



Making Changes
One Step at a
Time

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Making Changes One Step at a Time

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Following treatment for Breast Cancer, women are faced with many physical and psychological changes such as fatigue, pain and mood changes. Participation in regular exercise has been shown to improve these. It is for all of these reasons that exercise is recommended for all Breast Cancer survivors. Despite the fact that physical activity appears to enhance the recovery process and maintenance of health and well-being, as well as reducing the risk of recurrence, most women are still inactive.

Making the changes needed to start exercising can be overwhelming for everyone, but if taken it step by step it can be achieved. Starting to exercise is a process that begins with thinking about being active. Regardless of where you are in your thinking, you can always begin with goal setting to help get you moving towards being active. Here are some goal setting tips that may help.

Make goals realistic and specific

Choose to make goals realistic to fit your lifestyle. Try focusing on breaking that goal into smaller steps. Not only will it prevent any potential injury or pain but will also help with feeling a sense of accomplishment towards the goal. For example: “Walk 10 minutes after breakfast and 10 minutes before dinner” rather than “Get 20 minutes of exercise”.

Keep an activity diary

Whether you are thinking about starting to exercise or have already taken the first steps in doing so, keeping a diary can help. A diary can be a place where you write your thoughts about being active. This helps to be mindful as well is a good place to track your activity.

You are unique and so should be your exercise plan

Try to take some time to think about what type of activity you would enjoy. If it's fun you are more likely to keep at it. Exercise can be walking, dancing, swimming or really anything that gets you moving. It can be done anywhere with anyone.



Know when to ask for help

If you are unsure if an activity option is right for you or how much exercise you can tolerate make sure you ask a professional for help. Speak to your healthcare team to ensure that your activity is safe and will be well tolerated.

At ELLICSR you can be referred into the Cancer Exercise and Wellness program (We-Can) as well as participate in a pilot study looking at how use of health app and health coaching can help Breast Cancer survivors become active and maintain it long-term.

For more information contact ELLICSR Reception at 416-581-8620.

Community Connections at ELLICSR

Thursday April 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.

10:30 am –
12:00 pm

Gilda's Club Greater Toronto Presents: Tai Chi

Tai Chi uses fluid-like body movements and can improve balance and the ability to move.

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!

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 May 21, 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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