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Volume 18 Issue 4

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AWARENESS  
ACTIVITIES AND  
CONSIDER  
VOLUNTEERING**

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PCCN Brampton

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## PCCN Brampton News

Our March meeting featured **Alex Smith**, the Centre Manager of the **Wellspring Chinguacousy Cancer Support Centre**. We welcomed two new members, **Oudom Bounpraseuth** and **Soubanh Tonelcham** and two returning members, **Irving Frydman** and **Rick Green** to an interesting evening discussing some of the services that Wellspring offers to cancer patients and their families and caregivers in Brampton.

On April 10<sup>th</sup>, we will hear **Dr. Rupi Mitha**, a naturopath from **Goodhands Wellness**. On May 8<sup>th</sup>, the always popular **Dr. Andrew Loblaw** of **Sunnybrook Health Sciences Centre** will visit with us.

The operators of **Truck World**, an industry trade show, have generously donated a 10' x 10' booth at their show, which runs from April 10<sup>th</sup> to 21<sup>st</sup> at the International Centre. **Paul Henshall**, **Karl Leutner** and I will be there to provide information on prostate cancer and on our PCCN Chapter. As mentioned many times before, these shows provide us with the opportunity to meet men 40 and over in a location where they feel comfortable. Many valuable conversations and contacts result from these efforts.

Karl Leutner has kindly taken on the task of attempting to rebuild shattered bridges between our support group and the local medical community. He is starting with identifying and contacting every Family Health Team in Brampton and providing them with our literature. This is a huge task and Karl is asking for your support on Page 5. Please consider sharing your experiences and your time with Karl.

**Steve Hutton**, **Gary Foote** and the rest of the **Golf Committee** are hard at work planning for our **18<sup>th</sup> Charity Golf Tournament** on Saturday, June 23<sup>rd</sup> at the beautiful **Glen Eagle Golf Course** north of Bolton. As always, we need sponsors, volunteers, goody bag & raffle items and of course golfers. This is always a great day and with your help it can be even better this year. See Page 6 for more information.

**Jim Dorsey – Acting Newsletter Editor**

**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

**Next General Meeting, Tuesday, April 10<sup>th</sup>, 2018 – 7:00pm**

**Dr. Rupi Mitha B.Sc., N.D. – “A Natural Approach to Men’s Health”.** Dr. Mitha is a Registered Naturopathic Doctor in the City of Brampton. During this talk, she will speak of the role of Naturopathic Medicine in all aspects of Men’s Health. She enjoys educating and answering questions and she hopes that the night will leave our members with a better trust and understanding of Naturopathic Medicine.



In addition to running her own practice in Northeast Brampton, she is a faculty member at the **Canadian College of Naturopathic Medicine** and supervises interns at the [Brampton Naturopathic Teaching Clinic](#) that operates at the **Brampton Civic Hospital**.

*Dr. Mitha advises that “The Brampton Naturopathic Teaching Clinic provides an opportunity for 4th year students at the Canadian College of Naturopathic Medicine to experience seeing real patients in a hospital setting. It is the only project of its kind in North America and thanks to the cooperation of*

*the William Osler group and Provincial health grants, the clinic is provided free of charge to those patients willing to travel to the Brampton Civic Hospital. The clinic runs Tuesday through Friday from 4-8 pm. I have been a clinical supervisor since its inception in 2013.”*

She can be contacted at:

**Dr. Rupi Mitha ND**

In GoodHands Wellness

905-453-5858

[www.ingoodhandswellness.com](http://www.ingoodhandswellness.com)

Forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or call 905-458-6650.

We look forward to seeing you at **Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, ON L6T 4G6. The building is located north of Clark, east of West Drive and west of Dixie Road. **(GPS coordinates 43°42'27.5"N 79°43'39.5"W)**

Parking is plentiful, well lit and free - and there are **no stairs**.

**Last General Meeting, Tuesday, March 13<sup>th</sup>, 2018**



Our guest speaker was **Alex Smith**, the **Centre Manager** at [Wellspring Chinguacousy Cancer Support Centre](#) for the past four years. He covered "**Wellspring Cancer Support Centres Background & Programs Offered at Wellspring Chinguacousy**"

***“Wellspring provides supportive care programs and services, at no charge, to help men, women and children living with cancer, and those who love them, overcome the many practical, emotional, physical and informational challenges that follow a cancer diagnosis.”***

Wellspring was founded by Anne Gibson in 1992 to help meet the needs of cancer patients, their family, friends and supporters. It offers 40+ evidence-based programs, professionally led and continually evaluated. These range from the Healing Journey to Exercise programs, Money Matters, Nutritional Advice, Art Expression and Emotional Support, among others.

The exercise program is beneficial both pre-treatment, during treatment and after treatment to relieve stress and promote a healing experience. The exercise program runs twice a week for a period of 20 weeks and is available only to the patient whereas other programs are also available to family members and friends who may want to participate, as well. Programs like Yoga and Qi Gong help provide patients with Coping, Meditation and Relaxation skills which can help patients deal with the stress of a cancer diagnosis and treatment.

Nutrition covers healthy food choices that can help prevent cancer as well as support the individual's recovery during and after treatment. Other cancer support groups, like PCCN Brampton, provide additional resources and direction to those affected by specific cancers.

Money Matters covers various financial topics, like income replacement, drug compensation and reimbursement along with other illness related financial advice.

All of these programs are free of charge and are supported by individual and community donations. Some sessions are in the form of groups while others are one on one.

Membership is easy and pleasant and you can obtain further information at [www.wellspring.ca](http://www.wellspring.ca) or telephone 905-792-6480 regarding the timing of the various programs.



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Tuesday, April 10<sup>th</sup>, 2018

Dr. Rupri Mitha ND, In GoodHands Wellness  
"A Natural Approach to Men's Health"

Thursday, April 19<sup>th</sup> to Saturday, April 21<sup>st</sup>, 2018

PCCN Brampton / Cruisin' for a Cure Information Booth  
At Truck World, The International Centre,  
6900 Airport Rd, Mississauga, ON L4V 1E8

Tuesday, May 8<sup>th</sup>, 2018

Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre  
Subject To Be Announced.

Tuesday, June 12<sup>th</sup>, 2018

Annual End-of-Season Social Evening and Potluck.

Saturday, June 23<sup>rd</sup>, 2018

18<sup>th</sup> Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50,  
Caledon.

Registration 11:30 a.m. for 12:30 p.m. start.

Sunday, September 9<sup>th</sup>, 2018, 10 a.m. to 4 p.m.

12<sup>th</sup> Annual Cruisin' for a Cure Canada, CAA Centre, Brampton  
(Free PSA Blood Clinic, 9 a.m. to 4 p.m. only).

**NOTE:** As always, we are actively searching for ways to get more members involved in meetings as we know that "preaching to the converted" is pointless.

***Please, please, PLEASE share your interests and suggestions with us!***

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

**Jim Dorsey, Acting Speaker Coordinator:**

**(905) 453-3038 or Email: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

***Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances.***

***We will always provide as much notice as possible when a speaker must reschedule.***



### [Rebuilding Bridges](#) by **Karl Leutner**

As some of you support group members know I have been asked to assist in revitalizing our membership and I can use all the help I can get. Please don't be shy about giving me suggestions of any ways to help me with this task.

So far I have started with contacting Family Health Centres or Doctors' offices to ask for permission to display our Brampton support group brochures, in the hope that the office staff and or the Doctors will tell their patients that there is a support group right here in Brampton with members that have gone through prostate cancer and are here to support them.

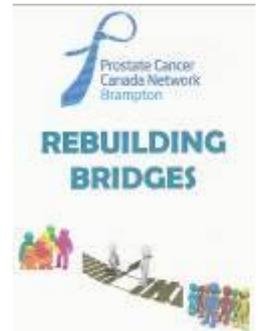
I know it has been done before and some of it worked and some of it didn't. This should not mean we continue the status quo. Our members' attendance at meetings and participation in our events has shrunk to an all-time low for various reasons.

As a new member since 2016, I do not want to see this support group go stale. We continue to have good speakers, we have good sharing sessions, we have a golf tournament, we have "*Cruisin' for a Cure*" and many other activities and events. I would like to see former members come back and see what we are doing and then attract new members by inviting them to come to our meetings.

If **you** have a relative, a friend or a neighbour that has been diagnosed with prostate cancer, it would be great if you would let them know about us.

Having said all that, note that we have added eight new members to our mailing list since the September, 2017. The reality is that some members get what they need via telephone conversations and emails, but meeting attendance is looking up.

**PLEASE SPREAD THE WORD!**





## PCCN Brampton Bram-O-Gram

### 18<sup>th</sup> Annual Charity Golf Tournament, Saturday, June 23<sup>rd</sup>, 2017



Hands up, everybody who's ready to hit the golf course!

Please add our tournament to your golf calendar this year and consider bringing along a foursome or two or more for a great cause.

Optional Coffee & Breakfast available at 7:30 a.m.

Registration Opens at 11:30 a.m.

Shot Gun Start, Scramble format at 12:30 p.m. SHARP

***Golf & Dinner Only \$130 Per Person***

***Your Day includes:***

- ***18 Holes of Golf with Cart on Championship Course***
- ***Competition Holes***
- ***Top Team Award***
- ***Prize Table***
- ***Fabulous Meal***

Contact **Steve Hutton** 416-716-6582, email [steve.hutton@pccnbrampton.com](mailto:steve.hutton@pccnbrampton.com)

**A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS**

[Glen Eagle Golf Club](#)

15731 Peel Regional Road 50  
Bolton, ON L7E 3H9



### [An email to Our Members from Anne Breakey Hart](#)

Hello everyone,

Just as a reminder to all and to provide information to those who may be new to PCCN groups, that there are a number of resources available to support you and your loved ones.

Many of Prostate Cancer Canada's programs are made available by strategic partnerships and collaborations we have with many of our health community partners.

We always welcome any feedback you may have on our programs and services. Please do not hesitate to get in touch if you have any questions.

Below are a list of a variety of programs available:

**[Prostate Cancer Information Service](#)** (provided in partnership with Canadian Cancer Society)

A toll-free helpline with information specialists on the line who will provide support and answer your prostate cancer questions through phone or email.

**[Expert Angle On-Demand Webinars](#)**

The new Expert Angle Webinar Series has been reformatted to provide our viewers with short, educational, on-demand webinars highlighting key information on the many varied and complex questions that come with a prostate cancer diagnosis.

**[TrueNTH Canada](#)** (awarded by PCC and proudly funded by the Movember Foundation)

TrueNTH Canada has developed - and is testing - innovative projects in locations across the country. These projects all have the potential to make compelling, positive changes in the prostate cancer experience for both men and their loved ones. The following are completed pilot projects with tools and resources that are available to you now:

**[Treatment and Decision Support Aid](#)**

An online support tool for patients recently diagnosed with prostate cancer to help choose a treatment that's right for them.



## PCCN Brampton Bram-O-Gram

### [Lifestyle Management](#)

Provides men with prostate cancer the ability to enhance health and wellness through access to local and online physical activity, healthy eating and mindfulness programs and resources. ( Note: Offered through **Wellspring Chinguacousy** as their [Cancer Exercise Program](#). Or call Neal at 905-792-6480, email [neal@wellspring.ca](mailto:neal@wellspring.ca) )

### [Advance Care Planning](#)

A toolkit developed for men with prostate cancer, their partners and families that describe advance care planning and invites them to engage in a conversation to explore their wishes.

### [Androgen Deprivation Therapy \(ADT\) Educational Workshop](#)

A workshop offered in-person or online designed to help prostate cancer patients - and their loved ones - manage the side effects of the hormonal treatment know as ADT. The online webinar is offered twice a month. Upcoming sessions are taking place Tuesday, April 10<sup>th</sup> and Thursday, April 26<sup>th</sup> at 6pm ET.

**Please Note: Prostate Cancer Canada does not approve, endorse or recommend any specific product or service but provides information to assist individuals in making their own decisions. Prostate Cancer Canada assumes no responsibility for any personal or contact information provided to the service provider when you register for programs under TrueNTH Canada.**

Thanks very much and please share directly with your support group members as appropriate,

Anne

### **Anne Breakey Hart, CVA**

Manager, PCCN and Volunteer Engagement | Prostate Cancer Canada  
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[www.prostatecancer.ca](http://www.prostatecancer.ca)



## PCCN Brampton Bram-O-Gram

### [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 General Meetings and on arrival, inform the front desk that you are a first-time attendee. One of our peer counsellors will welcome you and listen to your concerns. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the **Norton Place Park Community Centre**.

**Steering Committee Meetings** are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

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

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

[PCCN Brampton Voice Mail:](#)     **(905) 458-6650**

Note that we accept phone calls and one-on-one discussions 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 now costs us well over 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: [visact@rogers.com](mailto:visact@rogers.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.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>