

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

October 2018

AYA PROGRAM SPOTLIGHT Post-doctorate Research Fellow Jonathan Avery

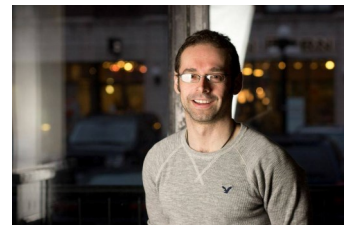
Jonathan Avery is a recent PhD graduate from the School of Rehabilitation Sciences (University of Ottawa). Coming from a multidisciplinary background of psychology, communication and rehabilitation, Jon is bringing his previous research experience in cancer care to the AYA program to explore how to effectively provide palliative and end of life care to AYAs diagnosed with advanced or terminal cancer. Talking about issues associated with lack of curative treatment options can be hard for anyone at any age. AYAs are at a stage of life when these conversations might be more difficult because they are just entering adulthood and in the process of finishing high school, starting university, beginning their careers and building their own families. This research will involve conducting interviews with AYAs currently receiving palliative care to understand from their perspective how to approach issues and concerns that arise with a diagnosis of advanced or terminal cancer.

In addition to working with the AYA program, Jonathan is involved in other research through the Department of Supportive Care at the Princess Margaret Cancer Centre. He is currently working with Dr. Jennifer Bell (Bioethicist) on a project exploring how people make decisions to participate in phase 1 clinical trials. He is also expanding on his PhD work that explored how people adapt to any type of disability (physical, social and psychological) associated with being diagnosed and treated for cancer.

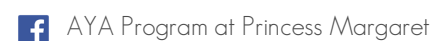
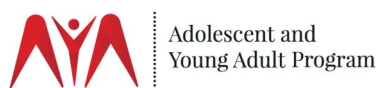
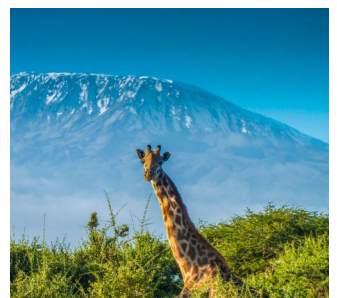
Outside of Jonathan's research, he is rediscovering his thrill for adventure. In November he will be travelling to Africa to climb Kilimanjaro. This will be his first trekking experience. When he's not walking across the city of Toronto to train for his trekking adventures, you will find Jonathan sitting under a tree getting lost in a good book or playing softball at the local community park. With the winter approaching, he will be trading in his baseball glove for a chef's hat by registering for the introduction cooking course at George Brown.

If you have any questions regarding Jon's work please feel free to email him at: jonathan.avery@uhnresearch.ca

Jonathan Avery



Mount Kilimanjaro



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MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

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



20s to 30s Support Group

October 4, 11, 18, 25
6:30—8 PM

This is a group for people from 18 to 39 who are living with or after a cancer diagnosis, welcoming those newly diagnosed or up to 5 years post-treatment. Some topics include: fear or recurrence, relationships, sex & sexuality and more.

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

OCT 25: AYA CANCER MEET-UPS

Our upcoming monthly AYA meet-ups will be taking place on **Thurs, October 25**. They will continue to take place every 4th Thursday of the month (with the exception of the December meet-up, which is cancelled). **The following November meet-up will be Nov 22, 2018.**



Meet-ups take place from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca if they are planning to attend. Pizza will be provided.

SHARE YOUR STORY

Do you have a story to share? We are looking for young adult patients & survivors (ages 15 to 39) and their supporters (family, friends, colleagues) who would like to share their story for others to read on our website. If interested, please submit a story between 250 to 750 words, with at least one picture. You are welcome to include contact information (if you are open to having others contact you).

For more information, visit <http://bit.ly/2QuQpk6>

COMMUNITY EVENTS & UPDATES

NOV 29 - DEC 3: RETREAT YOURSELF, ABBOTSFORD, BC

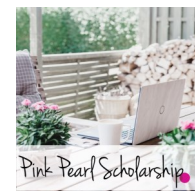


"They forgot everything the minute they were together again."

Retreat Yourself is an event held by Young Adult Cancer Canada, geared towards helping people meet and connect through sharing similar experiences. Talk about your experiences, relax, have fun and share stories with peers who "get it". **It will be taking place in Abbotsford, BC from Nov 29—Dec 3.** For more information and registration, visit: <http://bit.ly/2xq8vvr>

PINK PEARL FOUNDATION SCHOLARSHIP

Pink Pearl Foundation is giving away one \$1,000 scholarship for college/university to a Canadian woman facing cancer. Application intake is open until March 5th, with the recipient being notified on March 20, 2019. For more information on eligibility and how to apply, visit <http://bit.ly/2w2h68E>



HELPING WOMEN WITH METASTATIC CANCER

Melanie's Way is an organization that grants wishes to young women under 45 diagnosed with a metastatic or relapsed cancer. They help create a personalized experience, a "wish" that brings women and their loved ones joy, similar to a "Make a Wish Foundation" for young women. Past events include a family trip to Disney, a couples week away at an all inclusive resort, etc. For more information, visit www.melaniesway.com or email rob@melaniesway.com



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