

# 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, 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.

## Support Meeting May 8, 2025

Jim & Sue



**Topic: The Survivor Garden**

Jim Odling, a long-time volunteer and former director of Prostate Cancer Support Regina, first stepped forward in 2015 after a request from the Canadian Cancer Society's Saskatchewan Division. With the support of his wife Rose, Jim led the volunteer efforts in the garden from 2015 to 2023, dedicating countless hours to its care and beauty. He will be joined by Sue Luning, affectionately known as the "Tree Lady," a horticulturist with over 35 years of experience in the retail garden centre business.

Sue helped plant the cancer garden over 20 years ago and returned last year, invited by Jim, to lend her plant expertise—and her strong back—to the garden once again.

*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 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=PLDFQqXi6CL6o2zPMm3BPaGcYcUeUg.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

Spring has arrived across southern Saskatchewan!

As we open windows and get outside, it's a great time to check in with a prostate cancer support group member or someone you love.

Thanks to those who tried to join our April Zoom meeting. We're working on improving the safety and ease of hybrid meetings and look forward to offering a better experience each month.

We're proud to highlight Jim Odling and Sue Luhning's work in the Cancer Survivor Garden at Regina's Pasqua Hospital. Thank you to all who supported the garden last year! Jim and Sue will share their story, along with how the garden inspires hope and awareness across Saskatchewan.

Here's what's ahead this spring:

- Support meetings: A safe space for patients and caregivers to learn, connect, and breathe easier. Check out expert advice anytime on **our YouTube Channel located on our website.**
- Annual General Meeting – June 12: Members can help shape our future by joining the Board or a committee. Fred Vandelinden is also gauging interest in a group biking event — **take the quick survey locate on our website.**
- Garden volunteering: Join us Wednesdays at 9:30 a.m. starting May 14 at Regina's Community Cancer Survivor Garden. We'll begin with new Garden Yoga videos by Maja from Level 10 Fitness. More info for this event attached in this newsletter or on our website - click volunteer.

Thanks for being part of our community. With your support, we're building healthier lives and brighter futures all year long.

Warmly,  
James Froh  
Chair



# April 10 2025 Meeting Summary and Zoom update

We sincerely apologize for the confusion surrounding April's Zoom meeting. A new Zoom link was used, which included a registration page requiring attendees to enter their name and email before being admitted. Those who completed this step were successfully able to join. **Please do not use previous Zoom links for future meetings — they will no longer work.**

This registration process, recommended by cybersecurity experts, enhances security and helps prevent unwanted disruptions. As we continue to improve our hybrid meeting experience, your patience and understanding are greatly appreciated.

On April 10th, we were pleased to welcome Moses Kanhai as moderator for our monthly support group meeting. James Froh presented his graduate research project to 15 attendees in Regina. His study explores the benefits of prostate cancer support groups and how to enhance them to better serve survivors. With survivorship on the rise, understanding how health literacy impacts long-term outcomes is increasingly important.

James's study is guided by two key questions:

1. What benefits do prostate cancer survivors gain from support groups?
2. How can these groups be improved?

Using a health literacy framework, James is conducting a mixed-methods study that includes surveys and a focus group with 10 survivors, along with expert insight gathered through a nominal group technique interview. The research aims to inform future policies that promote person-centered care, improve access to targeted health information, and reinforce the critical role support groups play in the healthcare system.

James has offered to return later this year to share preliminary results.

We look forward to learning more about how this work can support our community.

## Prostate Cancer Support Regina Thursday May 8, 2025 Speakers



We invite community members to attend our upcoming support meeting, featuring two special guest speakers who have both played vital roles in the development and care of the Cancer Garden in Regina. Jim Odling, a long-time volunteer and former Director of Prostate Cancer Support Regina, first stepped forward in 2015 after a request from the Canadian Cancer Society's Saskatchewan Division. With the support of his wife Rose, Jim led the volunteer efforts in the garden from 2015 to 2023, dedicating countless hours to its care and beauty. He will be joined by Sue, affectionately known as the "Tree Lady," a horticulturist with over 35 years of experience in the retail garden centre business. Sue helped plant the cancer garden over 20 years ago and returned last year, invited by Jim, to lend her plant expertise—and her strong back—to the garden once again. Join us to hear their stories and learn more about the incredible community efforts that have kept this special space thriving.



Sue & Jim'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 bring loved ones who are at risk, including family members (brothers, sons, grandson's, dads), and friends to this meeting to learn about the survivor garden at the Pasqua Hospital.

***On May 8, 2025, Sue and Jim will attend the support meeting and present for our members and will be available for questions after.***



**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.**

# 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.





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

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

Supervisor: Dr. Justin Longo

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





# PROSTATE CANCER GROUP



**Prostate Cancer  
Foundation Canada**



**Saturday  
May 24, 2025  
10am - 11am  
1425 McAra St**

**Investment: \$10 e-transfer to  
[donation@pccnregina.ca](mailto:donation@pccnregina.ca) (enter your  
NAME + Level 10 Fitness in the memo  
field) \*\*All participants MUST pre-  
register\*\***

If you have any questions, please reach out to  
[maja.nehasil@gmail.com](mailto:maja.nehasil@gmail.com).

## STRENGTH WORKOUT

### About the Event

In partnership with PCS Regina, Level 10 will be offering a strength workout for those with prostate cancer diagnosis, their families and friends. This 60min session will be suitable for all fitness levels and will be a great way to connect with others, get moving and learn more about how to exercise safely after diagnosis.

#### CONTACT US

306-337-0010  
[level10fitness@sasktel.net](mailto:level10fitness@sasktel.net)



#### WEBSITE

[level10regina.com](http://level10regina.com)  
[@level10regina](https://www.instagram.com/level10regina)



## Urine Samples Can Help in Screening for Prostate Cancer

An article in The Globe and Mail on April 29 describes a promising set of new, precise biomarkers — found in a simple urine sample. The article by Jenny Lehman reports that the findings were published in the journal Cancer Research and suggest that combining emerging biomedical technologies with AI could have a major impact on early cancer diagnostics, potentially far beyond just prostate cancer screening.

“There are many advantages to measuring biomarkers in urine,” said Mikael Benson, principal investigator of the study and researcher at Karolinska Institute, Sweden, in a press statement. “It’s non-invasive and painless and can potentially be done at home. The sample can then be analyzed using routine methods in clinical labs.”

The current standard for prostate cancer screening relies heavily on a blood test that measures PSA levels. While elevated PSA levels can be a hint at prostate cancer, they can also result from rather harmless conditions like benign prostatic hyperplasia (BPH) or infections.

Screening does have the benefit of detecting cancers at an early stage, when treatment is often more effective. However, if either the PSA test or a follow-up exam is abnormal, it often leads to further procedures like a prostate biopsy.

The article cautions that PSA blood test has its flaws such as false positives — abnormal results when no cancer is present — or false negatives, where cancer is present but goes undetected. Even when screening successfully finds prostate cancer, it’s not always clear whether the cancer is aggressive and needs treatment. This uncertainty sometimes leads to over diagnosis and over treatment, exposing men to unnecessary procedures and anxiety.

New, more precise biomarkers than PSA can lead to earlier diagnosis and better prognoses for men with prostate cancer,” said Benson in the release. “Moreover, it can reduce the number of unnecessary prostate biopsies in healthy men.”

Following this study, large-scale clinical trials are already being planned as the next phase of the research.

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

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





# **Listening, Weeding, & Talking**

Come Volunteer with Regina's 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**  
**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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Regina, SK S4S 7K4

