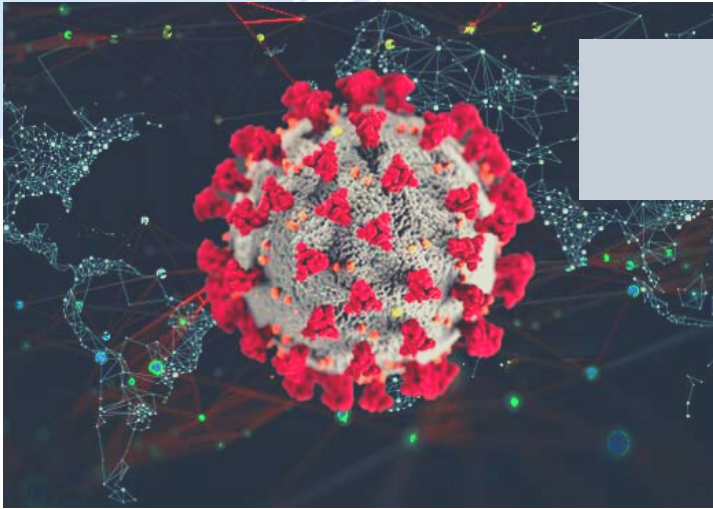


AYA NEWSLETTER

ADOLESCENT & YOUNG ADULT (AYA) PROGRAM • MARCH 2020



COVID-19

Whether or not you are going through active treatment at the moment you likely have concerns about COVID-19 and what it means for you. Coronavirus disease (COVID-19) is an infectious disease that, for the majority of people, will cause mild to moderate respiratory symptoms

however, in people with certain medical conditions the virus may pose an increased risk. For the most up to date information, please visit the World Health Organization's website at www.who.int or www.uhn.ca.

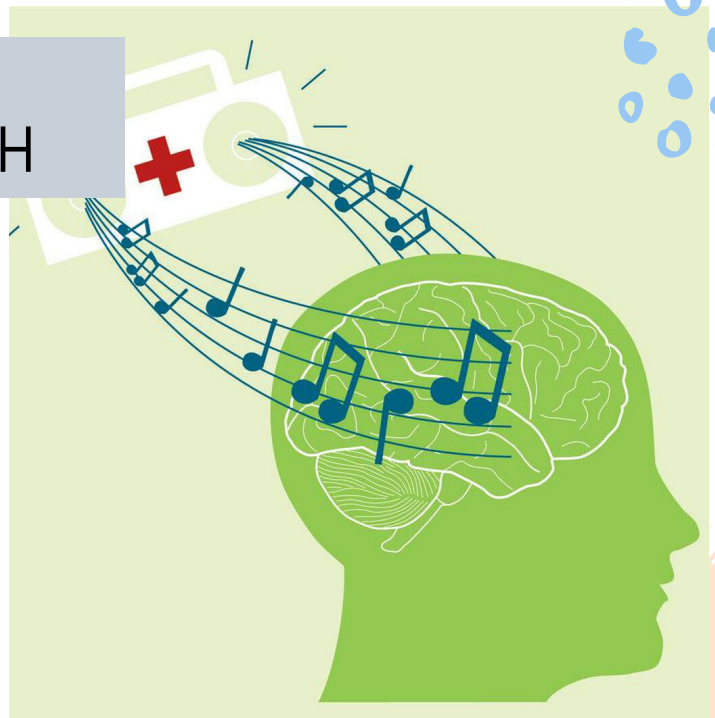
If you are having anxiety related to the COVID-19 situation, there are resources available. The Centre for Addiction and Mental Health (CAMH) in Toronto has compiled some resources for those struggling with anxiety around the virus; you can find it here: <https://bit.ly/33GYQQU>. We will post more resources on our Facebook page and social media.

MUSIC THERAPY AWARENESS MONTH

How can I stay connected while I'm social distancing?

To get you through this tough time, we've tried to compile some options to keep you entertained at home:

You may have heard that Chris Martin and John Legend, among other musicians, have been doing some Instagram live concerts. NPR has compiled a list of free online concerts happening for the month of March, see the link below: <https://n.pr/2Uf5Sc5>





NUTRITION MONTH

Nutrition can be tricky when you're stuck in your house. If you're looking for recipe ideas and want new inspiration, check out the ELLICSR kitchen website for recipes that are designed to manage certain cancer related side effects and are also very nutritious.

<https://bit.ly/2UuuNay>

We all know how important it is to keep moving during cancer treatment which can become particularly difficult when you can't leave the house. Some free options for all levels include the Nike Training Club app, Fitness Blender website and YMCA 360 on Youtube. Many organizations are offering their workout services for free or at reduced rates online at the moment so look around for the best option for you.

AYA PROGRAM UPDATES

AYA CANCER MEET-UP: POSTPONED

In light of the evolving issues surrounding COVID-19 and the recommendations that we engage in social distancing, the cancer meet-up scheduled for March 26, 2020 will be cancelled. For additional program information and inquiries, e-mail us at aya@uhn.ca.

COMMUNITY EVENTS & UPDATES

ACTIVE MATCH

ActiveMatch is a free online service helping individuals to find their (near) perfect exercise partner or small group. The purpose of this service is to help women who have been diagnosed with cancer connect with similar women who are looking for support and guidance to help start, continue, or change their exercise routines.

If you're interested, you can join here:

<https://app.activematch.ca/profiles/register/>



Check out Pink Pearl Canada's resources and ideas to help us all connect over these next few weeks:

1. Gratitude Emails - Since we can't send actual mail at this time, they are encouraging everyone to send a message (can be over your chosen platform) to another participant at one of their retreats who positively impacted them over that weekend. If you don't have their contact information please send your e-mail and who you want it to get delivered to, to programs@pinkpearlcanada.org and they will forward along.

P.S: Don't feel like you need to keep this to the Pink Pearl community... now is a great time to pass on some gratitude to anyone in your circle!

2. Sound Baths & Meditation - As many of you experienced at their retreats, their Programs & Communication Manager Melaina is also a Reiki Practitioner and Yoga Teacher. Her IGTV @saltotree has 5 minute Sound Baths posted for you to take some quiet time to reflect here. Melaina also offers distance reiki, if this is of interest to you, you can send her an e-mail at melaina@saltotree.com.

4. A little extra support - As always, if you are feeling like you need someone to talk to, you can reach out to their wonderful Social Worker Ashley Mikitzel at support@pinkpearlcanada.org

