



April 2014
Volume 14 Issue 4

INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 3 Last Meeting Review
- 4 Upcoming Meetings / Events
- 5 PCC Expert Angle
Webinars
PCa Info Service
- 6 Do It for Dads Walk Run
Annual Golf Tournament
- 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

info@pccnbrampton.ca

Phone No: 905-458-1812

Fax No: 905-840-9474

PCCN Brampton News

At our last meeting on March 11, **Maureen Rowlands**, the *Director of Support Services* at *Prostate Cancer Canada (PCC)* gave an excellent two-part presentation to members and guests.

In the first part, Maureen described existing support and survivorship programs being operated by PCC. In the second part, she swore us to secrecy and then described some new and truly innovative support and survivorship programs that are being developed for the future.

Our awareness activities for calendar 2014 kicked off with the three-day **MegaSpeed Custom Car & Truck Show** at the International Centre, March 21 to 23. This year, we teamed up with the **Rock the Road Raffle** team from PCC to sell tickets for the 2014 Corvette Stingray so generously donated by the Trillium Automobile Dealers Association.

The volunteers at the show included members of PCCN Brampton, PCCN Oakville-Mississauga and other supporters. The dedication of our own **Meaghan Sloski**, her husband **Matt** and lighting effects provided by **David Av Smith** were key to the successful operation of our booth.

On Sunday, March 30, **Paul Henshall** and **Jim Dorsey** attended **Nellie Junipero's** 11th annual **Circle of Hope** celebration for those Peel Region residents affected by any type of cancer. **Rocco Rossi**, *President & CEO of PCC* was one of the keynote speakers. As always, Rocco made it clear that we men need all the help we can get to stay healthy, to the delight of all the ladies in attendance and to rueful nods from all us men.

Jim Dorsey / Gary Foote - Newsletter Editors

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

Next General Meeting, Tuesday, April 8th, 2014 – 7:00pm



Dr. Stuart Edmonds, *Vice President, Research, Health Promotion and Survivorship at Prostate Cancer Canada* will discuss the many innovative research programs being sponsored by PCC.

Dr. Stuart Edmonds joined Prostate Cancer Canada in February, 2011. During his time at the organization he has spearheaded the launch of the Research Strategic Plan, providing the direction for research and survivorship activities for 2012-2015. From this plan, PCC has launched numerous new research programs based on the key pillars: Collaboration, Innovation and

Talented People. Dr. Edmonds has also instituted a fair and transparent peer review process to steward and safeguard funds raised in support of prostate cancer research and to ensure that only the most promising, high quality research is funded.

Prior to joining PCC Dr. Edmonds held leadership roles at the Canadian Cancer Society, the Canadian Partnership Against Cancer, the Canadian Cancer Research Alliance and the National Cancer Institute of Canada. Stuart holds a doctorate in pharmacology from Oxford University.

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

Last General Meeting, Tuesday, March 11th, 2014

As usual, **Maureen Rowlands**, the *Director of Support Services* at *Prostate Cancer Canada (PCC)* did a wonderful job, first describing the support and awareness activities currently offered by PCC and then offering a confidential overview of a number of exciting new programs that will be undertaken nationally once all the required agreements are in place.

Maureen started by explaining that all programs undertaken by PCC must make sense to all affected parties (patients, family and friends), must be accessible, must be easy to navigate, must take a multi-disciplinary, collaborative approach, must stress healthy living and self-management and must encourage both physical and psychosocial wellness. Finally, a continuous process of evaluation and improvement is followed.

She spoke about current and future brochures and videos in both English and French and then answered questions about the new Prostate Cancer Information Service (PCIS) and the Expert Angle Webinars described elsewhere in this newsletter.

Maureen assured us that during the coming year, several regional training programs will be offered to train PCCN members to provide peer to peer counseling for both patients and caregivers. PCC will look at how to provide refresher training to those of us previously trained.

Then she got into the exciting part, after swearing us to secrecy. However, we found that the PCC website, prostatecancer.ca, offers [some teasers about ASAP](#), "A Survivorship Action Partnership":

ASAP 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.

For ASAP, a survivor is any individual with a diagnosis of cancer through to the end of life. This includes the needs of the partner, family and caregivers throughout the cancer journey and after death.

Traditionally, survivorship care focuses on the post-treatment phase of the cancer journey; however, all phases of the cancer journey need to be addressed in order to effectively treat the 'whole patient'.

Receiving a diagnosis of prostate cancer may not be easy for everyone to manage. We hope that ASAP's comprehensive solutions will ease the burden faced by survivors, their partners, caregivers and families.

Specifically, the goal is for survivors to effectively deal with possible late-effects and side-effects of cancer treatment such as anxiety, depression, fatigue and erectile dysfunction.

Maureen advises that it will take one to three years to carry out all the necessary research, development, pilot projects and evaluations, but we have some exciting times to come in the years ahead!



Upcoming PCCN Brampton Meetings / Events:

Tuesday, April 8th, 2014

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

Tuesday, May 13th, 2014

**Dr. Sheila Tervit, Psychologist
Topic T.B.A.**

Tuesday, June 10th, 2014

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

June T.B.A., 2014

PCCN Brampton's Annual Charity Golf Tournament

Sunday, June 15th, 2014

**Peel Region – Mississauga Do it for Dads Walk Run
Mississauga Valley Park Community Centre**

Tuesday, September 9th, 2014

**PCCN Brampton's 20th Anniversary Special Guest
T.B.A.**

Tuesday, October 14th, 2014

**Dr. Robert Bristow, University Health Network
Topic T.B.A.**

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: 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.



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

Learn more about PCC's webinars at <http://prostatecancer.ca/Support/Expert-Angle>. The Expert Angle sessions use interactive on-line technology to make leading experts in Prostate Cancer accessible to anyone, regardless of their location.

Upcoming sessions:

- Tuesday, April 15th @ 7 p.m. EST **Dr. Daniel Santa Mina**, *Physical Activity for Men with Prostate Cancer*. [Register Here](#).
- Tuesday, May 13th @ 7 p.m. EST **Dr. Scott North**, *Clinical Trials: Everything You Need to Know*. [Register Here](#).

[Prostate Cancer Information Service @ prostatecancer.ca](#)

The **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

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. Monday to Friday, 9 am – 5 pm. Voice mails will be answered within two days.*
- *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](#)

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](#). All those who register before April 15 will be entered into a draw for a substantial “Early Bird” prize package including a \$50 gift certificate and PCC awareness items.

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

[Annual Charity Golf Tournament](#)

The tentative date for this year's Golf Tournament will be **Monday, June 9th**.

We will confirm this date and tournament location within the next week or so.

We face a formidable task organizing the event this year. Last year we lost a long time friend and supporter of the event in Sean Butterly. Two other pillars of the event, Morris Rambout and Ron Clayton have been beset by health issues that have effectively left them both almost blind in one eye.

This leaves us incredibly short staffed in the area of canvassing for the small prizes we give out to the participants and use for our charity raffle and such.

If you have any time that you could donate to distribute our letters and follow up with local businesses it would be most appreciated.

Please give me a call or drop me an e-mail if you are in a position to help.

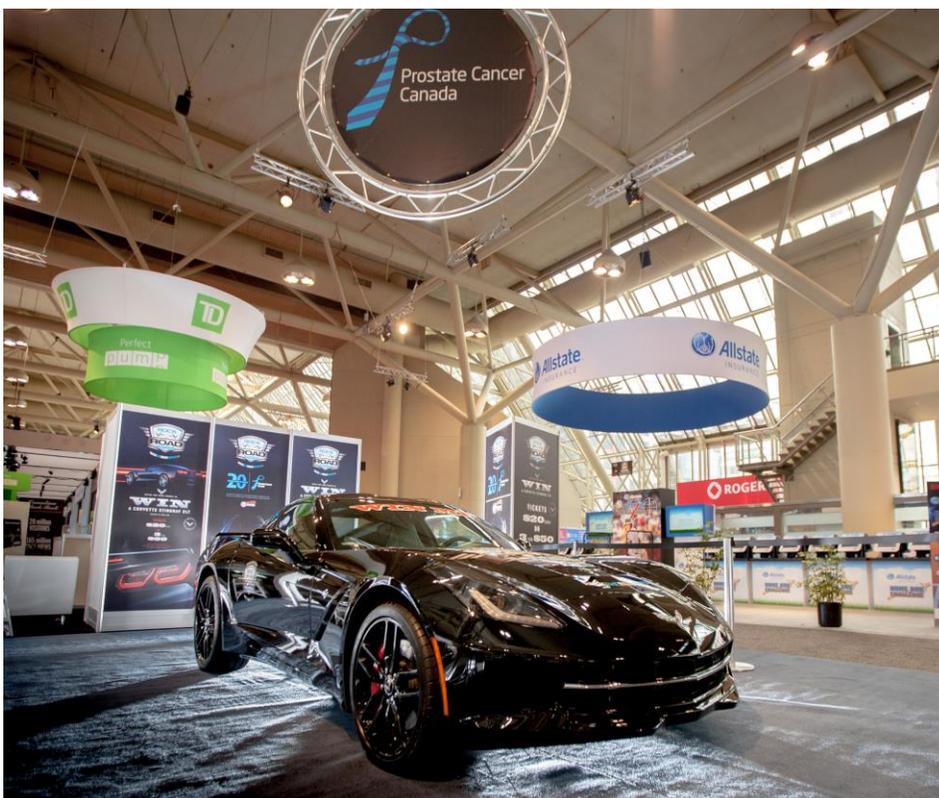
Gary Foote – Golf Committee – 905-458-6650 visact@rogers.com

[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.

As of March 30, more than 60% of the 11,000 tickets available have been sold at the Toronto International Auto Show in February and at several other events. 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, June 15.

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 Lottery License #6392



The Corvette has been named the 2014 North American Car of the Year. The raffle car, a Corvette Stingray Coupe 3LT, 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 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: 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.