

*Monthly newsletter of Prostate Cancer Support Regina*



## PROSTATE CANCER SUPPORT REGINA AIMS ...

- 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](#). Must register to attend.

## June 12 Meeting

### IMPORTANT ANNOUNCEMENT

This month, we will not have a guest speaker, as our Annual General Meeting (AGM) will take place during the first part of the evening. The AGM will include important updates on our past year, a look ahead at our upcoming goals and activities, and the election of board members. Your attendance and input are valuable as we reflect on the work we've done and plan for the year ahead.

Following the AGM, we'll shift into a Table Topics session—an open, engaging format where each table will be assigned (or may choose) a discussion topic related to prostate cancer survivorship, treatment experiences, emotional well-being, caregiving, or other relevant themes. Each group will then share a brief summary of their conversation with the larger group. This is a great opportunity for connection, shared learning, and peer support.

Whether you're newly diagnosed, in treatment, or years into survivorship, we encourage you to attend, listen, share, and support one another. We look forward to seeing you there!

*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. AGM portion 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.

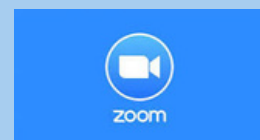
**Topic:** May 8/25 PCS Regina Support Meeting

**Time:** May 8, 2025 06:00 PM Saskatchewan  
Join Zoom Meeting

**https://us06web.zoom.us/j/89138089126?**  
**pwd=PLDFQqXi6CL6o2zPMm3BPAGcYcUeU**  
**g.1**

**Meeting ID:** 891 3808 9126

**Passcode:** 993433



### Missed our recent support meetings?

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

To enhance security and safety at our monthly support meetings, we encouraged your to pre-register, whether you are joining in-person or online. Members at monthly meetings can also register during our meetings using the same process.



# Chair's Insights



As I sit looking out at the rain this morning, I'm reminded of its value to farmers, firefighters, and everyone working on the land. I'm also grateful for you—our members and readers.

Our support group is a community where all men living with or beyond prostate cancer can gather in a space that is welcoming and safe.

Joining a support group and attending regular meetings can offer tremendous benefits when living with cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference.

We are not medical professionals, and we do not promote any specific healthcare provider or treatment. Nor do we give medical advice.

What sets us apart is our lived experience—as men and families—navigating cancer diagnosis, treatment, and survivorship.

The support and shared experiences within our community can contribute meaningfully to emotional and physical healing.

Please join us for our Annual General Meeting during the June 12 monthly support meeting. It will take approximately 40 minutes and will include a report on the past year, as well as a look ahead to our core activities and events for the coming year.

Maarsii, thank you, merci—to our directors, members, donors and volunteers who generously give their time and energy to our prostate cancer support group in southern Saskatchewan.

Warmly,  
James Froh  
Chair

# May 8, 2025 – Support Group Summary

Jim Odling is a 17-year prostate cancer survivor. For eight years, he helped care for the Cancer Survivor Garden. He says being part of the group made a big difference in his life, and he saw firsthand how much it helped other men going through cancer.

In 2015, when the Canadian Cancer Society closed its Saskatchewan office, they asked the group to take over responsibility for the garden. Jim didn't know much about flowers, but his wife Rose did.

Every year, about six volunteers would plant flowers in late May or early June, then continue to weed and water them throughout the summer. Jim found the experience deeply rewarding. While working in the garden, he often spoke with visitors who shared how much they loved the space and appreciated those who cared for it.

Sue Luhning started helping with the garden about 25 years ago. She volunteers a lot with the Saskatchewan Health Authority (SHA). Sue says working in the garden helps her heal from loss. Both of her parents died of cancer. Three years ago, her husband passed away from Alzheimer's and Parkinson's. Just four weeks ago, her brother also died. The garden helps her feel better mentally, physically and emotionally.

Sue used to work at Lakeshore Gardens as a horticulturist and is known as the "Tree Lady."

Now she works at Garden Girl with the owner, Ariel Cote, who quickly joined the team to support the garden.

In 2024, three women with chainsaws helped clean up the overgrown garden. They removed 75 loads of debris. SHA staff were happy, saying it made their work easier. The garden now has daffodils, thanks to 500 donated bulbs, and it blooms in spring, summer and fall. It brings joy to patients, staff and families.

Join us Wednesdays at 9:30 a.m. in the garden (or Thursdays if it rains)!

For more info, a flyer with info is included in this newsletter.



## Prostate Cancer Support Regina Thursday June 12, 2025 Speakers



### ANNOUNCEMENT

This month, we will not have a guest speaker, as our Annual General Meeting (AGM) will take place during the first part of the evening. The AGM will include important updates on our past year, a look ahead at our upcoming goals and activities, and the election of board members.

Your attendance and input are valuable as we reflect on the work we've done and plan for the year ahead.

Following the AGM, we'll shift into a Table Topics session lead by active board member Moses Kanhai—an open, engaging format where each table will be assigned (or may choose) a discussion topic related to prostate cancer survivorship, treatment experiences, emotional well-being, caregiving, or other relevant themes. Each group will then share a brief summary of their conversation with the larger group. This is a great opportunity for connection, shared learning, and peer support.

Whether you're newly diagnosed, in treatment, or years into survivorship, we encourage you to attend, listen, share, and support one another. We look forward to seeing you there!



**If you have prostate cancer or on surveillance, are newly diagnosed or needing information, please join us at the Saskatchewan Cancer Agency, 4545 Parliament Ave for our next hybrid (in-person/Zoom) support group meeting. Doors open at 6:00 pm and the meeting starts at 6:30 pm. If attending by zoom, please visit <https://pccnregina.ca/> to login by 6:20 pm.**

# 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 IS Emsella?

Emsella is a non-invasive treatment that uses high-intensity focused electromagnetic (HIFEM) technology to strengthen the pelvic floor muscles.

During a session, patients sit fully clothed on a specially designed chair that delivers thousands of supramaximal pelvic floor muscle contractions in a single treatment — **equivalent to doing over 11,000 Kegels in about 30 minutes.**

### Who Can It Help?

Emsella is especially beneficial for:

- Women experiencing urinary incontinence, including stress, urge, or mixed incontinence.
- Postpartum women who want to restore pelvic floor strength after childbirth.
- Men and women with weakened pelvic floor muscles due to aging or sedentary lifestyles.
- People seeking improvement in sexual wellness and pelvic floor function.

It's a quick, comfortable treatment with no downtime, making it an excellent option for individuals looking for non-surgical solutions to improve core and pelvic health.

Available at SKIN Clinics Medical Aesthetics Clinics and Dermatology Regina. Where every treatment is tailored to your unique goals, ensuring safe, subtle, and stunning results in a professional and welcoming environment. For more info click the website link [skinclinics.ca/regina](https://skinclinics.ca/regina)







# HELP NEEDED

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## WE NEED HELP WITH

- COMMUNICATIONS SUPPORT FOR
  - CONTENT WRITTING
  - PROOFREADING
  - SOCIAL SCHEDULING

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IF YOU WOULD LIKE TO LEARN  
MORE PLEASE REACH OUT TO US.



(306) 527-8290



[PCCNREGINA.CA](http://PCCNREGINA.CA)





Are you two  
to five years  
after a  
localized  
prostate  
cancer  
diagnosis?

## Want to share your experience of prostate cancer support groups?

Join this study that explores the benefits derived from prostate cancer support groups following primary cancer treatment, and how to enhance support groups to better support survivors. Participation involves a five-minute online health literacy survey and a two-hour online focus group.

**For more information, send an email or scan the QR code:**

Put "Supporting Men's Health" in the subject line to contact:

Researcher: Mr. James Froh

[ffj139@uregina.ca](mailto:fjf139@uregina.ca)

Supervisor: Dr. Justin Longo

[justin.longo@uregina.ca](mailto:justin.longo@uregina.ca)





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



**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](mailto:exercise.focusgroup@usask.ca)**

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





## Upcoming Events - Get involved



### Ride To Live – The Amazing Ride

The Westcoast Motorcycle Ride to Live brings riders from across Canada together to support one important cause.

\*Note: Registration closes when we reach 200 bike capacity.

Also, all outstanding registration fees are due at check-in..

#### Registration Fees\*:

- Earliest registration: \$50 or raise \$150 and ride for free
  - Deadline: March 7
- Early registration: \$75 (includes \$25 tax receipt) or raise \$150 and ride for free
  - Timeframe: March 8 - April 25
- Registration: \$100 (includes \$50 tax receipt) or raise \$150 and ride for free
  - Timeframe: April 26:- May 13

**MORE ABOUT THIS EVENT, PLEASE VISIT: <https://ridetolive.ca>**







# **Listening, Weeding, & Talking**

Come Volunteer with Reginas Community  
Cancer Survivor Garden!

**LOCATION:** Pasqua Hospital (4101 Dewdney Ave.)

**DAY:** Wednesday's (Thursday if weather delay)

**DATES:** May 14 to October 29, 2025

**TIME:** 9:30 - 10:30 a.m.



# Androgen Deprivation Therapy (ADT) Education Class

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The ADT Educational Class is a free session during which patients and loved ones will:

- Learn about side effects of ADT
- Learn how to manage side effects
- Complete goal setting exercises to teach you how to manage ADT side effects

**When:** Monthly class, held on Fridays

**Time:** 1:30 - 4 p.m.

**Dates:** March 28, April 25, May 23, June 27, July 25, Aug 22, Sept 26, Oct 24, Nov 28, and Dec 19

To register, call 306-766-2973.



# Cancer Transitions

## A six-week program that bridges the gap

from cancer care to home.



### Description:

The program focuses on a four-phase process: Physical Approach, Connected Approach, Creative Approach and Contributing Approach. We review the variety of changes you may have experienced through your cancer treatment, then provide tools to assist with your healing journey.



### Dates:

Tuesdays, from 1:30 - 4 p.m.

May 6 - June 10

September 2 - October 14

November 4 - December 16

To register, call 306-766-2973.

# Support Group Meeting Links



## Prostate Cancer Foundation Find a Meeting





We are grateful 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](mailto: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](mailto:inquiry@pccnregina.ca)**

**Health Outcomes / Support Line/ Partnership Committee**  
**[support@pccnregina.ca](mailto:support@pccnregina.ca)**

**Communications Committee**  
**[communications@pccnregina.ca](mailto: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:  
PCS Regina  
PO Box 37264  
Regina, SK S4S 7K4

