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INSIDE THIS ISSUE

- 1 PCS - Brampton News
- 2 Next General Meeting
- 3 Upcoming Meetings / Events
- 4 Ontario Groups Working Together
- 5 Some Resources
- 5 ADT Online Education
- 6 Recently Diagnosed?

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PCS - Brampton

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## PCS - Brampton News

Our **May 11<sup>th</sup>** Zoom drew a dozen people out for a **Sharing Evening**. Caring truly lies in sharing.

You can find a meeting somewhere in Canada almost any night of the week at <https://prostatecancersupport.ca/calendar/> Additionally, Us TOO in Chicago has added a "...[webpage for all events related to prostate cancer and patient support, education, advocacy and awareness.](http://www.prostatecancercalendar.org)" at [www.prostatecancercalendar.org](http://www.prostatecancercalendar.org) This page will probably include events all over the world.

Our June 8<sup>th</sup> meeting features **Monika Dylewski**, a noted kinesiologist who delivers the **Cancer Exercise Program** at the **Wellspring Centres** in both Oakville and Brampton.

We will continue to harp on the importance of physical fitness for both our members and their families. There appears to be little doubt that the fitter we are, the more quickly we can recover from major illnesses like cancer and the better are our chances of minimizing or perhaps even avoiding further health issues.

So as of June 4<sup>th</sup>, we may be even further on the downward side of the **Third Wave** of the coronavirus pandemic. Or perhaps we are just awaiting the **Fourth Wave**. I have stopped listening to the news except for apolitical experts like **Dr. Isaac Bogosh** in Toronto and **Dr. Anthony Fauci** in the U.S.

The interval between our first and our second shots is being shortened! **Bob Vandrish** and his wife had their second shots on June 1. **Paul Henshall** and I can rebook our second shots starting on June 7. Some degree of "normalcy" may be near.

This is likely our last Newsletter until September, but we are always available by phone or email should you have problems. Have a great summer and take care of yourselves. Please continue to follow the simple rules – mask up, maintain physical distance, avoid unnecessary trips and small group meetings as directed and wash your hands frequently and well.

Above all, **GET FULLY VACCINATED** as soon as possible! You are both loved and needed.

**Jim Dorsey – Acting Newsletter Editor**

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**Next General Meeting, Tuesday, June 8<sup>th</sup>, 2021 – 7 p.m.**



**Monika Dylewski**, Registered Kinesiologist, *Early Movement Academy*, “*The Benefits of Exercise [for the Cancer Population]*”.

As an expert with over 20 years of experience in oncology rehab and chronic disease management, Monika uses her knowledge of health and fitness, musculoskeletal assessment procedures and targeted exercise prescription to counsel people on how to improve their health and well-being while enriching their quality of life.

As a **Cancer Exercise Program** facilitator and health educator with **Wellspring Cancer Support Centre** in Oakville and Brampton for over 7 years she’s been overseeing the progress of hundreds of members that participated in the 20-week exercise program. Several of our members took advantage of this great program before COVID and they speak very highly of it.

When the pandemic forced the Wellspring centres to close to the public, Monika helped develop a 12-week **Online Group Exercise Program**, which was successfully launched in the Summer of 2020 and became one of the most popular programs attended online by Wellspring members.

Once Wellspring is back in full operation, we hope to have **Neil McCafferey**, *Manager Operations & Information* at **Wellspring Chinguacousy** come in and give an overview of all their free programs.

In the meantime, Monika will discuss the role of kinesiologists in bringing the benefits of exercise to all, and especially to those suffering from cancer.

**This is the Zoom Meeting link for our General Meeting:**

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGVzBNTTE0yeGFpZz09>

**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 also consented to be a Zoom resource. 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 on June 8<sup>th</sup>.



## Upcoming Prostate Cancer Support Meetings / Events:

**Hard of hearing? We have added Closed Captioning to our Zoom Meetings. It is still in the "BETA testing" stage, so it's not perfect yet, but it has helped and it has come up with some entertaining transcriptions!!**

Tuesday, June 8<sup>th</sup> at 7 p.m. via Zoom  
PCS Brampton, Monika Dylewski, Registered Kinesiologist,  
"The Benefits of Exercise [for the Cancer Population]".

Saturday, June 26<sup>th</sup> Noon till 1:30 p.m. via Zoom  
Active Surveillance Patients International, Dr. Alan Hsu, Psychiatrist, UC San Diego, "Living and Coping with Prostate Cancer" will cover both physical and psychiatric challenges.

Tuesday, September 14<sup>th</sup> at 7 p.m. via Zoom  
PCS Brampton, Speaker and Topic to be announced.

Saturday, September 25<sup>th</sup> 10 a.m. till 4 p.m.  
10<sup>th</sup> Cruisin' for a Cure Buffalo-Niagara, Roswell Park Comprehensive Cancer Center, Buffalo, NY.

Tuesday, October 12<sup>th</sup> at 7 p.m. via Zoom  
PCS Brampton, Speaker and Topic to be announced.

Sunday, September 11<sup>th</sup>, 2022 at 10 a.m.  
**POSTPONED** 14<sup>th</sup> Cruisin' for a Cure Canada, CAA Centre.

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

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

*For the balance of the pandemic, we will carry on to the best of our ability, but now more than ever we need YOUR input. Who do you want to speak at our virtual meetings? What topics would you like to see covered? What would you be willing to contribute to the operation of the group? We still need to attract more people to help with our month-to-month operation. We have so much left to do in our community, both supporting those affected and increasing public awareness!*

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

Jim Dorsey, Acting Speaker Coordinator: 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. LAST Tuesday of the month @ 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://pcsg-waterloo-wellington.ca> Fourth Tuesday @ 7 p.m.



**To Better Times Past & Future!**



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### [Some Resources Worth Considering](#)

**Prostate Cancer Support Canada** (<http://prostatecancersupport.ca>)

**PCS Canada** 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/>

The Calendar of events across Canada is now available [HERE](#). Check time zones!

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

Us TOO helped us start our support group in 1994. Their website is worth a browse, no matter where you are in your journey. In particular, the *Support, Education and Diagnosis and Treatment* tabs yield extensive information on every topic that we have ever discussed and a few that we have not!

Their events are listed [HERE](#).

Current and back issues of the **Us TOO Hot SHEET Newsletter** are available at our physical meetings. You can subscribe to the Hot Sheet or download past issues [HERE](#).

### [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, June 16, Tuesday, July 13 and Tuesday, August 17**, all starting at **6 p.m. Eastern Time**. To register, fill in the brief form at [HERE](#) 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** of the month from **September** through **June**.

**Steering Committee Meetings** are held on the **LAST THURSDAY** 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 and obtain the Zoom meeting link.

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

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)

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Our newsletters are also available online at <https://www.pccnbrampton.ca/newsletters/>