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PCS - Brampton

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## PCS - Brampton News

Our **December 12<sup>th</sup> Zoom meeting** featuring **Daniel Goodland**, a dedicated young man who raises funds every year for the **Movember Foundation**, was well-received.

Hopefully, though, we can resume our usual Christmas Social Evenings on Tuesday, December 14<sup>th</sup>, 2021! 😊

Our **January 12<sup>th</sup> meeting** will be another **Open Discussion Meeting**, but we have a very exciting speaker lined up for Tuesday, **February 9<sup>th</sup>**, thanks to our friends at Us TOO International. More on that in the next Newsletter.

In the meantime, the coronavirus pandemic continues to dominate our lives. The numbers of positive tests and deaths, especially in Long Term Care facilities, seem to hit new records every day. We must all do our utmost to follow the rules for our own sakes and the sakes of everyone around us.

I cope – more or less – through compulsive walking, logging a minimum of ten miles a day, seven days a week. Perhaps I will share more of my program with you in a later issue. Suffice to say that I have lost 80+ pounds since April, 2018 and that I am in the best physical condition that I can recall since high school.

The week of January 4<sup>th</sup> has been exciting, to say the least. The United States of America seemed to be on the brink of a Civil War on Tuesday, but after a shameful display of civil disobedience, common sense and decency seem to have prevailed. The gridlock that kept Mr. Obama's hands tied has at last been broken thanks to hard work on the part of Democratic workers in the State of Georgia.

The situation south of the border concerns me greatly because I have so many friends through the car hobby and my prostate cancer advocacy activities over the years. And my late wife's side of the family live in California, Arizona and Hawaii. God willing, all our lives are about to become more predicable.

**Happy 2021 everyone!!!!**

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Prostate Cancer  
Support - Brampton

## PCS - Brampton Bram-O-Gram

### Next General Meeting, Tuesday, January 12<sup>th</sup>, 2021 – 7 p.m.

We do not have a speaker for this evening.

Instead, we will have an open discussion evening.

Come and share your current status and ask questions of the group.

If you have friends who have questions, please invite them as well.

#### **This is the Zoom link for the January 12<sup>th</sup> General Meeting:**

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGVzBNTE0yeGFpZz09>

Note that you can simply phone in if you do not have a computer:

+1 647 558 0588 Canada

+1 647 374 4685 Canada

Meeting ID: 898 2331 1336

Passcode: 154617

**If this is your first Zoom experience, please DO attempt to join the meeting now** using the Join Zoom Meeting link above. Follow the prompts on your screen to install the application on your computer. Once you have successfully connected, you can Leave the meeting.

You can contact me for assistance at 905-453-3038 or [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com). **Karl Leutner** has used Zoom extensively to stay in touch with both family and fellow Kodak retirees. He has consented to be a resource as well. Karl can be reached at 416-333-1947 or [khl@sympatico.ca](mailto:khl@sympatico.ca)

You can forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or telephone **905-458-6650**. We look forward to seeing you online or speaking with you on January 12<sup>th</sup>.

### Want to Get Online?

It appears that the **Zoom World** is going to stay for some time to come. This means that many organizations will be holding virtual meetings online for the foreseeable future.

If YOU are afraid of computers and have avoided going online, please know that you can get along just fine with one of the many fine tablets that are now available. My personal preference is the **Kindle Fire HD 10** from **Amazon.ca**, which retails for \$199.99 regularly but is often on sale for around \$150. **Costco** often has good deals on **Samsung** and similar tablets.

You will of course have to obtain Internet service in your home, but you may already have it as part of your **Rogers** or **Bell** package.

I would be happy to show you my tablet and help you to obtain one and get started using Zoom to open up your world.

- Jim Dorsey, 905-453-3038 or email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)



## Last General Meeting, December 8<sup>th</sup>, 2020

Our guest was **Daniel Goodland**, son of our member **Rufus Goodland** and a long-time supporter of **The Movember Foundation**. Movember has donated many millions of dollars to prostate cancer research and will continue to do so in the future.



A total of 17 people took part in this Zoom meeting, including Daniel's parents, **Rufus & Patricia Goodland** and **Morris & Sandra Rambout** to our delight. Daniel described his ordeal with M.S., despite which he walked 68 kilometers during Movember in honour of his Dad. He has raised \$1,510 this year for a total of \$7,692 since 2011.

Apparently, Movember will be developing a **Father's Day** event starting in 2021, dedicated exclusively to raising awareness of prostate cancer and funds for prostate cancer research.

Movember will likely then be devoted to raising funds and awareness for testicular cancer and mental health & suicide prevention.

More information can be obtained at <https://ca.movember.com/>

The balance of the meeting included updates from **Karl Leutner, John Hughes, Domenic Iozzo, Bill Wood** and others.

Our meetings will continue to be held over Zoom for the foreseeable future, but once we accept the technology, there are definitely benefits. 😞 😊

## 14<sup>th</sup> Annual Cruisin' for a Cure Canada POSTPONED

We have rescheduled the 14<sup>th</sup> Annual Cruisin' for a Cure Canada to **Sunday, September 12<sup>th</sup>, 2021**, at **The CAA Centre**.

Planning is ongoing and we are happy to report that both existing and new sponsors have already pledged their support!



Prostate Cancer  
Support - Brampton

**PCS - Brampton Bram-O-Gram**

## Upcoming Prostate Cancer Support Meetings / Events:

Tuesday, January 12<sup>th</sup>, 2021 at 7 p.m. via Zoom  
Open Discussion Evening.

Wednesday, January 20<sup>th</sup>, 2021 at 7 p.m. via Zoom  
PCS Oakville/Mississauga Dr. Richard Casey. Details to follow.

Wednesday, January 27<sup>th</sup> at 7:30 p.m. via Zoom  
PCS Toronto, Dr. Urban Emmenegger, Treatment of Advanced Prostate Cancer  
from A(palutamide) to Z(ytiga) Link to be available by January 23<sup>rd</sup> on  
[www.pcstoronto.ca](http://www.pcstoronto.ca)

Wednesday, January 27<sup>th</sup>, 2021 at 7 p.m. via Zoom  
PCS Hamilton, Dr. Edward Matsumoto, St. Joseph's Hospital. Details to follow.

Tuesday, February 9<sup>th</sup>, 2021 at 7 p.m. via Zoom  
Sara Sattler, Prostate Cancer and Sexual Health.

Tuesday, February 14<sup>th</sup> & 15<sup>th</sup>, 2021 in Virtual Mode  
Prostate Extreme Team's 16<sup>th</sup> Annual Sled Ride of Hope  
in support of Wellspring Chinguacousy Cancer Support Centre  
[http://www.prostateextremeteam.com/2021\\_ont\\_sled.html](http://www.prostateextremeteam.com/2021_ont_sled.html)

Tuesday, February 23<sup>rd</sup>, 2021 at 7 p.m. via Zoom  
PCS Burlington, Dealing with Treatment Side Effects with Physiotherapy  
Details to be announced in our February Newsletter.

Tuesday, March 9<sup>th</sup>, April 13<sup>th</sup>, May 11<sup>th</sup> & June 8<sup>th</sup>, 2021 at 7 p.m. via Zoom  
Speakers and Topics to be announced.

Sunday, September 12<sup>th</sup>, 2021 at 10 a.m.  
14<sup>th</sup> Annual Cruisin' for a Cure Canada, CAA Centre, Brampton.

**NOTE: We are always looking for speakers of interest to our members.**

***Please, please, PLEASE share your interests, contacts 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)**



## Ontario Groups Working Together

Following the regrettable demise of **Prostate Cancer Canada**, virtually all the leaders of the **Prostate Cancer Canada Network** chapters around Canada have been seeking new ways to support men with prostate cancer and to support research into the causes and treatment of prostate cancer. The Prostate Cancer Foundation BC is leading an effort to create a national support organization. We are involved in this effort and we will keep you informed as it proceeds.

Here in Ontario, extraordinary efforts by **Winston Klass, Keith Braganza & John Roth** from the **Toronto** group, **Walter Eadie** from **Oakville/Mississauga**, **Glen Tolhurst, Gary McCreight & Bill Faulkner** from **Waterloo-Wellington** and **Bob Allan** from **Burlington** have led to a steadily increasing level of cooperation among the various groups. We are working on developing an effective way of facilitating communication and cooperation among the group leaders on our common concerns AND better ways to offer support to those affected by prostate cancer.

We foresee a time when those seeking assistance can obtain it at any time of day or night. Through Zoom, it should be possible to find a support group meeting somewhere in Canada – or possibly the world – almost any day of the week. Mechanisms to accomplish this are under development.

In the meantime, we will attempt to keep you advised of relevant meeting announcements as we receive them through email.

Following is a list of the various local groups that hold regular meetings. For now, all meetings are being held virtually using the Zoom platform. All groups welcome anyone interested in the subject of prostate cancer, whether you are a patient or a caregiver or are just interested in the subject. Always remember that you are YOU ARE NOT ALONE NOW and that there are no stupid questions.

**Burlington** [pccnburlington@gmail.com](mailto:pccnburlington@gmail.com) for information. Fourth Tuesday @ 7 p.m.

**Mississauga/Oakville** <https://www.prostatecancersupport-oakville-mississauga.ca> Third Wednesday @ 7 p.m.

**Toronto** <https://pcstoronto.ca/> First and third Tuesdays @ 7 p.m.

**Waterloo-Wellington** <http://pccn-waterloo-wellington.ca/> Fourth Tuesday @ 7 p.m.



**To Better Times Past & Future!**



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### Some Useful Information Links

**Prostate Cancer Support Mississauga/Oakville** leader **Walter Eadie** shared a list of interesting items with the other Ontario groups, including:

**PCS Toronto** maintains a library of its **Awareness Night** Videos, for example, from Nov. 2020 [“There is Sex after Prostate Cancer”](#); **Dr. Stephen Holzapfel, MD, CCFP, FCFP**

**FDA** approves PSMA/PET scans:

<https://www.fda.gov/news-events/press-announcements/fda-approves-first-psma-targeted-pet-imaging-drug-men-prostate-cancer>

**FDA** approves daily oral pill as alternative to **ADT** injections:

<https://www.fda.gov/news-events/press-announcements/fda-approves-first-oral-hormone-therapy-treating-advanced-prostate-cancer>

**Exercise** – motivation for your New Year Resolutions

<https://brighterworld.mcmaster.ca/articles/dangers-of-a-sedentary-covid-19-lockdown-inactivity-can-take-a-toll-on-health-in-just-two-weeks/>

**Prostate Cancer Foundation (US)**: an excellent, up-to-date comprehensive guide to prostate cancer and its treatment: [You can access the PDF version of the Prostate Cancer Patient Guide here.](#)

### Wellspring Chinguacousy Update

**Wellspring Chinguacousy** remains closed to the public, but they offer some excellent courses online. In order to take any of their courses, you must first register at [Wellspring, Your Source for Cancer Support](#) but then all courses are free as usual.

**Laughter Yoga**: Laughter Really is the Best Medicine, Wednesday, January 13<sup>th</sup>, 7 p.m. to 8:15 p.m.

**The Healing Journey**, Part 1, Mondays, January 18<sup>th</sup> to February 8<sup>th</sup>, 11 a.m. to 12:30 p.m. This is an excellent series, developed at Princess Margaret Cancer Centre and taught worldwide.

**Fear of Recurrence**, Monday, February 22<sup>nd</sup>, 11 a.m. to 1:00 p.m. *“Did you know that fear of cancer recurrence is the most common concern expressed by cancer survivors and that caregivers are also affected by it? Fear of cancer recurrence sometimes gets easier over time but not for all. This workshop will focus on how to shift the fear and anxiety to a greater sense of balance, optimism and wholeness. Your fear may never be completely gone but you can learn to manage it.”*



## Some Resources Worth Considering

### **Prostate Cancer Foundation BC (<http://prostatecancerbc.ca/home/>)**

PCF BC offers comprehensive information about prostate cancer as well as an outstanding series of videos called "IF I WERE TOM" for newly diagnosed men. "Tom is dealing with prostate cancer. The waiting. The treatments. The side effects. What would you do in his place?" <http://ifiweretom.ca/>

### **Wellspring Chinguacousy (<https://wellspring.ca/chinguacousy/>)**

Wellspring continues to offer free support for both patients and families and an array of relevant courses, all online, as the Centre remains closed to the public until further notice.

### **Us TOO International (<https://ustoo.org/>)**

Us Too, the Chicago-based foundation that helped us start our support group in 1994, continues to offer comprehensive services free to anybody affected by prostate cancer. Their website is worth a browse, no matter where you are in your journey. In particular, the **Support, Education and Diagnosis and Treatment** tabs on the Home page yield extensive information on every topic that we have ever discussed and a few that we have not!

On Tuesday, November 24, 2020 from 8:00 - 9:30pm Eastern, their Prostate Cancer Connections series offers an *Imaging and Prostate Cancer Webinar*. Register at: [www.ustoo.org/connections](http://www.ustoo.org/connections)

Many of you scoop up copies of the **Us TOO Hot SHEET Newsletter** at our physical meetings. Current and back issues are available at <https://ustoo.org/Read-the-HotSheet-Newsletter>

## ADT Online Educational Program

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book [\*\*Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones.\*\*](#)

The first online session for 2021 will be held on **Monday, January 11<sup>th</sup>, Wednesday, February 17<sup>th</sup>** and **Monday, March 15<sup>th</sup>**, all starting at **6 p.m. Eastern Time**. To register, fill in the brief form at <http://www.lifeonadt.com/how-to-register> or send an email to [LifeOnADT@gmail.com](mailto:LifeOnADT@gmail.com).

**NOTE:** In-person classes are offered at:

**Princess Margaret Cancer Center.** To register, call **Gideon Yang** at 416-946-4501 ext. 3593.

**Barrie-Simcoe Muskoka Region Cancer Center.** To register, call **Patient and Family Support** at 705-728-9090 ext. 43520.



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### [Recently Diagnosed? Contact PCS - Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you via a telephone call or a Zoom virtual meeting or physically a physically separated meeting at a convenient time and place. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** in the months of **September, October, November, December, March, April, May** and **June**.

**Steering Committee Meetings** are held two weeks later, usually on the **FOURTH TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com) to confirm day & time.

*For the duration of the Coronavirus pandemic, both General and Steering Committee meetings will be held virtually, using the Zoom platform as described on Page 2.*

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

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

[Jim Dorsey:](#)      (905) 453-3038 [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)

*\*Note that we accept phone calls and one-on-one meetings 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 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 <https://www.pccnbrampton.ca/newsletters/>