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**CHECK OUT OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

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PCCN Brampton News

Alison Price, from the Canadian Mental Health Association, came by in April to do a presentation. We all experience different levels of mental health during our lifetimes with one in five people having to deal with mental illness at some point.

Mental health is not really that different from physical health and as such should be thought of in the same way. Mental illness should be regarded more like cancer or heart disease. It is something that affects a lot of people but there are things we can do to treat it and choices we can make to improve it.

A large part of the month of May is spent planning and doing much of the legwork for our upcoming June events:

On Sunday, June 21st we have the annual **Do it for Dads Father's Day Walk/Run** at Mississauga Valley Park. Jim Dorsey is the acting co-ordinator for the event. Several hundred cancer survivors, their families and supporters come out for the walk each year and it is a good way to get a little exercise while promoting prostate cancer awareness.

A week later on Saturday, June 27th we will be holding our **15th Annual PCCN Brampton Charity Golf Tournament** at Glen Eagle Golf Course on highway 50 near Bolton. This is one of our major fund raising events and a lot of fun as well. More information can be found below in the newsletter.

For both events we could use volunteers to help with morning registrations, setting up equipment, posting signs, selling raffle tickets, and so on. If you can spare some time during the event, please let us know and we will put you to work.

Gary Foote / Jim Dorsey - Newsletter Editors

E-Mail: visact@rogers.com / jfdorsey@yahoo.com



Next General Meeting, Tuesday, May 12th, 2015 – 7:00pm

Tyler Small of the **MOvember Foundation** and **Maureen Rowlands**, *Director, Health Promotion & Survivorship* at **Prostate Cancer Canada (PCC)** will update us on the status of the innovative [True NTH initiative](#) and its component projects and MOvember's role in the funding.

The PCC website states that "*True NTH will provide information and resources on a variety of topics, such as physical, mental and spiritual wellbeing, to help improve the lives of prostate cancer survivors and their partners, caregivers and family members across Canada.*"

The "Advance Care Planning" project is one of the first of the True NTH components to be released to the public and is a collaboration between the **Canadian Hospice Palliative Care Association (CHPCA)** and **PCC**.

Following Tyler & Maureen's presentation **Anna Johann** and **Nanci Corrigan**, who are coming from Ottawa courtesy of **CHPCA**, will deliver a workshop entitled "**Advance Care Planning: Support for Men with Prostate Cancer, their Partners, Families and Caregivers**".

This workshop will explain:

- What advance care planning is.
- Why it is important for people diagnosed with prostate cancer.
- About the process of advance care planning.
- About the resources available to help with advance care planning.

This promises to be a very interesting evening, focused on the needs of prostate cancer survivors and our supporters rather than on medical advances and research into causes and treatments.

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-1812.

We look forward to seeing you in Room #2, upstairs at The Terry Miller Recreation Center, 1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road. Parking as always is free.



Last General Meeting, Tuesday, April 14th, 2015

Alison Pryce of the Canadian Mental Health Association – Peel Branch (CMHA Peel)

For over 50 years, the Canadian Mental Health Association – Peel Branch (CMHA Peel) has provided services for people with mental illness and for educating Peel residents about mental health issues. They are innovative partners in strengthening individual support and developing a responsive mental health system. CMHA Peel champions good mental health for everyone and supports the full participation of those with mental illness and addiction.

Mental Health is something we all have to deal with from time to time. When we are well and things in our lives are going good we usually experience good mental health at the same time. When physical illness or personal difficulties arise our mental health often suffers as well. Physical factors, chemical imbalances, substance abuse, traumatic events and social or psychological factors can all contribute to bad mental health or mental illness.

Like physical health, there are also specific conditions that can affect our mental health and one in 5 people will deal with significant mental illness in their lifetime. Since there is a certain stigma attached to mental illness these people often suffer in silence and that is something CMHA is working to change. Among the most common mental illness is severe depression. Family and friends may react with a variety of their own emotions when dealing with someone who experiences mental illness but there is help and hope for most individuals.

As many as 70% of young adults will experience mental health problems. Many of these start in early childhood. Twice as many women as men are diagnosed, perhaps due to the fact that men are more inclined to hide their conditions, while women may be more inclined to visit their doctor. About one in eight cases of mental illness will require hospitalization at some point as well. The prevalence of mental illness rivals that of cancer and heart disease but does not receive the same attention. Many of the variations of mental illness can be treated with medication but some of these can have serious side effects so it is important to stay in contact with your doctor to review your progress.

A short list of things that individuals can do for themselves to promote good mental health would include: exercising, interacting with people, getting out in the world, participating in activities, volunteering, learning new skills, eating a healthy diet. We can all do these things to facilitate our own mental health and those of friends and relatives who are affected.

For more information visit the web-site: www.peel.cmha.ca or call 905-451-2123



Upcoming PCCN Brampton Meetings / Events:

Tuesday, May 12th, 2015, 7 p.m.
**Canadian Hospice Palliative Care Association, MOvember and PCC
Update on the True NTH program**

Tuesday, June 9th, 2015, 7 p.m.
Annual End-of-Year Potluck and Social Evening

Saturday, June 20st, 2015
Do it for Dads ATV Ride of Hope.

Sunday, June 21st, 2015
2nd Annual Do it for Dads Father's Day Walk/Run, Mississauga Valley Park.

Saturday, June 27th, 2015
15th Annual Charity Golf Tournament, Glen Eagle Golf Club, Bolton.

Tuesday, September 8th, 2015
**Dr. Richard Casey, Urologist and one of our chapter's favourite speakers.
Topic to be announced when confirmed.**

Sunday, September 13th, 2015
9th Annual Cruisin' for a Cure Canada, Powerade Centre, Brampton.

**Speaker suggestions from members are always welcomed; please watch our website for
complete meeting agendas and updated speaker profiles!**

Kim Vogel, Speaker Coordinator:
(416) 806-9619 or Email: kimvogel@leaderabilityconsulting.com

*Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances.
We will always provide as much advance notice as possible when a speaker has to reschedule.*

The Prostate Cancer Canada Website

The PCC website at <http://prostatecancer.ca/> continues to improve and is continuously updated as well with news items, results of research, new and improved methods of diagnosis, treatment and support and many other aspects of prostate cancer. Definitely worth browsing regularly. The excellent Expert Angle Webinars can be accessed at <http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E>.

[Do it for Dads Father's Day Walk Run – June 21, 2015](#)

We are once again organizing the **Peel – Mississauga Do it for Dads Father's Day Walk Run** in partnership with our good friends from **PCCN Oakville-Mississauga**.

For the second year, we are holding the event at the beautiful [Mississauga Valley Park](#), located at 1275 Mississauga Valley Blvd., just east of Square One.

Registration is at 8 a.m. with a start time of 10 a.m.

[Water Depot Oakville](#) will again be providing bottled water for our walkers.

As in past years, the event should be finished by Noon, leaving plenty of time for you to continue to honour Dad on his day.

To join our team, **PCCN Brampton**, or to sponsor it, [click here](#).

There are a total of nine Father's Day Walk Run events across Canada.

For more information on the event and other locations, visit www.doitfordads.com/walkrun.

For more information: **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.





PCCN Brampton Bram-O-Gram

15th Annual PCCN Brampton Charity Golf Tournament

Our Golf Tournament will be held this year on Saturday, June 27th at the beautiful Glen Eagle Golf Course north on highway 50, near Bolton. Registration will begin at 8:00 am with a shotgun start for the tournament at 9:00 am. The course offers coffee and breakfast items at the snack bar and free use of the driving range, starting at 7:45 am.

The cost is \$120 which includes use of the driving range, green fees, power cart, lunch and small prizes for the participants. Please forward this information to any golfers that you may know who may be interested in attending.



Glen Eagle Web-Site: <http://www.gleneagle.ca/>

For more information please contact a member of the Golf Committee:

Ron Clayton 905-584-2095

Gary Foote 905-458-6650

Morris Rambout 905-793-8843

John Hughes 905-793-4627

Jack Dainton 905-793-0205

Steve Hutton 905-840-7937

9th Cruisin' for a Cure, September 13, 2015 – Help Needed

Our 9th Annual Cruisin' for a Cure Canada will be dedicated to **Percy Bedard**, one of our heroes, whose successful 2012 campaign led to OHIP covering the cost of Zytiga and similar drugs for Ontario men. Percy's family and his amazing caregiver, **Heather Redick**, will join us for a tribute to Percy.



HELP! One of our most valued community partners, the **Over 'N' Under Car Club**, will again operate the "U Choose Raffle." Last year, they raised about \$4,000, collecting suitable prizes from community donors, organizing & transporting the prizes, selling tickets and drawing the winning tickets. They are willing to do the organizing, selling and drawing again, but we need at least 65 suitable prizes in order for this raffle to be a success.

If you have unused items that you would like to donate, PLEASE contact me and we will arrange for pickup. Prizes need not be automobile-oriented. Past prizes have included bathroom accessories & towels and tea kettles right alongside car cleaning kits and hand tools.

Remember that the net amount raised from Cruisin' for a Cure goes to Prostate Cancer Canada for its awareness, education and support activities.

For more information: **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



[Recently Diagnosed? – Contact PCCN-Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you're a new member. One of our peer counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the Terry Miller Recreation Centre.

Steering Committee Meetings are held two weeks plus a day later on the **FOURTH WEDNESDAY** of each month, September through June, at 7:00 PM. Steering Committee Meetings are held in the Community Room at the Fortino's at Hurontario and Bovaird.

Family members, friends & supporters are always welcome at any of our Meetings!

[Jim Dorsey:](#) (905) 453-3038

[Gary Foote:](#) (905) 458-1812

Note that we accept phone calls throughout the year.

If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.

[Regular “Snail Mail” Costs Money – Please Consider Email](#)

Regular printing and mailing now costs us well over a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact:

Gary Foote, 905-458-1812, E-Mail: visact@rogers.com

If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>