

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

March 2018

Michael Kamin Hart Award

Nominations due March 21, 2018 at 11:59 PM

Calling all patients, staff & volunteers!

This is your opportunity to acknowledge the hard work of a volunteer or health care provider from the Princess Margaret Cancer Centre who has had an exceptional impact on the care of an adolescent and young adult (AYA) patient. An AYA patient is defined as an individual between the ages of 15 to 39.



This award is given in memory of Michael Kamin Hart. Michael was a vibrant, intelligent and compassionate young man. He was completing his Masters in Biochemistry when he was diagnosed with lymphoma. After a long, courageous battle, he passed away from this disease.

For questions, email us at aya@uhn.ca

Patients, staff and volunteers can nominate someone by sending the following information:

If you are interested in nominating someone, please send us the following information:

1. Basic information about you, the nominator (your name, email, phone, relationship to nominee), and the nominee (name, job title, department).
2. Tell us why this nominee should be recognized for excellence in AYA oncology care. This can be done as a story (500 words max), video or audio clip (1 to 3 mins), drawing or photograph with description (500 words max).

Submissions can be sent through **email** at aya@uhn.ca, message or posted to our **Facebook**: [AYA Program at Princess Margaret](#), posted or sent to our **Instagram**: [@ayaprogram_uhn](#) or messaged or tweeted to us on **Twitter**: [@ayaprogram](#)



GLENDA TOWNE

One of the 2017 Award Recipients

Dietitian Technician

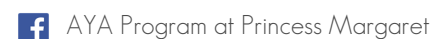
“Glenda had secretly arranged for a cake on my birthday right before I was being discharged for the weekend. Her kindness was something I could never forget.”

- Nominated by patient



Adolescent and Young Adult Program

aya@uhn.ca // ayaprincessmargaret.ca // 416 946 4501 x 5579



MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

24 Cecil St. Toronto, ON



www.gildasclubtoronto.org
416 214 9898

20s and 30s Support

A safe place for young adults with cancer to share their experiences

March 1, 8, 15, 6:30 - 8 PM

20s and 30s Caregivers Support

A support group for those in their 20s and 30s supporting a loved one with cancer.

March 1, 8, 15, 6:30—8 PM

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

MARCH 22—ADOLESCENT & YOUNG ADULT CANCER MEET UP

Happy new year, everyone! Our AYA meet-ups have been changed to **every 4th Thursday of the month from 6 to 7:30 PM. This month's meet-up will be on Thursday, March 22, 2018.** It will take place on the 16th floor, Room 726, at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca beforehand if they are planning to attend. Pizza will be provided.

COMMUNITY EVENTS & UPDATES

SCHOLARSHIP EXTENTION: PINK PEARL FOUNDATION

Pink Pearl Foundation is granting a \$1000 scholarship to women between 18 to 40 years who has been diagnosed with cancer, is actively involved in her community, and is currently attending or will attend post-secondary education in fall 2017. **Applications are due March 5, 2018.** For more information and to apply, visit <http://bit.ly/2w2h68E>



ON THE TIP OF THE TOES: TREKKING JULY 15—25, 2018

ON
THE
TIP
OF
THE
TOES

Around you between the ages of 19 to 29? If you are, sign up to attend **On the Tip of the Toes' Trekking Expedition at Mt. Assiniboine and Banff National Park from July 15 to 25, 2018.** This expedition offers 14 young adults in cancer remission to trek with other participants their age living a similar reality. To be eligible you must have been diagnosed with cancer and needed treatments and medical interventions but have ideally completed this and is currently in remission for less than 5 years. **Applications are due on June 1, 2018.** To register and learn more, visit: <http://bit.ly/219L8uq>

PARTICIPATE IN A STUDY!

CanDirect Study at McGill

CanDirect Study is looking for cancer survivor volunteers to try self-care tools (relaxation CD and MP3, CBT workbooks) designed to help manage feelings of depression and anxiety for a **Canadian Cancer Society** funded study. For more info visit: <http://www.mcgill.ca/candirect/> and <https://www.facebook.com/CanDirectstudy> or call contact **Camilla Diniz** at (416) 643-7336 or email her at camilla.diniz@uhnresearch.ca

Give us your feedback!

We are interested in understanding the informational and supportive care needs of adolescents and young adult (AYA) cancer patients and their caregivers. If you are interested in this study, you will be asked to fill out a one-time online survey. Feedback gathered from the survey will be used to develop resources to help meet the needs of future patients and family members.



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

The ball's in your court! Are you a testicular cancer survivor? Get involved today!

Who? Testicular cancer survivors who are interested in participating in individual interviews and discussing supportive care programming!

Why? To help in the development of sport-specific supportive care program for men like YOU!

Where? Interviews will be held at the University of Toronto (St. George Campus) or by telephone at your convenience.

To participate, contact the study team (Anika) directly at

anika.gentile@mail.utoronto.ca



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TORONTO