

# AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

August 2018

## Participate in a Research Study

This summer we are conducting several studies to better understand how we can support young adults with cancer.

### Assessing Physical Activity & Supportive Care Needs of AYA Cancer Survivors

We are interested in better understanding AYAs' preferences, attitudes, beliefs and related enablers and barriers to getting physical activity. This study involves completing a needs assessment questionnaire that should take an average of 10 minutes to complete. We are looking for patients 18 and older who have been diagnosed with cancer between the ages of 15 to 39.

For more information, email the AYA Program at [aya@uhn.ca](mailto:aya@uhn.ca) or call **416-946-4501 ex 5579**. Please note that communication via email is not absolutely secure. Please do not communicate personal sensitive information via email.



To learn more about our research and to view our AYA publications:

<http://bit.ly/2n1okU5>



**Perceptions & attitudes toward clinical trials in adolescent & young adults with cancer: a systematic review**

### Upcoming: Connect 4 Health—Needs & Requirements for a Peer Navigation Digital App for AYA



Another study that we will be conducting is one that works to understand what young adults are looking for in a peer navigation app in terms of their needs and preferences. As well, we seek to learn whether or not AYA who are participating would like to be peer navigators. Participants in the study may be asked to help identify preferred features and expected outcomes for the peer navigation app. They will be able to discuss factors that influence its design and ability to be used in a cancer care setting.

*This study is not open yet but stay tuned for more information on how you can participate.*



**Sexual health issues for the young adult with cancer: An international symposium held during the first global AYA cancer congress**

# MONTHLY COMMUNITY UPDATES

## GILDA'S CLUB

24 Cecil St. Toronto, ON  
www.gildasclubtoronto.org  
416 214 9898



### Ovarian Breast Cancer Support Group

August 29 at 6 PM

The Ovarian Cancer Peer Support Network (OVCA Peers) is a group of ovarian cancer survivors that meet monthly. We provide a safe and empowering environment for supporting one another, sharing resources, providing information, and encouraging advocacy.

For further information:  
<http://ovcapeers.com/>  
or email  
[ovcapeers@gmail.com](mailto:ovcapeers@gmail.com)

## WELLSPRING



4 Charles St E  
Toronto, ON  
www.wellspring.ca  
416 961 1928

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdy>

# AYA PROGRAM UPDATES

## NOMINATE SOMEONE FOR THE MICHAEL KAMIN HART AWARD



Have you nominated someone yet for our 2018 MKH Award? This is your opportunity to acknowledge the hard work of a volunteer or healthcare provider from Princess Margaret who has had an exceptional impact on the care of an adolescent and young adult (AYA) patient, defined as those between the ages of 15 to 39. Nominations are due on March 31. For more information on how to submit a nomination, visit <http://bit.ly/2KeNNm1>

## UPDATE: AYA CANCER MEET-UPS RESUME IN SEPTEMBER

Please note that AYA MEET-UPS IN JUNE, JULY & AUGUST ARE CANCELLED. The next meet-up will resume on September 27 from 6 to 7:30, Rm 726 on the 16th floor at Princess Margaret.

# COMMUNITY EVENTS & UPDATES

## AUGUST 21: ALI'S JOURNEY IMPROV NIGHT

Tuesday, August 21st at 7:00pm! Alli's Journey is fundraising for their Comfort Bags project. We work with Gilda's Club Greater Toronto and Princess Margaret Cancer Hospital to get these bags into the hands of the people who need them: young adults undergoing cancer treatment. Join them for a night of improv featuring members of Toronto's improv community, and support a worthy cause with your LOLs. Tickets: \$25 general admission (\$20 with the early bird discount!)/\$15 for Second City Training Centre students with a valid card. Get your tickets here: <http://bit.ly/2LiAqHc>



## SEPT 24-28: RETREAT YOURSELF ADVENTURE



Retreat Yourself Adventure gives young adult cancer survivors and supporters a chance to tackle survivorship issues while ziplining and hiking in Newfoundland on an Adventure that will push their limits and challenge them physically and mentally. **It will be taking place in Gros Morne, NL from Sept 24-28. For more information and registration, visit: <http://bit.ly/2tWCYzT>**

## OPPORTUNITY FOR CHINESE AYA ADVOCATES

What was the first thing that came across your mind when you were diagnosed? Did your family and friends know what to do or how to help? Were you looking for someone to connect with?

Here is your chance to speak out about your experience and be an advocate by raising awareness about the impact cancer can have on young adult patients. We are looking for Chinese Canadians who speak Cantonese and Mandarin to participate in a 5 to 10 min phone or in person interview for our upcoming Radiothon Fundraiser in December. If you or your family are open to sharing your story, please contact **Bonnie Ho** at [bonnie.ho@thepmcf.ca](mailto:bonnie.ho@thepmcf.ca)

## HELPING WOMEN WITH METASTATIC CANCER



Melanie's Way is an organization that helps women with metastatic cancer by creating a personalized experience, a "wish" that brings them and their loved ones joy and creates memories. To learn more about the program, visit [www.melaniesway.com](http://www.melaniesway.com)

## SURVIVE & THRIVE EXPEDITIONS

Join Survive and Thrive on any of their outdoor summer expeditions including:  
**August 16 to 21:** Rock climbing in the Canadian Rockies in Canmore, Alberta

Visit [www.surviveandthrive.org](http://www.surviveandthrive.org) for more information on how to apply!



**SURVIVE & THRIVE**  
Cancer Programs