



# Adolescent and Young Adult Cancer

## Newsletter

Welcome to the Huntsman-Intermountain Adolescent and Young Adult (HIAYA) Cancer Care Program's very first newsletter!

The 'Adolescent and Young Adult Cancer Newsletter' is a newsletter that will be available to you 3 times a year. You will be able to find current information about adolescent and young adults (AYA) during cancer treatment and into survivorship. AYA cancer patients have unique needs as cancer may interrupt school, work, family/family planning, parenthood and many more.

This newsletter will contain a wide range of AYA specific content including:

- Local support programs and events
- Research opportunities and new AYA studies
- HIAYA program updates
- An calendar of events at Huntsman Cancer Hospital and Intermountain Healthcare
- AYA resources and grant programs
- Healthy recipes
- And much more!

To subscribe to the HIAYA Newsletter [CLICK HERE](#) or visit: <http://eepurl.com/haEuP1>

Sincerely,  
The HIAYA Team

# About HIAYA



The Huntsman-Intermountain Adolescent and Young Adult (HIAYA) Cancer Care Program serves adolescents and young adults (AYAs) between 15 and 39 years old who have been diagnosed with cancer.

A cancer diagnosis presents different challenges for AYAs. Cancer can disrupt big milestones that commonly happen during this age range like completing school, choosing a career path, building personal relationships, and working toward emotional, social, and financial independence.

HIAYA seeks to address the unique needs of AYAs in Utah and the surrounding states. We currently offer:

- AYA Patient Navigators to help guide young people through their cancer care
- Social media connection: Facebook, Twitter, and Instagram

We collaborate with many health care organizations, including Intermountain Health Care, Primary Children's Hospital, and community oncologists, to ensure AYAs receive the immediate and long-term support services necessary to meet their unique needs.



## HIAYA Patient and Family Advisory Board



The mission of the HIAYA Cancer Care Program Patient and Family Advisory Board (PFAB) is to advise, direct, and support the working group, navigators, and subcommittees to ensure that patients and their families are the first priority of the program. The PFAB board consists of patients, caregivers, researchers and a clinical team including oncologists and patient navigators. It's our goal to advocate on behalf of adolescent and young adult patient, survivors, and their caregivers, through all stages of disease, treatment, and survivorship. The patients and caregivers have the role of advising the navigators, working group, and research team on program decisions and direction.

# COVID-19 AYA Resource Response

Here in Utah, we are starting to reopen slowly as we are phasing out the Coronavirus (COVID-19) pandemic. This is a scary time for AYA cancer patients. It is important to protect ourselves and avoid going out for any non-essential reasons. Guidelines pertaining to your county can be found at Utah's Health Guidelines System.

We recognize that the COVID-19 crisis may have especially affected those who have a history of cancer. The HIAYA team has some helpful resources that cancer patients may benefit from. These resources range from financial, food, and mental health assistance as well as educational tools.



## Financial

- [Lymphoma Research Foundation Financial Assistance Grant](#)
- [The Assistance Fund COVID-19 Health Insurance Assistance Program](#)



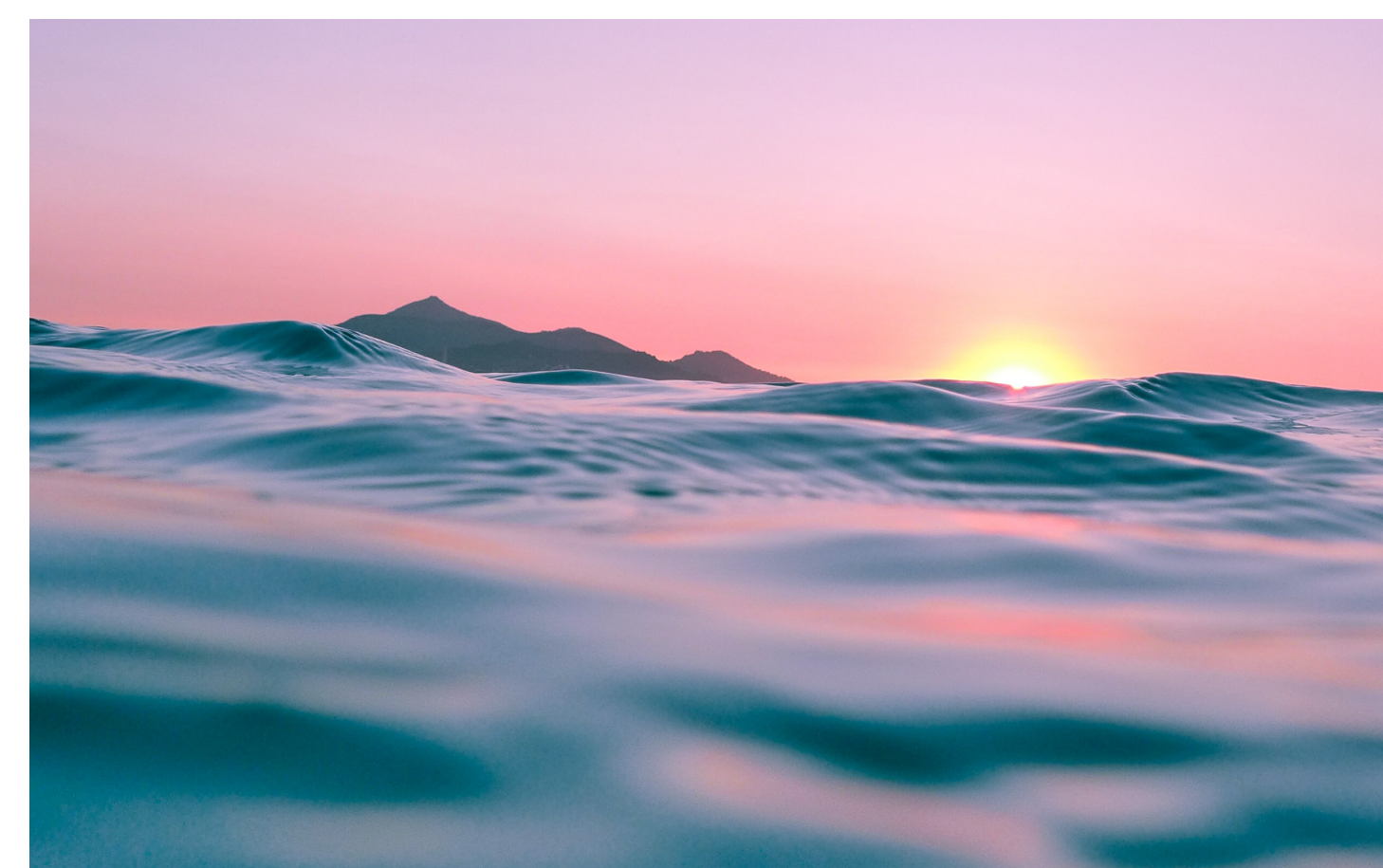
## Food

- [Team Rubicon COVID-19 Emergency Food Assistance Program](#)
- [Relief Packs Utah](#)
- [United Way of Salt Lake 2-1-1 Program](#)



## Mental Health

- [Emotional Health Relief Hotline](#)
- [United Way of Salt Lake 2-1-1 Program](#)



## Educational

- [COVID AYA Cancer](#)
- [Triage Cancer](#)
- [Stupid Cancer](#)
- [Stand up to cancer blog](#)
- [Living Beyond Breast Cancer](#)



# Black Lives Matter

Dear HIAYA Cancer Community:

The murder of George Floyd in May 2020 was one of the countless murders of Black Americans caught on video for the world to see. This time, however, George Floyd's murder sparked a revolution across the country to address the crisis of racism. This movement has pushed many people and organizations to begin conversations about racial inequities, health equity, and the value of Black lives and the lives of other racial and ethnic minorities in our country.

Racism is a deeply rooted and systemic problem that affects the health and well-being of millions of Americans, including young cancer patients and caregivers of color. The HIAYA Program and our sponsor institutions, Huntsman Cancer Institute and Intermountain Healthcare, are dedicated to bettering our organizations to promote racial equity with the goal of improving health for all communities that we serve. We realize that identifying and correcting inequitable and biased systems will require a long-term commitment by all members of our program and each institution as a whole. We are also aware that those with power and privilege should be taking significant responsibility in addressing such structural inequities and biases. There is a long history of injustice in our country that has led to our existing systems. Creating equitable systems for adolescent and young adult cancer patients and caregivers of color will take a substantial amount of work and reflection, which we as a program are dedicated to working toward.

Institutional Statements about Racial Inequity:

- [Huntsman Cancer Institute](#)
- [Intermountain Healthcare](#)

Black Lives Matter.

The HIAYA team is diligently working on identifying ways to achieve a more equitable system for patients, including research to inform evidence-based programmatic change, working with our institutions to ensure that faculty and staff are trained on racial inequity, and ways to diversify the HIAYA Patient and Family Advisory Board. We want you to know that the HIAYA Program hears you, cares, and is focused on making tangible changes.

To further understand what systemic racism means and how it works, check out these resources:

- [NPR - What Systemic Racism Means and The Way It Harms Communities](#)
- [Vox - The systemic racism black Americans face, explained in 9 charts](#)

In solidarity,

The HIAYA Program

# Young Adult Connections

Join us for a casual and fun monthly online group dedicated to young adults ages 18-39 who have had a cancer diagnosis. Young Adult Connections offers a chance for you to meet other local young adults who “get it.” Our hope is to help you feel a little less alone and more connected and empowered during these tough times. Feel free to bring a guest!

Events take place every third Thursday of the month at 7 pm through Zoom. The activities vary and will be announced on HIAYA social media each month! Here is the info to join:

## Virtual Young Adult Connections

Join Zoom Meeting

<https://utah-health.zoom.us/j/95799258386?pwd=eklFMEJlTnVNWkdWMnN4Yzh5SFN2UT09>

Meeting ID: 957 9925 8386

Password: 642416



## Stay Connected!

Join us on social media and stay connected with other AYA patients, survivors, and caregivers!

Connect with an AYA Patient Navigator  
aya@imail.org or 801-507-3889



@HIAYACANCER



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HIAYA CANCER  
GROUP



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