



ELLICSR
Healthy-Steps
group: Winners
of the 2015
Healthy-Steps
Dance 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 2015 Healthy-Steps Dance Contest

By: Barbara Jenkins, CPTN-CPT, CLM

Healthy-Steps includes fun stretches and dance moves set to music in a healing exercise program designed to help you thrive.

Last month, we were delighted to receive the long-awaited news that the ELLICSR Healthy-Steps group's entry was chosen as one of the five winners of the 2015 Healthy-Steps dance contest. I chose a Kokomo by the Beach Boys back in the New Year and choreographed a line dance routine to it. The group practiced the dance through the winter and finally, we had it videotaped in March.



"Kokomo" was such amazing fun to record. On a cold winter's day, we dressed up in beach clothes, and with the backdrop of the home-made palm trees and a friendly parrot, we really did feel like we were all transported to a "place called Kokomo"!

At some points in the verses we had to "feel the water" which made us imagine being even closer to the warm blue Caribbean.

It has been a rather stellar year for ELLICSR's Healthy-Steps group. In January, I learned that our song, "Do Healthy-Steps" was the winner of the one-time only Healthy-Steps song contest. It has become the official program song in perpetuity and will be sung at conferences, workshops and classes around the world!

Special thanks go to Julian Cardozo and Natasha Icliates from the Web & Digital department at ELLICSR. Their incredible techno wizardry and patience during the video shoot made all of this possible. As always, I would also like to thank my co-facilitator, Stephanie Phan for lending her wonderful support, guidance and enthusiasm to this venture.

If you are interested in being part of this fun exercise program, you can pick up registration packages at ELLICSR reception, from the Survivorship Centre on Level 2 in the Princess Margaret Cancer Centre or from the Patient & Family Library on the main floor of Princess Margaret. Healthy-Steps runs on Wednesdays from 12:00 till 1:00.

Please call Barbara at 416-505-5578 for further information.

"Do Healthy-Steps each week and it will make you smile, smile, smile..."

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.

The next Community Connections is:

Thursday February 18, 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.

Community Connections at ELLICSR

Thursday January 21, 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.

10:30 am-
12:00 pm

Gilda's Club Greater Toronto & ELLICSR presents Mindfulness Meditation

Mindfulness is about paying attention to the present moment and how we think and feel. It can help you with feelings of anxiety, stress and not being certain about the future. 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 presents 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!

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



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.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



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCApeers.com



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



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

**“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.

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 - 2016