

# Prostate Examiner Monthly news

Visit us at [www.prostatecancersupporttbay.org](http://www.prostatecancersupporttbay.org)

**Looking for Support**  
**Local men available to talk to you**

Gary Allen 621-0552  
Grant Arnold 933-4214 or  
519-584-5125  
Marc Breton 628-9944  
(en francais)  
Rick Eade 683-6573  
Bill Everitt 767-5768  
David Everitt 628-5287  
Marcel Girouard 705-362-8154  
(en francais)  
Bill Horde 767-1490  
Ed Long 628-6915  
Milton Marion 475-0760  
Dez Stolz 577-9515

**Women available to talk to you**

Beth Long 629-4774  
Carmen Marion 475-0760  
Lise Pollard 623-3102(en français)

**Northwestern Ontario Region**  
**Atikokan**

Dave Anderson 807-597-1213 ext 23  
Larry Brown 807-598-1746  
Ron Speck 807-597-2219

**Dryden**

Horst Lang 808-223-5516

**Fort Francis**

need a contact

**Hearst**

Marcel Girouard 705-362-8154  
(en français)

**Kenora**

need a contact

**LongLac**

Dick Mannisto

Terrace Bay/ Schriber

John St Amand 807-825-9054



Prostate  
Cancer  
Support  
Thunder bay



Wishing you and yours  
the very best  
during this holiday season  
and  
into the new year

Email us at  
[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)

## Presidents Message

Dear members and friends

Hope everyone is doing well. Lise and I have spent most of the summer at our camp at Whitefish Lake .

The weather this year was perfect for camping, fishing, gardening and just enjoying the sun.

I did a 4-day fishing trip with some friends on Sturgeon Lake North of Ignace. The fishing was great and we were the only ones at the resort. The owner went fishing with us and he knew all the good spots.

I guess now reality will set in. The white stuff is coming and it is getting cooler every morning.

The U S border has reopened and some of our group will head south for the winter.

Flu shots are available at your doctors office and at pharmacies so it is a good idea to get one.

Christmas is at our doorstep again. Remember that there is always someone who is fairing a lot worse than we are.

With the pandemic, a lot of people are struggling to make ends meet such as charities, food banks and the homeless . If you are able, a little help goes a long way.

Lise and I would like to wish everyone a Merry Christmas and Happy New year. If you are traveling during this Holiday Season, stay safe.

Hope to see you soon.

Sincerely

Your President



*Marc Breton*

### In Memoriam

PCS Thunder Bay members send their condolences to Marc Breton and his family, whose mother passed at the ripe old age of 94. Our thoughts and prayers are with you and your family.

## Membership change.

The board has changed the membership term to match the calendar year, so memberships will run from January 1 to December 31. With that in mind, we remind you that your memberships for 2022 can be paid now. We are hoping to be able to meet in person soon but that will be delayed until it is safe for everyone, and 55 Plus is allowing us to meet there again. Until then you can send your membership of \$12 and your donation, if you wish, by cheque or e-transfer. Cheques can be mailed to 1100 Memorial Ave. Suite 374 Thunder Bay, On P7B 4A3. E-transfers can be sent to Prostate Cancer Support Thunder Bay and the email for that is [info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org). You will have to provide a password. You can make it simple by using the current year.

## Article in the Chronicle Journal

Sept 21 2021



Prostate Cancer Support Thunder Bay is proud to donate \$10,000, which will be matched by the two local Canadian Tire stores, to the Thunder Bay Regional Hospital Foundation. These funds will go to the Urology Fund to assist in developing new treatments, diagnostics and research, which will enhance treatment for men in Northwestern Ontario. A new prostate cancer biopsy technique, introduced by local Urologist Dr Shahrour, will provide a safer and more accurate way to diagnose prostate cancer. Prostate Cancer Support Thunder Bay was started in 1994 to support men with Prostate Cancer

## Patient Family Advisors

**Patient Family Centred Care (PFCC) is defined as the provision of care that is respectful of, and responsive to, individual patient/family needs, preferences and values, and ensures that these values guide all clinical decisions.**

**Listening and responding to the needs of patients, families, and community is essential for a quality patient experience and is the cornerstone of PFCC at the Thunder Bay Regional Health Science Centre.**

**Patient Family Advisors (PFA's) are patients or health care partners who have experienced care at TBRHSC within the past 2 years and want to work in partnership to improve care and services.**

**There are 70-90 PFAs of all ages, advising in all areas of the hospital from the boardroom to the bedside.**

**Following are examples of PFA involvement at TBRHSC.**

- All hospital policies are reviewed by PFAs
- PFAs are on all program and service councils including Senior Management and Board Quality committees
- PFAs are voting participants on all Leadership hirings including the Chief of Staff and CEO selection process
- All patient education materials are reviewed and approved by PFAs
- All projects and committees are required to have PFA involvement

**All PFAs are invited to participate when there is a new opportunity to serve on a committee or when a document needs reviewing. The mandate of committees is outlined, as well as the time commitment and length of the appointment are included in invitations.**

**Individuals interested in being a Patient Family Advisor should contact Bonnie Nicholas, Manager PFCC, Patient Experience, Engagement, & Advocacy at [pfcc@tbh.net](mailto:pfcc@tbh.net) or 807-684-PFCC (7322).**

**The application and approval process includes submitting an application, an interview, volunteer screening, and a training process. The effort is well worth it knowing that your experience and commitment are making a difference in meeting the needs of patients and their families and in improving the quality of care provided.**

**Portions of this article have been adopted from material provided by the Thunder Bay Regional Health Science Centre.**

**Article By William Everitt**

# \*\*GET YOUR PSA TESTED\*\*

**Its important**

We believe in it so strongly that

**we will reimburse you for your PSA test !!!**

The PSA test is a key step in early diagnosis of prostate cancer

**Early Detection Saves Lives  
Get Informed!**

**Talk to your health care professional! Get your blood work done!**

**Send us the receipt**

**Address below or check us out on our website**

**Must apply by June 30, 2022. Available for men in NWO.**

**PCS T Bay Members, please share the above message !**

**Inform your family, relatives, friends and neighbours to request a**

## **PSA Test**

**Awareness Support Research**

Telephone 807 627 0333

1100 Memorial Ave, Suite 374 Email

Email [info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)

Thunder Bay ON, P7B 4A3

Web [www.prostatecancersupporttbay.org](http://www.prostatecancersupporttbay.org)



## DONATIONS

Prostate Cancer Support Thunder Bay is a charitable organization that relies entirely on donations to remain in operation.

Go to **Prostate Cancer Support Thunder Bay** website for more



### First Health Fair since COVID-19 (November 18,19/2021)

Katherine Meo, the Human Resources Intern at Alstom(formerly Bombardier), surveyed the 400 workers in the plant about the health issues they would like to learn more about. Cancer topped the list. We received an invitation to their health and wellness fair. 70 men took action for their health and came to get some education and information. Almost all of the 70 stopped at our display and learned about prostate cancer, the PSA test and our willingness to reimburse them for their PSA test. Thanks to Katherine for organizing the event and to Ray Halverson, Des Stolz, Doug Pantry, Bill and Rose Horde. Mike Aldrich and Ed Long for sharing their time and experience. COVID-19 hasn't stopped us giving support and education to others.

**PCS Thunder Bay**

**CONTACT US AT**

**1100 MEMORIAL AVE- SUITE 374**

**THUNDER BAY ONTARIO P7B 4A3**

**PHONE:**

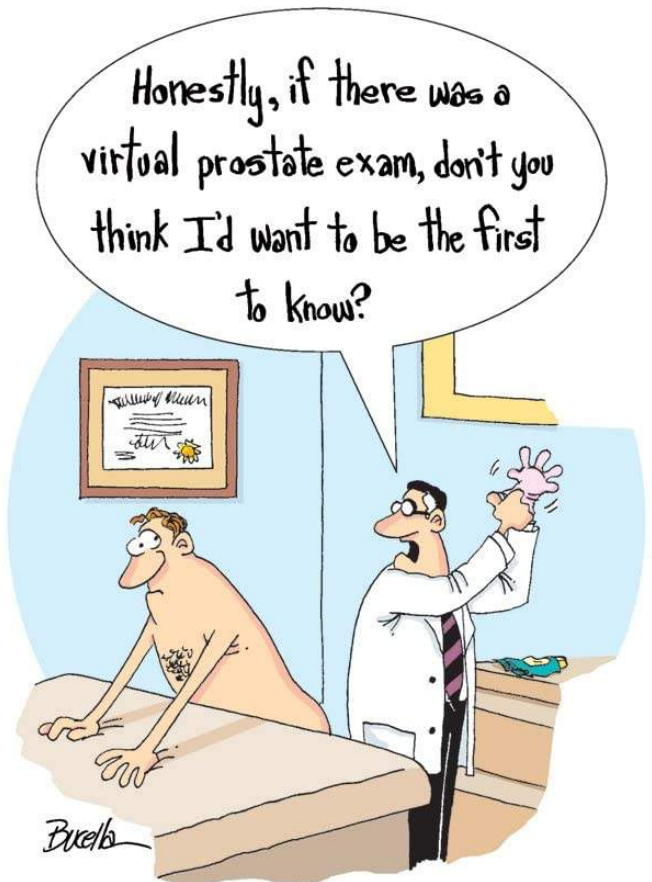
**807 627 0333**

**EMAIL**

**[info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org)**

**WEB SITE:**

**[prostatecancersupportbay.org](http://prostatecancersupportbay.org)**



**Notice re coffee time**

Prostate Cancer Support Thunder Bay Coffee Time Meetings on Zoom are on the 2nd and 4th Thursdays of the month. If you do not receive a reminder and a link by the Wednesday before, send an email: [info@prostatecancersupporttbay.org](mailto:info@prostatecancersupporttbay.org) and we will send you a link.

Topic: PCS Coffee Time 10:00 am

Coffee meetings are still virtual but hoping to restart at A & W on Memorial Ave soon.

Dates and Zoom details will be sent via e-mail from Steve Scalzo

**Prostate Examiner Monthly News**  
Please forward photos or information, that benefits communication to Prostate Cancer Support Thunder Bay members to the attention of Mike Aldrich. email: [mraldrich@tbaytel.net](mailto:mraldrich@tbaytel.net)