

AYA NEWSLETTER

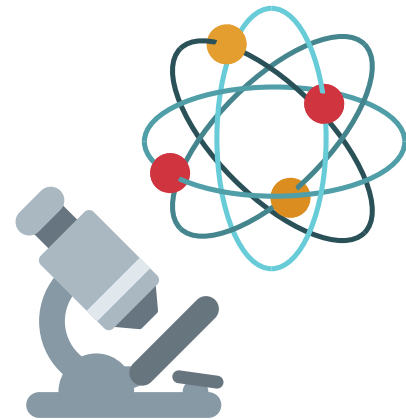
ADOLESCENT AND YOUNG ADULT (AYA) PROGRAM NEWSLETTER

OCTOBER 2019

POST-DOCTORATE RESEARCH FELLOW, JONATHAN AVERY, ON CURRENT AYA RESEARCH

PROVIDING CARE TO ADOLESCENT AND YOUNG ADULTS WITH ADVANCED CANCER

A diagnosis of advanced cancer can be difficult for anyone, but for adolescents and young adults (AYA) (ages 15-39), it can be especially hard on the individual and on their family. AYA are at a stage of life when they are seeking independence and autonomy and are establishing their own identity and values to develop relationships, careers and families of their own. Advanced cancer at this stage of life disrupts this development completely. As a post-doctoral research fellow in the Department of Supportive Care, the goal of my research is to understand the unique experiences of AYA with advanced cancer. I've learned that AYA often feel "stuck" in life and are unsure how to be a young adult when they are constantly getting life-sustaining cancer treatments and managing treatment related side-effects. Through this research, I am hoping to develop specific resources and approaches for health care delivery so AYA can still live a fulfilling life, even if they have an advanced diagnosis.

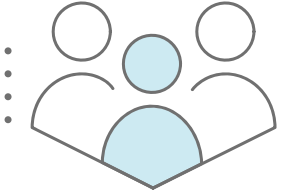


FUTURE RESEARCH GOALS

- 1) How to approach palliative care with AYA when palliation is associated with disease progression and dying.
- 2) Discussing death and dying with the AYA and the family.
- 3) How to approach one's education and career when there is so much uncertainty around the prognosis.

For more information surrounding Jonathan's work, please do not hesitate to contact us at aya@uhn.ca

AYA PROGRAM UPDATES



OCT 24: NEXT AYA MEET-UP

Our upcoming monthly AYA meet-ups will be taking place on Thurs, October 24. Meet-ups take place from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. Participants must register by sending an email with their name and hospital number 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

PINK PEARL: LOCAL SOCIAL

Pink Pearl Canada is happy to announce an upcoming Local Socials in Oshawa this October! The social will take place on **October 30** from 7-9pm at Cork and Bean, 8 Simcoe St N, Oshawa, ON L1G 4R8. To **RSVP**, please email Emily at ambassador@pinkpearlcanada.org at least one week prior to each Local Social. We look forward to connecting with you then!



PINK PEARL: BRAVE BEAUTY CLASSES



Pink Pearl is excited to announce a collaboration with Sephora on their Classes for Confidence, specialized beauty classes to inspire fearlessness and build confidence in those facing cancer. These complimentary 90-minute, hands-on classes are designed by Sephora employees, who are cancer survivors, to support others in their cancer journey. To register and view all upcoming dates, visit: <http://pinkpearlcanada.org/sephora/>

SURVIVE&THRIVE: WEEKEND RETREAT



Spend a weekend playing adventure games in the woods, archery, axe throwing and more. 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.

When: November 1-3, 2019.

Where: Camp Kindle, 29479 Range Road 6.1 A, Water Valley, AB T0M 2E0. To register, visit: <https://bit.ly/2n4wfnm>



RETHINK BREAST CANCER: BOOBYBALL (CANADA-WIDE)



Plunge into the exotic underworld where the mythical and fantastical comes to life at Canada's hottest fundraiser in support of Rethink Breast Cancer's work to impact young women affected by breast cancer, through education, advocacy and support. Various dates in October. To get tickets for either the Calgary, Ottawa, or Vancouver event, visit: <https://bit.ly/2mYohfo>

MONTHLY COMMUNITY UPDATES

Enter our monthly draw and you could win A VIP 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.



Looking for adventure? The next YACC retreat is from November 28-December 2, 2019 at the Edenvale Retreat Centre in Abbotsford, BC.

To register, visit: <https://bit.ly/2ow5EQw>

