

AYA NEWSLETTER

ADOLESCENT AND YOUNG ADULT (AYA) PROGRAM NEWSLETTER

DECEMBER 2019



COZY BUTTERNUT SQUASH SOUP



Just in time for the holidays, this butternut squash soup is an excellent way to help maintain body weight and strength, prevent malnutrition and to heal and prevent infection.

INGREDIENTS

4 cups	Butternut Squash, peeled and cubed
1 cup	Onion, diced
1 clove	Garlic, mince
6 cups	Chicken or Vegetable Stock
1 tsp	Fresh Parsley, finely chopped
1/2 tsp	Fresh Thyme, finely chopped
2 tbsp	Olive Oil
To taste	Sea Salt and Ground Black Pepper



For an **energy booster**, add Olive Oil (in addition to olive oil in recipe), Whipping Cream or Full Fat Sour Cream, and Whole Milk (to replace 2 cups of the Chicken Stock)

For **more protein**, add skim milk powder and/or Greek yogurt

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut the squash in half and remove the seeds. Rub the inside with olive oil and place cut side down on a cookie sheet. Cook until tender, 35 to 45 minutes.
3. When it is cool enough to handle, scoop out the cooked squash.
4. In a large pot, sauté the chopped onion in the oil until tender.
5. Add the garlic and sauté for 30 seconds.
Add the chicken stock, squash, salt, parsley, thyme and pepper. Bring to a boil, reduce the heat and simmer uncovered for 30 minutes.
6. Puree with a hand blender or in a regular blender in small batches.
7. Return soup to the pot and bring to a boil again. Reduce the heat to low and simmer uncovered for 30 minutes. Stir in the cream.

ELLICSR
KITCHEN

Recipe taken from the ELLICSR kitchen website. Join them for healthy cooking demonstrations the third thursday of every month.

ELLICSR: Health, Wellness & Cancer Survivorship
Centre Toronto General Hospital, Basement level, B PMB 130

AYA PROGRAM UPDATES



NO AYA MEET-UP THIS MONTH

The December meet-up is cancelled due to the holiday season. Our upcoming monthly AYA meet-ups will resume on Thurs, Jan 23 from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. Registration is required. Please send an RSVP to aya@uhn.ca if you are planning to attend. Pizza will be provided.

COMMUNITY EVENTS & UPDATES

ALLI'S JOURNEY IMPROV NIGHT

Alli's Journey is hosting a improv night at Second City, featuring star members of Toronto's improv community on **Thursday December 19, 2019 at 7:00 PM**. Tickets for this event help support a worthy cause by raising funds for the continued production and distribution of Alli's Journey's Comfort Bags. Tickets: \$25 general admission/\$20 for Second City Training Centre students with a valid card. They are going fast so do not wait: <https://sforce.co/38cGsAH>



YACC: RETREAT YOURSELF IN PARIS, ON



Retreat Yourself weekends offer an opportunity to get together with other young adults with cancer. Many of them are recently out of treatment and have never attended another Young Adult Cancer Canada program. We share our stories and talk about what's bothering us about cancer, hang out, let loose, and build relationships you'll value for a long time. The next event will be held on **Mar. 12-16, 2020** at Five Oaks Education and Retreat Centre in Paris, ON. To register, visit: <https://bit.ly/2Lrn2yq>

LFGB: GRIT & GRACE 2020

Grit & Grace is a fitness based fundraiser held in the unique setting of Valleyview Gardens on **January 25, 2020**. With an event ticket purchase of \$35, every participant will receive a morning of fitness fun, a shirt and breakfast the day of the event. With a donation of \$125, participants will have the opportunity to partake in an evening of wining, dining in social atmosphere, and of course dessert! Musical entertainment by Canadian Recording Artists Susie McNeil and Andrew McTaggart. Get tickets now! <https://bit.ly/38a03la>



SURVIVE&THRIVE: WEEKEND RETREAT



Survive&Thrive is hosting free weekend retreats for young adults with cancer and their supporters. These are chill and fun weekends for you and one close support person to get away from it all, make some new friends and connect with other young adult cancer survivors that get it. The next weekend retreat will be held on **March 1-3, 2019**. To register, visit <http://www.survivethrive.org/application-form/>

MONTHLY COMMUNITY UPDATES



ENTER OUR MONTHLY MOVIE DRAW!



Enter our monthly draw and you could win a pair of two **PREMIUM** movie tickets for yourself and a friend! The AYA Program will be giving away two VIP Cineplex movie tickets to Princess Margaret AYA patients every month. To enter, email your name and MRN number to aya@uhn.ca. Winner will be chosen at random.