



# 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.

## Important September Meeting Notice

### **CHANGE OF DATE AND VENUE**

The September 14th Support Group Meeting is cancelled as the Prostate Cancer Seminar will be held on September 16th.

See the attached information for details.

Members, spouses, mature children and guests are all welcome.

Please note: Registration is required.

Located at Travelodge Hotel  
4177 Albert street South  
Burlington Room - Lower Level  
Time: 9:00 AM - 2:00 PM

Visit our website!

[www.pccnregina.ca](http://www.pccnregina.ca)

### **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.

## PCCN Regina Prostate Cancer Support Group

*To all our past, present and future supporters.*

As an update, we would like to pass along information on our activities over the last couple of months and going forward over the next couple of months as we have an interesting fall coming up.

We would firstly like to talk about our Walk for Dads, held on June 18<sup>th</sup>, at Regina Beach. Once again it was a great success with 61 walkers in attendance. We would like to thank Carmen Hanoski for her dedication in organizing the walk and to all those that not only supported the walk financially, but took part in the walk. All 61 walkers were challenged by the up and down streets at Regina Beach and proudly showed their colours in support of Prostate Cancer.

This year's walk raised over \$8,300.00 and will go a long way in supporting our support group in hosting the monthly meetings and other initiatives that we will bring forward.

The Regina Prostate Cancer Support Group, board of directors and volunteers attended the Farm Progress Show on June 21 – 23<sup>rd</sup>, in support of the "Man Van" ... Yes, a Mobile Health Clinic offering on the spot PSA (Prostate Specific Antigen) testing. This easy to access, "Man Van" provided access to a simple blood test for those men aged 40 – 70 that may not have seen a doctor in the recent past to provide a base line for their respective PSA levels.

Statistics prove out that one in seven men will be affected by prostate cancer, when detected early it is very treatable. Why would you not want to know?

The Man Van was rated as a success with just under 200 individuals being tested. If we were able to save just one of them with a diagnosis that they would not normally of gotten, then this would be regarded as a huge success.

Over the last several months we have been working towards putting on a Prostate Cancer Seminar. We are in the final stages of preparation. We have attracted several special guests and are putting together a program that will meet everyone's expectations.

We have attached a copy of our poster which will be circulated throughout the city and supported by radio advertising. Please note that we have only 100 tickets available and pre-registration is a must, so register early if you are interested in attending, but only register if you will absolutely be attending as we do not want anyone to miss out if seats are empty.

As this seminar will be held on Saturday, Sept 16<sup>th</sup>, our normal support group meeting which was scheduled for Sept. 14<sup>th</sup>, will be cancelled in favour of the seminar on Saturday, Sept. 16<sup>th</sup>.

Thank you again for your support and look forward to seeing everyone in the fall.

## MESSAGE FROM THE “MAN VAN”

Hey Lawrence and Glen,

Thank you both so much for everything that you did to prep for us for the Farm Progress Show. Glen, a huge thank you for training the volunteers on our processes and forms, this would've been quite the task on both ends to do the days of the show and I know that it would've led to things taking a longer time so thank you so much for doing such a great job! I kept going out to help them and ask if they had questions but no one did! Lawrence, it was so nice to meet you and your great group of guys, they did a wonderful job recruiting men and they were absolutely lovely to work with-such a positive friendly crew!

Take care,

Camille Scheible

Clinical Manager Man Van Program

Prostate Cancer Centre

6500-7007-14 St SW Calgary, AB T2V 1P9

[www.prostatecancercentre.ca](http://www.prostatecancercentre.ca)







# FREE Prostate Cancer Seminar

## “We’ve Been Through It”

### *Sharing our Experiences to Ease Your Stress*

Please contact: **Stan Hanoski for Registration** (Limited to 100 registrants)  
Email: [prostatecancerregina@myaccess.ca](mailto:prostatecancerregina@myaccess.ca) for tickets

### “Saturday”, September 16, 2017

*(Celebrating Prostate Cancer Month)*

Located at: **Travelodge Hotel**  
4177 Albert Street South

**Burlington Room - Lower Level**

Time: 9:00 A.M. – 2:00 P.M.

*(Lunch will be provided)*

**Special Guests:**

**Mikki Robicheau, RN** - Prostate Nurse Navigator -  
Prostate Assessment Centre

**Dr. Asim Amjad**, Oncologist - Allan Blair Cancer Centre

**Dr. Francisco Garcia**, Consultant Urology, Specialist in Male  
Infertility and Andrology - Cypress Regional Hospital  
University of Saskatchewan, Clinical Assistant Professor



### Prostate Cancer Canada Network – Regina Chapter

#### Is hosting a day of “discussion” touching on the following;

- > Importance of an annual check up
- > Being told you have Prostate Cancer
- > Understanding what it means
- > Looking for information
- > Treatment options
- > What to expect on the day of treatment
  - Aftercare
- > Support for your spouse
- > Healing and dealing with side effects thereafter
  - Urinary Incontinence
  - Erectile Problems
  - Psychological
- > What’s going to happen to my sex life
  - Prospects for recovery
  - Options
- > Mortality

If you have been recently diagnosed, have already gone through it, or have a friend or loved one that may have questions, and is looking for answers, we may be able to assist. Please note, we are not doctors, just ordinary people that have gone through what you may have to, and are in a position to provide some past experiences.

This is open to all men, their spouses, or significant other.



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# 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) 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** - TBD

**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

Steve Phillipow

Phone: (306) 586-9345

Grant Rathwell

Phone: (306) 766-2372

Stan Hanoski

Phone: (306) 529-1322

James Froh

Phone: (306) 450-0909

Dennis Auger

[dauger@sasktel.net](mailto:dauger@sasktel.net)

## 2017-2018 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.

**2017**

**September 16 - Prostate Cancer Seminar**

**Pending for 2017-2018**

- UofR RN Professor on PCa Patient Care
- Advance Care Planning Workshop
- Update on UofR PCa Research Program we are partially funding