



PCCN 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 June 9th!

Meeting Date

Thursday, June 9th

6:30 pm: Pizza will be provided
for this meeting.

7:00 pm: AGM

7:30 pm: Prostate Cancer
Assessment Centre Tour

Location

(Note change of location for
June meeting only)

Pasqua Hospital Auditorium
(Level 2)
4101 Dewdney Avenue
Regina, Saskatchewan

We welcome both men and women
to attend these meetings.

For more information contact
Lawrence @ 306-543-8215

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.

Here are some of the details planned for our June meeting:

Note the change of location for this meeting only. Our Annual General Meeting is Thursday June 9, 2016 at the Pasqua Hospital Auditorium. Come celebrate our year with a pizza supper at 6:30 PM. Our meeting starts at 7:00 PM and a guided tour of the Prostate Assessment Center will follow.

We need your help as there are positions open on the Board of Directors for next year. If you or someone you know would be interested please contact Bob (306) 584-9293 / (306) 581-9158, or Lawrence (306) 543-8215 for more information. In order to make our General Meetings a valuable experience for everyone attending the Program Planning Committee requests your help by providing us with input on topics and presenters.

Please send your input and suggestions to Jim Odling: golfer@sasktel.net

Your input and support is sincerely appreciated.

There are no meetings scheduled in July or August. If you require information during these months, contact Lawrence @ 306-543-8215.



Regina AA Pee wee Blues Raised \$1000 in one day for the education and understanding about prostate cancer and donated it to PCCN - Regina, in Honor of their Head Coach. Way to go Blues!!!

May 2016 Meeting Synopsis

Marisol Molina-Smith, Health Educator, Health Promotion Department Coordinator Forever...in motion program provided an excellent presentation at the May 12, 2016 PCCN Regina Support Group meeting. The presentation included some of the program fundamental exercises.

Forever. . .in motion (FIM) is an initiative in partnership with Saskatchewan Parks and Recreation Association (SPRA), where the goal is to improve and/or maintain the health of older adults through education and physical activity. The program has been busy growing in the city of Regina and throughout the rural region.

There are total of 55 FIM sites and 76 classes actively being led by volunteer peer leaders in Regina Qu'Appelle Health Region. The success of the program and its growth in the RQHR is largely due to the volunteer peer leaders. They are real champions of moving and growing the program.

Forever. . .in motion Leaders complete a FREE 20 hour training from the Regina Qu'Appelle Health Region, Health Promotion Department. Training includes information on how to lead safe exercise programs for older adults, chronic conditions, preventing falls and practical hands-on experience.

The next **Forever. . .in motion** Leadership Training will take place on Tuesday August 30, September 6, 13, and 20 from 9:00am – 2:30pm and place TBA.

For more information to register, or becoming an active participant, contact Marisol Molina-Smith, Health Educator, at 306-766-7163 or marisol.molinasmith@rqhealth.ca

The **Forever. . .in motion** was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks Recreation Association.

Quick Facts

- Chronic health conditions and falls can be prevented by participating in regular physical activity.
- 69% of older adults in the Regina Qu'Appelle Health Region are inactive (Health Status Report 2010).
- People with physical limitations and chronic conditions can benefit the most from being physically active.
- It is never too late to start; older adults have the MOST to gain!
- **Forever...in motion** programs can improve endurance, strength, balance, and flexibility as well as encourage a healthy lifestyle.



"If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation."

Robert N. Butler, M.D.



Our Vision Healthy People, Families and Communities

For more information about the
Forever...in motion program
in your community contact:

Within the
Regina Qu'Appelle Health Region
contact:
Health Promotion
Phone: 306 766-7370
www.rqhealth.ca/forever-in-motion

Outside the
Regina Qu'Appelle Health Region
Saskatchewan Parks and Recreation
Association
1(800)563-2555



Saskatchewan
Parks and Recreation
Association

Special thanks to Saskatoon Health
Region for use of this material

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Forever...

in motion™
Physical Activity - do it for life!



Physical Activity for
Older Adults



For a listing of classes, sites and times please visit:
www.rqhealth.ca/primary-health-care/forever-in-motion

Carmen's Walk for Dad

My name is Carmen Hanoski. Last year my Dad was diagnosed with prostate cancer. As the daughter I felt helpless, there was nothing I could do to change this prognosis. I had to sit back and wait to see what was going to happen. Shortly after, I had heard of a walk for awareness called "Do it for Dads". What better gift could I give to my Dad then showing the support and raising awareness for others? So I did just that, I gathered friends and family to join me and raise money for this very important cause. This is where "Team Papa Stan" was born. Together with my team we raised over \$2000.00. It was truly a success, and after presenting the surprise of what we had accomplished, as a gift to my Dad for Father's Day, I knew it was something that had to be done each year. Luckily after surgery and radiation my Dad will be ok. I know that this is not the case for everyone.

This year to my dismay when I went to register for "Do it for Dads" it had been discontinued in Regina. I don't give up so easy.

This year I decided to organize a walk of my own, all proceeds being donated to the Prostate Cancer Support Group of Regina. This event will still take place on Father's Day, June 19 @ 1:00 pm.

I have arranged, with the support of my family and friends, together with PCCN – Regina, a registered charity, to do the walk anyway. Based on my efforts, I am expecting approximately one hundred walkers +/- who will all be veying for donations in their efforts to support PCCN – Regina, and to help the many men that are afflicted by this disease.

I am asking you and/or your company for financial support by way of a donation towards such an important cause that affects men in all walks of life and does not discriminate due to age.

I will be walking for this important cause on June 19th, 2016 (Father's Day) in an effort to raise funds and awareness for all men. I hope you are in a position to help.

Please make your donation payable to PCCN-Regina

PCCN – Regina (Charity #84872 6386 RR001) All donations of \$20.00 or more will receive a charitable donation receipt.

About Prostate Cancer Canada Network – Regina:

Prostate Cancer Canada Network – Regina Support group, is a registered charity, located here in Regina, with all proceeds raised, staying in Regina and surrounding area, benefiting local individuals, and initiatives.

Registration forms are available by emailing teampapastan@myaccess.ca, or by contacting Carmen (306)535-9569 or Jackie (306)861-6399.

WHAT: Carmen's Walk for Dad

WHEN: Sunday June 19th (Father's Day)

TIME: Registration: 12:00pm, Walk: 1:00pm

WHY: This event raises awareness and funds for the leading cancer affecting Canadian men and the families that love them.

WHERE: Legislative Landing on Walter Scott Way (North of the Queen Elizabeth II Gardens)

Hello,

It is a pleasure to write to you on behalf of the TrueNTH Lifestyle Management (LM) team about a national wellness survivorship project supported by Prostate Cancer Canada (PCC) and funded by the Movember Foundation. We hope to increase awareness about the project with PCCN groups.

One of the goals of the LM project is to ensure men have access to prostate cancer physical activity, nutrition and stress-reduction resources and programs to help them adopt healthy practices. A website and online portal has been developed which gives men access to personalized programs, trackers, tools, and health libraries of prostate cancer specific wellness resources.

Registration on the portal will connect users with the TrueNTH LM central team and allow them to sign up for a 12-week home-based physical activity and yoga program. Users can also choose to join the TrueNTH LM portal simply to track their health and browse the wellness resources without a formal program. Users can register at lifestyle.truenth.ca.

We have included links below to several videos about the project:

- [Portal Feature Overview](#)
- [Participant Testimonial](#)
- [What is TrueNTH LM?](#)

If required, we have promotional materials that we can share with you to make referral to TrueNTH LM simple. Please share this information widely with your groups. Should you or your members have questions, please contact us by phone at 403-210-8482 or email at lifestyle@truenth.ca.

Sincerely,

Lauren Voss, CSEP-CEP
Research Assistant | Health & Wellness Lab
Community Liaison | TrueNTH Lifestyle Management

For **Dr. Nicole Culos-Reed, PhD**
Professor | University of Calgary, Faculty of Kinesiology
Lead Investigator | TrueNTH Lifestyle Management

TrueNTH LM Website

How to Make It Work For You

Online tools and resources for leading a healthy, balanced lifestyle.



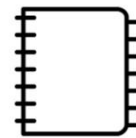
Dashboard

View your trackers, workbooks, and wellness plans. Customize it to fit your needs.



Health Library

Information on physical activity, nutrition & stress-reduction. Mark your favourite resources so they are easy to access again.



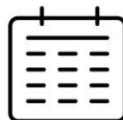
Workbooks

Put together by the TrueNTH LM team to guide you through the 12-week programs. Complements your wellness plan.



Circle of Care

Connect with the LM team, your professionals & other people in TrueNTH LM. Send messages and share resources.



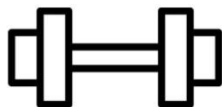
Scheduling

Scheduling daily or weekly activity into your day will help keep you on track. You can also schedule other appointments or to do items.



Forums

Connect with other survivors across Canada and with health and fitness professionals.



Resistance Training Workouts

Your personalized physical activity program prescribed to you by a cancer and exercise fitness professional.



Trackers

Health trackers for things like activity levels, sleep, and fatigue. Can even sync with wearable technologies, such as FitBit.



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 2015/2016

pccn.regina@gmail.com

Co-Chair - Bob Terichow

Phone (306) 584-9293 /
(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 - Gordon Kerfoot

Phone (306) 789-8555

Peer Sharing

Lawrence Ward

or any member of our Board

Phone (306) 543-8215

Out Reach Program

Jim Odling

Phone (306) 522-7590

Dwaine Snowfield

Phone (306) 586-1403

Tom Gentles

Phone (306) 586-7702

Sieg Hodel

Phone (306) 569-1957

Steve Pillipow

Phone (306) 586-9345

Grant Rathwell

Phone (306) 766-2372

MONTHLY PROGRAM 2016

January 14

Debra Polischuk

Mindfulness

February 11

Keith Karasin, CEO of the Sask. Division of
the Canadian Cancer Society
& **Scott Livingstone**,
CEO of the Sask. Cancer Agency

Topic: Who Are The Players
and the Landscape

March 10

Dr. Jennifer St.Onge, PhD

Improving Prostate Cancer Detection
Using Magnetic Resonance Imaging
MRI-Targeted TRUS-Guided Biopsy

April 14

Amanda Schenstead

Topic: Music Therapy

May 12

Marisol Molina Smith

Topic: Physical Activity

June 09

Annual Meeting

July and August

No meetings