

AWARENESS

The "Michigan Man" is returning to Toronto! Pg. 2

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

An evening with Carrie Poteck: exercise, diet and well-being!

2018



She's a public school teacher who teaches grade six children. And Carrie's used to preparing lesson plans.



We saw some of that before anyone arrived for our May Awareness Night Meeting, as she worked on getting her presentation properly loaded on our digital projector. She was very well prepared!

And after being introduced to our audience by Linda Garshon (wife of survivor Gerald), you quickly learned that she was an expert on exercise, diet and well-being.

It didn't take very long to see that the audience of 100 or so people were all involved; as Carrie had everyone breathing deeply in-and-out, then continuing to breath while stretching their arms in the air!

Because she did her masters degree on researching "Mindfulness" and how to teach it, she also worked with many patients who were either going through treatment or had completed treatment.

"Well-being" means feeling good about yourself; it is defined as the state of being comfortable, healthy, and happy! She told the audience to consider the evening as a "no-judgement zone", meaning that everyone who was in that room was in a very different place physically, mentally, and where you were in your journey with prostate cancer

or in your support of someone else with prostate cancer.

Carrie explained how a diagnosis of prostate cancer can cause a "State of Stress," and then offered ways of handling this stress.

She showed the audience how to be able to breath while focused on relaxing various parts of the body, such as

shoulders, arms, and even down to the legs.

She spoke quietly at times, and the entire audience went along with her during these exercises.

At one point she showed us a slide which read, "Mind full" or "Mindful?"

She told us that "Mindfulness means paying attention in a participating way: on purpose in the present moment, and not judgementally."

This type of presentation at one of our Awareness Nights was quite a departure for our support group, but was received very positively by our audience that night.

Carrie held our total focus the entire evening, which included the many questions and answers that followed her formal presentation.

Thank you Carrie for coming and making us "mindful" about several new feelings that we don't always allow ourselves to think about.

See Carrie's entire presentation at: pccntoronto.ca/videos - on right side.

JULY

PCCN-Toronto Prostate Cancer Support Group

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"Raising prostate cancer awareness" - pccntoronto.ca

PCCN-Toronto's social media.

With the growing popularity of social media these days, PCCN-Toronto is trying to keep up-to-date with all the modern ways of communicating, not only with our support group members, but with the men in the GTA who have recently been diagnosed with prostate cancer.

Those of you who are into "tweeting" can now follow us on Twitter - @pccntoronto - to see what our group is up to!

And if "Facebook" is your thing, as you try to keep up with your children/grandchildren's activities, you can now follow our support group as well, by going to:

www.facebook.ca/groups/pccntoronto

You can post questions you would like to have answered, or find out about any upcoming meetings, etc. Our goal is to provide you with important information vis-à-vis your own personal prostate cancer journey as well as information regarding our prostate cancer support group.

He's coming back!



Please "**Mark**" your calendars today!

That's right - the man who said:

"Multivitamins used to be the size of a baby Aspirin - today they're the size of a baby!"

"This is going to be the most interesting support group meeting of my life!" (2008, when he arranged to have the entire Awareness night audience screened with a blood test for **Vitamin D** - 189 people were tested!)

"I don't allow videotaping my talks because I consider the most important people to be those who actually came to hear me speak, and I like being totally honest and sincere with them."

That's right - the biggest Michigan fan ever is coming back to Toronto this September!

He is from the University of Michigan Medical Centre in Ann Arbor, Michigan. He loves movies, sushi, his wife Mia and their kids, Michigan football and basketball if they are winning, and his dog "Chauncey", but of course, not necessarily in that order!

If you haven't guessed by now, we are talking about, none other, than **Dr. Mark Moyad**. He will be here at **Edwards Garden** on **Wednesday September 26th** at **7:30 p.m.**

Circle this date on your calendar now so that you are there that night to *experience*, in person, **Dr. Mark Moyad's** talk about diets, supplements, and much, much more!

Remember that this presentation will not be videotaped!

Our 2018 newsletters sponsor!



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PCCN-Toronto & Side by Side

invite you to attend our
**Awareness
Night Meeting**

at the
**Toronto Botanical Garden
In The Garden Hall**
777 Lawrence Ave. East at Leslie Street

on Wednesday
July 25, 2018

at 7:30 p.m.

featuring a

Survivor Forum

PCCN - Toronto Survivors

**Hear them share their
personal prostate cancer
journeys!**

*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.

**2018 Meetings Benefit
North York Harvest Food Bank**

Please bring some non-perishable food with you to our Awareness Night Meetings, which PCCN-Toronto donates 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 fiber | ✓ Rice - white & brown |
| ✓ Peanut/almond butter | ✓ Baby formula & diapers |
| ✓ Cookies (arrowroot, digestive, oatmeal) | ✓ Baby food & cereals |
| | ✓ Fruit juice - 100% |



www.northyorkharvestfoodbank.com

All our *PCCN-Toronto Man to Man Peer Support Group* meetings at Valleyview Residence are being supported by a grant from Janssen Pharmaceuticals.

We thank Stacey Silverberg and all the people at Janssen.

Our six Awareness Night meetings at Edwards Gardens are sponsored by Astellas Pharma Canada, and we thank Karen Frantzke and everyone at Astellas.



The Board of PCCN-Toronto.

2018 FATHER'S DAY "DO IT FOR DADS" WALK RUN ANOTHER VERY SUCCESSFUL EVENT!



FATHER'S DAY
JUNE
17
2018



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.

SPECIAL MEMORIES FROM OUR 2018 "DO IT FOR DADS" AT ASHBRIDGES BAY PARK.



ASK THE HEALTH CARE TEAM

We're pleased to welcome nursing to our complement of "Ask The Health Team" contributors.

Bev Persaud RN, BScN, MScN is the Unit Coordinator/Nurse in the Prostate Centre at the Branson Division of the North York General Hospital (NYGH).

When asked about her nursing background, she said that it began in London, England where she obtained her State Registered Nurse (SRN), State Certified Midwife (SCM) and Neonatal Intensive Care (NICU) Certifications.

She then moved to Suriname, Dutch Guiana, where she worked in a private midwifery clinic, before returning to the UK for a short while and then migrating to Canada.

"Within a few months of arriving in Canada," she went on to say, "I was fortunate to find a job with the NYGH, where I worked in the Pediatric and Neonatal Intensive Care Unit while preparing to write my Canadian Nursing Exam. I continued to work in that area, after graduating from the RN program and then went on to earn my Bachelor of Science in Nursing (BScN) and Master of Science in Nursing (MScN) degrees. I left the NYGH for a few years to take on a management position and then returned to work in the Family Practice Unit before accepting my current position in the Gale and Graham Wright Prostate Centre."

"The recent completion of another DO IT FOR DADS WALK/RUN excites me with the work we do for the Gale and Graham Wright Prostate Centre.

The clinic has been up and running for the past eleven years and I have seen and counselled thousands of men who have had to face the possible or positive diagnosis of prostate cancer.

Over my years I have seen guys as young as their early 40s to those in their 90s.

A prostate cancer diagnosis is one I feel men find difficult to accept. Although hard to deal with at times, I find great joy in being able to help these guys deal with and face this diagnosis.

Two years ago this coming October 2018, we introduced and have since been performing Transperineal biopsies, a new and innovative way of performing prostate biopsies. Our infection rate to date has been zero percent. We are the only clinic in the GTA performing these biopsies under local anesthesia.

Our numbers have increased over the years and men come from far and wide to our clinic.

I am extremely proud of the work performed at our clinic by our excellent staff members, which includes a team of many urologists, interventional radiologists, technicians, secretarial support, radiation oncologists, and pathologists to name a few, as well as a team of prostate cancer survivors/volunteers from the PCCN-Toronto prostate cancer support group who are most valuable in sharing with our patients their personal experiences and superb knowledge of prostate cancer.

Bev describes a typical day in her life as a Unit Coordinator Nurse as "multi-dimensional" because, on a daily basis she:

- * reviews all referrals received for biopsies and assessments and prioritizes them based upon urgency
- * checks all lab results, e.g. CT scans, bone scans, and MRI results
- * counsels patients before and after scans and biopsies, as well as all newly-diagnosed patients
- * assists with bookings of assessments and biopsies
- * provides telephone counselling for new patients and newly-diagnosed patients
- * follows up on all patients who have had referrals sent elsewhere.
- * ensures that all patients who have had CT scans, bone scans, and MRIs are followed up.

She says that basically her day is one of multitasking and her ultimate aim is not to let any patient 'fall through the cracks'.

I follow the patients through their prostate cancer journeys from beginning to end and beyond, and this gives me great joy. Despite the many trials and challenges, I just love my job and as it is for everyone, retirement is in my future; however, I am definitely not ready for it yet!"

We appreciate the time Bev has given to providing us with insights to help us to learn about her very important work as a member of the prostate cancer health team.

Ron Benson

**Someone asked a woman, "Which book has helped you most in your life?"
The woman answered, "My husband's cheque book!"**

Ray Kosan

August 25, 1937 – March 13, 2018

When asked to create a tribute to one of our longest-serving Man to Man/PCCN-Toronto volunteer attendees I was honoured, because over the last several years Ray and I had become very good friends.

However, I knew he was very important to the lives of many others. And so, I decided to reach out to several people to gather their "Ray thoughts".

So, let me start by taking you back in time . . . many, many years ago to Ray's student years at the University of Western Ontario.

Not only was the fellow who sent me MANY anecdotal reflections a colleague, but also he was Ray's apartment roommate when they were Ph.D. students together at U.W.O. His recollections revealed the many sides of Ray both as student and person. It was certainly of great interest to me to learn about Ray from a perspective I didn't know; however, one remembrance that he recounted seems particularly appropriate to this time and purpose because it sets the stage for the Ray Kosan that we came to know through the PCCN-Toronto support group. And I must admit, when I first read it, I "smiled out loud"! For me, it is "SO RAY!"

His university friend wrote: "Ray's Ph.D. thesis was so long that it was not accepted until he pruned it to the maximum allowable size. To do that, took him a VERY long time!"

So, from that significant recollection, fast forward to more recent times. And if you knew Ray, I hope you'll find the man you knew in the following reflections that several of his peer support group colleagues offered:

"brilliant mind, always learning, amazing expertise . . . trustworthy, warm, caring, humble, great sense of humour, lovable, a little eccentric, a private person."

"can never thank him enough for his friendship and all his amazing work for PCCN-Toronto."

"an amazing notetaker both at Peer Support Group and Awareness Night meetings. Research

was his middle name! Information sharing came naturally. Always welcoming and supportive, he was appreciative when information was shared in return."

"knowledgeable, compassionate, patient, and understanding. Ray was always approachable to help clarify medical reports. He was quick to laugh and had a good sense of humour. He showed a genuine concern for other people's problems. I liked Ray and I will miss him."

"caring, thoughtful, intense, thorough, attentive, detailed . . . I think Ray was probably the most absorbed member at our PSG meetings, carefully listening to what was being presented and writing more notes to add to the huge batch of notes he kept with him. His questions were always relevant and his comments always instructive and useful. It was never "could" or "should". PCCN-Toronto will miss Ray as a person and as a valued peer support contributor."

"certainly a huge source of information who seemed to retain nearly everything that he heard or read."

From these comments it's easy to recognize the scholar and the curious, questioning, and wondering mind that was Ray Kosan. As well, his caring for and appreciation for all who knew him through the support group shines through.

To close, I've chosen a response I received that I think provides an appropriate way for us to think about Ray and about how much we miss him.

"If there were more RAYs in the world, it would be a much kinder and far better place."

Respectfully submitted,
Ron Benson

Are you interested in becoming a PCCN-Toronto volunteer?

Please call our support line - 416-932-8820

or email us at info@pccntoronto.ca

Our on-going projects for 2018

AWARENESS NIGHT MEETINGS

These meetings are held at the **Toronto Botanical Garden (in the *Floral* or *Garden 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>RM</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Jan 31	G	Dr. Stanley Flax Dr. Adam Tunis <i>North York General Hospital</i>	Perineal biopsies and the importance of imaging.
Mar 28	G	Dr. Andrew Loblaw <i>Sunnybrook Odette Centre</i>	The role of clinical trials.
May 30	G	Carrie Poteck, *M.T.	An evening on exercise, diet and well-being.
Jul 25	G	Survivor Forum	PCCN-Toronto survivors/volunteers share their personal prostate cancer journeys.
Sep 26	F	Dr. Mark Moyad <i>University of Michigan</i>	"Fad diets, dietary supplements and Rx from A to Z: What works and what is worthless (2018 update)."
Nov 14	G	Dr. Sidney Radomski <i>Toronto Western Hospital</i> * Masters of Teaching	Erectile dysfunction, incontinence, and sexual "toys"!

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 the **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

This program has undergone some recent changes. Our ladies' support group, although still very active, now provides advice by appointment only. Please visit our website for more information.

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 (and their families) 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).

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