



**March 2014**  
**Volume 14 Issue 3**

## INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last Meeting Review
- 4** Upcoming Meetings / Events
- 5** Research Study  
PCC Expert Angle Webinars
- 6** New at prostatecancer.ca  
Do It for Dads Walk Run
- 7** Rock the Road Raffle
- 8** Recently Diagnosed?

This newsletter is made possible by an unrestricted operational grant from Janssen, Inc.

---

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

---

PCCN Brampton

[www.pccnbrampton.ca](http://www.pccnbrampton.ca)  
[info@pccnbrampton.ca](mailto:info@pccnbrampton.ca)

Phone No: 905-458-1812

Fax No: 905-840-9474

## PCCN Brampton News

**Gael Miles & Larry Zacher**, Board Members of Wellspring Chinguacousy, joined us Tuesday February 11<sup>th</sup> to speak about Wellspring and the programs they offer. Both of them were instrumental in the process of bringing a Wellspring centre to Brampton. This involved considerable effort and fund raising to meet Wellspring's criteria for a centre.

Founded in Toronto in 1992, Wellspring is an innovative network of centres providing high-quality cancer support, education and coping skills to a growing number of individuals, family members and caregivers in Canada.

Wellspring Chinguacousy is the cancer support centre located in Brampton. It is a warm, inviting home where cancer patients and their families can come to talk with others who understand what they are going through. They can also attend programs that help them cope with the emotional and psychological impacts of the disease. All programs and services are offered free of charge and without referral.

Wellspring programs are open to individuals and caregivers who are coping with any type of cancer, at any stage. They include individual and group support, coping skills, expressive therapies, energy work and educational workshops and presentations and are housed at home-like, non-institutional centres.

You can visit their web-site [www.wellspringching.ca](http://www.wellspringching.ca) for additional information.

The Prostate Extreme Team's Rock the Snow sled was won by **Terry Fellner** of Seguin, ON. The winning ticket was drawn by **Rocco Rossi**, President & CEO of Prostate Cancer at a banquet on February 15<sup>th</sup> in Gravenhurst.

**Jim Dorsey / Gary Foote - Newsletter Editors**



### *Next General Meeting, Tuesday, March 11<sup>th</sup>, 2014 – 7:00pm*

**Maureen Rowlands**, the *Director of Support Services at Prostate Cancer Canada* will discuss new support and survivorship programs that are being implemented by PCC.

Maureen is the Director of Support Services at Prostate Cancer Canada, the department accountable for providing information, resources and support to prostate cancer survivors and their circle of care and support. She is leading the development and implementation of a nationwide patient-centered survivorship strategy with the goal to achieve substantial and measurable improvement in quality of life for prostate cancer survivors and their partners, caregivers and family members across Canada.

One of Maureen's key roles is the establishment and oversight of a trans-disciplinary national collaborative network that draws on professionals from both clinical and community settings. The network aims to create strategies that have a positive impact on clinical practice, create supportive environments and strengthen links between community and clinical settings. The process will catalyze innovation that delivers system-wide improvements to create and implement evidence-based health solutions. Maureen is a strategic leader with many years of experience in leading health services, program evaluation, knowledge transfer and fostering strategic partnerships.

Maureen holds a Bachelor of Science in Health Education from Dalhousie University and a Master of Arts in Educational Studies from the University of British Columbia

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

Parking as always is free.

Please forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca)



### *Last General Meeting, Tuesday, February 11th, 2014*

**Gael Miles and Larry Zacher**, Board Members of Wellspring Chinguacousy, joined us Tuesday February 11<sup>th</sup> to speak about Wellspring and the programs they offer.

Gael herself went through breast cancer in 2004 and admits to feeling isolated at the time and she felt that more support was necessary for patients, families and caregivers. She became involved with the Bramalea United Church's "Evening of Hope" and later was instrumental in bringing Wellspring to Brampton.

This wasn't an easy task since Wellspring has fairly demanding requirements before they will sanction a centre in your area. Initial and ongoing funding must be secured and a site and building constructed. Members of the Brampton community stepped up big time with both land and construction costs being donated to the cause. A foundation was created to provide ongoing support for the centre and they raised the prerequisite 2 years funding required to proceed with the centre's construction.

The Wellspring Chinguacousy Centre is located on the Southwest corner of Torbram and Father Tobin. It is operated by a team of some 100 volunteers providing a variety of support programs to cancer patients and their supporters.

These programs provide help dealing with the fear and stress of a cancer diagnosis. There are various support sessions including financial counseling, nutrition, exercise, yoga and a whole variety of programs that help patients realize that they are not alone in the battle with cancer. As we have seen through our own support group, meeting with other cancer survivors and sharing their journeys helps empower patients in ways that make them feel that they can have a positive effect on their own prognosis.

During the year PCCN Brampton and The Prostate Extreme Team and Steve Hutton, in particular, help to raise ongoing funds for the local chapter of Wellspring.

During the meeting we presented Gael and Larry with a ceremonial cheque from PCCN Brampton for \$2000.00 which we had actually provided sometime earlier.

You can visit their web-site [www.wellspringching.ca](http://www.wellspringching.ca) for additional information.



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

If you have any ideas for suitable interesting speakers for our monthly PCCN Brampton meetings, contact **Kim Vogel** at (416) 806-9619 or Email: [kimvogel@leaderabilityconsulting.com](mailto:kimvogel@leaderabilityconsulting.com)

**Tuesday, March 11<sup>th</sup>, 2014**

**Maureen Rowlands, PCC's Director of Support Services  
Prostate Cancer Canada Survivorship Programs**

**Friday, March 21<sup>st</sup> to Sunday, March 23<sup>rd</sup>, 2014**

**MegaSpeed Custom Car and Truck Show, \$20 admission  
International Centre, 10 – 10 Friday & Saturday, 10 to 6 Sunday**

**Sunday, March 30<sup>th</sup>, 2014, registration starting @ Noon  
11<sup>th</sup> Annual Circle of Hope, \$15 including hot buffet lunch  
Sagan Banquet Hall, 7180 Edwards Blvd., Mississauga L5S 1Z1**

**Tuesday, April 8<sup>th</sup>, 2014**

**Dr. Stuart Edmonds, PCC's VP, Research, Health Promotion and Survivorship  
Prostate Cancer Canada Research Programs**

**Tuesday, May 13<sup>th</sup>, 2014**

**Tentative – Dr. Robert Bristow, University Health Network  
New Developments**

**Tuesday, June 10<sup>th</sup>, 2014**

**End of Year Potluck and Social Evening  
A Special Guest is Possible as Well!**

**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](mailto:kimvogel@leaderabilityconsulting.com)**

*Please Note: We try as best we can to plan great speakers and topics; however, 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.*



### [Your Invitation to Participate in a Research Study](#)

In November Dr. Guy Falkner and Dr. Linda Trinh presented to the group about the benefits of being active for cancer survivors. At that time they mentioned that they are working to develop a mobile application designed to reduce prolonged sitting.

They are looking for participants to provide their thoughts about sedentary behaviour and the desired features of the design of the mobile application to reduce sitting time. Participants will be compensated \$20 upon completion of the study.

Participant criteria:

- Diagnosed with prostate cancer
- Currently receiving androgen deprivation therapy (ADT), and/or have received ADT for at least 6 months
- 18 years of age or older
- Proficient in English

You will be participating in two 70-minute interviews to discuss your thoughts. The interviews may take place before general meetings.

**FOR MORE INFORMATION PLEASE CONTACT: DR. LINDA TRINH (RESEARCH CO-ORDINATOR) AT (416) 978-4795**

### [Expert Angle: Prostate Cancer Canada Webinars](#)

Learn more about PCC's webinars at <http://prostatecancer.ca/Support/Expert-Angle>. The Expert Angle sessions address topics important to men with Prostate Cancer and their caregivers as well as the general public and clinicians.

PCC uses interactive on-line technology to make leading experts in Prostate Cancer accessible to anyone, regardless of their location.

The platform used allows PCC to communicate with individuals in a variety of settings, e.g., homes, support group meetings and community centres.

Upcoming sessions:

- Tuesday, March 11<sup>th</sup> @ 7 p.m. EST **Dr. Rob Bristow**, *The Personal Genetics of Prostate Cancer: Closer Than Ever to Personalized Treatment for Our Patients*. [Register Here](#). (Note that is the date of our March meeting. This session will be



## PCCN Brampton Bram-O-Gram

taped and accessible on the Expert Angle website. We also hope to have Dr. Bristow address our May 13<sup>th</sup> meeting.)

- Tuesday, May 13<sup>th</sup> @ 7 p.m. EST **Dr. Scott North**, *Clinical Trials: Everything You Need to Know*. [Register Here](#).

### [New at prostatecancer.ca](#)

The new **Prostate Cancer Information Service (PCIS)** allows newly diagnosed men to speak with medical professionals on the telephone.

**Telephone 1 -855-PCC-INFO (1-855-722-4636) or email [support@prostatecancer.ca](mailto:support@prostatecancer.ca)**

*The Prostate Cancer Information Service (PCIS) provides information and support throughout the cancer journey. Available in a number of languages, these confidential and evidence-based services include:*

- *phone line*
- *email response*
- *distribution of resources*
- *referral to Prostate Cancer Canada programs*

*The PCIS is available for everyone, including:*

- *men with prostate cancer*
- *a patient's circle of care (partners, caregivers, family, friends)*
- *the general public*
- *healthcare professionals*

### [Do it for Dads Walk Run, Sunday, June 15, 2014](#)

As we pointed out last issue, the Peel Region Father's Day Walk has been renamed to the Peel Region – Mississauga Do it for Dads Walk Run. Do it for Dads will ultimately become "a rallying cry to empower Canadians to end this terrible disease," as Rocco Rossi stated.

Note that we are moving the event to Mississauga Valley Park, just east of Square One in Mississauga. Paul Henshall has already created the **PCCN Brampton** team. You can donate and/or join the team [HERE](#). If you register before March 15<sup>th</sup>, you will be entered into a draw to win a \$50 gift certificate for your choice of Bon Appétit or Canadian Tire.

Further information, including registration forms for those with no computer access, will be provided as the date draws closer.

### [Rock the Road Raffle Draw, Sunday, June 15, 2014](#)

The Prostate Cancer Canada Rock the Road Raffle is back! Order your tickets now for a chance to WIN a black 2014 Corvette Stingray. This vehicle has been generously donated by the Trillium Automobile Dealers Association (TADA), so 100% of the ticket proceeds will be directed towards prostate cancer research.

Some 3,000 of the 11,000 tickets available were sold at the Toronto International Auto Show in February and they have been selling well online, but there are still tickets available. This is your chance to win a fantastic car and help a great cause at the same time. The winning ticket will be drawn at the Yorkville Exotic Car Show on Father's Day.

Tickets are only available to Ontario residents and cost \$20 per ticket or 3 tickets for \$50. To order, you can call 416-441-2131 or 1-888-255-0333. Under government regulations, you can only purchase tickets in person or by telephone, but information can be obtained online at [www.rocktheroadraffle.ca](http://www.rocktheroadraffle.ca) Lottery License #6392



The Corvette has been named the 2014 North American Car of the Year. The raffle car, a Corvette Stingray Coupe 2LT, has a retail value of nearly \$87,000, boasts best-in-class features and includes the Z51 Performance Package, 6.2L LT2 V8 engine with direct injection, 450 HP, 450 LB.-FT. of torque, 7-speed manual transmission with active rev matching & launch control, carbon-fiber hood with rear opening and more!



### **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 Meetings and inform the front desk that you're a new member on arrival. One of our counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held on the 2nd 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. We are in the process of relocating these meetings and will advise the new location as soon as it is confirmed.

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 Costs us about 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: [gary.foote@pccnbrampton.ca](mailto:gary.foote@pccnbrampton.ca)

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.