



# 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 October 13!

### **Time:**

Our meeting will be on  
Thursday October 13th 2016

The meeting will start at 7:00 p.m.  
and will end at 9:00 p.m.

### **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.



HAVE YOU COMPLETED CANCER TREATMENT?  
ARE YOU FEELING DOWN OR WORRIED?

If you have completed cancer treatment, are experiencing symptoms of depression and/or anxiety, are over 18 years of age, and have access to a computer with the Internet, you may be eligible to participate in research that evaluates the effectiveness of online therapy.

Eligible participants will receive an 8-week Internet cognitive behaviour therapy course, which is an evidence based psychological treatment for the management of depression and anxiety. This service is provided at no cost.

Receive help for symptoms of anxiety and depression while participating in important research! This study has been approved by the University of Regina Research Ethics Board.

[ONLINETHERAPYUSER.CA/WAC](http://ONLINETHERAPYUSER.CA/WAC)

FOR MORE INFORMATION CONTACT  
STUDY COORDINATOR DALE DIRKSE  
[dirkse2d@uregina.ca](mailto:dirkse2d@uregina.ca) OR 306 337 2598



Online Therapy USER  
Unit for Service, Education and Research

University  
of Regina

This month's guest speaker is Ms. Dale Dirkse Dale is a PhD student in clinical psychology and is launching an on line program to help cancer patients who have completed treatment to deal with depression and anxiety. She is part of Wellbeing After Cancer program.

### General Information

Wellbeing After Cancer is a free, online depression and anxiety management course. It is based on Cognitive Behavioural Therapy, which is an evidence based psychological treatment for the management of depression and anxiety. It is the only service of its kind in Canada and is a follow-up to a smaller trial of the program which demonstrated effectiveness.

#### **Wellbeing After Cancer:**

- Is designed to treat men and women who have recently completed cancer treatment (in the past 5 years) and are experiencing symptoms of anxiety and/or depression
- Helps clients understand the nature of anxiety and depression
- Helps clients manage concerns related to cancer, such as worry about cancer returning
- Teaches strategies to overcome anxiety and depression based on cognitive behaviour therapy (CBT)
- CBT strategies help clients identify unhelpful thoughts and behaviours that are contributing to anxiety and depression

The course aims to provide good education and guidance on simple but effective techniques for managing symptoms. Very broadly, the course helps people with thoughts, behaviours and physical symptoms of depression and anxiety. Research shows that it helps people gain control over their symptoms, improve their confidence, and get back to living a full satisfying life.

Wellbeing After Cancer is currently provided at no cost. Clients are asked to complete questionnaires before and after they finish the program in order to help us evaluate the course.

Website to apply: [www.onlinetherapyuser.ca/wac](http://www.onlinetherapyuser.ca/wac)

**To potential participants:**

*Have you completed cancer treatment? Are you feeling down or worried?*

*If you have completed cancer treatment in the past 5 years, are experiencing symptoms of depression and/or anxiety, are over 18 years of age, and have access to a computer with the Internet, you may be eligible to participate in a research trial evaluating online therapy in cancer survivors.*

*Eligible participants will receive an 8-week Internet-delivered cognitive behaviour therapy course, which is an evidence based psychological treatment for the management of depression and anxiety.*

*You will learn about the nature of anxiety and depression and learn how to manage concerns related to cancer, such as worry about cancer returning. The course teaches strategies which help alleviate anxiety and depression, including ways to identify and work on unhelpful thoughts and behaviours which contribute to anxiety and depression. This service is provided at no cost.*

*Receive help for symptoms of anxiety and depression while participating in important research! Click the link and hit "apply now" @ [www.onlinetherapyuser.ca/wac](http://www.onlinetherapyuser.ca/wac)*

*Or contact the study coordinator, Dale Dirkse at [dirkse2d@uregina.ca](mailto:dirkse2d@uregina.ca) OR 306-337-2598*

## **Prostate Centre in Regina adds Nurse 'Navigator' to Help Guide Patients**

This RQHD media event held on September 28th was attended by Board Members, Gord Kerfoot, Lawrence Ward, Tom Gentles, Larry Smart, Bob Terichow and Steve Pillipow, who was also part of the program as a long time PCa survivor.

**[www.cbc.ca/news/canada/saskatchewan/nurse-navigator-prostate-cancer-care-regina-1.3783273](http://www.cbc.ca/news/canada/saskatchewan/nurse-navigator-prostate-cancer-care-regina-1.3783273)**

**Following is from the PCCN Support Group in Chilliwack**

It is sort of timely as PCa recurrence was discussed at our last support meeting.

**PCCN Members;**

Glad to see so many members out to our meeting on September 2nd. Even though we were in pretty cramped quarters, there were a lot of positive comments about the video presentation with Dr. Goldenberg on the Recurrence of Prostate Cancer. There was also a couple of requests for a link to the presentation as there was a lot of information in a pretty short time. If you are interested in watching it, simply go to [www.attendee.gotowebinar.com/recording/4851279870709152516](http://www.attendee.gotowebinar.com/recording/4851279870709152516)

If you move the bar on the bottom of the video to the 4 minute mark, you will get by all the housekeeping items that I have to go through at every web conference. As Dr. Goldenberg said, if you have any other questions, simply send them to me and I will get them to Dr. Goldenberg for a response.

**Dale Erikson, Chairman**

PCCN Chilliwack  
105 6540 Dogwood Drive  
Chilliwack, BC  
V2R 0W7  
604-824-5506

**A reminder of the service provided by the Prostate Cancer Information Service**

Prostate Cancer Canada partners with the Canadian Cancer Society and together we provide the Prostate Cancer Information Service (PCIS).

PCIS is a help line serviced by information specialists who answer questions by phone or email. You can learn more by clicking on the link below.

[www.prostatecancer.ca/Support/Services/Talk-with-an-Information-Specialist](http://www.prostatecancer.ca/Support/Services/Talk-with-an-Information-Specialist)

Just so you know – PCIS keeps an updated list of all support groups so information specialists can direct patients and families to a group in their area!

# 4th Annual Urology Symposium Prostate Cancer: *Survive & Thrive*

An open forum for discussion for patients and families facing a diagnosis of prostate cancer.

Presented by



TELUS  
MOTORCYCLE  
RIDE FOR DAD

LES & IRENE DUBÉ UROLOGY CENTRE OF HEALTH

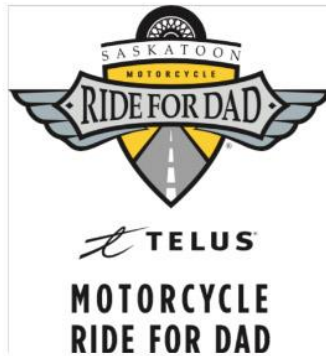
SATURDAY, NOVEMBER 5, 2016 • SASKATOON, SK • 7:30AM - NOON • RADISSON HOTEL  
Open to the public • Free admission • Breakfast provided



**Affected by prostate cancer? Connect with experts on issues that matter to you.**

**A supportive forum for patients and families managing a diagnosis of prostate cancer.**

In its fourth year, and now sponsored by *Motorcycle Ride for Dad*, this supportive learning opportunity will connect you with prostate cancer survivors, urology specialists, health care providers and support organizations.



TELUS  
MOTORCYCLE  
RIDE FOR DAD

- On-site displays
- Complimentary resources
- Connect with experts
- Get your questions answered

**Register Today.**

Reserve Your Free Admission to  
this Popular Annual Event

[www.picatic.com/thrive2016](http://www.picatic.com/thrive2016)

Survivors, family members, friends, physicians, nurses and allied health professionals are encouraged to attend.

Our engaging guest speakers and panelists will speak about managing complications of treatment, namely incontinence and erectile dysfunction, as well as de-mystifying brachytherapy. Get your questions answered! **Admission is free and breakfast is provided.**

#### *Featured Speakers:*

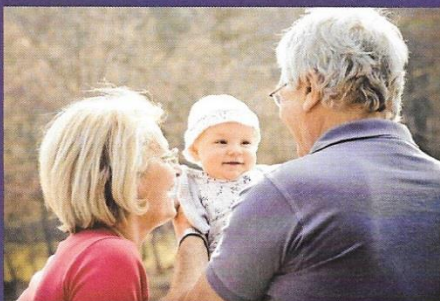
**Dr. Jay Lee**  
Urologist - Southern Alberta Institute of Urology  
"Sexual Dysfunction and Incontinence"

**Dr. Mira Keyes**  
Radiation Oncologist - BC Cancer Agency  
"Radiation Therapy for Prostate Cancer"

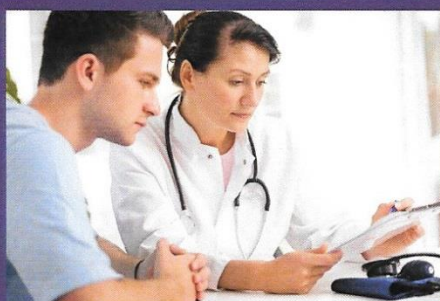
**PLUS:**  
Our popular panel of Health Experts



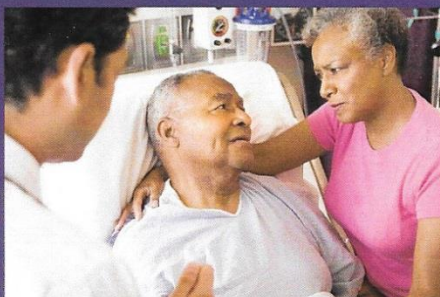
# BECAUSE...



...you care about your family.



...you never know what's going to happen.



...you want control over what happens to you.

**Advance care planning (ACP)** is a process of communicating your wishes for future care and deciding on a Substitute Decision Maker – someone who will speak for you if you can't speak for yourself. It's a way to give your loved ones the confidence to make decisions during a difficult time.

We're partnering with Prostate Cancer Canada on a groundbreaking new project – **Advance Care Planning: Support for Men with Prostate Cancer, their Partners, Families and Caregivers** – to help prostate cancer patients better prepare for decisions and choices involved in managing their cancer treatment.

**Learn more at [acp.truenth.ca](http://acp.truenth.ca)** 

For more information about ACP resources and laws in your province/territory, please visit [www.advancecareplanning.ca](http://www.advancecareplanning.ca)

**TRUE<sup>NTH</sup>**  
A MOVEMBER INITIATIVE



**Speak Up**  
Start the conversation about end-of-life care



# 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 2016/2017**

[pccn.regina@gmail.com](mailto: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

**Tom Gentles** - Honorary

Phone: (306) 586-7702

**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

Sieg Hodel

Phone: (306) 569-1957

Steve Pillipow

Phone: (306) 586-9345

Grant Rathwell

Phone: (306) 766-2372

Stan Hanoski

Phone: (306) 529-1322

James Froh

Phone: (306) 450-0909

## 2016-2017 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.

### 2016

September 08

October 13

November 10

December 08

### 2017

January 12

February 09

March 09

April 06

May 11

June 08

Annual Meeting

July and August

No meetings