

Report of the Chair

I am pleased to share my progress report of the activities of Prostate Cancer Support Regina for the past year.

While reflecting on our past year, Lawrence Ward, a past board chair, reminded me that 2024 marked our 30th anniversary as a local prostate cancer support group. That means since 1994, men and families have been gathering together to promote awareness and enhance health outcomes for those affected by prostate cancer. And over the past 19 years, we have elected members annually to our governing Board of Directors to represent us as a registered non-profit health charity. We have achieved milestones such as partnering with past national organizations, Prostate Cancer Care Network and Prostate Cancer Canada Network, Fathers Day Walk/Run and Ride to Live.

Last year, we celebrated the new national organization's name change to Prostate Cancer Foundation Canada, said good bye to its long time Executive Director, Leah Lariviere, and said hello and good bye to Dr. Abby Collier as its Executive Director. More locally, Prostate Cancer Foundation Canada recognized a separate group for female partners of men living with prostate cancer. Over the fall, we clarified with the national organization that Prostate Cancer Support Regina was independent from the new group for female partners.

Prostate Cancer Support Regina had a very good year thanks to the knowledgeable and remarkable individuals who volunteered and shared expertise, experience, and knowledge at meetings and events. We are grateful to all who worked quietly without recognition.

Some highlights are:

- Richard Kies and summer students at the Cancer Foundation of Saskatchewan produced videos sharing members' experiences with cancer.
- Dr. Asim Amjad, a radiation oncologist at the Allan Blair Cancer Centre, informed us of new innovations available in Saskatchewan, like ARO Gel to protect men's colons and rectums during radiation treatment of the prostate.
- Rosa Britner leading communications, informed us of upcoming speakers, programs, research, and events on Facebook, on our website, and in monthly newsletters.
- The Board of Directors promoted Regina Partners meetings in our newsletters and at monthly prostate cancer support group meetings.
- The Saskatchewan Cancer Agency leased its meeting rooms at its Regina Harbour Landing headquarters for 10 in-person monthly support group meetings.
- Wilson Doxtator hosted our monthly Zoom hybrid meetings remotely; and video recordings of some of our monthly speakers were edited and uploaded to YouTube.
- Our members were patient and understanding with technology challenges at monthly meetings. We are improving with your experiences and feedback to make our hybrid meetings work better for you, wherever you may live in southern Saskatchewan.

Cancer affects us all. Over the past year we partnered with the Saskatchewan Cancer Agency, Rawlco Communication's Z94.5 FM Radio, Prostate Cancer Support Saskatoon, the Cancer Foundation of Saskatchewan, and the Saskatchewan Health Authority.

- We worked with our sister support group in Saskatoon and the Cancer Foundation of Saskatchewan to increase awareness of prostate cancer in a provincial campaign during September. We launched a new provincial website saskprostate.ca providing trusted and accessible local information and supports for men newly diagnosed with prostate cancer.
- We partnered with InPower, a breast cancer support group to educate our group about a treatment complication and the physiotherapists who work at the Pasqua Hospital's Lymphedema Clinic to manage it.
- Together with InPower, we benefited from Level 10 Fitness providing a group workout for prostate cancer patients and their families in November.
- We worked with Garden Girl and other garden sponsors to renew the Cancer Survivors Garden in front of Regina's Pasqua Hospital. The garden has a significant role raising cancer awareness - two in five Canadians will be diagnosed with cancer in their lifetime.

We are positioned well to move forward as we grow and develop our reach and credibility as a local prostate cancer support group. We cannot forget our history, vision, mission, and core values - Compassion, Integrity, Ethics, Respect, Inclusion, and Community. We exist to meet the needs of men and their families affected by prostate cancer today and tomorrow. We cannot do this work without you as members, donors, sponsors and partners. Thank you to all monthly donors, one-time donors, and corporate donors for the financial support that makes our work possible.

In the coming year, we build on this strong foundation by electing a new Board of Directors to represent our members and govern our local prostate cancer support group. Later this summer, the Board will lead the way by reviewing and updating our strategic plans, policies and bylaws. What makes peer support groups special is our unique connection and fellowship as prostate cancer survivors, and our willingness to support other men and their families, wherever they are on the journey.

On behalf of the Board, I want to acknowledge three men retiring as Directors this year - Troy Hagen, Peter Braun, and Moses Kanhai. Your generous service, strong leadership and compassionate support over the past year is gratefully seen and celebrated by all. Lastly, I am grateful for the friendships that strengthen and nourish me.

Respectfully submitted,
James Froh, Chair, Board of Directors
Prostate Cancer Support Regina

Jun 12, 2025