

*January 2024*

*Cheers*

TO THE NEW YEAR

Wishing you and your family  
peace, health, happiness and prosperity in the  
coming new year 2024

2024



**Monthly hybrid meetings held at  
the Saskatchewan Cancer Agency**

**141-4545 Parliament Avenue at  
6:30 - 8:30 pm**

**or**

**Members can also participate via  
ZOOM**

**The guest presenter  
at the  
January 11, 2024 PCSR  
meeting  
will be Victor Vivar  
Kessels of UBC.  
Victor will discuss the  
most commonly-used  
medications for prostate  
cancer.**

**PCS REGINA IS COMMITTED...**

- 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 opportunities for sharing experiences and concerns;
- 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.



## **PCSR Strategic Plan - New Vision 2024 A Message from The Chair**

**Happy New Year!**

**Today is a good day to reflect on the past and ponder the future. For me, what stands out from Prostate Cancer Support Regina 2023 activities, is meeting again in-person. The May hybrid in-person and on-line Zoom support meeting was the first face-to-face gathering since March 2000. At the hybrid in-person and on-line Zoom June AGM, members elected a new Board of Directors. At its first meeting, the Board elected an executive and made strategic planning its first priority. In Fall 2023, Vice-Chair Troy Hagen lead the Board of Directors in a strategic planning process over three meetings. The Board collaboratively produced a one-page 2023-2026 Strategic Map containing a vision, mission, values, goals, objectives and measurement to guide and govern the organization for the next three years.**

**With the publishing of the Strategic Plan, members will notice the newsletter changed to reflect four NEW Board Committees. Past committees are replaced by new Board Committees that are responsible to plan, prioritize and implement activities to deliver on PCS Regina's mission. The Board's Executive forms the Governance/Finance Committee. It has met and taken up the task of implementing the new governance model and plan. The Governance/Finance Committee's responsibilities include communication of the strategic plan to members and stakeholders. An important future activity planned for Fall 2024 is engaging members and stakeholders to improve and strengthen the Strategic Plan by consulting on our collective experience of its first year of implementation.**

**Our new governance model needs your support to achieve our strategic objectives. PCS Regina is actively recruiting members for the new Board Committees and work teams. Please consider volunteering to share your expertise and experience on a new Board Committee or a work group. To learn more, please email [info@pccnregina.ca](mailto:info@pccnregina.ca) stating your contact information, interest to serve and preference, if any. Stay tuned and thank you for supporting the Board of Directors leadership. Cheers to an awesome 2024!**

**James Froh, Board of Directors**

**To view the Strategic map visit: [PCSR Strategic Map](#)**

**Meet Victor Vivar Kessels, the speaker for PCS Regina's January 11, 2024 Meeting.**



**Prostate Cancer Support Regina is pleased to announce that Victor Vivar Kessels, a 4th year student completing a Bachelor of Pharmaceutical Sciences at UBC. Victor will be presenting information on the most commonly-used medications for prostate cancer. Medications such as hormone and chemo therapy agents will be discussed.**

**The first 45 minutes of our meeting will be a Zoom and in-person round table discussion followed by a 15 minute refreshment break. During this break, we encourage partner and one-on-one support chats. The final 60 minutes of the meeting will be Victor's presentation on commonly used medications for prostate cancer.**

**We encourage members to bring their questions or concerns, so we can build a stronger and supportive community group.**

**If you are newly diagnosed or need 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 meeting starts at 6:30 pm.**

**Please visit <https://pccnregina.ca/> and go to the meetings tab to login by 6:20.**

## PCS Regina's Hybrid Meeting Information

Meetings take place the second Thursday of every month.

6:15 p.m. Registration & login test

6:30 -7:15 p.m. Peer Sharing / Round Table Discussions

7:15 p.m. Refreshment Break

7:30 p.m. Educational Presentation



### Zoom Meeting Link

<https://us06web.zoom.us/j/82935990734?pwd=bEFZWBB5mhGY2pNTWVkbV0hWbWWhLOT09>

Meeting Id: 829 3599 0734

passcode: 646130

find your local number:

<https://zoom.us/j/82935990734?pwd=bEFZWBB5mhGY2pNTWVkbV0hWbWWhLOT09>



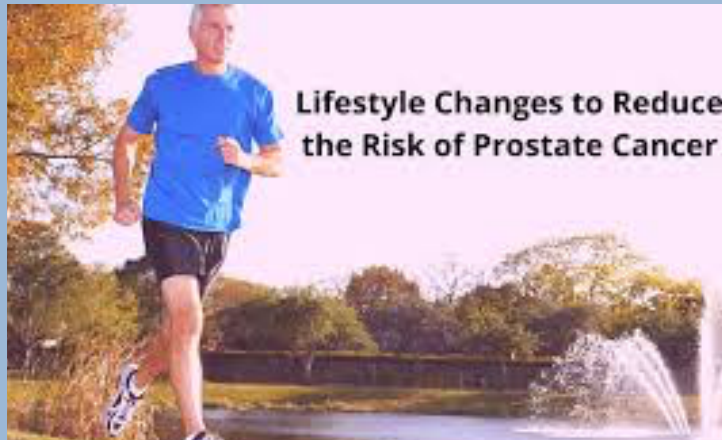
**For more information and/or  
support contact:**

Email: [info@pccnregina.ca](mailto:info@pccnregina.ca)

Website: [www.pccnregina.ca](http://www.pccnregina.ca)

Telephone: 306-543-8215

## December Recap



We began our December 14 meeting with a round table discussion, with 14 in-person and six Zoom participants. Our participants shared their personal prostate cancer journeys and was very well-received by all who attended.

At this meeting, partners/spouses broke off from the main group to their own meeting room to discuss what challenges they are facing while supporting their loved ones through what is known as the partner's disease. Our group plans to expand this service, to allow partners time to share their personal stories and provide support for each other. Please check future newsletters with more information on these meetings.

Our speaker for the month of December was Ms. Andrea Holmes (RD). She is a Registered Dietitian who is well-known by the Prostate Cancer Support Canada Nutritional Education Program. The presentation began with a five-minute educational video, after which members were able to ask questions regarding the importance of diet and prostate cancer. PCSR group participants asked many great questions, which opens up the opportunity for our group to have Ms. Holmes back for another presentation.

Ms. Holmes also presents at professional and public conferences, as well as is the co-creator of the PCSC Program nutrition education resources.

PCS Regina was very fortunate and appreciative to have the ability to live stream our guest by Zoom.

If you were unable to attend the meeting but would like to hear more about nutrition, you can see the video that is uploaded to YouTube. Please click below to view the video.





**NEW VIDEO**  
Survive and Thrive

## **Prostate Cancer: Survive & Thrive Urology Symposium**

Presented by



If you were unable to attend the Symposium, we are happy to provide you with the opportunity to watch the newly-edited video. This is a rare opportunity to hear about how genetics is related to prostate, colon and breast cancers. It was also an opportunity to hear about the treatment option of High Dose Rate Prostate Brachytherapy.

The Urology symposium was held November 18 in Saskatoon and featured: Justin Lorentz M.Sc. Genetic Counsellor, Sunnybrook Odette Cancer Centre, Toronto, ON and Dr. Nelson Leong, Clinical Associate Professor, U of C Radiation Oncologist, Tom Baker Cancer Centre, Calgary.

Click the link below to listen to the edited video of the symposium. When you reach the page, scroll down to watch the video.

YouTube:

[Survive and Thrive](#)

PCS Regina plans to increase public awareness about Prostate Cancer through Jack 94.5 where PCS Regina will also share information on the group's mission and meeting times.



### **Save the Date**

**The guest presenter at the February 8, 2024 PCSR Meeting will be Dr. Garcia who will provide an up-date On Sexual Health**

**Webinar**  
**Tuesday January 30, 2024**  
**11 a.m. Pacific/2 p.m. Eastern**



**Prostate Cancer  
Foundation Canada**

# **CARDIOVASCULAR HEALTH AND PROSTATE CANCER**

**TUESDAY, JANUARY 30TH**  
**11 A.M. PACIFIC/ 2 P.M. EASTERN**

Y



**WITH DR. DARRYL LEONG**

**Associate Professor, Department of Medicine, McMaster  
University Director of the McMaster University and  
Hamilton Health Sciences Cardio-Oncology Program.**

**Dr. Darryl Leong will be speaking about his research on cardiovascular disease and health  
in prostate cancer patients.**

**Learn more about Dr. Leong and register for the January 2024 Coast-to-Coast Meeting.**

**Register for FREE Now:**

**ZOOM REGISTRATION**



## **What are “Clinical Trials?”**

**According to the Sask Cancer Agency, a clinical trial is a study used to develop better ways to prevent, detect or treat cancer. Clinical trials test different types of treatment: new drugs, new approaches to surgery or radiation therapy, or new combinations of treatment. When the method of treatment has been found to be safe it can then be offered to the public. Cancer treatments that are used today were developed and tested first as a clinical trial.**

**Clinical trials give cancer patients access to the newest types of treatment. By taking part in a clinical trial you may benefit from a new treatment which may prove to be as effective or more effective than the standard treatment available for your type of cancer at this time.**

**Enrolment in a clinical trial is voluntary and is usually done before the start of treatment. Before enrolling you will be provided with information about the trial and the treatment, tests, potential benefits and side effects.**

**Clinical trials follow very strict ethical guidelines which protect patients' health, safety and privacy. Clinical trials must be approved by Health Canada, the hospital or clinic where the study will take place and its Research Ethics Board. If you are interested in being part of a clinical trial, talk to your physician. They will assist you in finding out if you are eligible to enter a specific trial depending on the type of cancer you have, your age and other factors.**

## **What’s new in research opportunities and clinical trials?**

**There is a new study about the role that support people play in everyday life of older adults including the impact on their health behaviours.**

**[Click here to see all of this month’s research opportunities.](#)**



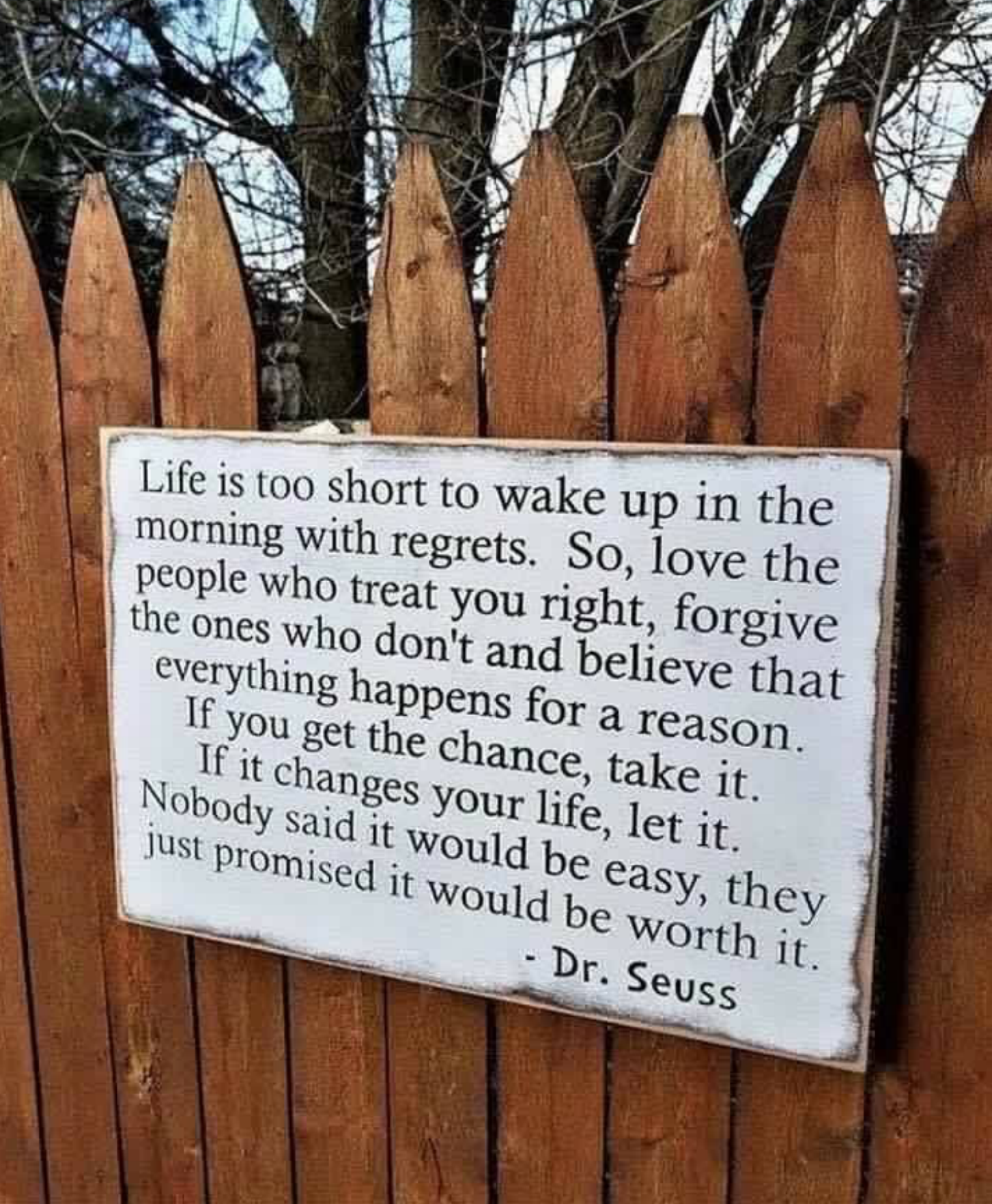
# Prostatepedia<sup>1</sup>

<sup>1</sup>expert insight + advice

**Prostatepedia is a free resource that compiles the latest peer-reviewed research in the field of prostate cancer.**

**[Read their latest special edition on Black Men + Prostate Cancer .](#)**

MONTHLY QUOTE



Life is too short to wake up in the morning with regrets. So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason.

If you get the chance, take it.

If it changes your life, let it.

Nobody said it would be easy, they just promised it would be worth it.

- Dr. Seuss



**PROSTATE CANCER SUPPORT REGINA  
PROSTATE CANCER CANADA NETWORK - REGINA INC.  
CRA CHARITY # 84872 6386 RR0001**

**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.**

**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL THANK  
YOU FOR.**



*Our actions and decisions today will shape  
the way we will be living in the future.*

**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.**

# TALK TO US WE NEED YOU

Spring will be here before we know it.... we need volunteers so we don't lose the garden! Let's start planting/planning with you.



## CANCER SURVIVOR GARDEN AT PASQUA HOSPITAL

For the past eight years, PCS Regina has undertaken the planting and maintenance of the flowers in the Cancer Survivor Garden in the front of the Regina Pasqua Hospital.

Jim Odling, one of our members, has organized this group for several years and we thank him for his leadership and time. Jim has stepped aside so we are appealing to our membership for someone to take over co-ordinating this important initiative.

### GROUP DUTIES ENTAIL:

- rototill the planting area
- pick up plants and donated flowers in the spring
- weed and water flowers as needed

If you are interested in this great volunteer position, please contact Jeff Hutton at [jhutton@sasktel.net](mailto:jhutton@sasktel.net)

### Support is Essential

If you know of someone recently diagnosed with Prostate Cancer or if you are reading this newsletter and you have prostate cancer, we are here for you. Come check out our monthly hybrid meetings. If you need transportation within the city of Regina to get to and from the meeting, contact one of our Board Members who will do their best to arrange a ride.





**For more information about prostate cancer, go to our YouTube link for previous support meeting presentations by medical professionals/experts on various topics related to Prostate Cancer**

**Visit our YouTube channel here:**



## PENDING MEETING TOPICS FOR 2023-24



### Next Month's Presenter and Topic

The guest presenter at the February 8, 2024 PCSR Meeting will be Dr. Garcia who will provide an up-date On Sexual Health



**U of R Nursing Research on Aging and Cancer**

**Chemotherapy and PCa**

**Wellness, Fitness, Nutrition with Paul Schwann**

**Breast/Prostate Cancer Connections**

**Pharmacies in relation to PCa**

**PCa Resistant Therapy**

**YOUR WORD MEANS A LOT.....**

**Monthly programs are being developed for 2024**

**Thank you to the members who participated in the PCSR Educational Needs Survey on December 14, 2023. We have reviewed the results of the survey and will look at providing further education to support the needs indicated. Should you have any further suggestions or feedback on what could or has been presented, we would love to hear from you. The PCSR's Educational Committee values any suggested topics and/or presenters of interest to you.**

**Please email suggestions to [member@pccnregina.ca](mailto:member@pccnregina.ca) or call any of the listed program Board Members.**





# **MEET OUR BOARD**

**JAMES FROH, TROY HAGEN, BOYD HARRISON, PETER  
BRAUN, LORRIE HARRISON, ROBERT CHAPMAN,  
MOSES KANHAI, JEFF HUTTON**

**board@pccnregina.ca**

## **EXECUTIVE COMMITTEE**

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**SECRETARY - PETER BRAUN**

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## **ACCESS TO INFORMATION**

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**inquiry@pccnregina.ca**

## **HEALTH OUTCOMES / SUPPORT LINE / PARTNERSHIPS COMMITTEE**

**support@pccnregina.ca**

## **MEMBER EDUCATION / NEWSLETTER / COMMUNICATIONS COMMITTEE**

**member@pccnregina.ca**

## **PUBLIC MARKETING**

**marketing@pccnregina.ca**

**Please contact the above listed committees for further information  
you require.**





**Our Mailing Address:  
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REGINA, SK S4S 7K4**

**Please email us at [member@pccnregina.ca](mailto:member@pccnregina.ca) if you have any questions.**

**To ensure you are receiving all of our newsletters and notices,  
please make sure [member@pccnregina.ca](mailto:member@pccnregina.ca) is in your contact list.**

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