Awareness

HAPPY BIRTHDAY TO US!

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

Dr. Sharon Sharir's message very well received by enthusiastic Awareness Night audience.

Yes, it was cold - make that freezing; yes, it was January; but people still came out to hear Dr. Sharon Sharir give an excellent presentation.

Her topic on the importance of "decision-making" and "patient-doctor communications" applies to everyone who is diagnosed with prostate cancer.

As with all of our presenters, she not only delivered an important message but also answered many questions following our refreshment break, and stayed for quite a while even after our meeting had officially been brought to a close.

Our support group is very fortunate to be able to have speakers, such as Dr. Sharir, come to our Scotiabank Awareness Night meetings and bring important messages, all related to prostate cancer.

We sincerely thank her for coming back and giving so freely of her time to our group and our welcoming audience. (She recently agreed to have her name added to our list of "Medical Advisors".)

This meeting launched our 20th anniversary celebrations, and two lucky attendees each won $50 gift cards from Chapters/ Indigo. During the rest of the year, we plan to have other surprises as we celebrate the fact that we were founded back in 1994.

If you weren't able to attend this meeting, please visit our web site (see below) and you'll be able to watch Dr. Sharon Sharir's entire presentation there.

IT'S OUR 20TH YEAR!

"Raising prostate cancer awareness" - pccntoronto.ca

Prostate Cancer Canada Network Toronto

APRIL 2014

PCCN-TORONTO Prostate Cancer Support Group

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Newest PCCN-Toronto board member - DENIS FARBSTEIN

He was diagnosed with prostate cancer in 2008. After doing his homework and learning what his options were, he, with much input from his wife **Laura,** decided to have a radical prostatectomy.

After recovering from his successful surgery, he began attending our Tuesday night Man to Man Peer Support Group meetings, as well as our Scotiabank Awareness Night meetings.

Then he started volunteering at two of the hospitals where our men donate their time helping other newly-diagnosed men and their families. He quickly became a regular at the **Odette Cancer Centre** and at the **Gale and Graham Wright Prostate Cancer Clinic** at North York General Hospital's Branson site.

And, most recently, due to an opening on our Board of Directors, the board voted to have chairman **Winston Klass** ask **Denis Farbstein** if he would be interested in joining our board.

Happily, Denis said "yes" and he officially became a member of our board on Tuesday January 14 at our first 2014 board meeting. We welcomed him aboard, wished him all the best in his new position, and all looked forward to working with him.

Congratulations Denis!

March Scotiabank Awareness Night - Dr. Tony Finelli

The large audience was already "on his side" before he even arrived, as many had heard him speak before and were anticipating another terrific presentation from him. Also, several of his own patients had come to hear him.

So when he opened by saying that "it's hard to say no to this group when they ask you to speak", anyone still sitting on the fence was now his! And boy, he did deliver again!

He talked about his support for PSA screening, and the need to establish a baseline PSA number and risk stratification, because he truly believes that it can make a difference.

Dr. Finelli highlighted the importance of the biopsy, as he said that specialists won't act solely from results of a PSA blood test, an ultrasound, or even an MRI - they need actual tissue samples, best taken during a trans-rectal ultrasound biopsy! He also spent some time saying that, in future, MRIs will play much more important roles when diagnosing prostate cancer.

Also discussed were active surveillance and surgery, including his specialty - robotic surgery. It was a terrific discussion on a variety of treatments, in language that everyone could easily understand.

As a token of our appreciation of him, a donation was made, in his name, to Prostate Cancer Canada.

Please check out our web site soon to watch his entire presentation (see page 1).

Thank you very much Dr. Finelli.

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 a

Scotiabank Awareness Night

at the

Toronto Botanical Garden

in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

Wednesday

May 28, 2014

at 7:30 p.m.

guest speaker

Dr. Andrew Loblaw

MD, MSc, FRCPC

Odette Cancer Centre

topic

"Sunnybrook Prostate Rapid Diagnosis Multidisciplinary (PREMIR) Clinic.

How technology will improve the prostate screening experience."

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.

2014 Meetings Benefit North York Harvest Food Bank

When you attend our 2014 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*
- √ *Canned vegetables*
- √ *Canned fruit*
- √ *Cooking oil - canola or olive oil*
- √ *Cereals - high fibre*
- √ *Peanut/almond butter*
- √ *Cookies (arrowroot, digestive, oatmeal)*
- √ *Flour*
- √ *Brown pasta*
- √ *Powdered milk*
- √ *Canned or dried beans*
- √ *Rice - white & brown*
- √ *Baby formula & diapers*
- √ *Baby food & cereals*
- √ *Fruit juice - 100%*

NORTH YORK HARVEST FOOD BANK

www.northyorkharvestfoodbank.com

Scotiabank

All of our 2014 *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.

IN MEMORY OF: RAY ST-SAUVEUR

On January 25, 2014, **Ray St-Sauveur**, a longtime member of Man to Man (now PCCN-Toronto), passed away.

Although Ray had been struggling with a variety of health issues for the past while, his death still impacted us with the element of surprise that comes when a wonderful person is taken from us.

Ray was always very vocal about how much the support group meant to him. When he was first diagnosed, Man to Man gave him the information, encouragement, and direction he needed and, following his surgery, the group provided a place for him to "give back". And give back, he did!

Ray volunteered regularly over several years at the Holly St. peer support group meetings and subsequently attended several sessions at our present location at the Valleyview Residence. He looked forward to his shifts at the Princess Margaret Cancer Centre (formerly PMH) where his non-judgmental listening skills and wise counsel helped so many men and their families to make informed decisions about their situations, treatments, and futures.

Because Ray was defined by much more than prostate cancer, I went to doctors (Trachtenberg and Jewett), nurses (Jennifer and Rebecca), and personal friends (Pearse, Jim, Moe) to find out who he really was.

This is what they told me: Ray was "committed", "one of the most caring persons I know", "kind, loving and generous to a fault. He never gave up when he took on a task. He loved his time with Man to Man."

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Sometimes I laugh so hard that my tears run down my leg!

IN MEMORY OF: HARRY RADFORD LOCKWOOD

On Sunday, February 23, 2014, **Harry Lockwood** slipped away peacefully after battling a long illness. He was attended by his immediate family who will sorrowfully miss him.

Harry is survived by his devoted wife Karen, son Michael (Kate), daughter Jan (Jeff) and grandchildren Sarah (Shane), Amanda and Stephen Lockwood and Michael, Jonathan and Katie Whittaker. He will be remembered fondly by his former spouse Marjorie Lockwood.

He was an active member of Prostate Canada Cancer Network-Toronto, attending and facilitating meetings and mentoring newly-diagnosed men with advanced disease.

Harry's sense of the importance in life of the family was rare and instilled a deep sense of family connection across time zones and countries. Harry will be remembered most of all, for his wit, wisdom and warmth. He was a person who truly cared and was interested in the people he met, in his family and his community. He is greatly missed.

We are very happy to announce that the guest speaker at our September 17th Scotiabank Awareness night meeting will be **Dr. Mark Moyad** from the University of Michigan, and the Michigan football team's Number 1 fan!

"Mark" your calendars!

PCC'S DO IT FOR DADS WALK/RUN AT ASHBRIDGES BAY PARK - SUNDAY JUNE 15, 2014

It may have a brand new name this year - the **Do it For Dads Walk Run** - but it is still the same, fabulous annual fundraising event which takes place each year on Father's Day.

Once again, we're asking you all to join our team, help us raise much-needed funds, and join us on **Father's Day** morning - **June 15, 2014** - as we all walk the boardwalk of Ashbridges Bay Park on Toronto's waterfront.

Bring your children, grandchildren and great attitude, and we promise you all a terrific time.

There is still time for you to start asking your business associates, friends, and relatives to support you by making a donation to **Prostate Cancer Canada** on your personal page - we'll all start doing that soon. But before you can begin doing that, you have to join our PCCN-Toronto team, and to do that you must go online to this year's site and register.

The first step is for you to go to: **doitfordads.com** and click on the **register** button.

Then click on **I already have an account** if you can remember your username and password from previous years, or **I need to create an account**.

Select a location - **Toronto - NEXT**

Accept the waiver - **NEXT**

Click **Join a Team**

Click on **Adult**

Click on **I will fundraise $125 or more and waive my registration fee.**

Enter **PCCN-Toronto** under team name. Click on **Search.**

When **PCCN-Toronto** comes up, click on team. Click **NEXT**

Complete the personal information and follow the instructions to complete your registration.

Make sure that you record your **Username** and **Password** somewhere, so that you can easily log in back into your account.

If you have any questions, please contact Aaron at **416-414-4961** or email **aaronbacher@rogers.com**.

Welcome to team **PCCN-Toronto.**

We must all use care when coming to Valleyview Residence

We all know that Valleyview Residence, where we host our bi-monthly Tuesday night Man to Man peer support group meetings and our monthly Side by Side meetings, is a long-term health care facility.

Recently they were quarantined for a health issue and we were unable to hold a couple of our February meetings there. Fortunately for us, this has only happened on a couple of occasions, but it is something that we have to think about as well.

Everyone coming to Valleyview is encouraged to use common sense when planning on attending any of our meetings by making sure that you are 100% well, and aren't potentially bringing some kind of germ into the Valleyview facility. We wouldn't want to be the cause of any shut-down there with something that could endanger the health and lives of their permanent residents. Thank you.

PCCN-Toronto is supported by:

AstraZeneca/Harmony Printing/Macgregors Meat & Seafood Ltd.
Prostate Cancer Canada/Scotiabank

IN MEMORY OF: RAY ST-SAUVEUR

. . . continued from page 4

" . . . one of my best friends. He was a gentle and loving person, who did so much good for so many people. He was a joy to be with. (We) miss him terribly.", "compassionate, comforting", "selfless in his volunteerism, focused on others (and) not himself, triumphed over personal hardships, never asked for sympathy, didn't even mention his own travails, soldiered on in the face of serial tragedy".

One respondent told me that Ray is "shortlisted for sainthood" and went on to say, "St. Peter waved him through, hopefully in a motorcade!"

And the response that captures both the feelings of so many and the true essence of who Ray was . . . "Ray was just like his name - a RAY of sunshine!"

Although privileged and honoured to have been asked, I've composed this piece with a heavy heart.

I am sad because, as he was to so many others, Ray was my friend and I miss him.

Ron Benson
Immediate Past Chair
PCCN-Toronto

In happier times:
Ray** and **Olive St-Sauveur

20th year celebrations continue

At our most recent Scotiabank Awareness Night meeting on Wednesday March 26th, 2014, four more members of our audience each won a $50 gift card to Chapters/Indigo, just for being there.

So come on out to our meetings, as you never know what will happen and what you can win, as we continue to celebrate our 20th year at PCCN-Toronto.

calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

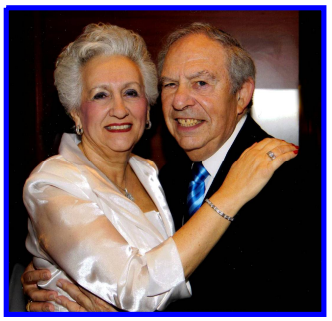
Blue wrist bands being distributed, celebrating our 20th year!

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 are available at all of our meetings.

F R E E

MEET THE GARSHONS: PROSTATE CANCER SURVIVOR JERRY AND HIS PARTNER LINDA

When you attend any one of our Scotiabank Awareness Night meetings at the Toronto Botanical Gardens, you can usually find **Jerry** and **Linda** there as well, sitting close to the stage. The same can be said for the first Tuesday night peer support meeting each month, when the men of **PCCN-Toronto** and the ladies of **Side by Side** meet at Valleyview Residence.



Jerry's usually also there on the third Tuesday of each month, when just the men meet again. As a matter of fact, Jerry created the "spotter's" role at our PCCN-Toronto meetings a few years ago, when he takes note of the men who have questions for the newly-diagnosed men, so that our meetings can run smoothly.

Linda and Jerry have played active roles within our support group for years, going back to when our meetings took place on Holly Street. Linda has been attending Side by Side meetings for a long time, helping partners of newly-diagnosed men cope with the diagnosis of prostate cancer. She has become a "regular" at these meetings, along with three other women who have also been attending for years.

She became the first woman to host one of our **Scotiabank Awareness Night** meetings, on **"Ladies Night"**, March 28, 2012, when two female nutritionists were the guest speakers. Over the years Linda and Jerry have been featured in the **Toronto Star** and **Our Voice** magazine, in stories about couples dealing with prostate cancer. They also support and raise money each year for Prostate Cancer Canada's **"Do it for Dads Father's Day Walk Run"**, the same way they previously supported the Canadian Cancer Society's **"Relay for Life"** fundraising event for many years.

On Saturday mornings, Jerry can be seen visiting patients at Toronto General Hospital who had a radical prostatectomy one or two days before, and often Linda is with him, ready to speak to the patient's partner if she has any questions from a caregiver's perspective. He is also one of our volunteers at the Odette Cancer Centre and the Gale and Graham Wright Prostate Cancer Clinic at Branson Hospital.

After being diagnosed, Jerry and Linda together decided that the surgical option was the best one for Jerry, and he had the surgery on March 18, 1999 at Sunnybrook Hospital.

Jerry is a retired engineer. He and Linda have been married for 52 years and will celebrate their 53rd wedding anniversary on December 19, 2014. They have three children - 2 daughters and 1 son - and 8 granddaughters and 1 grandson!

We sincerely thank them both for their loyalty and dedication to our support group.

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 2014

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.

DATE	SPEAKER	TOPIC
Jan 29	**Dr. Sharon Sharir** *Humber River Regional Hospital*	"Decision-making and patient-doctor communication regarding prostate cancer.
Mar 26	**Dr. Tony Finelli** *Princess Margaret Cancer Centre*	"20 years in Prostate Cancer Care: Where we were and where we're headed!"
May 28	**Dr. Andrew Loblaw** *Odette Cancer Centre (Sunnybrook)*	"Sunnybrook Prostate Rapid Diagnosis Multidisciplinary (PREMIR) Clinic. How technology will improve the prostate screening experience."
Jul 30	**SURVIVOR FORUM V** *PCCN-Toronto Survivors*	Personal stories
Sep 17	**Dr. Mark Moyad** *University of Michigan*	**"**Fad diets, dietary supplements & Rx from A-Z: What works, what's worthless, and what's new in 2014!"
Nov 26	**TBA**	

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).

Our 2014 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.

AstraZeneca

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