

A w a r e n e s s

The "PCCN-Toronto" and "Side by Side" Prostate Cancer Support Groups

Doctor and well-known survivor featured at September Awareness Night meeting

If you were looking to form a "Toronto-celebrity" basketball team, these two men would be a good place to start, whether they can really play or not! That's because they are both **quite tall!** They would both also fill-the-bill if you're ever looking for two terrific speakers.

One specializes in prostate cancer, as a radiation oncologist, and the other is a media expert who is the anchor for CTV News.

They were the guest speakers at our September Scotiabank Awareness Night meeting on September 18th, an extremely successful evening.

Dr. Danny Vesprini, from the Odette Cancer Centre (Sunnybrook) led off the proceedings by talking about the importance of "Identifying men at high risk before it is too late!" He discussed the ongoing controversy of the PSA blood test, but basically said that it is very important for men to be screened



Host Aaron Bacher
and speaker Dr. Danny Vesprini

Ken Shaw, the aforementioned CTV anchor, told about his own journey with prostate cancer. His casual style had everyone hanging on his every word!

But these two gentlemen were "just warming up". After the normal refreshment break, they both took the stage again, this time bringing chairs up with them, and proceeded to answer many questions that were thrown at them for about 45 minutes. It wasn't just about answering questions; it was much more about **how** they were answering those questions. As you can see below, they might just as



Answering questions
from the audience.

easily been sitting in your living room - that's how casual things were. They fed off each other and seemed to be a perfect match during the entire evening. Our evening ended 40 minutes late, but no one seemed to notice. **Thank you gentlemen for a great night!**



Ken Shaw from
CTV News



NOVEMBER 2013

PCCN-TORONTO Prostate Cancer Support Group

541 Finch Avenue West
Toronto, Ont. M2R 3Y3
Phone: 416-932-8820
Fax: 416-291-3025

Email:
info@pccntoronto.ca

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"Raising prostate cancer awareness" - pccntoronto.ca

Dr. Robert Hamilton: Tough subject - great presentation!

Hormones, hormone therapy and prostate cancer. That was the topic of our July Awareness Night meeting, and Dr. Robert Hamilton delivered the message beautifully.

We say it's a tough subject because it is meant mainly for men with advanced prostate cancer, but Dr. Hamilton made sure to say that his message was a very positive one.

That's because there have been many advances in treatments and drugs in recent years dealing with this topic, and he said that men are living longer because of that.



He started by asking "What is advanced disease", and proceeded to talk about the differences between biochemical recurrence (rising PSA after treatment) and metastatic (when the

disease is spreading). Also discussed were the potential side effects of Hormone Therapy, with our guest speaker stressing the point that men don't necessarily get them all!

"I have looked forward to speaking to the Prostate Cancer Canada Network - Toronto support group for some time, as I think it is a valuable resource for men with prostate cancer!"

Dr. Robert Hamilton

This is a very technical topic, but Dr. Hamilton spoke in plain English and everyone in our audience understood what he was saying.

Many men in the audience are either taking hormones now or have in the past, and we hope that this talk helped them along their journey.

PCCN-Toronto sincerely thanks **Dr. Robert Hamilton** for taking the time to come and talk to us, and a donation was made in his name to the Princess Margaret Cancer Centre Foundation.

Visit our redesigned website!

If you or someone you know is looking for excellent information about prostate cancer, our redesigned **PCCN-Toronto** website is definitely the place to go to!

When you visit www.pccntoronto.ca you will find information there about the various treatment options that are available to many of the men who are diagnosed with prostate cancer. Information can also be found about our support group, including meeting location and times (peer support and Scotiabank Awareness Night).

Furthermore, there is data there about "Side by Side", our support group run by the partners of the men with prostate cancer, as well as our "Warriors" group - those men who are dealing with advanced prostate cancer (see page 4).

You will also find a list of interesting and educational videos, featuring past speakers from our Scotiabank Awareness Nights, which you can watch at your leisure, and you can also read informative back-issues of this newsletter "Awareness".

Perhaps you would like one of our volunteers to come to your office and talk about prostate cancer: read about our Speakers Bureau.

If you think that you would like to become one of our volunteers (and we can always use good volunteers), you can find out how to do that there as well.

So, check us out, and tell your friends and your family doctor where to find us!

www.pccntoronto.ca

You can always leave a message on our hotline - 416-932-8820 - and one of our volunteers will get back to you.

If you would rather receive this newsletter electronically, please email info@pccntoronto.ca and we'll remove you from our regular mailing list and add your name to our email list. Thank you.

PCCN-Toronto & Side by Side
 invite you to attend our final 2013
Scotiabank Awareness Night
 at the
Toronto Botanical Garden
 in the **Floral Hall**

777 Lawrence Ave. East at Leslie Street

on

Wednesday
November 27, 2013

at 7:30 p.m.

guest speaker

Dr. Sidney Radomski

Toronto Western Hospital

topic

**“Incontinence
 and Erectile Dysfunction”**

A Question Period will follow

All family members, partners & friends
are most welcome!

FREE parking!

If you have any questions, please call us at

416-932-8820

Doors open at 7 p.m.

**2013 Meetings Benefit
 North York Harvest Food Bank**

When you attend our 2013 Scotiabank Awareness Night Meetings at the Toronto Botanical Garden, please bring some non-perishable food with you, which PCCN-Toronto will donate to the *North York Harvest Food Bank*.

Here is a list of their much-needed items. Please note that all expiration dates must be valid and canned goods cannot be damaged (dented). Thank you very much.

- | | |
|---|--------------------------|
| √ Canned fish & meat | √ Flour |
| √ Canned vegetables | √ Brown pasta |
| √ Canned fruit | √ Powdered milk |
| √ Cooking oil - canola or olive oil | √ Canned or dried beans |
| √ Cereals - high fibre | √ Rice - white & brown |
| √ Peanut/almond butter | √ Baby formula & diapers |
| √ Cookies (arrowroot, digestive, oatmeal) | √ Baby food & cereals |
| | √ Fruit juice - 100% |



www.northyorkharvestfoodbank.com



All of our 2013 Awareness Night Meetings at The Toronto Botanical Garden and our PCCN-Toronto Man to Man Peer Support Group meetings at Valleyview Residence are being sponsored by Scotiabank.

We are very proud to continue calling our meetings at the Garden “The Scotiabank Awareness Night” meetings.

We sincerely thank Janet Slasor and all the people at Scotiabank for their very generous on-going financial support.

PCCN-Toronto "Warriors"

The Toronto Warriors is a support group consisting of men who are survivors of advanced prostate cancer.

They meet every second month commencing in February, on the THIRD Tuesday of each month, at Valleyview Residence from 7:00 p.m. - 9:00 p.m. Special support programs are provided online between meetings.

PCC's "Rock the Road" Raffle names a winner!

Prostate Cancer Canada's (PCC) summer raffle, featuring a one-of-a-kind, custom-made 2013 Camaro ZL1, culminated with the draw on Wednesday September 18, 2013 at the Paramount Conference and Event Venue in Woodbridge.

I never received the call from President **Rocco Rossi** telling me that I won, and neither did most of the people I know.

However, **Brad Deakin** in Burlington did get that exciting call, and is now the owner of a beautiful, shiny, black-and-purple "muscle car".

Congratulations Brad!

2013 Father's Day Walk/Run totals

The money has all been counted and the official tax receipts are being issued to those who didn't make their donations online. Over one million dollars was raised across Canada, and our support group - **PCCN-Toronto** - raised another amazing total this year - **\$38,329** - slightly surpassing last year's total!

Congratulations to everyone involved!

A recent article in the *Kentucky Post* reported that a woman has sued St. Luke's hospital, saying that after her husband had surgery there, he lost all interest in sex.

A hospital spokesman replied ...

"Your husband was admitted in **Ophthalmology**: *all we did was correct his eyesight!*" (ouch!)

How long have you been a survivor? Please tell us.

After I was diagnosed, did my homework and researched the treatment options that were available to me, I chose to have Brachytherapy (seed implants). That was in February 2000.

But I know that there are men "out there" who had their treatment long before 2000, and they are doing very well - maybe I'm describing **you!** We'd like to hear from you about that.

Newly-diagnosed men are always interested to meet or at least hear from men who are "longtime survivors" following their treatment for prostate cancer. As they struggle with their new diagnosis, they truly want to believe that after *their* treatment, whatever that treatment happens to be, that there really is "life after receiving a prostate cancer diagnosis"!

So we are asking you to tell us your story and your experience, following your diagnosis and treatment with prostate cancer, by emailing me at: aaronbacher@rogers.com.

We may want to print your story in this newsletter, or perhaps include you in our next **Survivor Forum** on Wednesday July 30, 2014 at our Scotiabank Awareness Night meeting, where you would tell about your personal journey with prostate cancer.

I would contact you first to discuss this privately. Then, if you agree, we would arrange to have your story published here or make further plans for you to participate in **Survivor Forum V**.

But first I'll thank you in advance for sending me your story as soon as possible.

Aaron Bacher

Past chairman, PCCN-Toronto

Maxine says . . .

"My days are backwards. I wake up tired and go to bed wide awake!"

A message from our out-going chairman RON BENSON

Much has been written and said about time . . . but simply put, "Time is what clocks measure". And the clock on my wall tells me that three years have passed since I became Chairman of the Toronto chapter of the Prostate Cancer Canada Network. One of the few, but for me the most important criterion I had for taking on the position was that it not exceed three years. Little did I know that the days would move along so quickly and would bring me to this juncture in what seems such a short time passage.



But they have.

The last three years have been fun. I've enjoyed the journey, and there's no question that the primary reason for my delight has been the people! You - the volunteers and "members" of PCCN-Toronto - have been, without question, the highlight. What stellar individuals and groups I've had the pleasure, privilege, and good fortune to share time with at our Tuesday night Man to Man and Side By Side Peer Support Group meetings, at Awareness Nights, and in conversation around the table in the Valleyview Board Room.

All of these interactions have given me and our organization reason to move forward in ways that I believe are true to our purpose as a support group and keep people at the centre.

And so, to each of you I want to express my thanks for your support, your encouragement, your suggestions, your direction, your passion, your energy, your understanding, your thoughtfulness, your cooperation, your collaboration, and your wisdom. I have learned much.

But that's the past . . . and now we move into the future as November brings to the Chairman position a new face, a new voice, a new style, a new personality, a new humour and wit, a new intelligence, and a new name - Winston Klass.

I'm eager about this changeover because as I move into my next role as Immediate Past Chairman, I'm looking forward to giving support to Winston in as great quantity and as high quality as the support he's given to me during the last three years. It's a tall order, but I'm really going to try. This is now *his* time and I'm excited for him as he helps to shape the vision for the future of PCCN-Toronto. My hope is that you will join with me in giving him your enthusiastic and optimistic support and encouragement for the next three years.

You may know the quotation, "Don't cry because it's over, **smile** because it happened."

I'm smiling - thanks to all of you! I wish Winston well and, as always, I wish you well!

Ron

PCCN-Toronto is supported by:
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It's MOVEMBER: time to "grow your mo!"

Men around the world started growing their "Mo" on November 1st, raising money for prostate cancer research. Maybe you are one of them.

Because PCCN-Toronto is basically not a fundraising organization, our only annual exception being Prostate Cancer Canada's (PCC) Father's Day Walk/Run, we have not "officially" entered a team into this year's MOVEMBER festivities. However, many men are still growing new moustaches this month and raising money on their own for PCC.

If you know someone who has committed to growing that "Mo" we hope that you will support them by going online to their registered page and making a donation to them.

Simply go to moverber.com, click on the **DONATE** button at the top of the page, then under **SEARCH** type in the person's name; when their page opens, click on **DONATE TO ME** and follow the instructions!

If you're uncomfortable going online to make your donation, you can still help out in a big way by writing a cheque, payable to **MOVEMBER Canada**, and mailing it to **119 SPADINA AVENUE, P.O. Box 65, TORONTO, ON M5T 2T2**. If you know someone who is participating in **November**, please ask for your donation to be directed to that person.

Remember to include your full name and complete mailing address so that you can be sent your official tax receipt, which will be mailed to you about a month after **November** ends.

**THANK YOU VERY MUCH FOR YOUR
GENEROUS DONATION ON BEHALF
OF MEN (AND THEIR FAMILIES)
EVERYWHERE!**

Lining up our speakers for 2014 (our 20th anniversary)

To date we can confirm the following speakers for our 2014 Scotiabank Awareness Night meetings at the Toronto Botanical Garden:

Jan	29	Dr. Sharon Sharir <i>Humber River Regional Hospital</i>
Mar	26	Dr. Tony Finelli <i>Princess Margaret Cancer Centre</i>
May	28	Dr. Andrew Loblaw <i>Odette Cancer Centre (Sunnybrook)</i>
Jul	30	Survivor Forum V <i>PCCN-Toronto survivors</i>
Sep	17	TO BE DETERMINED
Nov	26	TO BE DETERMINED

We are currently trying to finalize our speakers for September and November and we will let you know as soon as those are confirmed.

Blue wrist bands being distributed. Celebrating our 20th year in 2014!

Raise prostate cancer awareness by wearing one of our 20th Anniversary blue wrist bands. They are definitely "conversation starters" and you can talk about the importance of being screened (PSA blood test and digital rectal examination) and an early diagnosis. They will be available at all of our meetings.

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Reason given by a lady for being absent from work on Monday morning:

**"My husband took an overdose of Viagra
and I couldn't leave him alone with the maid!"**

A message from our new chairman Winston Klass

The PCCN-Toronto support group has an excellent reputation...thanks to the hard work and commitment of our volunteers. My primary goal as incoming Chair is to protect and to build on this legacy passed down by preceding Chairs of excellent support programs ...our ongoing consolidation of core services, our progressive maturation as our organization. Personal goals include building the foundation for a healthy productive future PCCN-Toronto and encouraging increased use of strategic planning to inform the development of programs and activities.



Some comments/ observations...

THE FUTURE: We risk loss of our good work if we do not practice robust succession planning. Potential leaders should be identified sooner rather than later, approached and mentored...and this works better with more structured collaborations between board members and volunteers. The board should not be perceived as a bunch of guys who are 'out there' running PCCN-Toronto...it should be integrated as much as possible with all volunteers. The spontaneous energy and enthusiasm evident around the website and videotaping is an encouraging sign.

INCREASED EFFICIENCY: PCCN-Toronto is a relatively small organization and we need to make the best of our limited resources...to ensure that whenever necessary the best qualified (among the willing of course) are involved in our thinking and actions...leadership by situation. Equally important is the framing of our mission in simple, clear, and actionable terms...then embracing the discipline of assessing planning and actions against stated mission.

AWARENESS OF PCCN-Toronto: An immediate challenge is to connect with as many survivors and caregivers as we can with our programs...making more people aware of PCCN-Toronto and its activities (the debate continues on whether we can do better than current). Increasing awareness would involve ramping up our 'promotions related' savvy and initiatives. The scheduled 2014 celebrations should provide ample opportunity to top up the learning curve.

ATTRACTING AND KEEPING VOLUNTEERS: Prostate cancer does not discriminate. Our organization brings together individuals from all walks of life (retirees, full-time workers, thinkers, the action-oriented, light-hearted, serious-minded, talkative, silent, volunteers with many interests outside PCCN-Toronto, volunteers with a strong focus on PCCN-Toronto, etc.). Under such circumstances, effective team work would require trust in each other's intentions...and this trust would follow from the realization that the impulse directing any one of us to join PCCN-Toronto is likely resident within every other volunteer. That is, we each have equal entitlement to fulfillment. With this inherent trust, interactions among us could be vigorous but constructive (all for the common cause) and less clouded by speculation about personal biases. When volunteers sense this kind of environment they become committed and they stay.

THE VIGOR OF CURRENT RESEARCH AND ITS IMPACT: There is very real pressure to stay abreast of the sterling work done by the hard working specialists and researchers out there...pressure to rethink prostate cancer survivor needs with each major shift/ breakthrough in treatment approach. Active surveillance is already having a slow but steady impact.

THANKS TO SOMEONE... AND AN INVITATION FOR YOUR SUPPORT: I thank Ron Benson for three valuable interesting and 'fun' years of mentorship. I ask for your support because I will need it. In particular I will be approaching the many seasoned (wise?) members of our organization, both within and outside the board, for ideas and advice.

So...to a promising future, to commitment to the cause, to solid support for each other...and of course to continuing excellent support to prostate cancer survivors and caregivers.

Winston

Are you interested in becoming a PCCN-Toronto volunteer?

*Please call our hotline - 416-932-8820
or email us at info@pccntoronto.ca*

Our on-going projects for 2013



Scotiabank Awareness Night Meetings

These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, from 7:30 - 9:30 p.m. Leading medical professionals speak on a range of topics related to prostate cancer and then, following a refreshment break, answer your questions. Family members and friends are welcome to attend. If you are on our mailing list, a notice of each meeting will be sent to you. **PARKING IS FREE.**

Please bring some non-perishable food with you for the North York Harvest Food Bank. See page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Nov 27	Dr. Sidney Radomski <i>Toronto Western Hospital</i>	Incontinence & Erectile Dysfunction

Man to Man Peer Support Meetings - 7 p.m. to 9 p.m.

These meetings take place on the **first** and **third** Tuesday evenings of each month at **Valleyview Residence**, 541 Finch Avenue West (just west of Bathurst Street on the Branson Hospital site) in the All-Purpose Room. They provide an opportunity for men to talk in a safe and comfortable setting about dealing with their diagnosis of prostate cancer.

Side by Side Peer Support Meetings - 7 p.m. to 9 p.m.

The ladies' support group also meets at Valleyview Residence (see above) in The Board Room, but **only** on the **first** Tuesday of each month. These meetings allow for personal discussion from a female perspective.

Visitation

Trained volunteers, all prostate cancer survivors, will talk to you/your family in your home, by telephone or in the hospital. Each week, our volunteers visit surgical patients at **Toronto General Hospital** (Thursday & Saturday) and **Sunnybrook Hospital** (Thursday), bringing them messages of hope and support.

Counseling

Our volunteers counsel men in prostate cancer clinics at the **Princess Margaret Cancer Centre** (Monday through Friday), the **Odette Cancer Centre** (on Thursday), and **The Gale & Graham Wright Prostate Centre** at North York General's Branson site (on Tuesday afternoon).

PCCN - Toronto Board of Directors

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