



January 2014
Volume 14 Issue 1

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

**CHECK OUT OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

PCCN Brampton

www.pccnbrampton.com

info@pccnbrampton.com

Phone No: 289-752-6316

Fax No: 905-840-9474

PCCN Brampton News

A good time seemed to be had by all at our 19th Annual Christmas Potluck and Social Evening on December 10th. The evening featured good food, good conversation, door prizes, a unique "50:50" draw and a review of 2013.

This promises to be an interesting year. 2014 marks the 20th Anniversaries of Prostate Cancer Canada, Prostate Cancer Canada Network Toronto and Prostate Cancer Canada Network Brampton.

2013 was pretty hectic, but we look forward to an even more exciting 2014. PCCN Brampton will continue to support the Peel Region Father's Day Walk, which will be held in Mississauga this year. Our Golf Tournament and Cruisin' for a Cure will carry on their successful runs.

Rocco Rossi and his team at PCC have some great plans for this coming year, including enhancements in the areas of awareness, support, survivorship and advocacy.

For example, June, 2014 will see an expanded fund-raising program to be known as Do It For Dad, which will encourage participants to raise funds for PCC by whatever means they like – walking, running, boating, parachuting, selling cupcakes, for example. The only limits are imagination and energy.

The PCC website is being continuously updated to include new programs like the Prostate Cancer Information Service and added content, e.g. additional offerings in the Expert Angle Webinar series.

Gary Foote / Jim Dorsey – Newsletter Editors

E-Mail: visact@rogers.com / jfdorsey@yahoo.com



Next General Meeting, Tuesday, Jan. 14th, 2014 – 7:00pm

Swapnil Rege, MSc PT, will address the topic of **Cancer-Related Fatigue**. He is the Clinic Director and a Physiotherapist at Centric Health's LifeMark Physiotherapy office on Fisherman's Drive in Brampton.

Swapnil describes his presentation thusly: "Cancer-related fatigue (CRF) is one of the most common side-effects reported as a result of treatment and the cancer disease process. CRF can last for months or even years post-treatment. Recognizing CRF is the first step in determining appropriate treatment strategies. This talk outlines the causes of CRF, identification of CRF and different strategies to decrease fatigue"

Centric Health is an integrated healthcare company with multiple offices. The company offers many patient services including home care, home medical equipment, orthotics, pharmacy, physiotherapy, seniors wellness and a sleep clinic. More information is available at www.centrichealth.ca

We look forward to seeing you in Room #2, upstairs,
The Terry Miller Recreation Center, 1295 Williams Parkway,
at the southwest corner of Williams Parkway & Bramalea Road.

Parking as always is free.

Please forward your questions or suggestions to: info@pccnbrampton.com

Volunteer Opportunities

We urgently require assistance in several areas:

1. **Newsletter Editor or Co-Editor** requires an interest in the members of the chapter and in Prostate Cancer and a willingness to learn. Computer experience is a definite asset.
2. **Photographer** needs a decent digital camera and an eye for good photography. We hope to be publishing a lot more photos into different media as we increase our involvement in Prostate Cancer awareness and support.

Last General Meeting, Christmas Potluck, Dec. 12th, 2013

Our Annual Christmas Potluck and Social Evening

Nearly 40 members, partners and guests enjoyed an evening of fellowship and a good selection of salads, entrees and desserts. There were draws for door prizes and our “50:50” was unique this year in that all money raised went to two lucky members.

Anne Breakey-Hart, Manager PCCN and Volunteer Engagement at Prostate Cancer Canada joined us for dinner and accepted a donation of \$10,000 from PCCN Brampton. Our donation came from funds raised through the hard work of our members and volunteers who organized and operated our Annual Golf Tournament, Father’s Day Walk and Cruisin’ for a Cure. This money will help finance PCC’s awareness and survivorship programs.

Thanks to all who attended!



Welcome to Our Meeting



The Door Prize Winners



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Kim Vogel is our Speaker Coordinator. If you have any ideas for suitable interesting speakers for our monthly PCCN Brampton meetings, you can contact her at (416) 806-9619 or Email: kimvogel@leaderabilityconsulting.com

Tuesday, January 14th, 2014

**Swapnil Rege, Clinical Director & Physiotherapist, Centric Health
Fatigue and Prostate Cancer**

Tuesday, February 11th, 2014

T.B.A.

Tuesday, March 11th, 2014

**Maureen Rowlands, PCC's Director of Support Services
and possibly other surprise guests
Prostate Cancer Canada Survivorship Programs**

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

Kim Vogel, Speaker Coordinator:

(416) 806-9619 or Email: kimvogel@leaderabilityconsulting.com

Please Note: We try as best we can to plan great speakers and topics; however, from time to time we may have to reschedule a speaker due to unforeseen circumstances.

We will always provide as much advance notice as possible when a speaker has to reschedule.

Prostate Extreme Team (PET) Rock the Snow Sled Raffle

Steve Hutton's PET is raffling a brand new 2013 Ski Doo TNT MXZ 1200. Tickets are \$25.00 each or 5 for \$100. Only 1,000 tickets will be sold. The winning ticket will be drawn at PET's 9th Annual Sled Ride of Hope in Gravenhurst on Saturday, February 15th.

All proceeds will go directly to **Prostate Cancer Canada Network**.

To order, contact Steve: steve.hutton@pccnbrampton.com

Or order by FAX 905-840-7937, Attention Sled Raffle

[New at prostatecancer.ca](http://prostatecancer.ca)

The new **Prostate Cancer Information Service (PCIS)** allows newly diagnosed men to speak with medical professionals on the telephone.

Telephone 1 -855-PCC-INFO (1-855-722-4636 or email support@prostatecancer.ca)

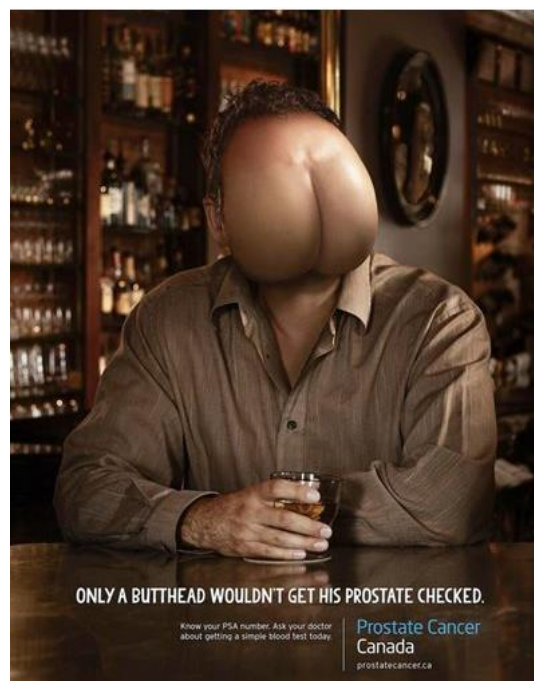
The Prostate Cancer Information Service (PCIS) provides information and support throughout the cancer journey. Available in a number of languages, these confidential and evidence-based services include:

- *phone line*
- *email response*
- *distribution of resources*
- *referral to Prostate Cancer Canada programs*

The PCIS is available for everyone, including:

- *men with prostate cancer*
- *a patient's circle of care (partners, caregivers, family, friends)*
- *the general public*
- *healthcare professionals*

And we would be remiss if we did not share this new print ad with you, PCC's first campaign with newly-announced advertising agency partner, doug & serge inc.:





[Expert Angle: Prostate Cancer Canada Webinars](#)

You can find out more about Prostate Cancer Canada's relatively new program of webinars at <http://prostatecancer.ca/Support/Expert-Angle>

The Expert Angle sessions address topics important to men with Prostate Cancer and their caregivers as well as the general public and clinicians.

PCC uses interactive on-line technology to make leading experts in Prostate Cancer accessible to anyone, regardless of their location.

The platform used allows PCC to communicate with individuals in a variety of settings, e.g., homes, support group meetings and community centres.

Upcoming sessions:

- Wednesday, January 8th @ 2 p.m. EST **Ron Telpner**, *Prostate Cancer: A Survivor's Perspective*. [Register Here](#).
- Tuesday, January 28th @ 7 p.m. EST **Cheri Von Patten**, *Diet and Prostate Cancer: What you need to know*. [Register Here](#).
- Tuesday, February 25th @ 7 p.m. EST **Dr. Danny Vesprini**, *Everything You Need to Know About Active Surveillance*. [Register Here](#).
- Tuesday, March 4th @ 7 p.m. EST **Dr. Scott North**, *Clinical Trials: Everything You Need to Know*. [Register Here](#).

Previous sessions can be accessed from this area and include:

- Masculinity and Prostate Cancer
- Prostate Cancer & the PSA Test
- Prostate Cancer and Survivorship
- Complete Prostate Cancer Care: What should I be doing?
- Androgen Deprivation Therapy and Bone Health
- Using Social Media Safely for Your Health & Well-Being



PCCN Brampton Bram-O-Gram

FREE Tickets to January Brampton Beast Games

The Brampton Beast, Brampton's new Central Hockey League team, invites Prostate Cancer Canada Network Brampton members and volunteers and their families to attend the upcoming Brampton Beast series at the Powerade Centre.

Through the Beast's *Companies that Care* program, free tickets are available for the following games:

Friday, January 17 - 7:30pm vs St. Charles
Saturday, January 18 - 7:30pm vs St. Charles
Sunday, January 20 - 7pm vs St. Charles

Thursday, January 23 - 7pm vs Quad City
Friday, January 24 - 7:30pm vs Quad City
Sunday, January 26 - 2pm vs Quad City

**If you are interested in some free winter fun with your family please contact Jim Dorsey by Monday, January 13th to reserve your tickets
Call (905) 453-3038 or email jfdorsey@yahoo.com
Note that all tickets requested **MUST** be used.**



More information on the Beast's operation, its schedule, the players, purchasing season's tickets, etc., is available from the Beast's office by telephone at (905) 564-1684 or on the Beast's website: <http://www.bramptonbeast.com>



[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 Meetings and inform the front desk that you're a new member on arrival. One of our counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held on the 2nd TUESDAY of each month except July & August at the Terry Miller Recreation Centre.

Steering Committee Meetings are held two weeks plus a day later on the fourth WEDNESDAY of each month, September through June, at 7:00 PM. We are in the process of relocating these meetings and will advise the new location as soon as it is confirmed.

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

[Jim Dorsey:](#) **(905) 453-3038**

[Gary Foote:](#) **(905) 458-6650**

Note that we accept phone calls 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 Costs us about 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: gary.foote@pccnbrampton.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.