



ELLICSR hosts  
7th National  
Cancer Survivors  
Day event on  
social wellness

Community  
Connections  
at ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations



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

# ELLICSR hosts 7<sup>th</sup> National Cancer Survivors Day event on social wellness

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. The theme this year was social wellness. The event featured an expert panel and various workshops that addressed social wellbeing for cancer survivors that included nutrition and healthy eating, drumming, exercise and art.



## Connecting cancer survivors

The day started with a keynote address from Dr. Catherine Sabiston, Canada Research Chair in Physical Activity and Mental Health and Associate Professor in Exercise and Health Psychology at the University of Toronto. Dr. Sabiston spoke about the link between exercise and social wellness and social wellbeing. This was followed by a presentation and Q&A period with a panel of oncology experts including Janet Papadakos and Dr. Jackie Bender from ELLICSR, Dr. Claire Edmonds from Wellspring Cancer Support Network and Claudia Hernandez, Patient Representative at Princess Margaret Cancer Centre. The panel outlined the meaning and importance of social wellness when undergoing treatment. The panel of experts provided both their experiences and information on how and where to connect with other cancer survivors and programs within the community.

Feedback from participants was overwhelmingly positive. “I enjoyed it very much, the cooking class, the speakers, the exercise and the massage. Thanks to everyone who participated and organized for this wonderful day” said an event participant and cancer survivor.

## ‘Seeing the patient as a whole person’

“The diagnosis and treatments for cancer affects both physical and social 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, and seated massages provided by two Registered Massage Therapists.

For more information on NCSD, visit:  
[www.ellicsr.ca/ncsd](http://www.ellicsr.ca/ncsd)

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.

Hope to see you next year!

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.

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## Community Connections at ELLICSR

**Thursday August 18, 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 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!

The next Community Connections is: **Thursday September 15, 2016, 9:30 am – 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](http://www.artforcancerfoundation.org)



**Bikur Cholim**  
416-783-7983  
[www.bikurcholim.ca](http://www.bikurcholim.ca)



**Bladder Cancer Canada**  
1-866-674-8889  
[www.bladdercancer canada.org](http://www.bladdercancer canada.org)



**The Canadian Cancer Society**  
1-888-939-3333  
[www.cancer.ca](http://www.cancer.ca)



**The Colorectal Cancer Association of Canada (CCAC)**  
416-920-4333  
[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



**The Canadian Amyloidosis Support Network**  
905-787-999 or 1-877-303-4999  
[info@thecasn.org](mailto:info@thecasn.org)



**Dr. Jay Children's Grief Centre**  
416-360-1111  
[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)



**Gilda's Club Greater Toronto**  
416-214-9898  
[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



**Kidney Cancer Canada**  
1-866-598-7166  
[www.kidneycancer canada.ca](http://www.kidneycancer canada.ca)



**Leukemia & Lymphoma Society of Canada (LLSC)**  
647-253-5503 or 1-877-668-8326 x5503  
[www.llscanada.org](http://www.llscanada.org)



**Lung Cancer Canada**  
416-785-3439 or 1-888-445-4403  
[www.lungcancer canada.ca](http://www.lungcancer canada.ca)



**Lymphoma Foundation Canada**  
1-866-659-5556  
[www.lymphoma.ca](http://www.lymphoma.ca)



**Melanoma Network of Canada (MNC)**  
289-242-2010  
[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



**Nanny Angel Network**  
416-730-0025  
[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



**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)



**Ovarian Cancer Canada**  
1-877-413-7970 x231  
[www.ovariancanada.org](http://www.ovariancanada.org)



**Ovarian Cancer Peer Support Network Greater Toronto Area**  
[www.ovCAPeers.com](http://www.ovCAPeers.com)



**Pancreatic Cancer Canada**  
1-888-726-2269  
[www.pancreaticcancer canada.ca](http://www.pancreaticcancer canada.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)



**Rebounders**  
905-338-1530  
[www.rebounders.ca](http://www.rebounders.ca)



**Rethink Breast Cancer**  
[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



**Testicular Cancer**  
519-894-0134  
[www.testicularcancer canada.ca](http://www.testicularcancer canada.ca)



**Thyroid Cancer Canada**  
416-487-8267  
[www.thyroidcancer canada.org](http://www.thyroidcancer canada.org)



**Wellspring Cancer Support Network**  
416-961-1928  
[www.wellspring.ca](http://www.wellspring.ca)



**Willow Breast Cancer Support Canada**  
416-778-5000  
[www.willow.org](http://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](mailto:legacy@thepmcf.ca)

See Chris Taylor's story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  UHN

#### Patient & Survivorship Education

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