

# PROSTATE SUPPORT NEWS



## PROSTATE CANCER SUPPORT REGINA

We aim ...

- to increase awareness, knowledge and understanding about prostate cancer in the community we serve;
- to arrange and conduct regular monthly meetings;
- to provide education to prostate cancer survivors, their families, friends and the public;
- to provide counseling services that do not include recommendations for treatments, medicines or physicians;
- to promote courage and hope; and
- to co-operate with other cancer agencies in the fight against cancer.

### OUR MEETINGS

Please join us

Monthly hybrid meetings are held the 2nd Thursday of every month except July and August at the Saskatchewan Cancer Agency, 141-4545 Parliament Avenue, Regina 6:30 - 8:30 pm, or join the meeting via ZOOM - click link for zoom meeting log in details. [Read more](#)



Aaron Shannon

I am a kinesiologist/clinical exercise physiologist with 10 years of clinical work experience and 8 years experience working with clients in a training capacity. I'm a co-owner of New Gen Fitness and offer services to individuals of all walks of life. At New Gen Fitness Education, pain management, and providing high end care are what we are passionate about.

### January 2025 Feature Speaker

Myra Froc

Subject: Partners

More on upcoming speakers on our website



# The Power of Community in Your Cancer Journey

Joining a support group and attending regular meetings can provide immense benefits when facing cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference. The support and shared experiences from a community can aid in emotional and physical healing.

Here's how:

- Emotional support reduces feelings of isolation and anxiety.
- Practical advice from others can help you navigate treatments and side effects.
- Shared stories offer hope and inspiration, lifting your spirits.
- A strong sense of community improves overall well-being and resilience.
- Going it alone is not the best way forward—together, we are stronger.

# Our Support Meeting Agenda

6:15 p.m. Registration & log in test

6:30 p.m. Introductions

6:40 – 7:15 p.m. Presentation and Q & A

7:15 p.m. Refreshment Break

7:30 p.m. Peer Sharing and break out groups

\*Hybrid: Zoom and In-Person

Click here for DIRECT ACCESS to ZOOM MEETING

Meeting Id: 829 3599 0734

passcode: 646130

find your local number:

<https://zoom.us/j/adOW7reNnx>

## Missed our recent support meetings?

You can access our past meetings including our presentations through our Youtube Channel & Our website





## Prostate Cancer Support Regina

### Thursday December 12, 2024 Meeting Notice

Aaron Shannon, BKIN, CSEP-CEP  
New Gen Fitness  
Owner/Operator  
[newgenfitness.ca](http://newgenfitness.ca)

Aaron's presentation is scheduled from 6:40 to 7:00 pm, with a Q & A session from 7:00 to 7:15 pm. Please feel free to reach out to us or Aaron with your questions and suggestions on what you want to see and hear.

On December 12, Aaron will attend the support meeting and will be available for questions after.

During our 15-minute refreshment break we encourage partner and one-on-one support chats. After our break we will have Zoom and in-person peer sharing discussions where you can learn of other's journey and ask questions in a safe environment.

We encourage members to bring their questions or concerns forward, so we can build a stronger and supportive community group.

If you need to reach out to Aaron directly, here is his information.

[admin@newgenfitness.ca](mailto:admin@newgenfitness.ca)  
306-337-3733



# Chair's Insights

Holiday greetings on behalf of Prostate Cancer Support Regina. In November, We were honoured to welcome young men from our lives to our November support meeting. With 24 attendees at the Saskatchewan Cancer Agency in Regina and 5 joining online, we shared meaningful conversations about living with prostate cancer during small breakouts.

Local Movember Canada volunteers Nikkoli Hubic and Mike Neigum introduced the 2024 Global Movember Campaign, raising awareness about men's health, including prostate and testicular cancers and mental health.

The “Ask, Listen, Encourage Action, Check-In” (ALEC) method from Movember Conversations is a valuable tool for navigating meaningful discussions with men who may be struggling. This online resource, available in four languages, provides prompts and scenarios to help build confidence in having these critical conversations.

As the holidays approach, remember to take care of yourself. We hope you'll join us for our December support group meeting, either in person or online. Happy Holidays and Happy New Year!

**James Froh**

# The Partner's Corner

Receiving a prostate cancer diagnosis can feel overwhelming, but you don't have to face it alone. At Prostate Cancer Support Regina, we are here to walk alongside you every step of the way. Our community of over 300 prostate cancer survivors and their families is dedicated to offering guidance, understanding, and support to those affected by this journey.

Whether you are newly diagnosed, undergoing treatment, or navigating life beyond cancer, we are here to help. Our monthly meetings provide a safe space to share experiences, receive expert advice, and connect with others who truly understand what you are going through.

Remember, you are not alone. Together, we can navigate this journey with strength, hope, and unwavering support.

Regina has a local partner's group made just for partners, called Prostate Cancer Support Regina Partners. The partners only meeting is held the first Thursday of each month (except for July and August) in the same room as our monthly support meeting at Saskatchewan Cancer Agency, 141- 4545 Parliament Avenue, Regina 6:30 - 8:30 pm. Call Lorrie Harrison at (306) 545-7801 to get the details.



## Ambracing Physical Activity

**I'm a sports fan but...** Exercise doesn't necessarily have to be in a gym, community centre, or as part of an exercise class. Most of the time, the hardest part is getting motivated and actually starting. Need some inspiration? Benefits of physical activity

Many Quebecers are physically inactive. Studies show that both adults and young people are sedentary for the most of their waking hours. They are not active enough to get the maximum health benefits from physical activity. Physical activity is an important part of a healthy lifestyle.

### Being active:

- helps healthy growth and development
- makes us stronger
- gives us energy
- keeps us independent as we get older

Physical activity is also one of the best ways to get and maintain a healthy weight. Men who are overweight or obese are at a greater risk of a more aggressive prostate cancer.

How to reduce your risk of prostate cancer  
Each week, set aside at least 150 minutes (2.5 hours) for moderate exercise such as fast walking, biking, or mowing the lawn. Evidence shows that walking 20 minutes a day, the equivalent of 1.6 km, reduces the risk of prostate cancer by 30%. Exercise must be vigorous enough to increase your heart rate without being too demanding.

### Tips for staying active

Exercise doesn't necessarily have to take place in a gym, recreation center, or exercise class. Most of the time, the hardest part is getting motivated and actually starting. Need some inspiration?

[Click button to be taken to this full article](#)





# What You Need to Know About Prostate Cancer

A change to your body might be nothing, but it might be serious. Only a healthcare provider can say for sure whether a change is cancer. Get changes checked sooner rather than later. Anyone with a prostate can get prostate cancer, the most commonly diagnosed cancer among Canadian men. This video explains the prostate, who is at risk of prostate cancer, the simple tests that help find it early, even without symptoms, and what might happen after diagnosis.

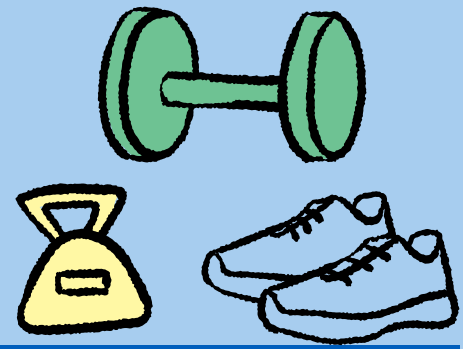
Click on the picture below to see “What you need to know” YouTube video



**Thank you to the Canadian Cancer Society**

**[Click here to be taken to Canadian Cancer Society webpage on Prostate Cancer](#)**

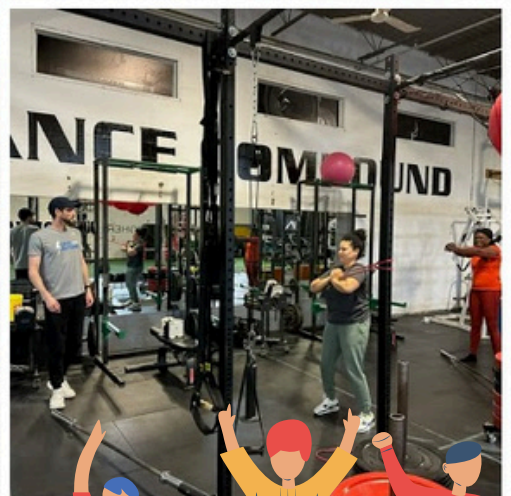
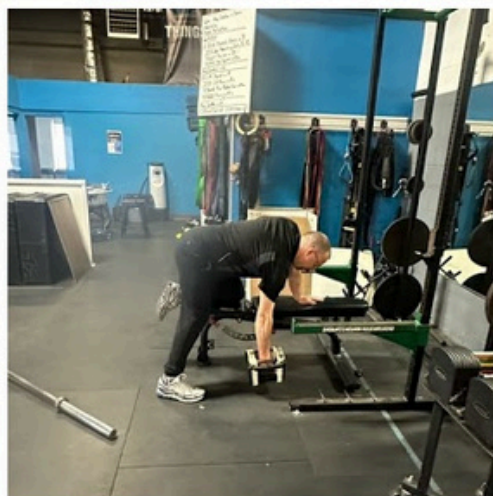
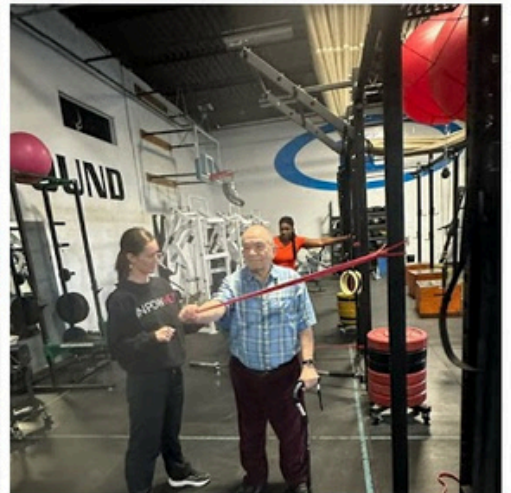
# LET'S GET PHYSICAL...WITH LEVEL 10 FITNESS



In partnership with InPower, this event showcased the incredible collaboration of a dedicated team. With the support of Level 10 Fitness and the expertise of Meagan Jakubowski and Tracy Gardikiotis from InPower, certified exercise physiologist and coach Ty Pederson designed a specialized workout session alongside oncology physiotherapists Megan and Tracy.

Ty did an outstanding job leading the session, carefully tailoring the workout to meet the unique needs of each participant. His thoughtful approach ensured everyone felt comfortable, capable, and empowered to succeed. The individualized nature of the workout received fantastic feedback, leaving participants energized, motivated, and thrilled with the experience.





**Let's do it again!!**  
**Thank you Level 10 Fitness**







**Prostate Cancer  
Foundation Canada**  
prostatecanada.ca

#4-17918 55th Avenue, Surrey, BC V3S 6C8 Canada  
1.877.840.9173 prostatecanada.ca

# *Research is Hope*

*for the future*

*for more time*

*for a cure*



*Give the Gift of Hope  
Donate to Prostate Cancer  
Research today*



*Happy Holidays from all of us at PCFC*

Charity #87105-7840 RR0001







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**Sofia**  
Developing micro-technologies  
for diagnosis & treatment.



**Kerim**  
Understanding fundamental  
biology to discover new drugs



**Victor**  
Supporting patients through  
information accessibility



**Chris**  
Increasing community awareness  
of information







to our sponsors, speakers, volunteers and loyal donors. At Prostate Cancer Support Regina, we rely on the generosity of volunteers, presenters, and donors to continue supporting men and families affected by prostate cancer.

Whether you donate your time, expertise, information for our newsletter or resources, your contribution has the power to change lives. All donations come with a charitable donation receipt. Here's how you can make an impact:

- Offer your time as a volunteer to support our community.
- Present valuable information to help patients and their families.
- Donate to fund life-changing support services and awareness efforts.

Thank you for helping us create a positive difference in someone's life. Your involvement ensures no one has to face prostate cancer alone.

Prostate Cancer Support Regina (PCSR) 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 our members, supporters and friends to fund our programs. PCSR brings men, families, friends and supporters together in one strong volunteer organization to increase awareness, knowledge, and understanding of prostate cancer and men's health overall for people in Regina, Southern Saskatchewan, and the public at large.

Prostate Cancer Support Regina is an incorporated organization in Saskatchewan under the authority of The Non-Profit Corporations Act, 1995 and a registered Canadian charity under the authority of the Income Tax Act.

Prostate Cancer Support Regina.  
Prostate Cancer Canada Network -  
Regina Inc.  
CRA Charity # 84872 6386 RR0001

# Meet our Board

**James Froh, Troy Hagen, Peter Braun,  
Robert Chapman, Moses Kanhai, Rosa Brittner, and  
Guy Kergan**

**board@pccnregina.ca**  
**Executive Committee**

**Chair - James Froh**  
**(306) 527-8290**

**Treasurer - Guy Kergan**  
**(306) 690-9687**

**Vice-Chair - Moses Kanhai**  
**(306) 586-4402**

**Secretary - Peter Braun**  
**(306) 520-8956**  
Governance / Finance Committee  
**inquiry@pccnregina.ca**

Health Outcomes / Support Line/ Partnership Committee  
**support@pccnregina.ca**

Communications Committee  
**communications@pccnregina.ca**

Please contact the above listed committees for further  
information about PCS Regina.

To ensure you are receiving all of our newsletters and  
notices,  
please make sure [communications@pccnregina.ca](mailto:communications@pccnregina.ca) is in  
your contact list.

Our mailing address is:

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