



February 2021

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PCS - Brampton News

Our **January 12th Zoom meeting** was another **Open Discussion Meeting** where all ten members on the call discussed their current situations.

Our **February 9th Zoom meeting** features **Sara Sattler**, an internationally known men's sexual health and therapy educator referred to us by our friends at **Us TOO**. Remember that **Us TOO Chicago** and **Us TOO Winnipeg** helped us set up this group back in 1994. We have maintained contact with Chicago.

The coronavirus pandemic continues to dominate our lives. Thankfully, the numbers finally seem to be declining. We must all continue to follow the rules for everyone's sake.

As regular readers will recall, I continue to ask for a volunteer to take over as **Newsletter Editor**. After twenty years, I am quite frankly tired of it and a fresh approach would be welcome.

Since no one has stepped forward, I'm shifting **the emphasis of this Newsletter** a little. Inviting health professionals to talk to men who have already been treated is pointless. On the other hand, our sharing sessions seem to be valuable, as they always generate enthusiastic participation.

From now on, we will:

- continue to keep you advised of interesting developments in prostate cancer diagnosis, treatment and support.
- keep you updated on important awareness events, including **Cruisin' for a Cure** and **Sled Ride of Hope**.
- publish details of virtual meetings held by other Prostate Cancer Support groups.
- invite **Dr. Andrew Loblaw** back every year to update us on what he considers to be important developments.
- **ADD** information about our members' situations, with their approval, of course.
- **INVITE** members, sponsors, speakers and other interested parties to submit their stories to the Newsletter. See my own rather lengthy story starting on Page 8.
- **ADD** writeups on sponsors and other supporters.

Jim Dorsey – Acting Newsletter Editor

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Next General Meeting, Tuesday, February 9th, 2021 – 7 p.m.



Sara Sattler will join us on Zoom from Eu Claire, Wisconsin to discuss her work in **men's sexual health, education, and therapy**. Sara is a sought-after guest speaker who has dedicated her career to the health and wellness sector, specifically to men's health. Sara works directly with patients and their partners who are experiencing the effects of erectile dysfunction. Her sessions provide a safe, educational, and often humorous space for men to talk candidly about their challenges post prostate cancer. Sara Sattler is a sympathetic, engaging, knowledgeable, and impactful speaker on the topic of men's sexual health and the treatment options associated with prostate cancer and its side effects. With her dynamic personality and candid approach, each speaking engagement replaces indifference and dismay with curiosity and hope. Sara has spoken to patients, partners, doctors, groups, and vendors, coast to coast in North America.

(**Paul Henshall** and I spoke to Sara for over an hour on February 4th and we are excited to have her speaking to our group. Her forthright style is both informative and disarming.)

Sara's website is www.pivotalrehab.com and her LinkedIn profile is available at www.linkedin.com/in/sara-sattler-0b0307127/

Please be ready to write down your questions for Sara as she goes through her presentation. She will address questions after she finishes her last slide. Be aware that you can also arrange to speak to Sara on the telephone at any time. She will provide contact details at the end of her presentation.

This is the Join Zoom Meeting link for the February 9th 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 or +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. **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

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**. We look forward to seeing you online or speaking with you on February 9th.



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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

Last General Meeting, January 12th, 2021

On January 12, we had our third Zoom version of our support group meeting. After a shaky start as the host, I admitted everyone. With an attendance of ten men, this format is proving to be an excellent way to bring together more attendees than our face-to-face meetings. We had an open mike meeting during which everyone reviewed their current health status. The most discussed topic was for those on ADT therapy and its effectiveness. A new member, recently diagnosed, expressed appreciation for having found this support group. With a current PSA of 142 and a Gleason of 5 + 4, he will have a challenging time ahead. Another attendee will soon be receiving an artificial sphincter courtesy of **Dr. Richard Casey**. We wrapped up at approximately 20:30h. We shall reconvene on February 9th at 19:00h.

- **Paul Henshall**

14th Annual Cruisin' for a Cure Canada POSTPONED

We have rescheduled the 14th Annual Cruisin' for a Cure Canada to **Sunday, September 12th, 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!

IF YOU HAVE ANY CONTACTS IN THE INSURANCE INDUSTRY, WE ARE SEARCHING FOR INSURANCE COVERAGE. (The pandemic is making it difficult to obtain liability coverage for large public events like Cruisin'.) **ANY LEADS WOULD BE GREATLY APPRECIATED.**



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Upcoming Prostate Cancer Support Meetings / Events:

Tuesday, February 9th, 2021 at 7 p.m. via Zoom
PCS Brampton, Sara Sattler, Prostate Cancer and Sexual Health.

Tuesday & Wednesday, February 14th & 15th, 2021 in Virtual Mode
Prostate Extreme Team's 16th Annual Sled Ride of Hope
in support of Wellspring Chinguacousy Cancer Support Centre
http://www.prostateextremeteam.com/2021_ont_sled.html

Tuesday, February 17th, 2021 at NOON via Zoom
Wellspring Oakville, Coping with Anxiety and Grief - A Male Perspective. This session will take you through the emotional journey that men may experience with a cancer diagnosis in their lives, from the perspective of a patient and/or of a caregiver. Register [HERE](#).

Tuesday, February 23rd, 2021 at 7 p.m. via Zoom
PCS Burlington, Christina Dzieduszycki, Physiotherapist: "Kegels are for Women; HEgels are for men!" Most men are doing it wrong today!
To view a preview video, click [HERE](#) and use Passcode y*5p5*Dc
Zoom connection details for February 23rd will be forwarded later in February.

Tuesday, March 9th, April 13th, May 11th and June 8th at 7 p.m. via Zoom
PCS Brampton, Speakers and Topics to be announced.

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



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 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!



16th Annual Sled Ride of Hope - 1st Ever Virtual Ride

Steve Hutton, a member of our Steering Committee and a key member of our Cruisin' for a Cure Committee, also runs the [Prostate Extreme Team](#), a Not-for-Profit that has raised hundreds of thousands of dollars for prostate cancer research and education over its first fifteen years. Steve advises us that this year's **Sled Ride of Hope** will be much different than in previous years:



This year's 16th Annual Sled Ride of Hope will be held VIRTUALLY. Although this was a very tough decision for us to make, we feel it is the right one as we want to ensure that all our amazing supporters and sponsors remain safe and healthy during these unprecedented times.

Although things will be a little different from what we are traditionally used to, we hope that we can make this ride the best yet because for the first time ever you get to customize the event in your own unique way and on your local trails. We know that you will find ways to make this event amazing. Stay tuned to our [Facebook Page](#) and [Website](#). We will be adding fun and interesting contests.

This year we are raising funds for Chinguacousy Cancer Support Centre, which provides free peer support and courses for both cancer patients and their supporters.

Please remember to stay within your bubble and have a blast supporting a great cause. We are making history here, folks, and we need your help to make this event the best ever!

- **Steve Hutton**, President and Founder

You can donate directly to this year's Sled Ride of Hope [HERE](#).

Wellspring Chinguacousy Update

Wellspring Chinguacousy remains closed to the public, but they offer some excellent courses online. 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. For example:

Fear of Recurrence, Monday, February 22nd, 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."*

Register and sign up [HERE](#). If you already have a Wellspring account, you can log in and then sign up.



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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/>

**** PCF BC will be providing an online directory of virtual meetings throughout Canada very soon. We will post the link when it is available. ****

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 **Thursday, February 25th, 2021** from 8:00 - 9:30pm Eastern, their **Prostate Cancer Connections** series offers *What is right for Me in My Prostate Cancer Treatment? Ep. 1 Bone Health & Nutrition* Register at: [Bone Health and Nutrition Webinar \(wufoo.com\)](http://www.wufoo.com)

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 next online sessions for 2021 will be held on **Wednesday, February 17th, Monday, March 15th** and **Thursday, April 15th**, 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.

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.



[My Story – Jim Dorsey](#)

I am a retired computer geek with a Bachelor of Commerce and an MBA from the University of Alberta. I took my first computer course in 1966 and was hooked. For the last eighteen years of my working life, I delivered software courses to clients in forty plus US States and five Canadian Provinces.

My late wife **Sandi** and I were together for about thirty years – a lifetime but also a mere blink of the eye. She was my best friend and my partner in everything that I did, including operating **Cruisin' for a Cure Canada** and helping set up **Cruisin' for a Cure Buffalo**.

In June 1999, at the height of my career and with my physical condition improving steadily after a heart issue, I accidentally discovered my prostate cancer. One night in Reston, VA, I could not do my nightly walk / run so I rode a stationary bicycle. I had to stop because it hurt. Next morning I was passing blood. Despite knowing nothing about prostate cancer, somehow I knew what it was.

Four months later, after testing in four or five different hospitals and clinics, I finally received my diagnosis: **Advanced, aggressive prostate cancer**. My first-ever PSA test score was 28; six weeks later it was 56. My Gleason score was 5+4 and I was staged as a high T2C, which meant that both sides of the gland were involved. I was advised that there was only a 3% chance that the cancer was confined to the prostate. My urologist of course recommended surgery.

Dr. Juanita Crook, then at **Princess Margaret Hospital**, was my oncologist. She brought the first bit of sanity to the process for both Sandi and me, explaining the numbers and my alternatives and recommending external beam radiation. After consulting with several other doctors, we agreed with Dr. Crook and I started off with androgen deprivation therapy – for six months before 38 doses of radiation to shrink the tumour and for another five years after radiation.

My treatment went extremely smoothly once I memorized the location of the best men's rooms between Brampton and Princess Margaret Hospital. My PSA bumped once a few months after the end of my radiation in October 2000 then leveled off at 0.3, which it has been for at least fifteen years. Three years ago I was told that I was cured and could just have an annual PSA. Of course, I sweat the results every year as every man does.

I had found a brochure for the **Us TOO Brampton support group** in Dr. Crook's office and I attended the last New Member meeting held in **Shoppers World Brampton** in June 2000. The amazing team of **Fred Norris, Alec Gardiner, Don Grant** and **Doug Hancock** ran the meeting and when we split into groups based on treatment chosen, Doug told me EXACTLY what to expect. Sandi and I decided to do whatever we could to ensure that no other families endured what we had. All four of these gentlemen became good friends of mine; all are now gone, along with 53 other "luminary" members.

Shortly after that New Member meeting, Don Grant started sending me dunning letters, demanding that I pay the \$10 annual subscription fee. When I phoned and explained that I had never attended a meeting, he apologized and offered to buy me a coffee at Bramalea City Centre. I walked out of the Mall as the database manager, Newsletter editor and Telephone Committee Manager. AND I paid for the coffee!



[My Story – Jim Dorsey \(Continued\)](#)

I came to think of Don as Us TOO Brampton's Radar O'Reilly; he was the ultimate scrounger and benevolent manipulator and one of my dearest friends. When our irreplaceable Chairman, Fred Norris, passed in 2008, **Gary Foote**, **Paul Henshall** and I divided his duties among us and we have done our best to carry on.

When I joined Us TOO, we were holding a variety of awareness events, such as setting up information booths outside various retail stores and offering free PSA blood tests in back rooms at local malls. Very few men attended these clinics as we could not afford a lot of advertising or signage and local media such as the Guardian and Rogers were not interested in promoting our efforts. We also purchased lapel pins, car magnets and wrist bands from a gentleman in San Antonio, Texas by the name of **Richard L Ward**. Rick was one of the very first men in North America to start pushing prostate cancer awareness.

One day in 2006 I was complaining about the poor results at our PSA blood clinics and Rick told me about **Cruisin' for a Cure**, a one-day car show held in Costa Mesa, CA by a lady named **Debbie Baker**. I flew to California in September and came back convinced that the show would work in Canada. I'd always been a car geek; Debbie's amazing show turned me into a fanatic. Her motto, "**Get the Boys Together With Their Toys and STICK 'Em**" has worked out well for us.

There were many obstacles, including resistance from our own members, public ignorance and all the people willing to tell you that it would never work in Brampton. Through a series of happy meetings with positive people and with the unfailing support of Fred Norris and most of the rest of the Steering Committee, we made it through the first couple of years. Slowly we built up the existing crew of committee members and volunteers who have made Cruisin' one of the most important events in the Ontario car hobby. More importantly, we have increased public awareness of prostate cancer while detecting prostate issues through the free PSA tests that we provide. Awareness of the event and donations increased steadily until COVID. We are confident that we will carry on after it passes.



Since Sandi died in April 2018, I have concentrated on my health, reducing my weight from around 230 pounds to 152 by following Brampton's own [Dr.Poon's Metabolic Diet Program](#). Where I could barely walk a kilometer in 2018, I now walk ten miles per day every day, partly due to the weight loss but mostly due to my reliance on my Fitbit Charge 4 and [The Conqueror Virtual Challenges](#), a virtual walking program that I found on the Internet. I walked more than 4,000 miles in 2020.



It has been an interesting and rewarding journey! I intend to live a long, healthy life and to stay involved with prostate cancer awareness and survivorship for as long as I am able. Once the coronavirus has been subdued and travel is permitted, I plan to start checking things off my Bucket List, too, starting with some major road trips to hug family and friends all over North America.



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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 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

**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.

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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

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