



Energy Boost for  
Back to School  
and Work

Community  
Connections at  
ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations



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

# Energy Boost for Back to School and Work

By: Stephanie Gladman, Registered Dietitian and Jeremy Capone, Wellness Chef, ELLICSR Kitchen

### Snack Tips for Back-to-School or Work

As summer slowly comes to an end, many will be going back to school or work. Whether you are going through treatment or just finished, the transition back can be tiring. Some patients may experience cancer related fatigue (CRF), which is when you feel physically, emotionally or mentally very tired because of your cancer or cancer treatment. It is the most common side effect and can also be the most stressful side effect. Follow these snack tips to help manage your energy:

**Snack often.** Eat every 3-4 hours to help maintain your energy levels.

**Get enough protein.** Protein can help maintain your energy levels, build and repair your muscles, provide essential vitamins and mineral in your body. Snack on proteins like nuts, cheese or yogurt.

**Eat more fibre.** Research shows that eating at least 25 grams of fibre a day can help reduce cancer related fatigue. To boost fibre, add whole grains, vegetables, fruit, lentils or nuts & seeds to snacks.

**Enjoy healthy fats.** Your body needs fat for energy and to help absorb certain vitamins. Be sure to enrich snacks with anti-inflammatory fats such as omega 3's coming from almonds, walnuts or hemp seeds.

**Drink plenty of fluids.** To feel less tired, make sure to stay hydrated by drinking 8 cups (2 litres) of fluid throughout the day. Incorporate fluid snacks such as smoothies or soups throughout your day.



Enjoy **Spinach and Bulgur Arancini** for a savoury on-the-go-snack. Brought to you by the ELLICSR Kitchen.

### Spinach and Bulgur Arancini

1. Preheat oven to 400°F (205°C) and line baking sheet with parchment paper. Set aside.
2. Place bulgur in a glass bowl and cover with boiling water. Cover with plastic wrap and let sit for 15 – 20 minutes until softened. Drain and set aside.
3. Place frozen spinach in bowl and cover with boiling water. Let sit for 5 minutes until defrosted and using a clean tea towel, squeeze out excess water.
4. In a large bowl, mix spinach, egg, parmesan cheese, onion powder, garlic powder, thyme, nutritional yeast, salt and pepper together.
5. Stir in ¾ cup (180 mL) of the crushed corn flakes, mozzarella and soaked bulgur.
6. Using an ice cream scoop, form into 8 balls. Roll arancini in remaining crushed corn flakes and place onto parchment lined tray.
7. Bake for 20 to 25 minutes or until golden brown.

### Ingredients

½ cup	Bulgur, coarse
1 cup	Frozen Spinach
1 each	Egg
¼ cup	Parmesan Cheese, shredded
1 tsp	Onion Powder
½ tsp	Garlic Powder
¼ tsp	Thyme, dried
¼ cup	Nutritional Yeast
1/8 tsp	Salt
1/8 tsp	Black Pepper
½ cup	Mozzarella Cheese, shredded
1 ¼ cup	Crushed Cornflakes or Breadcrumbs

For more ELLICSR Kitchen recipes visit: [www.ellicsrkitchen.ca](http://www.ellicsrkitchen.ca) Join the ELLICSR Kitchen on the third Thursday of the month for a free drop-in class, from 12:15pm-1:15pm.

## 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 September 20, 2018**

**9:30 am – 1:30 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 am – 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

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!

The next Community Connections is: **Thursday October 18, 2018, 9:30 am to 1:30 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](http://www.artforcancerfoundation.org)



### Melanoma Network of Canada (MNC)

289-242-2010

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



### Bikur Cholim

416-783-7983

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



### Nanny Angel Network

416-730-0025

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



### Bladder Cancer Canada

1-866-674-8889

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



### 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)



### Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcbf.org](http://support.cbcbf.org)



### Ovarian Cancer Canada

1-877-413-7970 x231

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



Ovarian Cancer Canada  
Cancer de l'ovaire Canada

### The Canadian Cancer Society

1-888-939-3333

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



### Ovarian Cancer Peer Support Network

Greater Toronto Area

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



### The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

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



### Pancreatic Cancer Canada

1-888-726-2269

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



### The Canadian Amyloidosis Support Network

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

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



### Pink Pearl Foundation

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



### Dr. Jay Children's Grief Centre

416-360-1111

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



### Gilda's Club Greater Toronto

416-214-9898

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



### Rebounders

905-338-1530

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



### Kidney Cancer Canada

1-866-598-7166

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



### Rethink Breast Cancer

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



### Leukemia & Lymphoma Society of Canada (LLSC)

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

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



### Testicular Cancer

519-894-0134

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



### Lung Cancer Canada

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

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



### Thyroid Cancer Canada

416-487-8267

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



### Lymphoma Foundation Canada

1-866-659-5556

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



### Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



### Wellspring Cancer Support Network

416-961-1928

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



## WORKING TOGETHER TO ADVANCE HEALTH CARE



As Ontario's leading provider of client centred health care solutions, we are committed to providing clients with integrated services that seamlessly adapt to their current and future health care needs.

Our diverse health care solutions include:

### Home Health Care Services



Our home health care division, **Spectrum Health Care**, can provide you or your loved one with:

- Nursing
- Personal and Home Support
- Palliative and Advanced Illness Care
- Wound and Ostomy Care
- Physiotherapy
- Foot Care
- Family Caregiver Support
- Immunization Clinics

[spectrumhealthcare.com](http://spectrumhealthcare.com) • TORONTO 416.964.0322 • PEEL 905.272.2271 • YORK 905.771.2766

### Patient Transfer Services



Our non-urgent patient transfer division, **Spectrum Patient Services**, can provide you or your loved one with:

- Stretcher Transfer Services
- Pediatric Transfer Services
- Wheelchair Transfer Services
- Dialysis Transfer Services
- Bariatric Transfer Services
- Hospital and Patient Shuttle Services

[spectrumpatientservices.com](http://spectrumpatientservices.com) • 1.866.527.9191

### Companion Services



Our non-medical seniors home care division, **Seniors for Seniors**, can provide you or your loved one with:

- Driver Companions
- Live-In/Drop-In Companions
- Overnight Companions
- Hospital Bedside Companions
- Handypersons
- House Cleaners

[seniorsforseniors.ca](http://seniorsforseniors.ca) • 1.844.422.7399

