

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](#)



Myra Froc - "Killing Klingons: Surviving Year One of a Partner's Prostate Cancer Journey"

Myra will describe 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 Myra will describe 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 will end with the key takeaways of surviving a diagnosis, finding information and rare prostate cancer treatments and protocols.

February 2025 Feature Speaker
Ted Jaleta

Subject: Overcoming Adversity
More on upcoming speakers on our website

The Power of Community in Your Cancer Journey

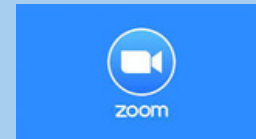
Our Support Meeting Agenda

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



Prostate Cancer Support Regina Thursday January 9, 2025 Meeting Notice

Killing Klingons: Surviving Year One of a Partner's Prostate Cancer Journey

Myra Froc
Partner of Prostate Cancer Survivor

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.

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.



Myra will describe 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 will end with the key takeaways of surviving a diagnosis, finding information and rare prostate cancer treatments and protocols.

Chair's Insights

Dear friends, colleagues and partners,

As I wait for Santa on Christmas Eve, I write to thank you for generously sharing time, talent and treasure in 2024.

Of the many changes in 2024, summer and fall memories of the Cancer Survivor Garden have been on my mind and heart during the year's shortest days and longest nights. The garden is located in front of Regina's Pasqua Hospital and Allan Blair Cancer Centre, a place all too familiar for many of us.

Bulbs, roots and seeds are safely waiting under the snow to emerge and delight come spring. New friends and partners in 2024 have both nourished and nurtured many visitors to the garden seeking health, peace and strength during happy, difficult and trying times. For past and new friends and partners, I am grateful for you and your contributions cleaning and growing the garden. You are TREEmendous as my friend Sue Luhnig would say.

On behalf of Prostate Cancer Support Regina, I recognize and acknowledge volunteers, past and present who have toiled not only in the garden, but also in our support group and the wider cancer community. You embody the prostate cancer support group's mission and values by creating safe and collaborative spaces to promote awareness and enhance health care outcomes for those affected.

I am privileged to report my observation of our group's volunteer Board of Directors' leadership and governance. We are stronger than we think. On behalf of Prostate Cancer Support Regina, I am very grateful to friends and members, supporters and partners who stepped up in 2024. As we look to 2025, I am excited as friends and partners move us with new energy and ideas in raising awareness and support for all people with cancer.

Stay active this Christmas and in the New Year,

James Froh

December 2024 Support Meeting Summary

Happy New Year on behalf of Prostate Cancer Support Regina. We were honoured to welcome Aaron Shannon from New Gen Fitness to our December support meeting. With 21 attendees at the Saskatchewan Cancer Agency in Regina and 5 joining online, Aaron discussed those with cancer and the benefits fitness provides. We also shared meaningful conversations about living with prostate cancer during small breakouts.





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.



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.



What You Need to Know About Prostate Cancer

A change to your body might be nothing, but it could 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](#)

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

Video of Conference Now Available!

Survive and Thrive Prostate Cancer Symposium

Held Nov 9, 2024 at Delta Marriott Hotel in Saskatoon

Join us in 2024 for the 12th Annual
Leslie and Irene Dube Urology Centre of Health



An educational forum for prostate cancer patients,
families, care providers and clinicians

Saturday, November 9th, 2024 from
12:00 Noon to 4:00 PM

Doors and Registration open at 11:00 am.
A complimentary light buffet lunch
will be available.

Delta Marriott Hotel, 405 20th Street East

- FREE OF CHARGE -



Precision Oncology in Prostate Cancer

with Dr. Stephen Yip
MD, MSc, FRCPC
Medical Oncologist, Tom Baker
Cancer Centre



An Integrated Approach to Prostate Cancer

with Dr. Joseph Schnurr
BA, MD, MA
Family Physician, Integrative and
Functional Medicine



Thank You To Our Sponsors



If you missed the Survive and Thrive Prostate Cancer Symposium
in Saskatoon, click the link below...

[Click here](#)

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





#4-17918 55th Avenue, Surrey, BC V3S 6C8 Canada
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

