

# SEA BLUE

SUPPORT • EDUCATE • ADVOCATE

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## "Us TOO University Phoenix is HUGE SUCCESS!"

Us TOO International Prostate Cancer  
Education and Support Network

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There were 79 graduates and several spouses who attended Us TOO University at the beautiful Marriott Buttes Resort in Tempe, Arizona on November 7–8, 2008! This was clearly Us TOO's most successful University event to date! The Friday nite "Arizona Update" had approximately 200 attendees and the responses to the event from the attendees and the sponsors have been absolutely fantastic! More details inside this special issue of Chapter News to show the highlights of the weekend!

**SPECIAL NOTE: Tom Kirks Presentation "Preparing for the Road Ahead" and Chapter Guidelines now Available @ [www.ustoo.org](http://www.ustoo.org) under Chapter Leader Resources**

**Us TOO**  
PROSTATE CANCER  
EDUCATION & SUPPORT

Us TOO Chapter members and leaders from around the country and around the Phoenix area gathered in Tempe on November 7<sup>th</sup> and 8<sup>th</sup> for Us TOO University. This was the fourth "Us TOO U" program of this kind and, like its predecessors, it received rave reviews! Not only were the speakers and sessions well received but the location and warm sunshine of Arizona made for a terrific setting and enjoyable weekend.

Us TOO University began Friday evening with the *Arizona Update*, a prostate cancer educational symposium featuring excellent speakers, abundant pertinent exhibitors, excellent food, music and FUN. Participants included over 200 patients, survivors, loved ones, curious community members, and Us TOO chapter leaders.

Attendees heard from widely recognized speakers in a variety of fields of prostate cancer-related expertise. In addition to our two keynote speakers, Larry Bans, MD, and Russ Gould, the program offered four concurrent sessions from which attendees could chose:

- Reclaiming Intimacy - Solutions that Work, James Daitch, MD, Jerry & Jo Ann Hardy
- Radiation Update, Scott Tropper, MD
- Anti-cancer Agents, Michael Gordon, MD
- Incontinence Solutions, Melissa Morrison, RN, CURN

On Saturday, 79 current and future chapter leaders participated in a full-day sessions designed to provide information, tools and interactive discussions about the larger prostate cancer community, understanding the structure, vision, and challenges of Us TOO International, and further strengthening the global network of chapters. The day also featured a panel discussion and small group sessions about issues chapter leaders face in their local chapters.

Us TOO University was designed to equip Us TOO's support group network for today and the future. In keeping with Us TOO University's motto, *Learn. Laugh. Lead.*, participants were provided with timely and useful information, they had a terrific time, and returned home better prepared to confidently **lead**. The food was terrific, the fellowship created fast and firm friendships, and the information was invaluable. Attendees returned home with excellent and timely information, new friends, great memories, tools and greater clarity of vision to lead their local chapter efforts.



# Us TOO University was made possible through the generosity of our supporters and exhibitors!



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## Exhibitors

- Arizona Department of Health Services
- Arizona State University
- University of Arizona College of Nursing
- La Loma Village

At Us TOO, we know prostate cancer is a disease of the patient, **as well as** the partner or spouse, and the family. This was readily evident at the Arizona Update Symposium in Phoenix, Arizona, on Friday, November 7<sup>th</sup>.

In a crowd of over 200 attendees, many prostate cancer patients and survivors attended the event with a partner, spouse or loved one. Event evaluations reflected a "strong desire to find information and solutions for a loved one" as the primary motivation for attending. This is no surprise, reflecting the "medical researcher role" in many households often played by the spouse or loved ones.

While all sessions were well attended, one of the most popular breakout sessions during the symposium (well attended by couples and individuals alike) was called **Reclaiming Intimacy - Solutions that Work**, with:

- James Daitch, MD, a "Top Doc" for several years specializing in microsurgery, urologic oncology and erectile dysfunction.
- Jerry & Jo Ann Hardy, prostate cancer survivors, and Jo Ann serves as Vice-Chair of the Board and a member of the Executive Committee

Some loved ones indicated they came to this Us TOO University Symposium for information, while others were actively seeking connection with other couples, spouses or family members touched by prostate cancer. Still others were doing what they always do, providing logistical support and standing strong beside their loved one.



**STANDING STRONG!**



Jerry and Jo Ann Hardy leading a reading of the inspirational message, "One by One", during the General Session of the "Arizona Update" Friday Evening Symposium.



Chuck Voinovich, Chapter Leader Arizona



Board Member Kay Lowmaster, and Jack David Marcus, Chapter Leader New York, connect!



SEA Breakout sessions (Support, Education, Advocacy Awareness) were well received.



Peter Gebert from "down under" (Melbourne, Australia) and Johnny Payne from South Carolina get acquainted!



Mike Sullivan (left) and Ken Cerny (far right) from Minnesota present a check from their Chapters fundraising efforts to Tom Kirk for Us TOO!



From left to right, Suzanne and Ted Gruver of Naples, Florida, Terri Gibbons from Us TOO Staff and Shirley Grey, Ed Kaps Award winner share stories and make new friendships!

**In their own words, chapter leaders who attended said:**

- "I made so many new, knowledgeable and helpful friends! Thank you for helping to create these connections."
- "The small group sessions were great! It was wonderful to have time to interact with others who have a similar interest."
- "This was exactly what we needed for our chapter. This information helps us know where we are and where we need to go."

Prostate Healthy food has become a "signature" of the Us TOO University<sup>6</sup> Events. We work closely with the chefs to create all healthy food selections that everyone can enjoy and not feel "guilty" about eating!



*Nestled in the saddle of the Tempe Butte overlooking the Valley of the Sun, the Buttes culinary team, lead by Executive Chef Nasser and Executive Sous Chef Steve Flood, have been creating menus for the US TOO International guests with special consideration by creating menus with great tasting, well-balanced, healthy foods that contribute to the prevention of Prostate Cancer.*

*The menus focus on utilizing key ingredients such as tomatoes, watermelon, kidney beans strawberries, red onions, radishes and red peppers which are some of the best sources for Lycopine, an anti-oxidant that protects the body cells from oxidants that have been linked to cancer.*

*Grains containing dietary fibers are the key cancer-fighting agents along with fresh fruits and vegetables, and variety of lean meats such as skinless chicken and fish.*

*Using olive oil in place of butter and other fats that come from animal sources may help to prevent heart disease as well.*

**A typical meal will include a variety of special salads, fresh vegetables, fresh fruit, brown rice, whole grain breads and pasta, and special made desserts.**

**Thank you for giving the Buttes, A Marriott Resort, the opportunity to provide you with healthy meals that are good for your heart and also good for your prostate.**

**On behalf of our culinary staff, enjoy these special meals that will help your renewal and restoration amidst a busy world.**

**Enjoy...**

**Executive Chef Nasser & Executive Sous Chef Steve Flood**



I wanted to let you know how happy I am with the outcome of EDAP's sponsorship of Us TOO University. Both the reception and breakfast presentation gave EDAP the chance to raise awareness of the ENLIGHT study both with potential participants and with Us TOO chapter and support group leaders, many of whom I had the opportunity to speak with personally and hope to work with in the coming months.

Given the success of this event, as well as the Chicago Run, Walk, 'n Roll, I hope future opportunities will allow Us TOO and EDAP to work together again.

Mellissa A. Shepherd  
*Specialist, Client Service*  
**Fleishman-Hillard**  
**Clinical Trials Division**



**Mellissa Shepherd**



**Breakfast at "Top of the Rock" sponsored by ENLIGHT**



**Luncheon sponsored by  
Accuray/CyberKnife**

The afternoon luncheon was sponsored by Accuray, the makers of CyberKnife. The afternoon guest speaker was Mary Ellen Masterson-McGary, the chief medical physicist of the CyberKnife Center of Tampa Bay, Florida. She helped pioneer the early research and treatment of prostate cancer with the CyberKnife system and shared her exciting 4- year patient outcomes/experiences. According to Mary Ellen, the CyberKnife has been highly effective in treating early, organ defined prostate cancer disease with minimal urinary, rectum, and ED toxicities. Mary Ellen has over 25 years of experience in radiation oncology physics, and over 10 years of experience in stereotactic radiosurgery.



**Mary Ellen Masterson-McGary**

## Edward C. Kaps Hope Awards Winners honored at Celebration Gala!

Recipients of Us TOO's First Annual Edward C. Kaps Hope Award were acknowledged at Us TOO University's Gala Celebration Dinner in Phoenix, Arizona, on November 8<sup>th</sup>. Not only did those present receive an honorary plaque and Us TOO keepsake watch, but Ed Kaps, the award's namesake and one of the organizing and founding Board Members, was there to address the crowd and witness the event!

It also just happened to be his birthday that day, so all joined in to sing Happy Birthday to Ed!



**Ed Kaps founder of the Award**

Those who attended the celebration to accept their awards were Shirley Grey from The Don Johnson Chapter, Palatine IL; Ralph Valle, Us TOO St. Josephs Hospital Support Group, Phoenix, AZ; Stan Rosenfeld, Us TOO Marin County, CA; and, accepting for Chuck Maack from the Us TOO Wichita, Kansas group, Larry Hollis. Bill Blair, from Us TOO Don Johnson Chapter was not in attendance. Tom Kirk and the Us TOO Staff will be visiting Bill at home to give him his award and watch.



Pictured from left to right are: Larry Hollis (accepting for Chuck Maack), Shirley Grey, Ralph Valle and Stan Rosenfeld.

As the fruition of his dream, the Edward C. Kaps Hope Award is given to:

*"An Outstanding Leader in an Us TOO Support Group Who Has Shown Unselfish, Dedicated Service to Prostate Cancer Survivors and their Families."*

*"Learning to Cope through Knowledge and Hope"*



The Celebration Dinner was set in a SEA of BLUE!!!



Special thanks were given to **Elizabeth Cabalka** (far left), and **Terri Gibbons**, by Australian attendees, **Bill McHugh** and **Peter Gebert**, for their efforts in organizing the event!



From left to right, **Jim Kiefert**, Us TOO Chairman of the Board, **President/CEO Tom Kirk**, **Peter Gebert** and **Bill McHugh** of Australia. Bill and Peter presented Us TOO with the Australian flag to show camaraderie and appreciation for their participation in the event. "Peter and I enjoyed and appreciated our attendance at the Us TOO University, and the welcoming manner in which we were enabled to participate so fully at all stages. We both look forward to our ongoing association with Us TOO," shared Bill.



**Mike Jones**, Regional Director of Us TOO Texas, presents the flag he earned as a virtual team fundraiser for the Greater Chicago Run, Walk 'n Roll to Peter Gebert and Bill McHugh, attendees from Australia. "I present this flag to you as we join hands across the water to bring about global awareness about prostate cancer and the need for early detection" shares Mike.

## Editor's Corner:

***This edition of the Chapter News had been dedicated to the Us TOO University Event specifically for this reason: I have never been so full of appreciation and admiration for all who attended and participated, and especially to all of the volunteers who gave Elizabeth and I 100% of their efforts to help make this event as successful as it was! WE want to thank all of you from the bottom of our hearts, because without you and all of your hard work we could have never pulled off such a wonderful weekend. The camaraderie and enthusiasm that was shown by all who attended was addicting! We also so appreciate the heartfelt thanks that was given to us from all of you. This is what motivates us to do our best to create these programs for you!***

***I want to share with you that we were both glowing with joy for days after. We hope to be able to continue Us TOO University in the future! Please be sure to watch for your Holiday End-of Year Appeal Letter that will be coming through the mail soon. Without your contributions, and our sponsors, we will not be able to hold these types of events in the future!***

***Have a beautiful holiday season! You have all touched me and I have grown to truly love "Getting to Know You" all! ~terri gibbons***



*Terri & Elizabeth say "thank you"*

**Us TOO Greater Quad Cities Chapter presents check for \$10,332 to Us TOO!**

Bill Palos Chapter Leader of Us TOO Quad Cities, and Regional Director/Board Member and Tom Kirk are all smiles after Bill shares the news that his Quad Cities chapter has raised \$10,332 for Us TOO International by doing fundraising events throughout the year. Bill presented the check to Us TOO During the Saturday Chapter Leader Workshop.

Some of the events that they participated in were the "Quad Cities Marathon" Cruisers Car Club, Birdies for Charity and QCM Know Your Psa.org. For more information on how Bill organized these events, please email him @ [wpalos@aol.com](mailto:wpalos@aol.com)



**Bill Palos,, (left) Regional Director and Board Member of Us TOO and Tom Kirk, President /CEO all "smiles"!**