Adolescent & Young Adult Cancer Newsletter

HIAYA
Huntsman Cancer Institute

2022 Fall Newsletter

The Fall Adolescent and Young Adult (AYA) Newsletter covers lots of topics including:

- AYA Happenings and AYA Conference
- HIAYA Young Adult Connections
- Cancer Podcasts
- ISEAFA Patient Spotlight
- Cancer and Wellness Resources
- Research Study Opportunity
- Huntsman and Intermountain HIAYA websites

To subscribe to the HIAYA Newsletter CLICK HERE

Sincerely,
Kathryn Bates
AYA Program Manager and Patient Navigator
Huntsman Cancer Institute

AYA Happenings

A Warm Message from HIAYA Leadership

Happy Fall HIAYA fam! Thank you all for your engagement in our HIAYA community and we are looking forward to more in the weeks and months to come! We are very proud of our patients who are navigating treatment, school, work, and life while going through treatment, alone with treatment, or having a loved one going through treatment. We are also proud of our providers who work with our AYA patients and families to provide the best care and support for our young people with cancer! Our patient navigators, I have been getting to interact with them more and they are so amazing! Thank you for all the work you do! We are looking forward to more in person events and connections in the coming months! Hope to see you in the hallways!

Sincerely,
Kathryn Bates
AYA Program Manager and Patient Navigator
Huntsman Cancer Institute

HIAYA Young Adult Connections

Our Young Adult Connections events are for AYA patients who are currently in treatment or survivors up to 35. We have been having a great time the past few months! The events are generally held every 2 weeks on Wednesday evenings. Check out the HIAYA Instagram and Facebook for information about the events. We hope you all will join us!

Upcoming Events

AYA Community Events

Spirited Cooker will be hosting a one day virtual conference packed with great information and opportunity to connect to your JDA community! Save the date and stay tuned for more information.

Check out Elephants and Tea's website to see see what fun, supportive and informational events are in store for you!

Click here to access the website

Cancer and Supportive Apps

RELIVAS Beating Cancer Together
- Connect to a community
- Treatment navigation tools and tips
- Track your health and symptoms
- Connect with your care team
- Crowd-sourced recommendations
- Find clinical trials
- Message teams where you can
- Manage appointments
- Access documents

Livestrong Cancer Support
- Track your health and symptoms (mood, pain, stress, and others)
- Find cancer resources
- Find cancer clinics
- Stay connected with loved ones
- Stay connected with your care team
- Track upcoming events, tasks, and appointments

CancerBuddy
- A social network for people facing cancer
- Find cancer support and other information
- Medicines support group led by cancer survivors and caregivers

Caring Bridge
- Free personal websites for patients and caregivers to share updates with family and friends
- Journal to record with messages and photos
- Connection to GoFundme
- Add a Care Calendar

CancerMonitor: Cancer Health Diary
- Helps track symptoms, and medication side effects
- Helps track medication adherence
- Helps track appointments
- Helps you manage tasks so you can focus on your health and others during treatment

Vitrigo for Patients
- Medical journal stores data
- Medical information organizer
- Medication reminder
- Find appointments, savings and support

Cancer Podcasts

Check out these cancer podcasts to hear patient stories and perspectives, as well as learn about tools and resources!

These podcast can be found on the many various podcast platforms.

HIAYA Patient Spotlight

Brittney Connelley

Hope Brittney A member of the Huntsman Cancer Institute family and a survivor of Ewing's sarcoma and osteosarcoma!

Can you tell us about yourself?

My name is Brittney Connelley. I am a 26 year old cancer survivor. I am a wife, a mom, a sister, a friend, and a cancer survivor. I love to read, watch movies, cook, do crafts, and spend time with my friends and my children.

Can you tell us about your journey?

Long story short, that was how I found out I had a tumor in my left ankle. I underwent 12 weeks of chemotherapy, followed by a 6 hour surgery to remove the tumor and reconstruct my ankle. I then underwent 5 weeks of radiation. They all put me in a medically induced coma for the surgery. I woke up to the news that I had cancer. I had to relearn to walk and do everything all over again.

Not long after, I found out I was pregnant and I had to go cold turkey and it decided to become my morning sickness. I had to deal with the pain from the surgery and the pain from the baby growing and I had our daughter to be a mom. The joys of home ownership and being a mom to a little girl. I had to deal with all of this while everything was on crutches trying to learn how to walk again.

What made you want to be a part of HIAYA, join the events, and share your story?

I became a part of HIAYA cause I get really sick. No one understands what you go through. Not even your family members. I wanted to be a part of HIAYA so I can help other people who have been through or going through what I have been through. I want to be a part of HIAYA so I can be a shoulder to cry on for someone who needs one. I want to be a part of HIAYA because I want to be a mentor to someone who is going through what I have been through. I want to be a part of HIAYA because I want to be a mentor to someone who is going through what I have been through. I want to be a part of HIAYA because I want to be a mentor to someone who is going through what I have been through.

What is your favorite trip you have taken and why?

My favorite trip was Disneyland. It was definitely not my first time but it was as much fun as it was the first time. It was as much fun through and I made so many memories that I will never ever forget. It was the best trip I have ever had in my life.

Cancer and Wellness Resources

Huntsman Cancer Institute

Creative Arts

The Huntsman Cancer Institute offers a variety of creative arts classes for patients to express themselves.

Music Therapy

Connect with music and explore your feelings, relieve stress, improve your mood, and more. Monday through Friday. Huntsman Cancer Institute

Fitness & Exercise

A variety of fitness and exercise classes. Classes are offered in the Huntsman Cancer Institute and online.

Social Workers & Support groups

Social workers are available to patients and their families. Support groups are available. Contact your social worker for information and for fees.

Intermountain Healthcare

Live Well Center

Live Well Center offers classes to support through diseases, nutrition, exercise, and more. Intermountain Healthcare

Move Well

Move Well offers classes available to you about other health and wellness. Intermountain Healthcare

Psychosocial & Behavioral Support Services

A variety of counseling services are available to patients and their families. Please contact your social worker for information.

Chelsey Morgan, LCSW
Intermountain Healthcare
Cancer Care Coordinator Manager
801-662-5000 | Chelsey.Morgan@imhc.com

Fun Fall Recipes

Apple Pumpkin Shake

Serves: 2

Per Serving: 1331 calories, 19 g fat, 270 g carbs, 9 g fiber, 124 g sugars, 5 g fiber, 15g protein, 1,2mg sodium

Ingredients:
- 2 cups canned pumpkin
- 2 cups milk
- ½ cup apple cider
- 2 tbsp. pumpkin pie spices, if possible!
- ½ tsp ground nutmeg
- 2 tbsp. maple syrup

Cooking Directions:
Place all ingredients in a blender and enjoy! Adjust spices to your liking and add more milk or ice cubes if you find the drink too thick! Garnish with whipped cream, if desired!

Recipe From: https://www.thefoodhussy.com/apple-pumpkin-shake-recipe/

Cinnamon Hot Chocolate

Prep Time: 5 minutes

Cook Time: 5 minutes

Serves: 4

Per Serving: (without marshmallows) 277 calories, 16 g fat, 30 g carbs, 5 g fiber, 15g protein, 1,2mg sodium

Ingredients:
- 2 cups whole milk (or any other milk you prefer)
- 1 cinnamon stick
- 2 ounces semi-sweet chocolate, about 1 cup of chocolate chips
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract

Cooking Directions:
Heat milk, cinnamon stick, vanilla and cocoa powder in a saucepan on low heat, stirring occasionally. Whisk in the chocolate chips and cocoa powder until the cocoa is melted and the chocolate is dissolved.
Remove the cinnamon stick and serve hot and with cinnamon sticks. Add a dash of cinnamon to the top.
Add a few marshmallows and whipped cream to make it fancy!

Recipe from: www.foodhit.com

Research Study Opportunity

We need your help for the CORET study!

We are exploring ways to curb the rising cancer rates in young adults. A major contributor to this is the ever-changing cancer interdiction that occurs during the critical period of maturing into young adulthood. Young cancer patients are exposed to a variety of cancer-causing technologies that are commonly used in the workplace that have the potential to cause cancer and help us to find ways to stop of harmful cancer interdiction.

For more information reach out to Kathryn Bates, Kathryn.Bates@hci.utah.edu

Contact a Navigator

Huntsman Cancer Institute - HIAYA Website

Intermountain Healthcare - HIAYA Website

Reach out today if you or a loved ones need:
- Financial assistance
- Insurance assistance
- Transportation assistance
- Adjustment
- Fertility
- Therapy services
- Nutrition services
- Wellness resources
- Survivorship services
- Support groups
- Mentorship

Stay Connected!

Join us on social media and stay connected! Follow the Huntsman Cancer Institute!