



# 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

### **Speaker:**

Dr. Asim Amjad  
Radiation Oncologist

### **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.

### **Our Mailing Address:**

PCCN REGINA - PO Box 3726  
REGINA, SK S4S 7K4

Please email us at [pccn.regina@gmail.com](mailto: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](mailto: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.



## **Welcome back for the 2018-2019 season.**

Fall will soon be upon us. Enjoy the changing colors and fall vegetables off the gardens.

September is Prostate Cancer Awareness Month – ensure male members of family and friends are getting tested at the appropriate age. Early detection with early treatment is the answer.

### **Speaker Dr. Asim Amjad's Bio**



**Dr. Asim Amjad, MD, RO is a Radiation Oncologist and an Assistant Professor for the College of Medicine, University of Saskatchewan.** He trained in Ireland and the United Kingdom. He has been working with the Saskatchewan Cancer Agency at the Alan Blair Cancer Centre in Regina since 2008 and has a special interest in breast, prostate and cervix cancer. He is the Prostate Cancer Lead Physician for Regina, specializing in prostate brachytherapy.



## TAKE NOTE



# Drivers needed.

Did you know that the simple act of driving your car can help cancer patients? For many Regina cancer patients transportation to treatment is just one of the many challenges they face on their road to recovery.

You can help provide rides to life-saving appointments.

Become a volunteer driver with the Canadian Cancer Society's Wheels of Hope Volunteer Driver Program.

Contact our Regina office to apply as a volunteer or to register as a client for the program

1-800-263-6750

Neighbours driving neighbours



Canadian Cancer Society  
Société canadienne du cancer



Canadian Cancer Society  
Société canadienne du cancer

## Volunteer Driver position description

---

### Impact:

To provide transportation for people who need assistance to and from cancer-related appointments who cannot get there on their own

### Responsibilities:

- Respond to requests for client rides from the Transportation Coordinator
- Confirm travel arrangements with client(s) by phone the afternoon/evening prior
- Offer minimal assistance to get clients in and out of the car (no lifting permitted)
- Follow safe driving procedures
- Become familiar with the programs and services provided by the Society and share these resources as needed
- Submit required forms regularly
- Provide up-to-date license and insurance information
- Adhere to all Canadian Cancer Society policies, procedures, standards and guidelines

### Time Commitment:

- Flexible scheduling (once a month, once/twice a week, full day, or half day)  
*Hours 7:30-4:30pm (leave home → return home) approx.*

### Benefits:

- ❖ Make a significant impact in the life of a person living with cancer
- ❖ Mileage reimbursement (adjusted every three months based on average gas prices)
- ❖ Orientation and staff support provided

### Requirements & Qualifications:

- Valid driver's license
  - ✓ License # \_\_\_\_\_ expiration date# \_\_\_\_\_
- Minimum of \$1 million third party liability insurance on vehicle.
  - ✓ Attach copy of the "Certificate of Insurance" or SGI Auto Pak page from your policy
- Completion of a criminal reference check (a letter will be provided)
  - ✓ Attach copy of criminal record check
- Clean driving record is required
  - ✓ Attach copy of a current Saskatchewan Driver's Abstract (5 years)
- Access to a well-maintained 100% smoke-free vehicle
- Computer internet access and knowledge – It is a Web based tool for communicating schedules and billing statements (printer would be an asset)
- Friendly, compassionate and sensitive to issues facing people living with cancer

PLEASE SIGN AND DATE THE BACK AND RETURN





## TAKE NOTE

### Are You Looking for an Opportunity to Give Back to Your Community?

We need YOU! Your PCa Support Group leadership team is seeking two interested members (men with prostate cancer, partners and/or family members, friends and interested persons) to consider joining us by volunteering on our Board of Directors for 2018/19. The Board is responsible to focus our energies and talents as a support group. New directors bring important ideas and fresh perspectives that sustain and advance our mission.

The Board meets regularly (9:30am-11:00am) two weeks prior to the Support Group Meeting which is the second Thursday evening (7:00pm-9:00pm) of most months.

Our members and leaders freely share their own stories but do not give medical advice. In any and future conversations, with an engaged membership and leadership we can reasonably expect to be treated with dignity and respect.

Please contact our Co-chairs, Bob Terichow (306)581-9158 or Lawrence Ward (306) 543-8215 for more information about nomination as a director at our upcoming Membership Appreciation and Annual Meeting in June.

**The Regina Prostate Cancer Support Group** is regional, community-based organization of volunteers whose mission is to increase awareness of prostate cancer, provide access to information, and promote courage and hope for people living with prostate cancer.



## GOOD TO KNOW

### Regina Cancer Patient Lodge Information

The **Regina Cancer Patient Lodge** is designed to meet the needs of cancer patients and their companions that are traveling from out of town. The Lodge is a “home away from home” providing guests with a high level of service and comfort to meet their needs while in Regina for cancer related procedures.

The **Regina Cancer Patient Lodge** is located directly across the street from the Allan Blair Cancer Center. The Lodge is a self-care facility where guests are expected to manage their own personal needs, including medications. If assistance is needed, patients are required to have a companion stay with them.

Each room features either one or two single beds, a desk, chair, towels, extra pillows and blankets, clock radio and a private washroom.



While staying at the Lodge, guests receive three home-cooked meals per day, served cafeteria style, as well as snacks and juices. Special diets can be accommodated.

Other amenities include a games room, television, computer for guest use as well as WIFI, in-room safes, self-serve laundry as well as a library. There is a staff person on around the clock.

The fee for staying at the Lodge is \$40.00 per person per night. This includes accommodations, meals and snacks. There is also limited parking provided.

The Lodge accommodates the schedule of the Allan Blair Cancer Center. It opens Sunday at 4:00 and closes on Friday at 4:00. We are not open Friday and Saturday nights.

If space is available, the Lodge can also be used by other adults for non-cancer related appointments or outpatient visits.

**The Regina Cancer Patient Lodge is at 4104 Dewdney Ave, Regina, Sask.  
Feel free to call 306-359-3166 for more information!**





# 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](mailto: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**

Lawrence Ward

Phone: (306) 543-8215

Stan Hanoski

Phone: ( 306) 529-1322

**or any Board Member**

### **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

Grant Rathwell

Phone: (306) 766-2372

## 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 - Dr. Asim Amjad**

**October 11**

**November 8**

**December 13**

**2019**

**January 10**

**February 14**

**March 14**

**Apri 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