November is Falls Prevention Month

Tips to Avoid Falls When You Come for an Appointment at the Hospital

- Use a wheelchair if you don't have your own and need one. You can usually find them at the main entrance of the hospital.
- Try not to walk on wet floors. Let a staff person know if you see a spill.
- When you come to the clinic, tell the receptionist if you: had a fall in the last 12 months, use a cane, walker or wheelchair, need help getting on and off furniture or hospital equipment
- Call for help if you feel weak, dizzy or pain.
- Don’t lean on tray tables, bedside tables or any furniture. Most hospital equipment is on wheels.

Quick Reads

Pick up or ask for a print-out of these brochures at a Patient Library, or visit www.uhnpatienteducation.ca to read or download your own copy.

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Events

Monthly Talk: Weight Management and Nutrition

Date: Friday, November 30 from 1:00 – 2:30 PM
Location: Toronto Western, 2nd Floor Auditorium
To register: call 416 603 6475 or email Evangeline.Roldan@uhn.ca

Libraries Holiday Closure

The Patient & Family Libraries will be closed from December 25, 2018 until January 1, 2019.

The Libraries will be back to their regular schedule starting January 2, 2019.

We wish you a safe and happy holidays!
Holiday Nutrition for People Who Are Not Feeling Well

by Michelle Snow, Librarian, Princess Margaret Cancer Centre, Patient & Family Library

The holidays are all about celebrating and eating with family and friends. If you don't have your usual appetite, see some useful tips below for how to get through the holiday feasts and still feel the spirit of the season.

If you have no appetite...
• Before a “sit down” meal, ask your host to serve you small portions or suggest that you can serve yourself.
• At a “buffet style” meal, choose only what you can manage to eat and the amount that you want. Nibble as you mingle.
• If you do not want to sit at the dinner table, let the host know that you will be joining the guests at dessert time.

If you are worried about feeling nauseous...
• Talk to your host about it. Maybe you can join for dessert or tea to avoid some of the cooking smells.
• You can always join the party after the meal — even if it is for a short while.

Be careful about food safety...
• Make sure hot foods are steaming hot and cold foods are on ice.
• If you aren’t sure how long foods have been sitting out, ask the chef or host. Or try foods like cheese and crackers, chips and salsa, nuts and cookies — these are safer bets because that can sit out longer.

If you are feeling tired and weak...
• If you usually host the holiday meal, ask a relative if they can host the event this year.
• If a friend is going shopping, ask if they can pick up a few items for you too.
• Use some ready-made products. For instance, buy the shortbread cookies this year instead of baking them yourself.

Mulled Apple Cider
Below is a festive recipe created by the ELLICSR culinary team. For more recipes, visit the ELLICSR website at www.ellicsr.ca

Ingredients
2 L Apple Cider
1 Clementine, sliced
1 Cinnamon Stick
6 Whole Cloves
5 Whole Allspice Berries
3 Star Anise Pods
1 tbsp Fresh Ginger, sliced

Directions
Add all your apple cider to a large sauce pot over medium high heat. Add the rest of your ingredients. Bring to a simmer and give it a quick whisk to combine. Serve hot.
Nutrition Notes

• People with weakened immune systems, children, pregnant women and seniors should avoid unpasteurized cider and fruit juice. Pasteurization is a heat-treatment process that kills harmful bacteria using a very high temperatures. Check the label to make sure your cider is pasteurized.

• Feeling nauseous? Research suggests that ginger may help relieve nausea after surgery and chemotherapy.

Is Cancer Causing You Financial Worries?

Wellspring is your Source for Cancer Support.

Many people are unprepared for the financial challenges that often accompany a cancer diagnosis. Many believe that ‘the government’ will be there to provide for them when they become too sick to work and need financial support to pay their bills. However, this is not the case. Wellspring can help you. Wellspring understands the complexities of all government income replacement programs. As part of the Money Matters program, Wellspring Case Managers will meet privately with you to educate, advocate and support you in your personal financial situation while going through cancer. Our Wellspring Money Matters Case Managers have extensive experience helping people with cancer apply for the correct income replacement and drug reimbursement programs, so you can stop worrying about your finances and concentrate on your well-being. Simply book an appointment with a Wellspring Money Matters Case Manager today either in person, via telephone, or online at 416-961-1928 or at www.wellspring.ca/mmonline.
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

**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

**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

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