

Prostate Examiner Monthly News

Visit us at <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 628-9444 (en Français)

Rick Eade 683-6573

Bill Everitt 767-5768

David Everitt 628-5287

Marcel Girouard 705-362-8154

(en Français)

Bill Horde 767-1490

Ed Long 628-6915

Des Stoltz 577-9515

Cy Zurba 472-8676

Women Available to Talk to You

Beth Long 629-4774

Lise Pollard 285-0127 (en français)

Betty Zurba 286-7686

Northwestern Ontario Region

Atikokan Dave Anderson

807-597-1213 ext. 23

Larry Brown 807-598-1746

Ron Speck 807-597-2219

Dryden

Horst Lang 807-223-5516

Fort Frances Looking for contact

Hearst

Marcel Girouard 705-362-8154

(en français)

Kenora Looking for contact

Long Lac

Dick Mannisto

Terrace Bay / Schreiber

John St Amand 807-825-9054



Next Meeting Date:

- ◆ We are happy to announce that the long delayed meeting with Dr. Hazem Elmansy will finally happen on Thursday, November 19 at 7:00. It will be a Zoom meeting and Ed Long will send the link in advance of the meeting. Dr. Elmansy is skilled in his use of laser for surgery. He can update us on his work and what is happening about prostate cancer treatments in this time of Covid. Everyone Welcome.
- ◆ Also remember our coffee times on the 2nd and 4th Thursdays at 10am. Next Meeting Nov. 12, 2020 Everyone Welcome. Further details on page 4.
- ◆ Friendly Reminder: that our annual membership dues are still the low price of \$12 and is usually collected during this time of the year. It is a small amount but helps us know you support the work we are doing as well as our continuing expenses. To make it easier, we have added e-transfer through your bank as an option for sending us annual dues and donations. More details are on the donation form on our website.
- ◆ Sadly, the Christmas party is cancelled for this year. Rest assure that when the world returns to normal, we will resume all our functions. Remember play it safe out there. Most of us are at the vulnerable age.

Sincerely, Your President : Marc Breton

My journey on Prostate Cancer and Thunder Bay Support Group

By Marcel Girouard, Hearst, Ont

Cy Zurba, Editor for the virtual Prostate Examiner, asked me to write-up an article on how support groups had helped me during my prostate cancer experience and journey.

On October 21, twenty one years ago, a radical prostatectomy was performed on me by Dr. Abdel-Malak in Thunder Bay at the old McKellar Hospital. That operation cured me of cancer and to this date cancer is undetectable in my PSA tests.

At that time I was not sure what my future would be like. I was 61 years old and felt very discouraged. I was visited by the late Steve Dychko, while I was still in hospital. I did not know him, but he told me he was President of the Thunder Bay Prostate Support and Awareness Group. He informed me that he had the same operation 5 years before and that I would be okay. He handed me some brochures to read and answered a few of my questions.

After he left, I figured he looked pretty healthy to me. His visit and good words boosted my morale and outlook for a brighter future. My spirits were raised.

I am grateful to the leaders of the Thunder Bay PCS group for the support they have provided over the years to North Western Ontario men touched by cancer. The late Bill Vantour visited Hearst in June 2004, and spoke to 22 men about his experience with prostate cancer. He was trying to recruit leaders to start-up local support groups. He also tried to organize groups in Nipigon, Atikokan, Dryden, Kenora and Fort Frances.

Video conferences were offered at the local hospitals through the Ontario Telemedicine network with guest speakers from the Thunder Bay Health Science Centre. This information was very helpful for men and their partners, but these conferences had to be discontinued due to costs.

In 2010, Prostate Cancer Canada, attempted to re-organize all existing support groups throughout Canada into a network with a common name PCCN followed by the name of the area it served i.e. PCCN Thunder Bay. PCC provided information resources to local support groups for distribution to their members, including a support group handbook.

They also sponsored local leaders to attend annual national support group conferences. Those meetings were very informative and an excellent networking occasion for participants to share and discuss common support group issues. Guest speakers enlightened all delegates on the latest treatment advances. I took peer to peer training at the Regina conference. (Con't page 3)

(Con't)

The Executive Director for PCC changed and he thought these conferences were a waste of money and he cancelled them. PCCN started Webinars, to inform support groups on the latest advancements in research and treatments. Recently PCC amalgamated with the Canadian Cancer Society and support groups are still re-organizing.

With COVID-19, all in person meetings ceased due to limited size of gatherings permitted. Thanks to the information technology Canada wide access to virtual meetings is possible at home on computers, tablets, I phones, for those interested.

Smaller communities and many larger ones do not have prostate cancer support groups. On line support groups are a possibility, but the camaraderie of live meetings is missing. In a support group environment it is easier to stay informed, find friendship and encouragement and take tips for long healthy living. Recruiting group leaders and guest speakers in a small community is a challenge. I am a resident of Hearst and a member of Prostate Cancer Support Thunder Bay.

I am celebrating another milestone anniversary October 28, I will have been retired from the Ministry of Natural Resources for 27 years.

Regards Marcel

PSA Test Reimbursement

Ends : December 31, 2020

Before COVID-19 we had announced that we would reimburse men in NWO for their PSA test, but we are telling people again because we will not be able to have our free PSA event in Thunder Bay this year. Share the information and let's see how much money we can spend on the awareness and health of men in NWO.

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 and early detection saves lives.

- Get Informed.
- Talk to your health professional.
- Get your blood work done.
- Send us the receipt.

*Some conditions may apply. **Ends December 31, 2020. Only once per year.**

Contact Us

**1100 Memorial Avenue - Suite 374
Thunder Bay, ON P7B 4A3
Phone: 807-627-0333**

E-mail:

info@prostatecancersupporttbay.org

Website:

prostatecancersupporttbay.org.

Facebook:

[Prostate Cancer Support Thunder Bay](https://www.facebook.com/ProstateCancerSupportThunderBay)

Notice

**Prostate Cancer Support Thunder Bay
Coffee Time Meetings on Zoom 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
and we will send you a link.

**Every 2 weeks on Thursday,
until December 10, 2020,**

Topic: Prostate Cancer Support Thunder Bay
coffee time meetings
Time: Nov 12, 2020 10:00 AM Eastern Time (US
and Canada)

- Nov 12, 2020 10:00 AM
- Nov 26, 2020 10:00 AM
- Dec 10, 2020 10:00 AM

**Please make note of the remaining dates on
your calendar.**



Coffee News[®]
"News to enjoy over coffee"

Welcome to your weekly Coffee
News Thunder Bay online!
We hope that you enjoy every week's
issue.

Check this site out and subscribe to
Coffee News for weekly editions.

New editions every week. !

Northward edition, Aug.24th:

[https://drive.google.com/.../
11UqCL_nk19tO07yD8azT3wMR .../
view...](https://drive.google.com/.../11UqCL_nk19tO07yD8azT3wMR.../view...)

Southward edition, Aug.24th:

[https://drive.google.com/.../
1aqtSBTGx67WIkC2AessIOCTzP.../](https://drive.google.com/.../1aqtSBTGx67WIkC2AessIOCTzP.../)



*Prostate Cancer
We understand.
We provide information
and people to talk with.*

A local group -- Canadian context

807-627-0333

info@prostatecancersupporttbay.org

www.prostatecancersupporttbay.org

Facebook

*Covid doesn't stop prostate cancer
and it doesn't stop us.*

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**Please forward photos or information, that
benefits communication to Prostate
Cancer Support Thunder Bay members.**

To the attention of Cy Zurba

email: cyzurba@shaw.ca

Canadian Cancer Society Town Hall meeting with Prostate Cancer Support Group Leaders

October 30, 2020

There were 51 participants in total from CCS, and group leaders for this long-awaited meeting. Support group leaders have been asking for it to answer questions about the merger of PCC into CCS in the spring. These are notes from the 90 minute meeting.

CCS first asked, “How is your support group staying connected during the pandemic?” and got these replies.

Group teleconference or video meetings 92%
Email 88%
1:1 telephone calls 64%
Social media 24%

Andrea Seale, CEO: CCS and PCC’s amalgamation

- 2 board members of PCC went on the board of CCS.
- PCC’s position of PSA screening must be adopted by CCS.
- Staff must be treated with equity (Dr. Edmonds and Anne Breaky Hart are the only staff that I am aware of that went to CCS).
- CCS must build up their prostate cancer research and advocacy programs.
- CCS must add prostate cancer experts to their research board.
- PCC branding with name and logo must continue for 3 years with CCS and not be used by support groups.
- CCS must grow the PCC fundraising streams, “Plaid for Dad” etc.
- PCC and Movember have been in a 13 year relationship. More than \$100 million has been raised and invested in prostate cancer research and support.
- Movember is now launching its own Canadian Prostate Cancer Research Program. CCS will not be the recipient of new funds raised through the Movember campaign in Canada.
- For the next 5 years, CCS will continue to manage and oversee research that is funded by donations raised through Movember in the past.
- CCS may partner with Movember in the future.

Dr. Stuart Edmonds, Executive Vice President of Mission, Research and Advocacy :
Investing in prostate cancer research and advocacy

- CCS will advocate for PSA coverage in Ontario and BC working with MPPs to sponsor bills and provide supporting evidence. Use media to support the bills.
- \$19.9 going to prostate cancer research over the next 6 years.
- He listed several research programs that are ongoing.

Laura Burnett, Vice President, Cancer Information and Support Services: Cancer information and support programs.

- CCS Community Service Locator lists 4800 cancer related services across Canada and we are included there.
- Peer support program continues and will focus on new peer support persons. This is good for leadership succession planning.
- Cancer Information Helpline has trained people in answering prostate cancer questions and callers will be directed to these trained people.
- Expert Angle videos which were previously done by PCC will continue on a small scale.
- Statistical information will continue on every cancer every 2 years and highlighting one cancer on the off year.
- Information of PSA screening will be communicated to primary care providers in the new year through a newsletter to health care providers.

