

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](#)



Ted Jaleta

His life is a testament to the human spirit's capacity for resilience, adaptability, and triumph. From surviving imprisonment and torture during the Ethiopian Civil War to becoming a renowned athlete and community leader in Canada, Ted's journey inspires hope and perseverance.

February 2025 Feature Speaker Angus Pratt

More on upcoming speakers on our website

The Power of Community in Your Cancer Journey

Our Support Meeting Agenda

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.

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

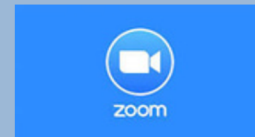
6:30 p.m. Introductions

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 ZOOM logo below 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



Chair's Insights

Dear friends, colleagues and partners,

Here we go again. We survived Christmas and the New Years! And daylight is growing every day. When it shines, the sun has a bit more heat to warm our cold days. Make no mistake, wind continues to blow as temperatures change 30 degrees overnight during another prairie winter.

In September 2024, Saskatchewan's two prostate cancer support groups established a provincial landing page saskprostate.ca. Its focus is prostate cancer support in Saskatchewan, with credible, local resources. Recent updates include the addition of Saskatoon and Regina support group's three most recent videos.

We've witnessed big political changes in Canada and the United States over the past weeks. And closer to home, last summer, Prostate Cancer Foundation Canada established Regina Partners Group. It has independence and autonomy to build a local partners support group. However, its relations to Regina's prostate cancer support group has been confusing.

Allow me to be clear, Prostate Cancer Support Regina Partners is independent from our local prostate cancer support group.

While we are weeks away from spring, some change is noticeable. Under the snow in Regina's Pasqua Hospital Community Cancer Survivor Garden, daffodil bulbs lovingly planted last fall are waiting.

May flowers promise to delight. Calling us back into the garden, we look forward to witnessing their resilience and beauty. Wherever we may go, let us raise awareness and support for cancer survivors and their families.

Stay well and safe, at home, at work and especially on the road.

James Froh

February 13, 2025 Speaker

Ted Jaleta

Ted Jaleta's life is a testament to the human spirit's capacity for resilience, adaptability, and triumph. From surviving imprisonment and torture during the Ethiopian Civil War to becoming a renowned athlete and community leader in Canada, Ted's journey inspires hope and perseverance.

Ted's accomplishments are a reminder that adversity can be overcome with determination and hard work. His commitment to fitness and coaching has not only transformed his own life but has also positively impacted countless others.

Despite facing a new challenge with his prostate cancer diagnosis at 66, Ted continues to embody the spirit of resilience and determination. His refusal to let cancer slow him down is a powerful reminder that age is not a barrier to staying active, engaged, and committed to one's passions.



Ted's story serves as a beacon of inspiration, encouraging us to reframe our challenges as opportunities for growth and to cultivate a positive attitude in the face of adversity. His legacy is a testament to the transformative power of sports, community engagement, and the unwavering human spirit.

January 2025 Support Meeting Summary

Myra Froc

Partner of Prostate Cancer Survivor



As the speaker in the month of January, Myra gave us her perspective on the ups and downs of the first year after her partner's prostate cancer diagnosis in 2023 and her reflections on what she felt, how she coped and what she learned on the first leg of the cancer journey until the end of 2024. She ended with the key takeaways of surviving a diagnosis, finding information and rare prostate cancer treatments and protocols.

Myra Froc has been married to her husband Gene for 53 years. She is a parent of their two adult children, has been a teacher and language consultant, a school administrator, a curriculum writer for the province, a tenured University of Regina instructor, a caregiver of an ageing parent with dementia and a leader of the Prairie Peony Society in Western Canada. Her research work in education has been based on both qualitative and quantitative study designs which informed her search for answers to understanding prostate cancer.



This unique film was created using AI by urologist Dr. Samantha Pillay, in collaboration with urologist Associate Professor Jeremy Grummet and Dr. Elayne Ooi. All images, voices, and music are AI-generated, highlighting how AI enables productions that would otherwise not be affordable for non-commercial health awareness campaigns.



JUST SAY PSA

A FILM BY SAMANTHA PILLAY

Feasibility of virtual exercise program for men with prostate cancer: The TARGET study



Are you biologically of male sex and are aged 60 or over?

Have you received treatment for prostate cancer?

*You are invited to participate in a research study regarding
perception of remotely delivered exercise programs*

Participation Requirements

You can join a ZOOM focus group by phone or video conference.
The one-time focus group lasts 60–90 minutes. There will be a
survey that takes 5-6 minutes to complete.

Participants will receive a gift card for their time

For more information

639-590-3592 | exercise.focusgroup@usask.ca

This study is approved by the University of Saskatchewan Behavioural Research Ethics Board, Beh ID 4050



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 designed 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.



Annual Patient Conference on Prostate Cancer California Prostate Cancer Coalition

THE 2025 PATIENT
CONFERENCE ON
PROSTATE CANCER:

Save-the-date: May 2, 2025
Fifth Annual Patient and
Caregiver Conference on
Prostate Cancer.

The conference will be held
on Friday, May 2, 2025 as a
hybrid program: in person
on the UCSF Mission Bay
Campus in California, and
also webcast live. This
conference, as always, is
open to the public.



Attendee registration will
open January 2025
Click here for conference
website.

UCSF Helen Diller Family
Comprehensive
Cancer Center

Support Group Meeting Links



Prostate Cancer Foundation
Find a Meeting



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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1.877.840.9173 prostatecanada.ca

**Prostate Cancer
Foundation Canada**
prostatecanada.ca



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 is in your contact list.

Our mailing address is:

PCS Regina
PO Box 37264
Regina, SK S4S 7K4

