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PCCN Brampton News

Our October 9th meeting at **Wellspring Chinguacousy** only drew nine attendees, which was a major disappointment. However, this was only the second meeting at our new location, which is a little difficult to find as was our last location!

Furthermore, it appeared that a few people thought the meeting was a week LATER, i.e., on October 16th. Our monthly meetings are always on the SECOND Tuesday of each month, September through June. We have had meetings as early the 8th of a month, so please read the meeting announcements carefully.

Despite limited storage space, Wellspring seems to be working out as **our new forever home** and it is our intention to keep holding our meetings there as long as we are allowed to do so. Wellspring is a valuable resource for the people of Peel Region and we believe that we can benefit each other.

On October 9th, **Peter Bombaci**, introduced us to his personal mission, the **GenWell Project**, which seeks to build a sense of community by encouraging people to hold events great or small within their own communities. GenWell Weekends are held twice a year in the Spring and Fall.

This month, on Tuesday, November 13th, **Dr. Stuart Edmonds** from **Prostate Cancer Canada** will update us on the progress being made in prostate cancer research and cover some of the questions that have yet to be addressed. Stuart is a long-time PCC executive and a supporter of PCCN Brampton's efforts, including our **Cruisin' for a Cure**.

Note that **Gary Foote** will not be attending the monthly member meetings for a while as he is involved with another support group that sadly meets the same night as we do. And **Paul Henshall** is in Asia until December 5th.

Please plan on attending our Christmas Social Evening on December 11th. The Mandarin Restaurant will likely provide the food yet again. All are welcome.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, November 13th, 2018 – 7:00pm



Dr. Stuart Edmonds, Vice President, Research, Health Promotion and Survivorship at Prostate Cancer Canada, “Progress in Prostate Cancer”.

Dr. Edmonds will highlight some of the recent breakthroughs in prostate cancer research and discuss some of the questions that still need to be answered.

From www.prostatecancer.ca: “Dr. Stuart Edmonds joined Prostate Cancer Canada in February 2012. During his time at the organization he has spearheaded the launch of the Research Strategic Plan, providing the direction for research and survivorship activities for 2012-2015. From this plan, PCC has launched numerous new research programs based on the key

pillars: Collaboration, Innovation and Talented People. Dr. Edmonds has also instituted a fair and transparent peer review process to steward and safeguard funds raised in support of prostate cancer research and to ensure that only the most promising, high quality research is funded.

Prior to joining PCC Dr. Edmonds held leadership roles at the Canadian Cancer Society, the Canadian Partnership Against Cancer, the Canadian Cancer Research Alliance and the National Cancer Institute of Canada. Stuart holds a doctorate in pharmacology from Oxford University.”

You can forward your questions or suggestions on any subject to: info@pccnbrampton.ca or telephone 905-458-6650.

We look forward to seeing you at **Wellspring Chinguacousy Prostate Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7. The building is located west of Torbram Road and south of Father Tobin Drive.

Parking is plentiful, well lit and free - and there is **an elevator!**

A Valuable Online Resource

To repeat yet again: there is a very informative Facebook support group called [PSA Rising](#) that is worth a look, whether you are a long-time member with a rising PSA number or a recently-diagnosed man. **Jacqueline Strax**, who runs the page, is very knowledgeable about resources in both the United States and Canada. This is a “Closed” Facebook group, so you will have to apply to Join.

[Last General Meeting, Tuesday, October 10th, 2018](#)

Peter Bombaci, Founder and Chief Connection Officer, The GenWell Project,



Peter Bombaci is the man who brought Movember to Canada. Under his leadership, the **Movember Foundation** teamed up with **Prostate Cancer Canada** to fund important research into prostate cancer. That very successful relationship continues to this day.

On October 9th, **Peter Bombaci**, introduced us to his **GenWell Project**, which was inspired by the aftermath of the 2003 power outage in the Northeast. He was amazed at the way that people in Toronto came together to check on and support each other and by the sense of community that developed so quickly.

The GenWell Project sets aside one weekend in the Fall and one in the Spring for ordinary people to forget technology and connect face-to-face with the real people around them. Social isolation or just plain loneliness is widely recognized as a major contributor to poor health, especially in the elderly. Pete seeks to combat this problem through the GenWell Project.

We will be staying in touch with Pete and hopefully we can take part in the next **GenWell Weekend** in the Spring of 2019.

For more information, see www.genwellproject.org

[PCC's Expert Angle Webinars](#)

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Past and future webinars will continue to be listed in three categories at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

You will be asked to register for each session, but rest assured that “no salesman will call.” Once registered for a session, you can view it whenever you want as often as you require.

Recordings of past full-length Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**. Note that you do not need to register to view these older webinars.

If you decide to subscribe to the monthly e-newsletter on the “**Tune In**” page, you will be advised of future Expert Angle Webinars well ahead of time.



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, November 13th, 2018, 7 p.m. to 9 p.m.
Dr. Stuart Edmonds, Prostate Cancer Canada, "Progress in Prostate Cancer"
Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, December 11th, 2018, 7 p.m. to 9 p.m.
Annual Christmas Social Evening
Wellspring Chinguacousy Prostate Cancer Support Centre.**

**Tuesday, January 8th, 2019
Annual Stop/Start/Continue Meeting.**

**Tuesday, February 12th, 2019
Annual Sharing Meeting.**

**Family Day Weekend, Friday, February 15th to Monday, February 18th, 2019
Prostate Extreme Team 14th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2019_ont_sled.html**

**Friday, March 8th to Sunday, March 10th, 2019
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>**

**Tuesday, March 12th, Tuesday, April 9th, Tuesday, May 14th, 2019
Speakers & Subjects To Be Announced.**

**Tuesday, June 11th, 2019
Annual End of Season Social Evening.**

NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know that "preaching to the converted" is pointless.

Please, please, PLEASE share your interests and suggestions with us!

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

**Jim Dorsey, Acting Speaker Coordinator:
(905) 453-3038 or Email: jfdorsey@yahoo.com**

12th Annual Cruisin' for a Cure Canada, September 9th, 2018

We finally have the final invoice for the blood clinic and we are pleased to announce that we can once again make our annual contribution of \$10,000 to **Prostate Cancer Canada** in support of their education, awareness and support programs. Hopefully we will be able to present the cheque to **Anne Breakey Hart** from PCC at our December 11th Member Meeting. Mike **Loughnan**, our Blood Clinic Manager, is aided by a group of great volunteers every year- **Tilly Netherton, Kellie Paquette, Sandra Rambout** and **Kim Vogel**.



*Mike guards the door! A Dynacare manager, Tilly, Kellie and Tilly.
Sandra and Kim*

MOVEMBER 2018

Remember that the **Movember Foundation** is **Prostate Cancer Canada's** largest single sponsor and has provided tens of millions of dollars for critical research projects over the years. Their website home page headlines states their mission: **Stop men dying too young. Donate this Movember for all the dads, brothers, sons and friends in your life. Together we can make a difference for men's health – in prostate cancer, testicular cancer, mental health and suicide prevention.**

For the first time in many years, we will not have a PCCN Brampton Team raising funds for men's health through [Movember Canada](#). Our Team Captain, **Paul Henshall**, has taken this year off to travel.

[Movember 2018 \(Continued\)](#)



However, **Daniel Goodland**, the son of **Rufus and Patricia Goodland**, is walking every day this month to promote his participation in MOVEMBER, despite his own painful issues with Multiple Sclerosis. Since 2011, he has raised \$4,011 during Movember.

[Daniel's donation page](#) states "***My biggest reason for doing this is my Dad - a prostate cancer survivor! Donate to my #MOVEMBER effort and let's change the face of men's health!***"

Daniel's goal is a very modest \$750 while his team, **Edelweiss Tavern Schnurrbarte**, is aiming for an impressive \$100,000 this year. We encourage you to support him in his efforts.

[BE WELL ® Talks at Wellspring](#)

Wellspring offers a number of BE WELL ® Talks throughout the year. They are held at various Wellspring centres but are broadcast to the other centres on the dates and at the times shown below. Registration is required for all talks.

BE WELL Talks: [Better Sleep for Health](#) Wednesday, November 7, 1 - 2:30 p.m.

BE WELL Talks: [What is the Emotional Cost of Caregiving?](#) Wednesday, November 13, 1:30 - 3 p.m.

BE WELL Talks: [Cancer and Money Worries](#) Wednesday, November 14, 1:30 - 3 p.m.

BE WELL Talks: [Art for Cancer: Creating from Within](#) Monday, November 19, 1 - 3:30 p.m.

The full Wellspring Chinguacousy Course Schedule is available in print at the Centre or [online here](#).

We do hope to have Centre Manager **Alex Smith** talk to us about all of their course offerings later in 2019.



[Our Brother Groups – Other Local PCCN Chapters](#)

No matter where in Canada a man lives, there is a chapter of PCCN available either for meetings or for telephone support. **Prostate Cancer Canada** maintains a list of contact information and meeting details for all the Ontario chapters at:

<http://www.prostatecancer.ca/Support/Services/Support-Groups/Find-a-Group-Near-You/Ontario>

We have already mentioned our three neighbouring groups, the [Waterloo-Wellington](#), [PCCN Oakville/Mississauga](#) and **PCCN Hamilton** chapters, with all of whom we stay in touch.

Because of the distance involved, we seldom do much with the largest group in Southern Ontario, [Prostate Cancer Canada Network Toronto](#). Operated by an outstanding group of survivors, this group is extremely active, providing several types of [monthly meetings](#):

- General Peer Support Meetings every 1st & 3rd Tuesday of the month.
- Side by Side Support for female supporters by pre-arrangement.
- Emotions Support Meetings and Warrior's Meetings 4 times each per year.

All monthly meetings are held at the **Valleyview Residence**, 541 Finch Ave., west of Bathurst Street.

In addition, they sponsor [Awareness Night Meetings](#) featuring presentations by leading health professionals several times a year at the **Toronto Botanical Gardens**, 777 Lawrence Ave. E. at Leslie St.

Their next Awareness Night Meeting will be held on Wednesday, November 14th, 2018 from 7:30 to 9:30 p.m. at the Toronto Botanical Gardens. The speaker is Dr. **Sidney Radomski** and his topic is rather irreverently described as "**Erectile dysfunction, incontinence and sexual toys.**"

Interestingly, the email notice that we received refers to "**Erectile Dysfunction and Incontinence after Prostate Cancer Treatment**" and advises "***Don't miss this lecture as the extremely popular and well-known Dr. Sidney Radomski explores the causes, investigation, and treatment of erectile dysfunction and urinary incontinence after prostate cancer treatment.***"

Parking is free and the price of admission is just some non-perishable food for the North York Harvest Food Bank.



Recently Diagnosed? Contact PCCN Brampton

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you are a first-time attendee. One of our peer counsellors will welcome you and listen to your concerns. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the **Wellspring Chinguacousy Cancer Support Centre**.

Steering Committee Meetings are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

Family members, friends & supporters are always welcome at any of our Meetings!

***Jim Dorsey:* (905) 453-3038**

***PCCN Brampton Voice Mail:* (905) 458-6650**

Note that we accept phone calls and one-on-one discussions throughout the year.

If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.

Regular “Snail Mail” Costs Money – Please Consider Email

Regular printing and mailing now costs us well over a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact: Gary Foote, 905-458-6650, E-Mail: visact@rogers.com

If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>