

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

March 2019

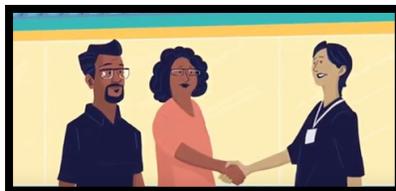
AYA PALLIATIVE CARE & PSYCHOSOCIAL CLINIC

What is palliative care?

Palliative care is an area of health care that focuses on providing the best quality of life for people with advanced illness. People of every age and at any point in their illness can access the palliative care service. It can be provided when a cure is possible, in advanced disease, and at the end of life.

Young adults with cancer don't often access palliative care because they link it with death and dependency.

"Palliative care is not only provided for individuals who are at their end-of-life. Palliative care is about trying to help people live as meaningfully as possible and to have the best quality of life." – Dr. Jenny Lau



Watch here to learn more: <http://bit.ly/AYA-Palliative>

How can palliative care help me?

The palliative care team provides a support system for many people. The team will work with you to suggest care plans to help with:

- **Symptom management:** Improve your quality of life by addressing symptoms such as pain, nausea, fatigue, shortness of breath, anxiety, depression, vomiting, constipation, diarrhea, decreased appetite, and sleep.
- **Advanced care planning:** This is a process of reflection and communication. It allows you to take time to reflect on your values and wishes. This process is also to let others know what kind of health and personal care you would want in the future if you become incapable of consenting to or refusing treatment or other care.

Connecting with hospital and community resources and services: These services can include occupational therapy, physical therapy, the psychosocial oncology team, and home care teams.

Check out <https://livingoutloud.life/> — a new resource for AYA with advanced cancer

How can I access the AYA Palliative Care Clinic?

Contact us at aya@uhn.ca if you are interested in learning more.



5th Floor Palliative Care Clinic at Princess Margaret

"Young adults with cancer don't often access palliative care because they link it with death and dependency."



Dr. Al-Awamer & Dr. Pam Mosher, Palliative and Psychosocial Clinic Physicians



Adolescent and Young Adult Program

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 [ayaprogram_uhn](https://www.instagram.com/ayaprogram_uhn)

 [AYA Program at Princess Margaret](https://www.facebook.com/AYAProgramatPrincessMargaret)

 [@ayaprogram](https://twitter.com/ayaprogram)

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

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



20s & 30s Support Group

March 7, 2019
6:30 — 8 PM

This is a group for people ages 18 to 39 who are living with cancer or after a cancer diagnosis, welcoming those newly diagnosed or up to 5 years post-treatment. Some topics include: fear of 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

MARCH 28: AYA MEET-UP

Our upcoming monthly AYA meet-up will be on Thurs, March 28 from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. We encourage participants to RSVP to ava@uhn.ca if they are planning to attend. Pizza will be provided.



COMMUNITY EVENTS & UPDATES

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>



YOUNG ADULT CANCER CANADA: RETREAT YOURSELF

YACC is hosting another **Retreat Yourself** event from **March 14—18, 2019 in Five Oaks, Paris, Ontario.** Talk about your experiences, relax, have fun, and connect with those who “get it.” There is no registration fee, food & accommodations are included and travel assistance is available. Learn more about it & register here: <http://bit.ly/yacc-retreat-2019>

SEEKING PARTICIPANTS FOR SURVEY ON PEER SUPPORT IN CANCER

Seeking participants for a study on peer support! Please complete our 25 minute survey here: <http://bit.do/Connect4Health>



COLOUR TO CONQUER

Be Bold • Choose Your Hair Colour
Challenge Others • Donate

Colour To Conquer is BACK and we are going BIGGER and BOLDER this year, **all thanks to our supporters!**

This campaign attracted participants in over 200 cities across Canada who supported Colour Conquer in a big way in its inaugural year! Because of their commitment, this program is entering its second year with more excitement than ever before.

Here is a link to this year's promotion video that captures all the fun we had while supporting a serious cause: <https://www.youtube.com/watch?v=XIADy5LbgIE>

The new website is now live and ready for registration: www.colourtoconquer.ca

For individuals who are interested in learning more about how to get involved as an Honorary Chair, a team leader, or want to share their story with us, please email me directly at vanessa.chiu@thepmcf.ca for more information.

Don't forget to follow us on social media for exciting announcements to come! (**FB:** colour2cc **Twitter:** @colour2cc **Instagram:** @colour2cc). We can't wait to see what colour you choose this May!