



December 2020

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This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

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PCS - Brampton

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PCS - Brampton News

Our **November 10th Zoom meeting** was an **open discussion meeting** attended by nine enthusiastic members. The Zoom tool that has been widely adopted because of the coronavirus pandemic lets you attend meetings anywhere in the world without leaving your own home. We will be meeting this way for the foreseeable future!

For the first time in our 25-year history, there will be no Christmas Social Evening. Instead we will hold a Zoom meeting featuring **Daniel Goodland**, a dedicated young man who raises funds every year for the **Movember Foundation**. Please come join us and get to know Daniel and understand why he does what he does at great personal cost.

The members of your Steering Committee – **Jim Dorsey, Gary Foote, Paul Henshall, Geoff Hoar, Victor Horvath, Steve Hutton, Karl Leutner, Mike Loughnan and Morris Rambout** - all wish you a very **Merry Christmas** and a **Happy and Healthy New Year**. Stay healthy and please follow the rules so that hopefully we can ALL start meeting in person in 2021.



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[Next General Meeting, Tuesday, December 8th, 2020 – 7 p.m.](#)

Our guest will be **Daniel Goodland**, son of our member **Rufus Goodland** and a long-time supporter of **The Movember Foundation**. Movember has donated many millions of dollars to prostate cancer research and will continue to do so in the future.

Daniel is one of my heroes. Despite suffering from M.S., he walked 68 kilometers during Movember in honour of his Dad. As of December 1st, he has raised \$1,510 for a total of \$7,692 since 2011. To contribute to Daniel's campaign, go to <http://Mobro.co/goodland>



Daniel Goodland and his "Mo"



Daniel Goodland & Jim Dorsey with Waterloo Brewing Staff at Daniel's Team Meeting on November 20th

This is the Zoom link for the December 8th General Meeting:

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGVzBNTe0yeGFpZz09>

Note that you can simply phone in if you do not have a computer:

+1 647 558 0588 Canada

+1 647 374 4685 Canada

Meeting ID: 898 2331 1336

Passcode: 154617

If this is your first Zoom experience, please DO attempt to join the meeting now using the Join Zoom Meeting link above. Follow the prompts on your screen to install the application on your computer. Once you have successfully connected, you can Leave the meeting.

You can contact me for assistance at 905-453-3038 or jfdorsey@yahoo.com. **Karl Leutner** has used Zoom extensively to stay in touch with both family and fellow Kodak retirees. He has consented to be a resource as well. Karl can be reached at 416-333-1947 or khl@sympatico.ca

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**. We look forward to seeing you online or speaking with you on December 8th.



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Want to Get Online?

It appears that the **Zoom World** is going to stay for some time to come. This means that many organizations will be holding virtual meetings online for the foreseeable future.

If YOU are afraid of computers and have avoided going online, please know that you can get along just fine with one of the many fine tablets that are now available. My personal preference is the **Kindle Fire HD 10** from **Amazon.ca**, which retails for \$199.99 regularly but is often on sale for around \$150. **Costco** often has good deals on **Samsung** and similar tablets.

You will of course have to obtain Internet service in your home, but you may already have it as part of your **Rogers** or **Bell** package.

I would be happy to show you my tablet and help you to obtain one and get started using Zoom to open up your world.

- Jim Dorsey, 905-453-3038 or email jfdorsey@yahoo.com

Last General Meeting, November 10th, 2020

Open Discussion Evening.

A total of nine members signed onto this Zoom session. To our great delight, our friend **Marion Macdonald** called in to update us on her life since she moved to Scarborough several years ago. Marion and her late husband Ken were key members of this group from its very beginning as **US TOO Brampton Prostate Cancer Support Group** and they are sorely missed. She is staying active and doing very well.

As usual, we then had a lively discussion that included updates on some members' situations and questions about others' issues. One new member described his situation and was pleased with the support provided by the other attendees. **Bob Allan** from the **Prostate Cancer Support Burlington** called in from Collingwood and made some major contributions to the discussion.

Our meetings will continue to be held over Zoom for the foreseeable future, but once we accept the technology, there are definitely benefits. Consider giving it a try. 😞 😊

14th Annual Cruisin' for a Cure Canada POSTPONED

We have rescheduled the 14th Annual Cruisin' for a Cure Canada to **Sunday, September 12th, 2021**, at **The CAA Centre**.

Planning is ongoing and we are happy to report that both existing and new sponsors have already pledged their support!



Upcoming PCS - Brampton Meetings / Events:

Tuesday, December 8th, 2020 at 7 p.m. via Zoom
Daniel Goodland re his participation in the 2020 Movember campaign.

Tuesday, January 12th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.

Wednesday, January 27th at 7 p.m. via Zoom
PCS Toronto Dr. Urban Emmenegger, Treatment of Advanced Prostate Cancer
from A(palutamide) to Z(ytiga) Link to be available by January 23rd

Tuesday, February 9th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.

Tuesday, February 14th & 15th, 2021 in Virtual Mode
Prostate Extreme Team's 16th Annual Sled Ride of Hope
in support of Wellspring Chinguacousy Cancer Support Centre
http://www.prostateextremeteam.com/2021_ont_sled.html

Tuesday, February 23rd, 2021 at 7 p.m. via Zoom
PCS Burlington Dealing with Treatment Side Effects with Physiotherapy
Details to be announced in our January Newsletter

Tuesday, March 9th, April 13th, May 11th & June 8th, 2021 at 7 p.m. via Zoom
Speakers and Topics to be announced.

Sunday, September 12th, 2021 at 10 a.m.
14th Annual Cruisin' for a Cure Canada, CAA Centre, Brampton.

NOTE: We are always looking for speakers of interest to our members.

Please, please, PLEASE share your interests, contacts 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



Ontario Groups Working Together

Following the regrettable demise of **Prostate Cancer Canada**, virtually all the leaders of the **Prostate Cancer Canada Network** chapters around Canada have been seeking new ways to support men with prostate cancer and to support research into the causes and treatment of prostate cancer. The Prostate Cancer Foundation BC is leading an effort to create a national support organization. We are involved in this effort and we will keep you informed as it proceeds.

Here in Ontario, extraordinary efforts by **Winston Klass, Keith Braganza & John Roth** from the **Toronto** group, **Walter Eadie** from **Oakville/Mississauga**, **Glen Tolhurst, Gary McCreight & Bill Faulkner** from **Waterloo-Wellington** and **Bob Allan** from **Burlington** have led to a steadily increasing level of cooperation among the various groups. We are working on developing an effective way of facilitating communication and cooperation among the group leaders on our common concerns AND better ways to offer support to those affected by prostate cancer.

We foresee a time when those seeking assistance can obtain it at any time of day or night. Through Zoom, it should be possible to find a support group meeting somewhere in Canada – or possibly the world – almost any day of the week. Mechanisms to accomplish this are under development.

In the meantime, we will attempt to keep you advised of relevant meeting announcements as we receive them through email.

Following is a list of the various local groups that hold regular meetings. For now, all meetings are being held virtually using the Zoom platform. All groups welcome anyone interested in the subject of prostate cancer, whether you are a patient or a caregiver or are just interested in the subject. Always remember that you are **YOU ARE NOT ALONE NOW** and that there are no stupid questions.

Burlington pccnburlington@gmail.com for information. Fourth Tuesday @ 7 p.m.

Mississauga/Oakville <https://www.prostatecancersupport-oakville-mississauga.ca> Third Wednesday @ 7 p.m.

Toronto <https://pcstoronto.ca/> First and third Tuesdays @ 7 p.m.

Waterloo-Wellington <http://pccn-waterloo-wellington.ca/> Fourth Tuesday @ 7 p.m.



To Better Times Past & Future!



Some Useful Information Links

Prostate Cancer Support Toronto member **Jim Barney** shared a list of interesting articles with the other Ontario groups, including:

State of the Science 2020

https://www.pcf.org/scientific-retreat/video/state-of-the-science/?utm_source=NewsPulse&utm_medium=email&utm_campaign=NOV20NP

Current and emerging therapies for localized high-risk prostate cancer.

<https://www.urotoday.com/recent-abstracts/urologic-oncology/prostate-cancer/126151-current-and-emerging-therapies-for-localized-high-risk-prostate-cancer.html>

A depression pill from 70 years ago could be used to treat prostate cancer, research suggests

<https://www.dailymail.co.uk/health/article-8979007/A-depression-pill-70-years-ago-used-treat-prostate-cancer-research-suggests.html>

5 Ways Al Roker Got it Right Regarding His Prostate Cancer Diagnosis

https://www.pcf.org/blog/5-ways-al-roker-got-it-right-regarding-his-prostate-cancer-diagnosis/?utm_source=NewsPulse&utm_medium=email&utm_campaign=NOV20NP

Toxins, the environment, and your health

https://www.postregister.com/chronicle/news/toxins-the-environment-and-your-health/article_edb2df55-de80-55bb-9234-7655f004da27.html

Health tips for men: Lifestyle changes that will help you lose weight and improve your overall health

<https://fingerlakes1.com/2020/11/23/health-tips-for-men-lifestyle-changes-that-will-help-you-lose-weight-and-improve-your-overall-health/>

Why Exercise Is Important When You Have Prostate Cancer, and the Best Workouts to Do

<https://www.livestrong.com/article/13729727-exercise-and-prostate-cancer/>

Exercise may help activate immune system to fight prostate cancer

<https://www.news24.com/health24/medical/prostate/exercise-may-help-activate-immune-system-to-fight-prostate-cancer-20201125>

Daily exercise should be compulsory to promote health

<https://zululandobserver.co.za/238687/daily-exercise-should-be-compulsory-to-promote-health/>

Web-Based Lifestyle Interventions for Prostate Cancer Survivors: Qualitative Study

<https://cancer.jmir.org/2020/2/e19362/>

What is the minimal dose for resistance exercise effectiveness in prostate cancer patients?

Systematic review and meta-analysis on patient-reported outcomes

<https://www.nature.com/articles/s41391-020-00301-4>



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Some Resources Worth Considering

Prostate Cancer Foundation BC (<http://prostatecancerbc.ca/home/>)

PCF BC offers comprehensive information about prostate cancer as well as an outstanding series of videos called "IF I WERE TOM" for newly diagnosed men. "Tom is dealing with prostate cancer. The waiting. The treatments. The side effects. What would you do in his place?" <http://ifiweretom.ca/>

Wellspring Chinguacousy (<https://wellspring.ca/chinguacousy/>)

Wellspring continues to offer free support for both patients and families and an array of relevant courses, all online, as the Centre remains closed to the public until further notice.

Us TOO International (<https://ustoo.org/>)

Us Too, the Chicago-based foundation that helped us start our support group in 1994, continues to offer comprehensive services free to anybody affected by prostate cancer. Their website is worth a browse, no matter where you are in your journey. In particular, the **Support, Education and Diagnosis and Treatment** tabs on the Home page yield extensive information on every topic that we have ever discussed and a few that we have not!

On Tuesday, November 24, 2020 from 8:00 - 9:30pm Eastern, their Prostate Cancer Connections series offers an *Imaging and Prostate Cancer Webinar*. Register at: www.ustoo.org/connections

Many of you scoop up copies of the **Us TOO Hot SHEET Newsletter** at our physical meetings. Current and back issues are available at <https://ustoo.org/Read-the-HotSheet-Newsletter>

ADT Online Educational Program

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book [**Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones.**](#)

The last online session for 2020 will be held on **Tuesday, December 15th** all at **Noon Eastern Time**. To register, fill in the brief form at <http://www.lifeonadt.com/how-to-register> or send an email to LifeOnADT@gmail.com.

NOTE: In-person classes are offered at:

Princess Margaret Cancer Center. To register, call **Gideon Yang** at 416-946-4501 ext. 3593.

Barrie-Simcoe Muskoka Region Cancer Center. To register, call **Patient and Family Support** at 705-728-9090 ext. 43520.



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[Recently Diagnosed? Contact PCS - Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you via a telephone call or a Zoom virtual meeting or physically a physically separated meeting at a convenient time and place. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** in the months of **September, October, November, December, March, April, May** and **June**.

Steering Committee Meetings are held two weeks later, usually on the **FOURTH TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, email jfdorsey@yahoo.com to confirm day & time.

For the duration of the Coronavirus pandemic, both General and Steering Committee meetings will be held virtually, using the Zoom platform as described on Page 2.

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

[PCS - Brampton Voice Mail:](#) (905) 458-6650

[Jim Dorsey:](#) (905) 453-3038 jfdorsey@yahoo.com

Note that we accept phone calls and one-on-one meetings 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 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 <https://www.pccnbrampton.ca/newsletters/>