and community cancer organizations to improve the quality of life for all those impacted by cancer.

Community Connections at ELLICSR

Thursday July 16, 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.

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!

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 August 20, 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**

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