



REGINA PROSTATE CANCER SUPPORT GROUP INC. NEWSLETTER

The purpose of PCCN Regina is:

1. To increase awareness, knowledge and understanding about prostate cancer in the community we serve.
2. To arrange and conduct regular monthly meetings.
3. To provide education sessions and information to prostate cancer survivors, their families, friends, and the public.
4. To provide for sharing of experiences and concerns.
5. To provide counseling services these counseling services do not include recommendations for treatments, medicines or physicians.
6. To promote courage and hope.
7. To co-operate with other cancer agencies in the fight against cancer.

Our next meeting is on Thursday September 13, 2018

*** NOTE:** New times for 2018-2019

Time:

Registration – 6:15pm

Meeting – 6:30pm – 8:30pm

The time change is to accommodate one on one discussions and to have the meeting room cleared for lock up by 9:00pm.

Place:

Canadian Cancer Society building
located at 1910 McIntyre St, Regina.

McIntyre St. is the next street East
of Albert St. 1910 McIntyre is between
Victoria Ave. and 12th Ave.

Meeting room is on the 2nd floor.

Free evening parking along
McIntyre Street.

Visit our website!

www.pccnregina.ca

Our Mailing Address:

PCCN REGINA - PO Box 3726

REGINA, SK S4S 7K4

Please email us at pccn.regina@gmail.com if you have any questions.

To ensure you are receiving all of our newsletters and notices ensure pccn.regina@gmail.com is in your contact list.
If you would like to be removed from our newsletter and notices please use reply stating "Unsubscribe" in the subject line.



TAKE NOTE

2018 PCCN-REGINA AM Annual Report

Download the Annual Report [here](#).

The following was presented by Co-Chair Lawrence Ward on June 14th, 2018 on behalf of PCCN-REGINA Board of Directors.

Good Evening and Welcome to the PCCN Regina Prostate Cancer Support Group 12th Annual Meeting

We are providing a brief overview of our activities during the last 12 months.

We wish to thank the Canadian Cancer Society for this venue for our meetings.

The mission of PCCN-Regina is to increase awareness of prostate cancer, provide information at regular meetings, share experiences, provide peer sharing and promote courage and hope.

We interact one-on-one with cancer patients that are usually newly diagnosed and are seeking information as well as reassurance. Any individual including spouses/ partners who have entered the prostate cancer journey can be met in person and given an information package about prostate cancer and where they can get resource information.

Our group's goals are to promote hope and the ability to cope while decreasing fears and anxiety. We strive to provide a better understanding on how to communicate between the healthcare team and family members. All information shared is kept confidential. Peer sharing does not include: any recommendations for treatments, medical advice or physicians as these must be the individuals own choice.

In and around our community some of the activities attended and supported.

Farm Progress Show, June 21 – 23, 2017

The Regina Prostate Cancer Support Group, board of directors and volunteers attended the Farm Progress Show in support of the "Man Van".

Prostate Cancer Seminar Sept 16, 2017

This seminar was considered a huge success with 70 people attending. The presenters included an Urologist and Oncologist together with individual's sharing their own personal journey.

Regina Home & Garden Show

We are working with the Regina & Region Home Builders Association in arranging a booth in their 2019 Home & Garden Show. Our main objective is to get the word out about Prostate Cancer, support those that have questions and concerns and direct those that need it as best we can. We will be looking for volunteers to help with this event.

Steve Pillipow participated at the Uncover the Cure fundraiser held at the Wascana Country Club. This annual event is in support of prostate cancer research.

Steve and his wife along with Co-Chair Bob Terichow attended the Hospitals of Regina Foundation Annual Donor Recognition Dinner.

Steve also attended the “Moustache Bash” which was held in November. Steve was asked to share his journey about prostate cancer with the group that was in attendance.

Lawrence and Steve made a presentation regarding men’s health at the Peepeekisis Indigenous Health Centre.

Laura and Lawrence along with Steve and his wife, and Bob Terichow attended the 5th Annual Urology Symposium, which was held in Saskatoon.

Cancer Survival Garden located at the Pasqua Hospital main entrance is now maintained by members of our group spearheaded by Jim Odling. He has been assisted by his wife Rose, Jim and Gladys, Dwaine Snowfield and Jack Lyster.

World Cancer Day Feb. 3, 2018

The Regina Prostate Cancer Support Group, board of directors attended this event to help promote awareness of prostate cancer. The event was held at the Co-operators Centre. Other groups that were in attendance included Saskatchewan Cancer Agency, Canadian Cancer Society, Breast Cancer, Ovarian Cancer, Leukemia and Lymphoma, Camp Circle of Friends, The Shine on Foundation, Canadian, Blood Services, Believe in the Gold (childhood cancer)

The Prostate Assessment Pathway

The Pathway has helped improve prostate care in Saskatchewan. Patients referred to a Prostate Assessment Centre will see the **prostate nurse navigator** for education before a biopsy (and after, if pathology is positive for early-stage prostate cancer). With the primary care provider's permission (on a case-by-case basis), nurse navigators can convey biopsy results to patients. Nurse navigators are experienced urology nurses with specialized training and up-to-date information about prostate cancer treatment.

Walk for Dad’s

The walk for Dad was held in June 2017 Carmen Hanoski & her group of volunteers had organized a couple of pre-events to the Walk for Dads 2017 which in conjunction with the donations received for the Walk for Dads 2017, being our major fundraiser for the year brought in \$8,407.93. Based on the success of the Walk for Dads in 2017, the Board of Directors have once again endorsed going forward with the Walk for Dads 2018, unfortunately we are going forward without the organizing strategies of Carmen who has had to step away this year due to the many activities that she has signed up for in favour of her children. On behalf of the Board, we would like to thank Carmen and her team on the work they have done in support of our cause. We look forward in Carmen joining us again next year.

Throughout the year we have strived to promote the existence of our support group and to create awareness about the plight of prostate cancer through newspaper advertisement and TV appearances. Certainly we thank the **Senior Living publication, the Leader Post, CTV, and Access Communication** for accommodating us. These are extremely valuable media through which we are able to promote prostate cancer awareness.

Our freelance web-designer Samantha Huser, and Bob Terichow work very hard to continue to provide monthly newsletters to our membership. This includes our monthly notices, published newsletters, news coming from PCC National, and information on local events. We would like to thank Samantha and Bob for the work they have provided to make this happen each month.

Email for the PCCN – Regina is pccn.regina@gmail.com

The web page for PCCN – Regina is www.pccnregina.ca

The PCCN Regina program committee, comprised of James Froh, Jim Odling and Dwaine Snowfield, provided the group with a variety of speakers and topics selected to educate members about prostate cancer, as well as

increase awareness, knowledge and understanding around health concerns in general.

Local professionals from the medical community willingly contributed to share information. Of particular value to members has been the opportunity to share information and concerns through the round-table discussions that form an important part of our monthly meetings following the professional presentation.

Members are always encouraged to suggest possible topics and speakers for future meetings. We wish to thank those that contribute, and greatly value your input.

Although all names of the Board of Directors may not have appeared in this report, be assured their support, knowledge and contribution to this Support Group is highly valued. Without their contributions, many tasks just would not get done.

2018 PCCN-REGINA AM Financial Report

Download the Financial Report [here](#).

Prostate Cancer Canada Network - Regina Inc.			
Statement of Revenue and Expenditure			
For the Year Ended May 31			
		2018	2017
Revenue			
Donations - General		\$ 975	\$ 2,385
- Walk For Dads		8,408	8,797
- Seminar		1,657	-
Other		138	-
Total Revenue		<u>11,178</u>	<u>11,182</u>
Expenditure			
Seminar		1,753	-
Volumetric Modulated Arc Therapy Research Project		-	5,000
Advertising, Publicity, Newsletters & Website		766	1,400
Meeting Announcements - Newspaper		2,353	2,854
Walk For Dads		371	624
Urology Conference		511	616
Honorariums - Speakers & Facilities		650	835
Annual Meeting & Administrative Expenses		592	749
		<u>6,996</u>	<u>12,078</u>
Current Year - Net Change		4,182	(896)
Surplus, beginning of year		<u>18,537</u>	<u>19,433</u>
Surplus, end of year		<u>\$ 22,719</u>	<u>\$ 18,537</u>
Prostate Cancer Canada Network - Regina Inc. is incorporated under the Non-Profit Corporations Act of Saskatchewan and is a registered charity under the Income Tax Act.			

The Cancer Survivor Garden



The Cancer Survivor Garden has been planted. See the attached pictures.

Big thanks to Gladys & Jim Straus, Dwaine Snowfield, Jack Lyster & Jim and Rose Odling for their green thumbs.



Walk For Dad 2018 - June 17

The Regina Walk For Dad in support of Prostate Cancer was held on Father's Day June 17 at Wascana Park.



Jim Odling was the Walk organizer. Joined by board member James Froh, family members and friends.





PCCN REGINA PROSTATE CANCER SUPPORT GROUP INC.

PCCN REGINA PROSTATE CANCER SUPPORT GROUP TAX DEDUCTIBLE DONATION

PCCN Regina is a volunteer support group for men diagnosed with prostate cancer and their families. We are a registered charity that relies on the generosity of its members, supporters and friends to fund its programs. Charitable deduction receipts for income tax purposes are issued for amounts of \$10.00.

You can donate by sending a cheque to:

PCCN – Regina: PO Box 37264

Regina, SK S4S 7K4

Donor's Name: _____

Donor's Address: _____

Postal Code: _____

If this gift is in memory/honor of someone, please provide mailing address information if you wish us to provide a notification.

This gift is in memory/honor of: _____

Send Notification to:

Name: _____

Address: _____

Postal Code: _____

BOARD STRUCTURE 2017/2018

pccn.regina@gmail.com

Co-Chair - Bob Terichow

Phone: (306) 581-9158

Co- Chair - Lawrence Ward

Phone: (306) 543-8215

Treasurer - Larry Smart

Phone: (306) 757-4959

Secretary - Dwaine Snowfield

Phone: (306) 586-1403

Monthly Program

Jim Odling

Phone: (306) 522-7590

James Froh

Phone: (306) 527-8290

Dwaine Snowfield

Phone : (306) 586-1403

Peer Sharing

(Any Member of the Board)

Lawrence Ward

Phone: (306) 543-8215

Stan Hanoski

Phone: (306) 529-1322

Out Reach Program

James Froh

Phone: (306) 527-8290

Jim Odling

Phone: (306) 522-7590

Steve Pillipow

Phone: (306) 586-9345

Dwaine Snowfield

Phone: (306) 586-1403

2018-2019 MONTHLY PROGRAM DATES

Support Group meeting dates are the second Thursday of each month. Monthly Programs are being developed and will be announced in future newsletters.

2018

September 13

October 11

November 8

December 13

2019

January 10

February 14

March 14

April 11

May 9

**June 13 – Annual Meeting
/ Member Appreciation**

July – August – No Meetings

Pending for 2018-2019

- UofR Professor on PCa patient care
- Advance Care Planning Workshop
- Update on UofR PCa Research Program we are funding
- Prostate Assessment Centre
- Pathologist from Cancer Clinic
- Saskatchewan Cancer Agency
- Dr. Asim Amjad