



Reflections of
a Volunteer
Experience at
ELLICSR

Community
Connections at
ELLICSR

Meet the
Supportive Care
Organizations
who are a part
of Community
Connections



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter



Reflections of a Volunteer Experience at ELLICSR:
Health, Wellness & Cancer Survivorship Centre

Alyssa Manocchio, ELLICSR Volunteer

Last September signified the beginning of new opportunities. Returning as a Princess Margaret volunteer, I sought to place myself in an environment that would engage me, challenge me, and push my bounds of familiarity. This led me to begin volunteering at ELLICSR. I consider myself fortunate to have been a part of such a dynamic team who work daily to empower and educate patients and their families/friends. ELLICSR changed the way I perceive and understand health care. Interacting with great staff, physicians, patients and volunteers, I saw first hand, a team taking a leadership role. I had learned that it is not all about the cancer, but it is all about the person – a distinction that tends to get blurred in a hospital setting. Being exposed to such an innovative approach to health and wellness, I couldn't help but be inspired. For me, ELLICSR is not your average acronym, but 7 letters that led me to a wealth of invaluable experiences.



If you are interested in volunteering at ELLICSR or learning more about opportunities, please contact Myann Marks-Aitken at (416) 581-8604.

Community Connections at ELLICSR

Thursday, May 17, 2012 9:30 am – 3:00 pm	
9:30 am – 1:30 pm	Meet Community Partners Meet a representative from national cancer care organizations to hear about programs and resources available in your community.
10:00 am – 10:45 am	Cancer and Your Spirit Discover your spirituality and how it can support you in your cancer journey.
11:00 am – 11:45 am	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 Get kitchen tips and sample healthy recipes created by trained chefs. Cooking samples always provided! Join dietitian Jean LaMantia for the launch of her cookbook, The Essential Cancer Treatment Nutrition Guide and Cookbook. The book will be available to purchase and signed by the author.
1:30 pm – 3:00 pm	Managing Your Cancer Journey Chat with social worker Fiorella Lubertacci, and other people affected by cancer during an informal “living room” group discussion. * Please note that due to Community Connections, the class size may be larger than usual.

Community Connections is held on the third Thursday of every month!

The next Community Connections is:
Thursday June 21, 2012, 9:30 am to 3:00 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.)

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

Visit ELLICSR today!

ELLICSR is a comfortable health, wellness and cancer survivorship centre, located on the basement level of the Toronto General Hospital. ELLICSR is a place where you, your family members, friends and caregivers can come to get information on health and wellness, participate in a class or program, meet other survivors or sit and relax before or after your appointments.

ELLICSR has:

- a Resource Library with a collection of books you can borrow, a computer, and wireless Internet access. The ELLICSR librarian can help you find the information you need.
- a Teaching Kitchen where you can watch cooking demonstrations and learn how to cook healthy foods.
- a Gym where you can get moving and have fun with other cancer survivors.

For more information about activities and programs taking place at ELLICSR, pick up the monthly Patient & Survivorship Education Calendar of Events from the PMH Patient & Family Library or call 416-581-8620.

Come find out how you can be part of the ELLICSR community.

Meet the Supportive Care Organizations who are a part of Community Connections

Bikur Cholim

416-783-7983

www.bikurcholim.ca



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

olivebranch@theolivebranch.ca

www.theolivebranch.ca



The Canadian Amyloidosis Support Network

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

info@thecasn.org



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancancercanada.org



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancercanada.ca



Kidney Cancer Canada

1-866-598-7166

www.kidneycancercanada.ca



Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

www.prostatecancer.ca



The Leukemia & Lymphoma Society (LLS)

416-585-2873 or

1-866-585-2873

www.lls.org/tor



Rethink Breast Cancer

www.rethinkbreastcancer.com



Lung Cancer Canada

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

www.lungcancercanada.ca



Wellspring

416-961-1928

www.wellspring.ca



Willow Breast Cancer Support Canada

416-778-5000

www.willow.org



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Patient & Survivorship Education

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