

*Monthly newsletter of Prostate Cancer Support Regina*



**Good News, we have a solution with MailChimp for monthly newsletters!**

**Prostate Cancer Support Regina uses MailChimp to deliver monthly newsletters. It is a leading cloud-based, AI-powered marketing platform designed for small businesses to create, send, and automate email campaigns.**

## **SUPPORT MEETINGS**

**Join us from 6:30 pm to 8:30 pm at monthly hybrid meetings on the 2nd Thursday of every month at the Saskatchewan Cancer Agency, 4545 Parliament Avenue, Regina.**

**Register to join via ZOOM. Once registered, you will receive the meeting link in your inbox directly from Zoom.**

## **Nora Yates, CEO, Cancer Foundation of Saskatchewan is our May 14th Speaker**

The first CEO of the Cancer Foundation of Saskatchewan, Nora Yates is a Commerce graduate of the University of Saskatchewan. Bringing a professional designation in charitable fundraising, Nora lives with her husband in Regina.

The Cancer Foundation of Saskatchewan is dedicated to raising funds for cancer research, including early detection and cancer treatment, prevention programs, and comfort and care items. One hundred per cent of the funds raised stay in Saskatchewan.

*More on upcoming speakers on our website*

# May 14, 2026 Presentation Cancer Foundation of Saskatchewan

MAKING A DIFFERENCE

## Your Impact by the numbers

Thanks to you, **\$2.76 million** has been invested into cancer care for the people of Saskatchewan!

Because of your support, cancer patients felt the strength of a community that truly cares. **Here are just a few of the meaningful ways your donations made a difference this year.**

### REGINA CANCER PATIENT LODGE



**\$887,787**

invested into construction and furnishings for Lodge renewal project

### EARLY DETECTION AND SCREENING



**\$827,144**

disbursed so far to build two custom mobile mammography trailers to replace the Breast Screening Bus and expand access to breast screening in rural and remote communities

### CANCER RESEARCH



**\$366,787**

was invested in cancer research being done right here in Saskatchewan

### EQUIPMENT AND TECHNOLOGY



**\$319,790**

invested in essential equipment to enhance cancer care. From specialized chemotherapy chairs and safety monitors to advanced tools supporting stem cell transplants, your donations are directly improving the patient experience – every day, in countless ways

### FERTILITY PRESERVATION



**\$75,000**

for ovarian tissue cryopreservation research, a collaborative project with the Jim Pattison Children's Hospital Foundation, led by Dr. Laura Hopkins with the Saskatchewan Cancer Agency

### PATIENT CARE & COMFORT



**\$13,841**

for interpretive services for ESL, deaf, and hard of hearing patients



**\$35,233**

for coffee and snacks for patients undergoing treatment



**\$17,097**

for cable tv, internet, and newspaper subscriptions for patients to pass the time while visiting Cancer Centres and Patient Lodges



**\$24,065**

for yoga, wellness, and art & music therapy programs



**\$37,299**

in gift cards to support grocery and fuel purchases for patients in need



**\$41,900**

to assist transportation and parking costs



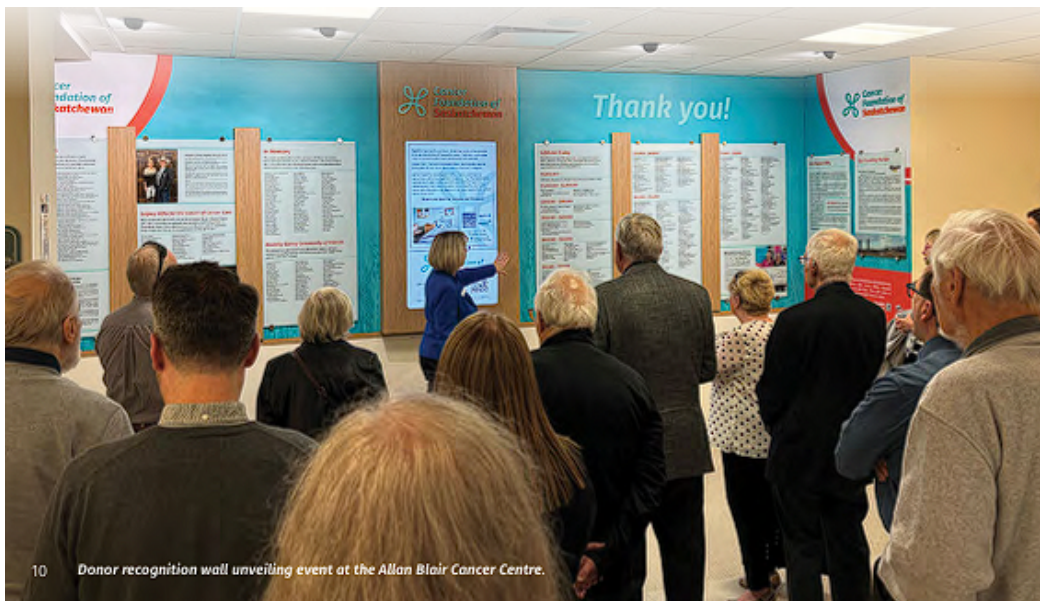
**Nora Yates, CFRE**  
CEO of Cancer  
Foundation of  
Saskatchewan

2024/25 Annual Report

# Cancer Foundation of Saskatchewan

Since the formation of the Foundation in 2019, your generosity and steadfast belief in better cancer care resulted in more than \$5 million donated in 2024/25 alone and surpassed \$25 million donated since its inception just six years ago. These are not just numbers — each dollar represents lives touched, families supported, and hope strengthened.

The staff and physicians at the Cancer Agency are proud of all that they've achieved together with the Cancer Foundation of Saskatchewan. By working together to prioritize the areas of highest need for your donor dollars, we also know that we can make the biggest impact.



## OUR MISSION

We raise funds to support the cancer care needs of the people of Saskatchewan.

## OUR VISION

World-class cancer care and prevention for the people of Saskatchewan.

## OUR CORE VALUES

### Integrity

We are honest, transparent, and ethical in the pursuit of our mission.

### Collaboration

We work together, in teamwork and collaboration - we are "Stronger Together".

### Innovation

We are creative and innovative — constantly exploring new and better ways to meet the needs of our stakeholders.

### Passion

We are dedicated to raising funds to support a better future for Saskatchewan people impacted and affected by cancer.

## The Power of Community

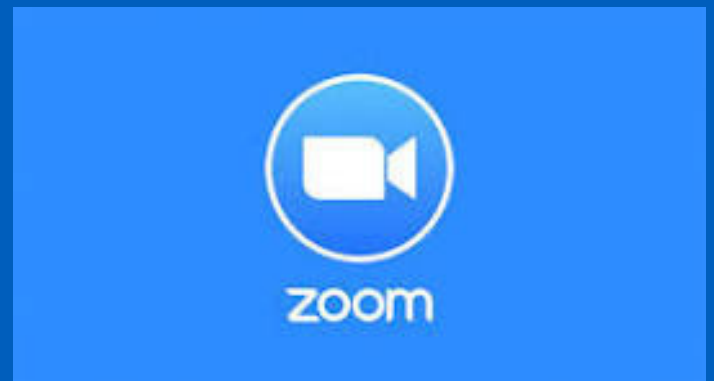
Joining a support group and attending regular meetings can provide immense benefits when facing cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference. The support and shared experiences from a community can aid in emotional and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

Our prostate cancer support group will be holding its AGM in June. This year it will be separate from our June support meeting.

A separate email will provide legal meeting notice with meeting details and materials. Our fiscal year runs from June 1 to May 31. All members are encouraged to participate in electing the Board of Directors for the organization.

## Support Group Meeting Agenda

- 6:00 pm Room 141 set up, and Zoom waiting room open
- 6:20 pm Zoom waiting room admittance to meeting room
- 6:30 pm Introductions
- 6:40 pm Featured Speaker
- 7:20 pm Refreshment Break
- 7:30 pm Peer Sharing break out groups
- 8:25 pm Announcements
- 8:30 pm Closing and tear down



### Missed our recent support meetings?

You can access past meetings' presentations @ our Youtube Channel & website

# Chair's Insights

I think I saw a snow flake the morning of May 4th! The past winter saw rain four times, and during April, snow fell for four days bringing significant accumulations to many places in the province. Mother cannot recall a winter like 2025, except when it rained at Christmas in 1956. Our mother, who gave birth to eight children, survivors all, turns 95 in 2026. This May, let us remember and honour our mothers and all women who share the gift of life.

A prostate cancer diagnosis can be compared to an unwelcome guest. Uprooting lives, cancer humbles us by slowing time and uncertain futures. Living through the rush of specialists, tests, and treatment choices, rushing kept us alive. Slow movement counters the rush. Healing after treatment takes time. And moving slow enough, the body can finally believe the threat is over.

Luckily we are not alone in the rush to treat cancer. Health professionals are accessible and available to inform, treat, and support our cancer treatment and health choices afterwards. And we are not alone in the slowness healing from cancer. Peer support helps with emotional support and health literacy, by sharing patient experiences, insights, and hope. Take a moment to remember the people you met on the cancer journey. If possible, give thanks to those who were there for you during the rush and slow times. May the Fourth be with you!

James Froh

# LOVING YOURSELF



# FIRST

Hearing “prostate cancer” can be scary. We’re here for you. Prostate Cancer Support Regina is a volunteer-led community of 300+ survivors and families, ready to offer empathy, real-life insight, and support. Come talk with people who listen, answer questions, and understand.

What makes us different? We’ve been there—through diagnosis, treatment, and survivorship. Connect with people who listen, share honestly, and truly get it. We don’t offer medical advice or promote any provider. Join us for local, trusted information and support across Saskatchewan.



**LOCAL, TRUSTED INFORMATION**



# HELP NEEDED

## WE NEED HELP WITH

- COMMUNICATIONS:
  - NEWSLETTER PRODUCER
  - PROOFREADER/EDITOR
  - YOUTUBE VIDEO PRODUCER
  - SOCIAL MEDIA POSTING
    - YOUTUBE
    - FACEBOOK

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

 (306) 527-8290

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



## Nutritional Counseling for Prostate Cancer Patients Receiving Systemic Therapy - Maria De Santis



The banner features a dark blue background with a mountain range and city lights. In the top left, a white play button icon is next to the text 'APCC 2026'. Below this, two portrait photos are shown: Neeraj Agarwal on the left and Maria De Santis on the right. To the right of the photos, their names and affiliations are listed. At the bottom left, the logos for 'URO TODAY' and 'GU ONC TODAY' are displayed. The bottom right corner shows an aerial view of a city at night.

APCC 2026

Neeraj Agarwal, MD, FASCO  
The University of Utah, Huntsman Cancer Institute

Maria De Santis, MD, PhD,  
Charité Universitätsmedizin Berlin, University of Warwick

URO TODAY GU ONC TODAY

May 1, 2026

Maria De Santis outlines nutritional management for prostate cancer patients on systemic therapy. ADT causes fat mass increase, muscle loss, insulin resistance, and fatigue, making body composition assessment more informative than weight alone. Dr. De Santis recommends approximately one gram of protein per kilogram of body weight daily for all patients, noting that vegetarian diets often require larger portions or protein supplements to meet this target. For overweight patients, she advises reducing carbohydrate intake while maintaining protein, paired with resistance exercise at least three times per week for 30 minutes.

# Survey Results on Prostate Cancer Management Treatment Preferences in South Asia - Vedang Murthy

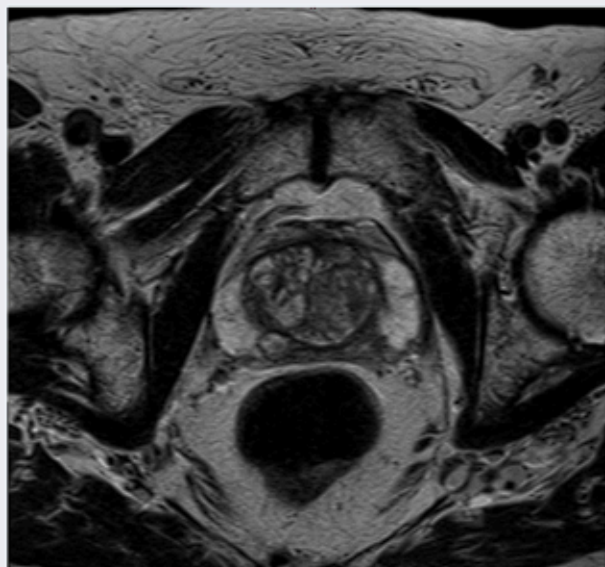
APCC 2026



Neeraj Agarwal, MD, FASCO  
The University of Utah, Huntsman Cancer Institute

Vedang Murthy, MD, DNB, DipEPP  
Tata Memorial Hospital

URO TODAY\* GU ONC TODAY™



## Prostate Cancer: A Growing Threat to Men's Health

- The second most common malignant disease in men and the fifth leading cause of cancer death in the world.
- 1 in 8 men will develop prostate cancer.
- An increase of 1.4M to 2.9M cases is estimated in 2040.

# Supportive Care Groups

Available at the Allan Blair Cancer Centre in Regina



For more information or to register, call: 306-766-2973 or go to [SaskCancer.ca](https://SaskCancer.ca).

As part of our *Together We Heal* Series, you will find a variety of focused, time-limited support series—each designed to guide cancer patients through themes like resilience, meaning-making, emotional coping and forward planning. Choose your path:

## **Caring for Body & Mind: Body Image & Wellness Group** – in person

A six-week guided series warmly crafted to rebuild trust and deepen their connection with their bodies as they heal. Participants gently explore practices like mindful self-compassion, movement attuned to your pace, nourishing reflection, and insights on healthy, body-kind routines. Each session helps you to rediscover strength, honour your body's journey, and nurture a kinder, more affirming relationship with yourself.

## **One Breath** – in person

This five-week series offers a compassionate space for palliative patients and loved ones to share and navigate anticipatory grief together—expressing emotions, finding solace in connection and gently learning tools, such as self-care, forgiveness, legacy work and ways to hold meaningful moments, even in uncertainty.

## **The Next Chapter** – in person

The Gentle Return Program is a six-week series designed to help cancer survivors transition from treatment back to daily life with confidence and purpose. Structured around four key areas—Physical, Connected, Creative and Contributing—each session offers tools and guidance to rebuild strength, reconnect with relationships, explore creative expression and find meaningful ways to give back. This holistic approach empowers participants to honor their healing journey and embrace the next chapter with resilience and hope.

Our *Connection Circles* provide cancer patients with ongoing, accessible support, fostering a sense of community and belonging. Choose your circle:

### **What Words Can't Say** – *in person*

This class offers a **safe and supportive space** for cancer patients to explore and express emotions that are often difficult to articulate. Through guided art-making, participants can process complex feelings, reduce anxiety, and enhance overall well-being. No artistic experience is necessary—just an openness to creativity and self-expression. This group brings connection, healing, and personal growth, helping individuals navigate their cancer journey with resilience and hope.

### **The Empowered View** – *in person*

Join our **monthly circle that explores mindfulness through photography**. Capture moments that resonate with your cancer journey, encouraging self-expression and emotional healing. No prior experience needed—just bring your curiosity and an open heart. Experience the therapeutic benefits of slowing down and observing the world through a compassionate lens.

### **The Invisible Thread** – *in person*

This supportive space allows caregivers of cancer patients to **connect, share experiences, and find strength** in community. This group offers emotional support, practical advice, and a sense of belonging, helping caregivers navigate their unique challenges with compassion and resilience.

### **Walk & Talk** – *in person*

Experience the **healing power of movement** and connection in our weekly Walk and Talk group. This circle combines light exercise with emotional support, providing a safe space to share experiences and build relationships. Walking together promotes a sense of community and belonging, empowering participants on their healing journey.

### **Men's Table** – *in person*

This **monthly group for men** living with or affected by cancer gives participants an opportunity to talk openly and support one another. It is a relaxed, confidential space where you can share experiences, challenges and wins—or simply listen and connect with others who understand. There is no pressure or expectations, just honest conversation, mutual respect and genuine conversation around the table.

### **Roots of Resilience** – *in person*

Our **monthly Sound Therapy Circle** brings cancer patients together to experience the healing power of sound. This circle combines Tibetan singing bowls and drumming to promote deep relaxation, reduce stress and enhance emotional well-being. No prior experience is necessary—just bring an open mind and a willingness to relax. Each session offers a soothing environment to help alleviate anxiety, improve sleep and foster a sense of peace and connection.

### **A Life Worth Writing** – *virtual*

This virtual writing circle offers cancer patients a **nurturing space to express emotions**, reduce stress, and reflect deeply on their journey. Through guided prompts and shared reflection, participants tap into writing's powerful ability to improve resilience, emotional healing and quality of life—benefits supported by research that shows expressive writing can boost psychological well-being and coping among cancer survivors.

### **Forever In Motion** – *in person*

This **health-promotion program** helps those living with cancer to stay active through safe, volunteer-led movement groups. Because inactivity can increase health risks during treatment and recovery, the program focuses on gentle exercise that supports strength, balance, and well-being. Its mission is to improve health through education, movement and supportive programming by partnering with community spaces.



Support services and programs are made possible thanks to the  
Cancer Foundation of Saskatchewan.

# National Online Support Group Meetings



## 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 Your Board

**Robert Chapman, James Froh, Guy Kergan, Kent Stewart, and Fred Vandelindan**

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

**Chair - James Froh    Treasurer - Guy Kergan    Secretary - Kent Stewart**  
**(306) 527-8290                      (306) 690-9687                      (306) 543-2547**

**Executive 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 [info@pccnregina.ca](mailto:info@pccnregina.ca) is in your contact list.

Our mailing address is:  
PCS Regina  
PO Box 37264  
Regina, SK S4S 7K4





# **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 20 to October 28, 2026**

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

