



# CHAPTER LEADER NEWS

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## HELPFUL HINTS FOR RUNNING YOUR CHAPTER

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### The following unique meeting ideas were submitted by chapters:

The Owen Sound Chapter in Canada recently hosted a meeting on “Treatment Options: HIFU and Cryotherapy vs Radiation”. Chapter leader Colin Campbell prepared a summary of the meeting for those interested. Please email Colin at [colinc@bmts.com](mailto:colinc@bmts.com) for information.

### Helpful Hints:

The Memorial Sloan-Kettering website offers information to help patients decipher the many herbal preparations often promoted as helpful to cancer patients. Always do your research and speak to a doctor before taking any herbal preparation or any type of supplement. Visit the website at [www.mskcc.org/mskcc/html/11571.cfm](http://www.mskcc.org/mskcc/html/11571.cfm)

### Special chapter activities:

The Lee County Chapter in North Carolina will be offering free PSA screenings in Sanford NC in May, August and September. Contact [rsline@charter.net](mailto:rsline@charter.net) for details.

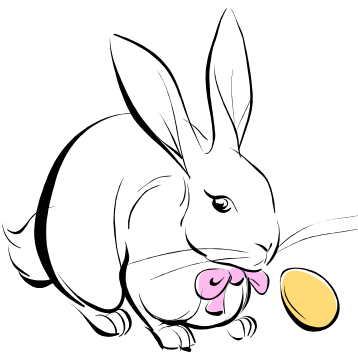
Us TOO South Austin screened over 539 men during their February PSA

screening events! The chapter also participated in a large health fair, had a booth at the annual kite festival and made several media appearances. For info on how they do it all, contact [mjones221@austin.rr.com](mailto:mjones221@austin.rr.com)

Tex Us Too Chapter Outreach Activity: Volunteers will work at an upcoming huge Boy Scouts Fair at Reliant Park on Sat, Apr. 22<sup>nd</sup>, to operate a Prostate Cancer Awareness Booth. Last year 50,000 people attended and Tex Us Too had its first appearance. Adults constituted about half of the attendees and they were just the right age to receive the message “Find PCa early!” Contact [many@hal-pc.org](mailto:many@hal-pc.org) for info.

Us TOO Beaumont Chapter of Royal Oak Michigan will be conducting to presentations for the Delphi Corporation at their annual employee health fair. They are also going to presenting to employees as part of the corporation’s Lunch and Learn program. In addition, this chapter will be participating in the upcoming 2006 AT&T health fair. Contact [spoon@wowway.com](mailto:spoon@wowway.com) for info.

Keep those hints, ideas and reports coming! Email to [karen@ustoo.org](mailto:karen@ustoo.org)



## *A Message from Bill Palos, Chapter Leader and Senior Regional Director*

### I JUST WANTED TO SAY THANKS TO US TOO HOME OFFICE!

Each of us Regional Directors, and Group Leaders has been proactive on prostate cancer issues for some time. Some of us have been involved with prostate cancer longer than ten or fifteen years and some just a few years. Regardless how long we have been involved, we always have a question or need information or assistance that is not readily available. That's when we contact the Home Office. One thing I am thankful for is the assistance I receive from the Us TOO Home Office. Here are just a few of the things they help with:

1. They provide information on the various treatment options and usually mail them out the same day of the request.
2. They provide immediate answers to questions submitted by a support group member. If they don't have the answer, they contact the RD to let them know someone in their region needs information.
3. Anytime I get a new support group, they immediately send out chapter information and guidance. They also contact me when someone in my region wants information on how to set up a support group.
4. When I offered to be the Regional Director for another state, I asked and received a complete list of all the support groups, with essential contact information, in that state.
5. When I am contacted by someone requesting information on the various options for prostate cancer, and I don't have information on a specific procedure, I contact the Home Office and have them mail out the information.
6. I have received assistance when filling out forms for request for financial assistance from pharmaceutical companies. Also, recently I issued a letter to all the members in my group requesting their financial assistance for Us TOO. I submitted the proposed letter to the Home Office for their review and comments. The request to our membership brought in around \$1000.
7. I also get great assistance with travel arrangements when conducting Us TOO business.

The most important benefit of contacting someone in the Home Office is that they have always been cheerful, knowledgeable and willing to assist with what ever request has been made!

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## *Strategies for Helping Recruit Chapter Volunteers*

1. Have someone in mind that you would like to approach. Contact that person directly and ask them to perform one specific task or duty on your behalf. Continue asking for this person's assistance in the future, help them feel comfortable in a leadership role and over time you will have a great leader!
  2. Ask for volunteers to complete simple, specific tasks such as: serve as a meeting greeter each month, collect contact information from new attendees to add to your mailing list, join the monthly telephone tree, etc.
  3. Be sure to remind members that this is "their group" and they share the responsibility for making the group a successful one. Ask each member to take on one task that will help the group be successful.
  4. Offer small rewards for volunteers who participate in leadership roles or group sponsored activities. One chapter has set up a "points" system where each activity gets the member a point and rewards are handed out when certain point levels are reached.
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## ***FUN & FUNDRAISING PART OF FIRST Us TOO ONLINE AUCTION***

Us TOO International will be conducting our first annual online auction to raise needed funds and have a bit of fun. The auction will open Tuesday, May 30th (the day after Memorial Day Weekend) and end on June 19th (the Monday after Father's Day weekend). All proceeds will go to the Us TOO International Founders' Fund to create and expand services and resources for prostate cancer patients and their families.

The auction will remain open for 3 weeks to allow plenty of time for people to view the catalog of items and make their bids. The auction website address will be announced in the May issue of the HotSheet, and will be accessible from the Us TOO website at [www.ustoo.org](http://www.ustoo.org).

### **Donated items sought**

In advance of the auction, Us TOO is seeking donated items from individuals, companies and chapters to be placed up for bid. Ideas for items could range anywhere from tickets to a professional sports event or show, a flat screen TV, iPod, unique or limited edition items, collectables, gift baskets, etc. Items representing a range of price points are needed, and should appeal to men, women, young adults or children.

For each item donated, the following information is needed: a photo, short description, regular price or value, and name of the item donor if he/she wants to be recognized. To donate an item, please contact Pam Barrett, Us TOO Director of Development, at [pam@ustoo.org](mailto:pam@ustoo.org) or phone 630-795-1002.

### **How Chapters Can Get Involved**

Promote auction dates with your members at meetings, in your newsletter or on your web site. *Us TOO will be providing a PowerPoint presentation for chapter leaders to use in your meetings to help introduce the auction and its purpose to your members and attendees. The presentation will be posted in the Chapter Leader Resources section on the Us TOO website by May 1, 2006.*

Seek item donations from your members, personal friends, physicians and local companies (especially if there is a national or international headquarters office in your town).

Post signs about the auction where you meet or at public places to expand the number of people who might be interested. Consider your urologist and medical oncologist offices, the hospital or cancer center, library, grocery store, schools, book stores, coffee shops, churches and synagogues. (Ask permission to post first!) See if they will put a listing in their own organizational newsletters. *Us TOO will provide sign layouts in the Chapter Leader Resources section on the Us TOO website by April 1, 2006.*

Create a promotion PLAN prior to and during the entire 3 week event period to engage members and Friends of your chapter.

Ask members to tell their personal friends, relatives, coworkers, club members, religious affiliations, professional contacts about the auction, and highlight items of interest that are up for bid.

Notify your local media. Contact newspapers, periodicals, radio stations and TV stations about the auction and Us TOO goals. *Us TOO will be providing a press release suitable to chapters forward to these contacts by April 1, to appear in the Chapter Leader Resources section on the Us TOO website.*

Make an event of the event. If your chapter meets during the 3-week period when the auction is open, have a computer at your meeting, go online and show people the list of items available for bid.

### **More information to come**

We are still in the process of preparing other informational materials, forms and the web site itself, so look for more information to be emailed to all Chapter Leaders and Regional Directors in April and May.

**Us TOO International  
Prostate Cancer  
Education & Support  
Network**

5003 Fairview Ave.  
Downers Grove IL 60515

Phone: 800-808-7866

Fax: 630-795-1602

E-mail: [ustoo@ustoo.org](mailto:ustoo@ustoo.org)

Contact Karen Bacher  
Us TOO Program Director  
at [Karen@ustoo.org](mailto:Karen@ustoo.org)

Visit our website  
at [www.ustoo.org](http://www.ustoo.org)

**Resources to help those  
nearing the end of life:**

**Visit this special website:**

**[www.caringbridge.com](http://www.caringbridge.com)**

**Read this book:**

***"Chicken Soup for  
the Surviving Soul"***

**Visit [www.ustoo.org](http://www.ustoo.org) and click on  
"advanced disease" for more  
helpful resources**

**Us TOO Home Office Announces:**

***The Circles of Love Chapter Grant Program***

The chapter leaders and participants using the new *Circles of Love Collection Discussion Guide* and *Circles of Love Care Kit* now have step-by-step tools for providing timely, consistent, powerful, and meaningful companion and family support within their chapter.

Us TOO announces a **Circles of Love Grant** available to five fortunate Us TOO Chapters. The first five chapters to apply for the grant will receive all the Circles of Love Care Kits and Materials they need to host a companions and family event and ongoing support venue **FOR FREE**. These five chapters will also receive the undivided support of Us TOO Companions and Families resource person, and nationally know caregiver advocate, Elizabeth Cabalka.

**Circles of Love grant applications** are available by contacting Elizabeth at 320-980-0437 or by email at [elizabeth@ustoo.org](mailto:elizabeth@ustoo.org). You need not be a chapter leader to apply, however, you must be affiliated with an Us TOO chapter. Completed applications should be returned to Elizabeth by May 1, 2006 to be eligible to receive the grant. **APPLY TODAY!**

*Circles of Love Care Kit was released in June 2005. The Circles of Love Discussion Guide was distributed to all chapters in early February. The Circles of Love Care Kit and all its individual components are available for purchase by calling the Us TOO offices at 800-808-7866. For additional information about The Circles of Love Program, please contact Elizabeth at 320-980-0437 or [elizabeth@ustoo.org](mailto:elizabeth@ustoo.org).*