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“Teaming for Success” Town Hall Meetings Update

The Us TOO Strategic plan and direction calls for increased collaboration and development of relationships with affiliated support groups and chapters. This is in recognition of the anticipated increase in those at risk for prostate cancer as our population ages in America and around the globe. In 2010 and last year, many of you heard these issues raised during our 2010 Us TOO University 15th year celebration meeting and also last year in our Us TOO University “Teaming for Success” conference in Chicago. New Chapter Standards and a Teaming Agreement have been put in place to stimulate discussion and talked about during the meetings.

Now, in 2012, we are holding a series of Regional Town Hall meetings to take this to the next level. So far, we have held one in Chicago on Feb. 29 one in Phoenix on April 24, and another in Tacoma, WA on June 13. More are being planned for the months ahead. These meetings are sponsored by funds from Sanofi Oncology, Millennium and Endo. In the June Board meeting, the Us TOO Board of Directors upon the recommendation of the Program committee formally voted to support this effort and aggressively move ahead. There is strong interest by the members of the Board to attend and be involved in these meetings. For example, in the Phoenix meeting, Board member Reverend Hal Teuscher made his church’s Community Room available for the meeting and Us TOO Board member Emeritus Ed Kaps and also Board Member Emeritus Jim Kiefert attended. In Tacoma, Board members Jim Kiefert, Jean Jeffries and her chapter leader husband Wendell, as well as Jack Shaff and Howard Kaczmarek were in attendance.

During these meetings we have seem support group and chapter leaders, activists from other organizations or those working in the prostate cause and we have been impressed with the dynamic and interesting people out there with whom we can deepen our working relationships. A recent example is the Pours for Prostates event which will be coming up in Olympia, WA on August 11th. This event will benefit Us TOO and raise awareness about prostate cancer and is a collaborative effort between the local volunteers and the home office…a model for deeper relationships for our future.

We are planning to develop Regional Advisory Panels from these meetings so we can create new mechanisms and ways to work much more deeply together so we can serve more people in the months and years ahead. We look forward to contacting many of you soon as we move forward. ~ Tom Kirk
Support group members from Washington, Oregon and Idaho, Us TOO Staff and members of the Board of Directors were in attendance. Back row left Don Phillips, Abbott. Amy Post, Abbott, Ashely Simms, Sanflu-Aventis, and Chapter members, Jim Irish, John Donaldson, Bob Homey, Bob Freeborn, Jack Hudspeth, John Fogarty. Second Row left, John Ross, Bill Prastka, Willie Stewart, Jack Stevenson, Jack Shaff Us TOO BOD, Jim Kiefert, Us TOO Director Emeritus, Tom Kirk, Us TOO Pres./CEO, Howard Kaczmarek, Us TOO BOD, John Huber, Myron Thompson, Wendell Jeffries, Front row left, Marianne Homey, Alayne Hudspeth, Joan Reece, Jean Jeffries, Us TOO BOD, and Jim Reece. A HUGE THANK YOU to the Tacoma folks for your hospitality!

From left to right, Jim Irish, Bill Prastka, John Ross, John Huber, Jim Kiefert, Tom Kirk, Jack Hudspeth, Terri Likowski and Bob Freeborn. Special thanks go out to Bob Freeborn and Jack Hudspeth for helping with all the planning and details.

John Huber (left) and Myron Thompson from Tacoma share a fantastic idea on how to get people at events engaged to promote conversation about prostate cancer awareness.

THANK YOU to our hosts! (From Left to right) Jim Kiefert, Tom Kirk, Jack Hudspeth & Bob Freeborn
Step up with Us TOO in Washington DC—Let our Voices be Heard!
Meet us at the ZERO Summit to End Prostate Cancer September 11–13, 2012

JOIN US!

Join ZERO, Us TOO International and Women Against Prostate Cancer for The Summit to End Prostate Cancer
Tuesday, September 11 and Wednesday, September 12

Congressional Reception
September 11
9:00 AM–11:30 AM

Summit to End Prostate Cancer
September 12
9:00 AM–6:00 PM

Visit our website for more information and to register:
http://zerocancer.org/get-involved/summit/

Or contact David Buckner at 202-455-5425 davidb@zerocancer.org

This is the perfect opportunity to join Us TOO Staff, Board Members, other Support Group Leaders and Activists in Washington DC!
Be sure to register no later than August 3, 2012
Wear your Us TOO shirt, and if you don’t have one, we have a small supply available. Contact terri@ustoo.org

LAST CHANCE TO REGISTER for 50% off REGISTRATION DEADLINE
EXTENDED for Us TOO
FRIDAY - AUGUST 3, 2012

Join ZERO - The Project to End Prostate Cancer and Us TOO International for an action packed two-plus days that will give you insight on emerging research, policy and legislative issues that affect patient access and treatment options, and learn ways in which you can make a difference!

Visit the Summit 2012 webpage to register @ zerocancer.org/get-involved/summit/
The code is: ZERO

ZERO is covering your travel and hotel expenses!

If you have any questions regarding the Summit please contact Amanda Jenkins at amanda@zerocancer.org or

Us TOO and their Advocacy Committee are committed to getting the word out to the Us TOO network about what is happening in the prostate cancer world regarding legislative issues. By working closely with ZERO, the Project to End Prostate Cancer Us TOO will keep you “In the Know” on how to GET INVOLVED in your own state. Policy makers decisions affect all of us!

TAKE ACTION
Register for the conference today!
New wine tasting event supports prostate cancer awareness

Shelton, WA – A new wine tasting event partners the Olympic Bakery and Deli, five South Puget Sound wineries and the Shelton prostate cancer support group to earn funds and friends for the cause on Saturday, August 11, 2012.

Enjoy food, drink, and fun to support the Pours for Prostates efforts to encourage all men to get regular health screenings and PSA (prostate specific antigen) blood tests. The daylong event (1 to 8 pm), hosted and supported by the Olympic Bakery and Deli at 591 Pickering Road, in Shelton, will include a classic car display and silent auctions (closing at 5:00) for locally donated items. Wine tasting booths from the Hoodsport Winery, Mosquito Fleet Winery, Trillium Creek Winery, Walter Dacon Winery and Westport Winery will be on site. Participants can also enjoy Olympic Mountain Ice Cream with proceeds from the ice cream sales going to support prostate cancer awareness.

Prostate cancer doctors from Swedish Urology Group (Dr. James Porter), University Of Washington Prostate/Oncology Center (Dr. Bruce Montgomery), and Peninsula Prostate Institute (Dr. R. Alex Hsi) as well as prostate cancer survivors and health care professionals will be available from 1-4:00pm to answer questions. Support groups will have information and materials regarding prostate cancer causes and risk factors, early detection and screening, as well as support group meeting dates and times. Shelton /Olympia/ Tacoma Us TOO prostate cancer support groups hope the support and donations will flow as freely as the pours.

The Olympic Bakery and Deli is committed to developing high quality baked goods and supplying the area with wonderful local and international wines, cheeses and specialty foods. They’re sure to have something for your taste.

Prostate Cancer has been called the ‘Silent Killer’ because there are no symptoms of early stage prostate cancer according to Jim Kiefert, who has been the Olympia Us TOO support group leader since 2001. “I am one of the fortunate ones,” said Kiefert. “My wife suggested my doctor test me for everything as I had not had a physical in many years. I’m still here today, 22 years later, because I was diagnosed early. Early detection and treatment is the only known cure for prostate cancer.”

The symptoms of prostate cancer rarely show before the disease has progressed, but a simple PSA blood test can serve as an early warning and save men’s lives. But how do you encourage men to get that early screening? Us TOO International Support Network, a nonprofit group founded by and governed by prostate cancer survivors began in 1990 to provide men diagnosed with prostate cancer, their spouses and families with timely, reliable information enabling informed choices regarding detection and treatment of prostate cancer. Us TOO is 100% dedicated to Prostate Cancer Support, Education, and Advocacy.

“Introducing…”

Bill Prastka (left) and Jim Irish from the Us TOO Shelton, WA. Chapter are the brains behind this new idea.

“We’ll be piloting a demonstration event for this on August 11th by bringing together an at-risk male population, ‘veterans’ on the battlefield of prostate cancer ‘warfare,’ and a constellation of typical community interests in a win-win-win outcome. We’ll be documenting all aspects of this for successful adaptation by many of our companion chapters,” shares Bill.
Greetings from the Bachelor Classic!

Now in our 8th year of existence and 2nd year working directly with Us TOO on fundraising, we are looking forward to a record outing come August 4th. With the help of the Louisville, KY chapter of Us TOO and its leader Don Stern, the Bachelor Classic will be hosting with the support of its first large corporate sponsor, Jewish Hospital. In addition to Jewish, which hosts Us TOO’s local monthly meetings, several other new sponsors have emerged to bring new life to the BC.

With each passing year, the tournament participants become more connected to our charity. We are rapidly transitioning from a group of young men swinging for a cause to a community of tourney veterans on a mission. We all have family members and friends that are grappling with prostate cancer and in all likelihood, several of us are going to need the kind of support provided by Us TOO some day. As these realities have set in, the Bachelor Classic has become our opportunity to take action. Truth be told, we have a pretty good time in the process!

This year’s tournament will kick off with an 8:30am shotgun start at Hidden Creek Golf Club. Immediately following golf play, the BC community will gather at the clubhouse for an awards ceremony and recognition of all the organizations and individuals that made what many of our members call “one of the best days of the year” possible. For those that have not had enough, a post-tournament happy hour will take place at one of our favorite local watering holes.

The Bachelor Classic is an annual golf outing based in Louisville, KY with a primary mission of raising funds for Us TOO International. The tournament hosts over 100 golfers along with a wealth of non-golfing supporters. Each year the Bachelor Classic strives to improve the experience and always welcomes new people and ideas - please visit www.thebachelorclassic.com for additional details and let us know if you would like to get involved!

In closing, the Bachelor Classic board would like to special thanks to the staff at Us TOO for continuing to assist us with the realization of our event’s potential. We have every reason to believe that our 9th installment next year will be another big step forward.
Join Us for the 8th Annual Chicago Prostate Cancer Run/Walk
If you can’t attend the event but want to become a “Virtual Fundraising Team”
We can help you set up your team page!
Contact Ryan Maguire at the Us TOO home office
@ 630-795-1002.

Join the Us TOO Circles of Love, Companions and Family Team and walk with us the day of the event or as a
“Virtual Team Member”.
All funds raised for this team will go directly to the “Us TOO Companions and Family Program”
Us TOO recognizes that prostate cancer is a family disease. While the patient experiences cancer in their body, those closest to the patient have an experience of prostate cancer that is very real. Us TOO ‘s companion and family advisory panel continues to uphold this belief and actively seek opportunities to acknowledge, empower, and support companions, partners, spouses and family members of men with prostate cancer.

To Join the team go to:
http://www.ustooevents.org/site/TR?pg=team&fr_id=1270&team_id=5221

Spouses, partners, and family members joined the first Circles of Love Team last year. We hope this year will grow!

All team members (including “Virtual Members) who raise $150 or above will receive a FREE Circles of Love, Companions and Family Member t-shirt!
Supplies are limited
Plan your “FUNdraiser” today...heres some ideas!

Jim Hammack is on the Us TOO Board of Directors. Jim and his wife Beth decided that they wanted to do some type of fundraising event for Us TOO. They came up with the idea of having a Halloween Party! Jim shares, “It was really pretty easy to plan. I went to a local hotel and told them about Us TOO and our mission. The hotel volunteered to donate a ballroom! I talked to some close friends of mine, and everyone has been extremely helpful with collecting various items for the raffle. I play in a band with some friends, so we have decided to have our band play too. I think you will see that its really not that hard to start something like this. All you have to do is “ASK” and you will be surprised how many people want to help out. Especially when its for an organization as terrific as Us TOO. We hope this becomes a Halloween Tradition for our area!”

Jim and Beth Hammack say “Cheers to creating your own FUNdraiser!”

Pasta for Prostates & Auction

As you know September is Prostate Cancer Awareness month and I wanted to have a fundraiser so let the planning begin! I thought of asking the pasta restaurants in our area to donate one pan of pasta for our event. At this time we have 4 who are donating.

Another idea that sounded like fun is to have a pasta cook off contest at the event. I posted in the Craigslist gig section that I was looking for a live band to donate the music. The first night the ad was posted I had a new band volunteer to play for us! The items that are for the auction have been donated, one is an All American Quilt that was hand-made by a crafter whose husband is being treated for prostate cancer. I started a blog called Pasta for Prostates & Auction. The best part of this is that I can post pictures of the auction items that have already been donated. Another great way to recognize the business or person, who has so graciously donated to help support prostate cancer programs! ~Linda Hoetger

The blog site is http://pastaforprostates.blogspot.com/

Jim Hammack on Us TOO Board of Directors

Linda Hoetger from Us TOO Lancaster Ohio came up with the idea for Pasta for Prostates

Contact Linda at peteytheprostatedcruader@zerocancer.com
Cheers to the Pints Crew at the Pike Place Brewing Event!

Special thanks to Dendreon, the Pike Place Brewing Staff, and the Us TOO Seattle, Tacoma, and Olympia Chapters who helped to make this 3rd Annual event a HUGE success!
The Pints “Oly Boys” break their record!
This “tale is true” Fish Tale Brew Pub
Pints for Prostates event raises over $3200
for prostate cancer awareness!

Fish Tale Brew Pub in Olympia, Wash., hosted its third annual Pints for Prostates awareness event on July 21 from 11 a.m. to 9 p.m.

Fish Tale Brew Pub, located at 515 Jefferson Street SE in Olympia, donated a portion of the day’s proceeds from sales of Fish Tale Organic Ales to benefit the Pints for Prostates campaign. There were also raffles and other activities during the day. Prostate cancer survivors from several area Us TOO International Prostate Cancer Education and Support Network groups were on hand to answer questions about prostate cancer detection and treatment.

Rick Lyke founder of Pints for Prostates shares with his team, “This event continues to grow and I know you all put in a great amount of work to make it happen. It makes me proud to see how you are helping to reach men through the universal language of beer.”
The SEA of Blue is growing...

Thanks to the wife of a wonderful man who wanted to do something to try to make a difference for another family.

Shirlie Tucker called the Us TOO office last spring and shared her story with us. Her husband Bill had just passed away from prostate cancer. Bill had been going to his cardiologist routinely and having his PSA levels checked. His PSA was low so he did not think twice about it. Bill then started to have frequent urination during the night and a few other symptoms that started to concern him, so he decided to go see a urologist. The urologist did a DRE and immediately felt the tumor. After doing a biopsy, his gleason score came back at 8. They were told by the urologist that in 30% of the cases of men who are diagnosed with prostate cancer, the PSA levels are low. That is when they realized how extremely important the rectal exam is. Bill was diagnosed at age 62 and died last year at age 70.

"The SEA Blue walk is in Bill's memory and to attempt to educate men and their spouses and family members of symptoms, ages based on family history, and when you should go to the Dr. " shares Shirlie. We hope that by sharing educational information, it could save someone's life. I truly believe that if my husband would have been more informed about prostate cancer, my husband - Bill could still be here.

Shirlie found that after Bill's passing, she felt like she needed to do something to bring more awareness to her community about prostate cancer. She heard about the Chicago SEA Blue Walk that takes place in the Chicago area every September, so she thought, why can't we do that here in Central Illinois too! Shirlie started making phone calls, and with the assistance of the Us TOO home office and several close friends in her community, the "SEA Blue Central Illinois Walk, In Memory of Bill Tucker" came to life.

"We will raise some money for Us TOO, but for Bill's family and friends it is to educate our community, and hopefully they will spread the word to friends and family outside our community. Organizing the walk has kept me busy and I have had the opportunity to speak out to many of my contacts of the importance of seeing their urologist based on age and family history of prostate cancer is in their family. I have told many people that the PSA blood work can be perfectly normal when in fact a male can still have prostate cancer as was Bill's case. We found out after the fact that 30% of the time the PSA score can be normal, but the man can still have cancer. I think the day of the event is when everything will really hit me again - even sending the picture of Bill and myself was difficult for me. His birthday would have been Aug 1, so it will be one year ago that he died. " shared Shirlie.

Shirlie may not realize it now, but she is making a difference for someone else by promoting awareness about prostate cancer in her area. If her efforts change at least one person's life, eventually she will understand what a blessing that is. We hope that this event will help to make her feel better and help to heal her heart, a little at a time.

If you are a Companion or Family Member and are interested in getting more involved with Us TOO’s Companions and Family Advisory Panel, contact terri likowski @terri@ustoo.org

For myself and Bill’s friends and family, the most important thing about this event is to educate our community about prostate cancer. It is our HOPE that those who attend will spread the word about prostate cancer to friends and family outside our community. I truly believe that if we had been better informed and knew more about prostate cancer, my husband Bill could still be with us. ~Shirlie Tucker
When I was diagnosed in 2009 with advanced prostate cancer, about all I knew was that it was “prostate,” not “prostrate,” and that my diagnosis included the dreaded word, “cancer.” My engineer’s brain demanded personal research, and I found lots of resources—both books and online—that described the clinical facts and the pros and cons of available treatments.

But what I really wanted I never found: a book written by a man with advanced prostate cancer like me, writing from his heart about what it’s like to actually experience this disease, a “360-degree” patient’s-eye view of the physical, emotional, relational, and, yes, spiritual dimensions of being diagnosed, treated and then living in the aftermath of treatment.

I began writing as therapy. After a while I figured there had to be other guys (and their wives, partners and children) with exactly the same feelings and anxieties I had. So I began writing for them.

This book is especially for my fellow baby boomer men that think that because they’ve worked out, and taken good care of their bodies all these years they’re going to live forever. Sadly, not true. Just like our fathers, the one-in-six statistic applies to us as well. There are close to 40 million boomer men in the US, and as we guys age, the number of prostate cancer diagnoses will only grow.

On the other hand, we boomers—male and female—have never been afraid to speak up, and I think we will succeed in raising prostate cancer awareness—and research funding—to the level that breast cancer has already achieved.

Along the way I found Us TOO, and became an enthusiastic supporter, includingmustering a team, “Craig’s Cohort” for the 2010 and 2011 SEA Blue walks. So far, we’ve raised more than $7000, and plan to add to that total at the 2012 SEA Blue event. I’ve done pro-bono work for the Us TOO board, focusing on the coming impact of the boomer generation, and how Us TOO may want to align its vision and mission to how we boomers think and act. Which is quite different, I think, than how our fathers of the “greatest generation” thought and acted.

2012 will be my third year as a consumer reviewer for the Prostate Cancer Research Program (PCRP) of the Congressionally Directed Medical Research Programs (CDMRP), where I’ve learned that tremendous progress is being made against the scourge of prostate cancer. But it is an enormously complex disease and there is much research and development to be accomplished.

As long as my health and strength permits, I plan to be active in prostate cancer advocacy and education. Along with my book I hope to have the opportunity to tell my story at churches, support groups and other organizations to help in the much-needed educational work that Us TOO carries out around the US and around the world.

My wife Susan and I live in the San Francisco Bay Area, except when we’re at our house on the South Coast of Massachusetts (aka “not quite Cape Cod”). We have two married children and three awesome grandchildren. For more information on Craig’s book go to: http://navigatingpca.com
Sunday, June 17th was a perfect day to be at the ball park on the edge of the Mississippi River at Davenport, IA, watching the Quad City River Bandits win against the Wisconsin Timber Rattlers.

Our reason for being there was perfect too, considering it was also Father’s Day. The Greater Quad City Area Prostate Cancer Support group had a table at the event to be able to reach a great number of people with the word that we have a local support group in case someone in their lives was ever diagnosed with prostate cancer. To bring additional attention to our presence, the River Bandits Director of Community Relations, Brittany Carter, used our logo embossed on a baseball for display on the jumbotron, and arranged for a pre-game interview with Bill Palos, the Quad City area Us Too group’s leader. Also perfect for a Father’s Day story was the opportunity for a first pitch to be thrown out by Angus Buller, a local high school baseball player and grandson of a recently deceased prostate cancer support group member, Hugh Ross. Hugh’s diagnosis came several years ago, but after proton beam therapy, he lived many long and happy years more, and died of another cause earlier this year.

The event was very well received and brought a great number of fans to our table who participated in “the tennis ball toss”, a fundraiser that raised $500 in donations for Us TOO! We hope to participate again next year on this fun and worthwhile afternoon.

~ Donna Evans

**Us TOO Quad Cites “tossing for awareness”**

*Thanks to a great team effort, they continue to come up with creative fundraising ideas!*

Bill Palos, Us TOO Board Regional Director and Quad Cities Group leader took a moment to pose with the River Bandits mascot.

Angus Buller, a local high school baseball player and grandson of a recently deceased Quad Cities prostate cancer support group member, Hugh Ross, threw out the first pitch of the game!

Donna Evans (left) group member and Mrs. Illinois, Michelle Beckwith toss around some fun ideas as they set up the “tennis ball toss” on Fathers Day. The group collected $500 in donations that day!

**US TOO INTERNATIONAL**

*See blue. SEA Blue.*

SUPPORT  EDUCATE  ADVOCATE
This spring, Us TOO International announced its partnership with The Money Box Cap 2k Open Water Race & Pledge Swim held on Saturday, May 5th in Lady Bird Lake, Austin, Texas. The only downhill swimming race in Texas, The Money Box Cap 2k has been rated as one of Austin’s Top 10 Recreational Events, one of the Top 50 Open Water Races in the U.S., one of the Top 100 Open Water Races in the world, and is Austin’s signature swimming event. Benefiting prostate cancer, 100% of all donations will be split between The Prostate Cancer Foundation and Us TOO International.

We are pleased to report that the event raised over $20,000 for prostate cancer support, education and research. Special thanks go out to Sandy Nielson, Keith Bell and their teams for making this event hugely successful!

A Support Group for Men and their partners “50” and under (or close to it!)

Us TOO International Advocate

Terry Newsome was diagnosed with prostate cancer in his mid-forties.

This group will be specifically for men and their families who are dealing with a prostate cancer diagnosis at a young age and are faced with the additional pressures of work and raising a family.

First meeting will be held

Tuesday, September 25, 2012 6:30 pm at

Game Pazzo

2011 63rd Street in Downers Grove, IL.

Contact Terry Newsome for details.

630-235-5590

Dash for Dad Joliet, Illinois partnered with ZERO, the Us TOO Advanced Urology Chapter and the Us TOO home office and had a fantastic turnout of over 640 runners! Special thanks to Us TOO Leader Tracy Cameron.

She ROCKS!
The word intimacy conveys a number of different meanings. For some, it’s a safe way to describe a sexual relationship. Sex changes after prostate cancer, and often it doesn’t get better. In fact, in some relationships, sex becomes non-existent, which isn’t healthy for the woman, the man or the couple.

My sex life is much better after my prostate cancer experience, although it wasn’t at first. Steve and I almost went our separate ways because we couldn’t regain the physical intimacy we enjoyed before his diagnosis. To improve our physical intimacy, I learned how to ease back into sex, to remove energy blocks and use a powerful sex organ, my brain. I also learned what worked when having the “sex talk” with Steve, using a technique that can benefit all couples, prostate cancer or not.

Intimacy can mean an emotional connection that includes feeling cared for, safe and loved. It can represent a close connection involving one’s deepest nature. I learned that before I could connect emotionally with Steve, I had to connect with myself. This brought up a lot of fear for me, so hopefully learning from my experiences will create a safe path for you to increase intimacy.

Regardless of your definition of intimacy, for those of us in a physically intimate relationship with a man impacted by prostate cancer, improving both physical and emotional intimacy enhances our relationship.

As you may remember from my article in the last newsletter, my husband, Steve Frohman, was diagnosed with prostate cancer in May 2007. His prostate was removed later that year, and we continue to celebrate him living cancer-free. In that article, I described how I learned to support Steve by supporting myself. In this article, I will describe ways we improved intimacy.

Steve’s Story
To me, intimacy always has meant sex. I didn’t really understand it involved all that emotional stuff that I don’t like to talk about or perhaps I didn’t want to explore that other part of me. I’m not alone in this arena. Many men tell me that intimacy equals sex, and they like it that way.

I also learned looking at sex in a whole new way increased my sexual fulfillment after prostate cancer. Physically, I “worked differently” after treatment for prostate cancer, requiring me to gain new skills and shift how I viewed sex. I also learned that I could satisfy Cindie in ways we hadn’t tried before. I started looking at sex as a journey, not a destination.

While I didn’t want to talk about physical intimacy after my surgery, I’m grateful that Cindie learned new ways to communicate about this topic to help me. It wasn’t until Cindie started asking me questions about my feelings and creating a safe space for me to talk, did I (reluctantly) explore another side of closeness: emotional intimacy. When I realized that increasing emotional intimacy improved my physical intimacy, I became much more interested.

Cindie’s Story
For me, and for many women, intimacy means much more than sex. It involves sharing feelings, talking and experiencing vulnerability.

I like to take the word intimacy apart: Into-Me-See. In order to become intimate with another, I must first become intimate with myself. It means getting to know myself physically, emotionally and spiritually. I must do this before I can become intimate with another person.

I found the necessity to go on a personal journey before I could improve my relationship with Steve. I had to learn more about my sexuality, my body and my mind, before I could address the problems in my relationship with Steve. I also had to learn some new communication skills, because what I was doing, wasn’t working!
How We Reignited Our Passion for Intimacy

Steve and I explored a number of different ways to increase our intimacy. We found no single solution worked for us—it took a number of different traditional and non-traditional approaches for us to regain the closeness we lost because of our prostate cancer experience. Here are three ideas that may create more sparks in your relationship.

1. Having the Sex Talk

Learning new ways to talk with men may be one of the most important skills for women to acquire. As women are typically better communicators than men, it’s often easier for us to take the lead here.

Unfortunately, too often we communicate with men the way we talk with our girlfriends. I learned a whole new way of talking with men by taking classes, reading and attending feedback training at work. Fortunately, what I learned helped me talk about sex with Steve in a way that worked.

Any time I want to talk with Steve about sex, I get his attention first. I let him know I want to talk about sex, and we schedule a time to chat. This isn’t too difficult, because he knows our sex life improves when we talk about it.

I then tell Steve what I want, clearly and concisely, and ask if he’s willing to help me. If so, we reach a specific agreement on what we will both do. I then ask if there’s anything I can do to assist him. At the end of our conversation, I thank him and let him know how I feel because of his assistance.

Give this technique a try when you want to talk with a man about anything, including when you want to talk with your partner about sex. Men and women communicate differently, and the more we women can learn to communicate in ways to help men hear us, the better life becomes.

2. Removing Energy Blocks

By learning how to move energy in our bodies and eliminating energetic blocks, Steve and I increased our sexual fulfillment. Often the emotional stress of prostate cancer creates impotence. Addressing old guilt, getting rid of fear and changing belief systems unblocks energy in men and women. Once energy flows easily in our bodies, both men and women can learn how to achieve orgasms by moving energy, eliminating the need for an erection to occur for sexual satisfaction.

In order to remove our energy blocks, Steve and I learned how to breathe deeper, used Kegel exercises and addressed emotional issues from childhood. We reviewed our notes from a tantric loving class we had taken years ago and worked with a Tantrika, a person who uses her knowledge of beauty and sexuality to assist others. We also worked with other practitioners to help energy flow effortlessly throughout our bodies.

3. Using the Mind/Body Connection

Many experts tell us that the brain is the most powerful sex organ. Numerous studies show what we think about impacts us in the bedroom. I found that focusing on what Steve did, not what he didn’t do, allowed us to increase our intimacy.

When I put my attention on the times Steve shared his feelings with me, I discovered that he started sharing more of his feelings. This allowed me to feel an increased emotional connection with him. When I took my focus off the goal of achieving an orgasm, I found both of us enjoying our physically intimate times together in new ways, often resulting in an orgasm when not expected.

You Too Can Increase Intimacy

Believe that intimacy can be achieved with yourself and in your relationship. Steve and I found this single intention allowed us to create a thriving life. With unwavering confidence, we got to know ourselves, communicated more openly about our feelings and cleared up issues from the past. Our intimacy increased, and I know yours can too!

About Solutions for Intimacy:

Solutions for Intimacy, based in Scottsdale, Arizona, was founded by Steve Frohman and Cindie Hubiak to help individuals and couples enhance intimacy levels after prostate cancer. Following their personal battle with the disease, they soon discovered there were few resources addressing intimacy and emotional issues that accompany prostate cancer. Determined to change this, the husband-and-wife-team created Solutions for Intimacy in response.

After extensive research, education and personal experimentation, they assembled a team of highly respected health and wellness experts to develop The Personal Approach, the company’s cornerstone program that helps individuals and couples struggling with intimacy issues following the disease. It encompasses a custom, interactive experience addressing the physical, emotional, mental and spiritual aspects of intimacy.

As part of the program, Hubiak also authored “A Woman’s Guide to Thriving after Prostate Cancer,” which deals with the impact prostate cancer has on women. www.SolutionsForIntimacy.com
Spartanburg Regional Hospital’s Gibbs Cancer Center, the University of South Carolina, and the Greenville and Spartanburg SC Chapters of Us TOO completed a Prostate Cancer Education Study Program designed to raise awareness about prostate cancer in the African-American community. The program, funded through a grant from the National Cancer Institute, focused on helping men make informed decisions about their prostate health.

On June 12th, twenty-eight men graduated from the program. The class was comprised of a three-week series, in which older men were paired with younger men to share their knowledge and experiences about prostate cancer. Speakers covered topics such as; what is prostate cancer, what are prostate cancer screening procedures, how to talk to your doctor about prostate cancer, and how clinical trials work.

“This project has been an important step in helping a community at higher risk for prostate cancer to make informed decisions about prostate cancer screening and about their overall health,” said Daniela Friedman, PhD, project leader from University of South Carolina. Johnny Payne, Chapter Leader of the Greenville Chapter encouraged the graduates to continue the education process. “The information you have gained here, is only the beginning. Take from here what you have learned add to it and share with others in your community.”

Kim Johnson, Nurse Navigator (Left) Gibbs Cancer Center and Daniela Friedman, PhD (right) Project Leader assist men with assessment surveys.

Far left Joe Dickey, Leader Us TOO Spartanburg, SC, Willie Sarret, graduate of program and Johnny Payne, Leader Us TOO Greenville, SC Chapter.

Johnny Payne, Chapter Leader of the Greenville Chapter encouraged the graduates to continue the education process.

“The information you have gained here, is only the beginning. Take from here what you have learned, add to it, and share with others in your community.”
Gary Skramstad, 68, is a happily married father, grandfather and husband who enjoys being a Pastor in Fargo, North Dakota. Gary has dedicated his life to serving the church, so much so that in 1998, while living in St. Joseph, Minnesota, he set out with some friends to clear out a forest and prepare to build a new church and park for his congregation. Although Gary knew it would be hard work, he never imagined the new road it would lead him to on his journey.

While in the forest, Gary got extremely itchy and headed to North Memorial Hospital in Robbinsdale, Minnesota, desperate for relief. As fate should have it, the first doctor Gary ran into was a urologist, who diagnosed him with poison oak, but also suggested, given his age, that Gary have a routine PSA test. The life-saving exam revealed a large tumor and a PSA of 28.6; a man of Gary’s age should have a PSA of about 2.5. At age 54, Gary was diagnosed with Stage IV prostate cancer.

Gary underwent a radical prostectomy, followed by beam radiation, and was eventually put on hormonal drugs, all in an effort to save his life. Initially, he was given a year and a half to live and was praying constantly that he would win the battle against the disease. It was during this time that Gary became inspired to help educate other men on precautions for protecting their health earlier than he did. Fourteen years later, Gary feels blessed still to be alive and has dedicated a large part of his time to serving as a steadfast advocate for prostate cancer awareness and education.

In January 1999, as part of what he felt was a calling, Gary helped begin the Us TOO chapter of St. Cloud and became the chapter leader. Gary also participates in Us TOO University, which aims to educate fellow prostate cancer patients and advocates. He spent time teaching the “End of Life” class in various locations across the country, which prepared men on how to best handle the impact of fighting the disease.

A recent example of Gary’s dedication to improving the lives of men impacted by prostate cancer is his attendance at an insurer’s meeting in which the reimbursement policy for a non-invasive treatment, CyberKnife® Prostate SBRT, was under review. Us TOO worked together with the CyberKnife Coalition, an organization of providers working to ensure access to CyberKnife treatment for all eligible patients, to identify Gary as a patient advocate who could represent the patient’s perspective at the meeting.

To prepare for his testimonial, Gary received information from Dr. Ross McBride about CyberKnife treatment, an option that was not available at the time of Gary’s diagnosis. The CyberKnife System is a non-invasive, highly targeted radiation treatment that is usually completed in five days with little to no side effects. Gary was excited to learn about this option as it was a great advancement in the treatment of prostate cancer.

Even though CyberKnife wasn’t an option for him, Gary feels it’s important to share information about all treatment options and innovations, especially because he has grandsons who may one day face this disease. Gary says, “CyberKnife treatment is a fantastic option as it is cheaper than other options, can do more, and boasts fewer side effects than traditional treatment methods like the ones I went through.” Gary, for one, experienced many, lasting side effects from his aggressive treatment regime, including ongoing bladder issues and behavior changes linked to the hormone therapy. “The CyberKnife System yields a better quality of life for not only the patient, but the spouse and family as well. Patients are able to return to normal activities faster than with other treatments.”
Gary’s testimony at the Noridian meeting was so compelling that the Fargo, North Dakota television station attending the meeting included his commentary in its coverage of the event, which can be found on the station’s website here: http://www.valleynnewslive.com/story/16318190/cancer-coverage-controversy.

A decision from Noridian is expected in the fall of 2012.

Us TOO led Gary to other exciting advocacy opportunities, including the chance to attend multiple meetings on Capitol Hill in Washington, D.C. with ZERO, The Project to End Prostate Cancer, an organization focused on ensuring that government funds are available to advocacy programs like Us TOO. Gary is very grateful for the opportunity to speak in Washington, D.C., "Being on Capitol Hill really gave me the sense that I was making a difference in the fight against prostate cancer. Uniting with other advocates for this disease is empowering and gives us hope that we can all fight it together."

In addition to his involvement with the CyberKnife Coalition to help ensure men have the access to all the treatment options for prostate cancer, Gary also serves on a panel of peer representatives hearing proposals from different doctors and scientists looking to uncover new treatment options for prostate cancer. This initiative is for a congressionally funded Department of Defense program called Impact: Innovative Minds in Prostate Cancer Today.

Advocacy groups have given Gary the opportunity to unite all soldiers against the disease. He feels it shouldn’t be about pitting one treatment option against the other, but about bringing people together to fight a common enemy: prostate cancer. Both his uncle and grandfather died of prostate cancer, so he feels very passionately that God put him here to help others with their journey.

Although Gary is no longer a full-time practicing Pastor, he still does interim community work because he enjoys meeting different congregations and people in his hometown of Fargo. Aside from working, Gary enjoys photography, exercising with his wife, traveling, and, most importantly, spending time with his three children and 11 grandchildren.

Gary lives his life by five very important mottos; music, humor, hope, spirituality and social contact. For Gary, these are the keys to happiness in this life and the keys to overcoming prostate cancer.

We applaud Gary for his positive outlook on life and thank him for his many contributions to the battle against prostate cancer. He is a true example of the difference we all can make when we refuse to succumb to the challenges laid in front of us and instead view them as opportunities to help others.

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**Us TOO Advanced Disease and “Newbie Kits”**

Patients should be receiving “**Complete**” Advanced Disease and Newly Diagnosed Kits. Please do not break-up the Kits and give out pieces separately.

Please provide the patient with the entire contents of the white envelope.

For additional kits, contact Jackie at the home office at 630-795-1002 or email her @ Jackie@ustoo.org
Jerry and Colleen Lee live in Oriskany New York. Jerry was diagnosed with prostate cancer in December 2010. He looked in his local area for a support group and found a group that met sporadically in various locations. He tried to find another group only to discover that the nearest group was 200 miles away. “The format was not really what I was looking for. Colleen and I were looking for something that doesn’t just focus on me as a patient and a survivor but how to include Colleen and my family. Colleen has been my advocate and my pillar of support since I was diagnosed. We require a group that can lend needed support to the family members also. I looked for an Us TOO group, as this organization better meets our needs, but the closest chapter is 200 miles away.” Jerry and Colleen have applied to start a Chapter at the Crosspoint Church in Whitesboro New York. Crosspoint is conveniently located half way between the cities of Utica and Rome in Central New York within the Mohawk Valley. “There is a very large unmet need in this area for Support, Education and Advocacy.

We look forward to our first meeting on August 15th and see where we can go from there.” Us Too Mohawk Valley may be reached via voicemail @ 315 272 0098 or email at USTOOMOHAWKVALLEY@GMAIL.COM.

Us TOO’s SEA of Blue Continues to Grow
Meet some of our new groups!

Left to right, Colleen and Jerry Lee with Sam Macri the Sr. Pastor for Crosspoint Church.

Roy and Helen Francis from the Mornington Peninsula Prostate Support Group in Victoria, Australia. Roy shares, “Our group started in a room at the Community Centre, then opened adjoining folding doors to make 2 rooms. Next meeting we move into the largest room in the complex! Local urologists are very supportive, which helps. We look forward to our new affiliation with Us TOO.

David shares, “I wanted to start our group because before and after my surgery I realized that I basically was alone in my quest for answers, except for sites like Us TOO International. Hopefully by having a group in our area, we will have a place where we can meet and discuss our common problems and possible solutions.

David Taylor, West Virginia

Eleuthera, Bahamas
When David Houchens and Paul Mizue were diagnosed with prostate cancer, they chose different treatment options. David underwent radical open prostatectomy followed by hormone ablation and radiation treatments, while Paul chose proton beam therapy. One area of agreement between them is a shared desire to help scientists and researchers cure prostate cancer for all men.

After his diagnosis but before his treatment, Paul was urged to attend a meeting of Us TOO, an international prostate cancer education and support organization. What he learned helped him, and continues to help him, through his post treatment. Perhaps more significantly, it led him to explore ways of helping men faced with the same scenario he had experienced.

"There is a tremendous lack of information, and perhaps excessive trust in doctors, for many men to make a decision in their best interest," Paul said. "Although I do not have a history as a volunteer, I believe [that even] in my limited capacity, if I can provide good information to other men afflicted with prostate cancer, my service will be worthwhile."

Another Us TOO volunteer introduced Paul to the Department of Defense Prostate Cancer Research Program (PCRP). At his friend’s suggestion, Paul applied to be a peer reviewer for the PCRP, and was selected to take part in 2011.

As a mentor reviewer and strong believer in the value of an experienced reviewer guiding and supporting someone new, David was paired with Paul to help him understand the process.

"There are definitely differences between being a novice reviewer and a mentor," David said. "The most important lesson that a novice reviewer can learn is that they are serving as a consumer reviewer and thus will be asked to address the question of how a specific project would impact the prostate cancer community assuming that the project will be successful."

For his part, Paul said that having David as a sounding board and supporter helped not only during the peer reviews, but before they took place.

"When I did have a question, such as the actual criteria I was to evaluate, David was an invaluable source of information," Paul said. "He recommended that I look only at the Clinical Impact measure, although I was free to look at other evaluation factors."

As a non-scientist on the panel – and knowing that his mentor, David, was not only a prostate cancer survivor but also a scientist with a Ph.D. – Paul admitted to feeling somewhat intimidated. But the guidance he received from discussions with David, webinars provided by the Congressionally Directed Medical Research Programs (CDMRP), and other sources of information helped him understand and appreciate his consumer role.

Recalling his days as a novice reviewer, David said he understood and appreciated Paul’s concerns.

"The most challenging aspect for a consumer reviewer is to overcome the uncertainty of how to prepare a review that they can share with the scientific reviewers on the panel," David said. "I think that many novice reviewers assume that they must be able to fully understand the science in a given proposal and they become frustrated when they cannot understand it. By focusing on the potential impact of a proposed project and explaining what such a project would mean to the prostate cancer patients, they can help the scientists on the panel better understand the potential patient-related benefits or drawbacks of the project."

The opportunity to take his advocacy efforts to a new level and learning about potential breakthroughs in science were more than enough to keep Paul’s interest.

"When I go to Us TOO meetings, I provide direct information to others on what I know about the need for proper medical information and being one’s own health advocate," Paul said. "The opportunity to be a peer reviewer enabled me to keep abreast of new developments in prostate cancer, while at the same time doing something beneficial for medical research."
My name is Alan Withers and I have been battling prostate cancer for nine years. If I live until September 2013, I will pass my battle’s tenth anniversary. My neighbors have promised me a block party and I intend to collect.

As cancer professionals, you do not need a description of my various cancer therapies, but may want a summary of my clinical history. I had a radical prostatectomy in 2003 at the age of 57, radiation of the prostate bed in 2004, and have been on some form of hormone therapy since 2005. I recently completed 13 infusions of Taxotere and am now classified as post-chemo. I have supported seven different clinical studies so far.

You certainly do not need another inspirational story about my heroic battle against the scourge of cancer. I am no braver than the other cancer patients you see. Bravery comes with the territory.

So if this paper is not a laundry list of side effects, and not about the patient as hero, what is it about? Dr. Sherwin Nuland, in his book “How We Die” (1993), worries that some Oncologists have become hard core clinicians, treating their patients as a technical riddle to be solved and ignoring their more personal side. He believes that the ancient healing arts of knowing your patients and the laying on of hands are still good medicine.

If you are one of these hard core clinicians, my small voice from the other side of the examining room may convince you to devote more time to these ancient healing arts, and tone down somewhat the mumbo jumbo and statistics. I understand that you probably think in technical scientific terms, but your patients most certainly do not.

I have a great cancer care team. They care about both curing my cancer and who I am as a person. I know the infusion nurses by name and bring them chocolate. I would find my visits to my care team a lot of fun, if I wasn’t fighting for my life.

Too Much Information

Once you strap yourself into an airline seat, you have no influence on whether you arrive on time, or even arrive at all. You depend on the flight and cabin crews, mechanics, air traffic controllers, and other professionals who work very hard to give you a totally forgettable flight. I felt much the same way entering a big hospital for the first time and asking them to fix my prostate cancer. I knew as much about cancer treatments as you know about fixing the engine that just delayed your flight.

Some people try to reduce this feeling of helplessness by researching their particular cancer on the internet. You can find anything you want, from dubious cures supported by heartwarming anecdotal stories, to peer reviewed publications where you can’t even understand the title, much less what the author is saying. I call this situation too much information, or TMI.

Unfortunately, TMI is not wisdom. Wisdom comes from training, experience, clinical intuition, constant updating of skills, and integrating all this into a meaningful clinical package. Your new patients have none of this experience, and feel both technically ignorant and adrift in a huge institution. We are not talking a 15 minute flight delay here, but their very lives.

Of course, the patient can always insist on a specific solution based on his independent research. The doctor will comply, so long as the patient signs the release form. From my viewpoint, a patient who trusts his internet research more than the doctor’s experience is stupid. OK, I am preaching to the choir here. But then, other doctors make the most difficult patients, don’t they?

The Crud

In the summer of 2011, I hit the emotional wall. An upcoming retirement, probable need for chemo, and some family difficulties combined to overwhelm me. I saw the darkest possible scenario for each of these issues, and literally worried myself sick.

I got into a cycle of depression with low energy, little appetite, and lack of sleep. After I endured this package of symptoms for a few days, I would feel better for a few days, and then enter another cycle. After seven such cycles, I was exhausted mentally and physically. My symptoms matched none of the usual medical profiles. Both my Oncologist and my Primary Care Physician (both very good doctors I must add) did what they usually do and attacked each symptom as an individual problem. However, my condition was caused by a mind/body interaction. Chasing individual symptoms was not going to help.
Since the doctors were no help, I had to dig my own way out. The defining moment for me was a children’s book “The Secret Garden”: to get healthy, quit whining, get off the couch, get out of bed, get outside and get moving again. It worked. I love the quote from the movie “The Shawshank Redemption”: get busy living or get busy dying.

If you see a patient with the mind/body crud, work the whole problem, not just symptoms. Do you put them temporarily on antidepressants? Do you chew them out in your “stern doctor voice” for giving up way too soon? You are their doctor. I only know what worked for me.

**Whose Life is it Anyway?**

Medical people are trained to reduce risk. As an extreme response, you could shrink wrap each patient and put them on a sterile warehouse shelf. However, cancer patients want to live their lives the best they can in the time they still have. Living invariably involves risk.

A friend of mine grew up in New Orleans and invited me to join him for Mardi Gras. I would get to see the celebration, and also join him as he visited the places where he grew up. I considered this trip a once in a lifetime opportunity to see New Orleans through the eyes of a native born son.

I was on chemo at the time, with a compromised immune system. Mention airplanes, parade crowds and packed restaurants to any Oncologist, and his riskometer starts to spin rapidly.

My Oncologist decided I could go. I in turn accepted responsibility for the increased risk, and for using some common sense given my condition. I had names I could call in New Orleans if I got into trouble, and I called the Oncology Nurse several times so she would not worry. As it turned out, the trip was wonderful, and everyone breathed a sigh of relief. You won’t find many chemo patients flying down to New Orleans for Mardi Gras. Get busy living, or get busy dying.

If my Oncologist had said not to go, I would have cancelled the trip. I might have had whining rights about the nonrefundable tickets, but I really do trust my doctor. Really.

**The Spiritual Side of Cancer**

Facing a cancer “deadline” can change your outlook on life. Prostate cancer grows so slowly that I have had years to think about my own death, and the things that I want to accomplish in the time I have left. I find myself working on focus and closure.

Focus is the process of identifying what is really important to you, and then clearing away distractions that hinder your ability to accomplish these goals. All of us get encrusted over time with attitudes, activities and relationships that are no longer relevant to who we now are, and where we are now going. Getting rid of these distractions is hard and sometimes painful work.

Think of your brain as your garage chock full of stuff. Cleaning out your garage is a lot of work, but when you are done, you will know which tools and supplies you really need, and where to find them. A cancer patient making the best use of his remaining time is forced to prioritize. Did someone just cut you off on the freeway? It isn’t worth the time or effort to get angry at him. Let it go.

Closure is the resolution of emotional baggage. You solved the easy issues a long time ago. What remains are the difficult issues you have been afraid to touch. Perhaps you have a sister that you have not talked to in a long time due to some unkind things she said. Perhaps you have been unfair to one of your children.

Do you really want to face your Creator carrying a load of issues that you could have worked off while you were still living? Call your sister. Talk to your child. Make yourself a little vulnerable. Try for some closure. A cancer patient has limited time to complete this spiritual cleansing.

People talk about achieving peace when they die, but the details are often vague. To me, peace at my passing means having a good answer to the following three questions:

*Did you learn the lessons you were sent here to learn?*

*Have you forgiven the people who hurt you?*

*Have you made amends to the people that you hurt?*

Thanks for letting me share my story,

Respectfully, ~ Al Withers
HOW did you come to be involved with the Prostate Cancer Foundation of Australia?

Roy (husband) was diagnosed with prostate cancer in 2008 and shortly after that the PCFA advertised for men to be men’s health ambassadors and he was one of the first in Victoria appointed. That’s how I first became involved. He speaks to service groups - Probus, Lions and Rotary - and I go along with him. We’re a team.

How have you been received as the only woman elected to the Victorian/Tasmanian chapter council of the PCFA? Roy has been on the chapter council for a couple of years, so I know all the guys there. So far, so good.

As a woman, what have you brought to the PCFA? I see it as a voice for the partners, for the caregivers. I might be able to contribute something that makes life easier for them.

What did Roy’s illness teach you? You think all those things happen to other people. I have been a nurse for a long time, I have stood in operating theatres for years and seen all sorts of procedures and thought “that’s never, ever going to happen to me”, but of course, that’s not true.

Are men generally in denial about their health? Definitely. Most men think they are invincible. Men only go to the doctor if it’s absolutely essential whereas women go more often to have regular checks.

What are the causes of prostate cancer? What are the causes of any cancer? I don’t think you can say there’s any one cause unless you are looking at somebody who smokes and they’re vulnerable to lung, bladder and throat cancer.

What can men do to lessen the risk of prostate cancer? If you have a healthy diet that will lessen your chances of getting any cancer, not just prostate cancer ... eating things like broccoli, tomatoes, watermelon. Not too much red meat, lots of fish and chicken.

What are the figures like for prostate cancer on the peninsula? The peninsula has the highest incidence of prostate cancer in Victoria. It has to do with the age group - it’s full of retirees. It’s a farming area and there’s a high incidence of prostate cancer with farmers, probably from the chemicals they have used.

So that’s why you and Roy started a local prostate support group? We saw a need to provide support for men and their partners down here. Men and their partners can discuss their situation, how they are going with their treatment.

Is there a bit of gallows humour? Yes ... we encourage partners to come along. Prostate cancer is not just about the men. The partners play an important part in helping them through the impact of the disease.

The Us TOO Mornington Peninsula Prostate Support Group meets at the Bentons Square Community Centre, 145 Bentons Rd, Mornington, on the second Wednesday of each month at 7pm.
Editor’s Corner:

I hope everyone is having an enjoyable summer. The past few months Tom and I have been fortunate to have been given the opportunity to meet many of you at our Teaming for Success Town Hall Meetings! It has been wonderful to be able to sit and talk with you all, to hear and share with each other what is working well in your communities, and also talk about the things that you are struggling with. It always amazes me the passion and dedication to this organization many of you feel. The time and effort that you put into talking with men and their family members, and helping them through their journey with prostate cancer, giving them hope and letting them know that you do understand what they are going through is priceless. Many of you spend countless hours organizing fundraising events to help raise funds for Us TOO because you believe that Us TOO is indeed a worthy charity, and you believe in our mission! Now, if we could figure out a way to bottle that passion, enthusiasm, and love for helping others, and sprinkle a few drops on thousands of other volunteers like you, we would be set!

I look forward to meeting more of you the next few months. If you feel Us TOO should come to your city, give us a call and tell us! We need your help to get things organized to be sure we have a well attended and successful meeting. I hope to hear from you soon! ~terri

Remembering Us TOO when funeral or memorial planning

We greatly appreciate those families who designate donations to Us TOO in lieu of flowers for funerals or memorials, or remember Us TOO in their wills.

Planned giving can be as simple as designating a gift through your will, gifting life insurance policies or securities, or designating Us TOO as a beneficiary on a retirement account. When establishing your will, we hope you will consider a bequest to Us TOO International to help us continue to be the primary source of support and information for prostate cancer patients, their families and friends.

Us TOO Board Member Dexter Rumsey is willing to help. If you would be interested in having Dexter come and speak to your group, contact terri@ustoo.org

For more information about bequests and planned giving to Us TOO, please visit: http://www.ustoo.org/Planned_Gifts.asp