

# AYA NEWSLETTER

ADOLESCENT & YOUNG ADULT (AYA) PROGRAM • JUNE 2020



## Sun Protection

**Canadian Cancer Society:** No one is completely safe from the sun. In Canada, sunlight is strong enough to cause skin cancer, premature aging of the skin and harm to the eyes. Skin cancer is the most common type of cancer, and it's also one of the most preventable. With summer approaching

and the news of public spaces reopening, more people will be heading outside to enjoy the nice weather. Maintaining physical distancing is important for everyone's safety, and so is staying sun safe. Exposure to UV rays increases your risk of skin cancer - one of the most common cancers in Canada and one of the most preventable.

To learn why it's so important to protect your skin and your eyes, plus tips on easy ways to do it, click here: <https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/?region=on>

## 5 Sun Safe Tips to Block the Blaze:



# AYA PROGRAM UPDATES

## JUNE 25: VIRTUAL AYA MEET-UP

Our Virtual AYA Meet-up will be scheduled on June 25th from 6:00 p.m - 7:30 p.m. The meet-up will be hosted on the Ontario Telehealth Network (OTN) so all personal health information is safe and protected. We will have a limit of 15 participants so if you are interested, please let us know ASAP by e-mailing us at [aya@uhn.ca](mailto:aya@uhn.ca) and we will send you the invite link.



## COMMUNITY EVENTS & UPDATES

### 20'S & 30'S CANCER SUPPORT GROUP

A support group for people in their 20s & 30s living with or surviving a cancer diagnosis and for individuals recently diagnosed to 5 years out of treatment.

An 8-week virtual support group on Mondays (July 6 to August 24) from 7:00 p.m to 8:30 p.m.

To register, call 416-214-9898 or e-mail, [info@gildasclubtoronto.org](mailto:info@gildasclubtoronto.org)



So That No One Faces Cancer Alone™



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# COMMUNITY EVENTS & UPDATES



## NANNY ANGEL NETWORK (@NANNYANGELS)

Here are the ways Nanny Angel Network has innovated to continue to provide support to mothers with cancer and their children during this pandemic.

**Virtual Childcare Support:** In order to keep their families and volunteers safe, they have suspended in-home visits. However, their moms still need time to rest and get well. Without school to occupy the children and having to deal with children's fears around their mom's illness, compounded by COVID-19, they knew they had to provide a sense of normalcy. Their Nanny Angels continue to support families through virtual visits using Skype, Zoom or simply calling on the phone. Volunteers have access to interactive activities and coping kits to keep kids engaged while maintaining their relationship of trust.

**Meal Support Program:** In response to a critical need to address food scarcity, they are providing prepared dinners for some of their high-risk families who are finding it exceptionally difficult to go out, get groceries and cook meals while also going through active treatment. This is free of charge and delivered directly to the family's home to help make things easier during this pandemic.

Here are some recent media coverage to highlight the meal program:

- <https://globalnews.ca/news/6854337/gta-mothers-cancer-stress-coronavirus/>
- <https://www.durhamregion.com/community-story/9956403-five-nights-a-week-this-durham-mom-with-cancer-doesn-t-need-to-worry-about-dinner/>
- <https://toronto.citynews.ca/video/2020/04/27/nanny-angels-providing-meals-to-mothers-battling-cancer/>

**Homework Angel Club:** With schools closed and parents taking on the role of teacher, they created a way to help relieve the strain on parents. The NAN Homework Angel Program gives each child the support they need to complete their homework, give parents a break during a tumultuous time, and promote a positive learning experience. Children are matched with one homework angel. They meet virtually for one hour per week or more depending on the volunteer's availability. The homework angel helps the child study for tests, complete homework assignments, or even just practice basic skills like reading and math. This is not a specialized tutoring program and volunteers are not required to be teachers. We hope this additional support will give mom's a chance to rest and provide kids with confidence and skills so they won't fall behind. This program will re-launch again in the Fall as the new school year starts.

**Camp in a Box:** This summer, due to Covid-19, NAN has created a new and innovative Ronda Green Camp Program for Children. We are so excited to launch our first "Camp in a Box" for NAN kids. This program will be available to kids ages 3-13. Just like our Homework Angels, kids will be matched with a volunteer camp counsellor who has been meticulously screened by NAN, has a vulnerable sector police clearance and has attended our orientation. A weekly camp box will be delivered to the family and will contain everything needed to complete 2 camp themed activities. A volunteer camp counsellor will complete the activities with the children for approximately 2 hours a week through video call. This program will run from July 6th to August 28th. If you are interested in any of the programs please submit a referral using the link below - <https://nannyangelnetwork.com/request-a-nanny-angel/> If you have any questions you can also contact [sara@nannyangelnetwork.com](mailto:sara@nannyangelnetwork.com) or 416 730 0025 ext 2.



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