New Us TOO Chair Will Keep the Momentum Going!

Fred Mills former Us TOO Board Chairman from San Antonio, Texas, handed the “reigns” over to Kay Lowmaster as of Jan. 1, 2012. Kay, who was unanimously voted to be the next Us TOO Chairman feels the change is bittersweet. Kay stated “I have mixed emotions as I anticipate serving as Us TOO Chairman in 2012. I am really excited to have an opportunity to have a continuing voice in the future of the organization. However, my becoming Chairman means saying goodbye to Fred, and I will miss him. I expected him to be a great mentor to me as Vice chairman, but what I didn't expect was for him to become a great friend as well. I'm really pleased that he has agreed to remain available to us as Immediate Past Chairman. I feel Fred's legacy is the fact he has elevated the Board to the next level by developing a highly accountable business model.

Fred Mills shares, “I am proud to have been a part of the Us TOO Board for the past five years and the past three as chairman. During that time the Board has become more accountable for the work it does through the committee's it has developed. The Board has welcomed several new members during that time and I am confident the current Board members will continue to be an excellent source of strength for the organization,” reported Fred Mills. “We held our 20th anniversary in 2010 which was a major milestone for Us TOO. Several representatives from across the US and a few foreign countries gathered to help us acknowledge this event with a symposium and celebration in Chicago. Their attendance highlighted the fact that Us TOO is an organization of Support Groups with dedicated people who care about helping men and their families through the Prostate Cancer process.

Kay also added, “I plan to keep the momentum going. We have built a very talented Board who will work in tandem with an amazingly dedicated staff to advance our mission. I have been involved with Us TOO on a variety of levels for the past 17 years, and in all that time, I have never forgotten that everything we do is all about the men and families who are dealing with prostate cancer. All you have to do is to meet one Ed Kaps Award winner and you immediately understand how fortunate we are to have 300+ support groups and chapters led by incredible men and women who are the heart of the organization. Simply put, I love Us TOO; I'm proud to be part of it; and I plan to work to keep us moving forward while never forgetting our roots.”
Keith Hoffman took a businesslike approach to his diagnosis of prostate cancer. He immediately made an appointment for surgery, started searching the internet for information and spoke with men who had been through the procedure. He planned post-surgical activities, and admitted that if he suffered from intimacy issues following his surgery, he would be okay with those limitations. Just one problem: Keith’s wife, Terri was not okay with it – and she had questions and concerns of her own.

“When she spoke up about it, I realized for the first time that this situation was not just about me – it was about our family,” Keith said. “It affects my health and my mortality, but at the time I was diagnosed, I had a wife and daughter, and Terri helped me realize there were more people involved with this.”

Diagnosed in May 2009, Keith’s prostatectomy – removal of the entire prostate – was scheduled for that July. Before then, however, he had another important, life-changing decision to make. Acknowledging his wife for asking the questions he neglected to or had not thought about, Keith also gave her credit for reminding him of their hopes for adding to their family. The news regarding his cancer jeopardized Keith and Terri’s plans of having more children, but that apparent setback led to a joint decision that has a happy conclusion.

“Terri suggested we contact a local sperm bank, so we learned about it, went through the interview process, and I ended up making several deposits,” Keith said. “We knew that sometime after my surgery we would go through the in vitro process, and we had a little girl born November 16, 2010.”

In the months between his surgery and the birth of his daughter, Keith focused on his recovery – something he spent time thinking about, and planning, before his surgery.

“I knew that I had to do everything I could to come out of this the best way possible,” Keith said. “I did some physical therapy prior to my surgery, and used the biofeedback results to motivate me to reach those same levels of Kegel muscle strength after surgery.”

A competitive US Masters swimmer, Keith said his times in April 2010 were faster than his presurgical times. Keith also started attending a support group sponsored by Us TOO International. The local chapter leader, Mike Jones – a gritty, tough-looking guy with a goatee and a shaved head, Keith recalled – offered some unique and succinct advice at their first meeting.

“Mike told me, ‘So you have cancer. Get over your pity party. It’s time to get hold of yourself and do something about it!’” Keith said. “I still attend chapter meetings, and try to help others who are going through the process, whether they are in the watchful waiting phase or if they were just diagnosed, or if they just need support. We all are members of a club we never thought we would be in, and these meetings help all of us.”

Through his experience with US TOO, Keith learned of the Department of Defense Prostate Cancer Research Program (PCRP), and after he expressed interest in serving as a peer reviewer, Keith did just that in 2010 and again in 2011.

“Peer review gave me what I was looking for, and gave me the opportunity to work with scientists who seek to eliminate prostate cancer,” Keith said. “I knew that I wanted to make a contribution at a higher level. Peer review gave me the feeling that I really was participating in the cause, and working with the CDMRP is exactly what I was called to do.”
Jean and Wendell Jeffries are spreading the word about prostate cancer throughout Boise, Idaho. Jean is an Us TOO Board Member and chair of the Advocacy Sub-Committee, and Wendell is the group leader of the Us TOO Meridian, Idaho Chapter. They are gearing up for the ZERO Summit by recruiting folks from their community to attend the Summit this September. Jean shares, “I am so excited that we have gotten such positive response from so many folks who are planning on attending, to stand together to represent Us TOO’s voice in Wash. DC!”

I have never felt so powerless in my life as the day that my husband was diagnosed with prostate cancer. We knew our lives were going to change drastically but we didn’t know how. I looked at my husband and said “What can I do to help?” and he replied “Be my advocate.”

Three years later, we are still standing together and fighting to have prostate cancer research funded. We know that current research might be a life saver in our future but it also may prevent all of our sons having to go through the treatments that our generation has gone through. Perhaps our grandsons will not even have to worry about this disease if we speak up now.

The Us TOO motto, Sea Blue, stands for Support, Educate & Advocate and though we are well known for our support chapters and our educational literature, we are about to become well known for our advocacy as well.

Join me in showing our power against this disease. Come as a force to Zero’s Summit in Washington DC, wear a blue ribbon pin so people can see how many of us are affected by this disease, use your voice to explain what prostate cancer is and stand up for the generations to come. Together we are power. ~ Jean

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
Your Right to Early Detection is Under Attack
States Target Coverage of Early Detection Tools

State legislators, empowered by the draft recommendations of the United State Preventive Services Task Force, have targeted life-saving early detection tests and diagnostic tools under the guise of fiscal restraint.

In Virginia, a bill has been introduced that would repeal state-mandated health insurance benefits that are not included as essential health benefits under the Affordable Care Act.

In Vermont, a bill has been filed to eliminate the state mandate requiring insurance coverage of PSA tests.

**How does this affect you?** You should be concerned about policy makers making decisions that affect your access to tools and care that allow you to live a longer, healthier life. These actions could affect your ability to get tested for cancer and other diseases as early as next year. **Don’t wait – get involved today.**

You can also check out the state section of ZERO’s Legislative Action Center for ways to get involved and contact your elected officials visit:

http://capwiz.com/zerocancer/issues/bills/?type=ST

Just because there is no pending legislation listed for your state does not mean things aren’t happening where you live. That’s why ZERO and Us TOO need your help to stay on top of what’s happening in your hometown and around the country. Want to do more to advocate for prostate cancer testing and research on a local level? Contact David Uhl from ZERO @ david@zerocancer.org or Jean Jeffries from Us TOO @ jean_jeffries@hotmail.com to get involved today.

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**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 and contact your local officials today!**

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Us TOO International is pleased to announce it's partnership with The Money Box Cap 2k Open Water Race & Pledge Swim to be 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 for Support, Education, Advocacy, Awareness & Research

To join the Us TOO Fundraising Team or to pledge a donation go to: [www.ustooevents.org/cap2k](http://www.ustooevents.org/cap2k)

To learn more or sign up to swim the event go to: [www.cap2k.com](http://www.cap2k.com)

To "like" the Cap 2k on Facebook see: [http://www.facebook.com/cap2k](http://www.facebook.com/cap2k)
The Fourth Annual
Edward C. Kaps Hope Award
2011 Awardees

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

Who can be nominated?
An Us TOO International support group volunteer. Nominees can
include, but are not limited to, support group leaders, leaders of
your spouse/companions group, special event volunteer, or any
other volunteer whose leadership and commitment is vital to the
success of your support group/chapter. The size of your group is
not a criteria, the size of the heart of your nominee is!

Here are the recipients for 2011

Willie C. Stewart
Bob Horney
Lew Musgrove
George Mirich
Bill Krellner
Vin McDonald
In memoriam:
Mike Jones

Congratulations to all!
Willie is a strong community leader. He was an educator for many years, principal of Lincoln High School and school board chairman in his retirement. When you mention Willie’s name in Tacoma, you usually get instant recognition. That recognition often is because the person has been one of Willie’s students.

Willie facilitates the Thursday meeting of our Us TOO Tacoma Prostate Cancer Support Group. He started and has lead the group for nineteen years. He is always mindful and consistent in meeting the needs of the members. He encourages but does not insist that members share their journeys and concerns. He makes sure there is adequate time to listen to new members and those who have a rising PSA after treatment.

The Tacoma Prostate Cancer Support Groups Steering Committee also meets once a month and Willie helps to chart the direction of the group.

Willie is highly respected by his peers in the prostate cancer community and has made great strides for those in “the trenches” dealing with their disease.

Jack Hudspeth from the Us TOO Tacoma group shares, “Willie has been my mentor and friend for more than 13 years. I first met Willie shortly after my prostate cancer diagnosis when I attended my first meeting in 1998. He is the consummate volunteer and has been recognized often for his community involvement for several events that he has spoken at. I have learned much from him, but the most important thing he has taught me is, giving back is so much more rewarding than receiving.”

Willie shares his thoughts on winning the award with Us TOO:

Dear Thomas,

I graciously accept from the Us TOO Staff and Awards Committee the prestigious Us TOO International Edward C. Kaps Hope Award. Thanks to the persons who recommended and made the selection.

As a prostate cancer survivor for 20 years, it is exciting to be associated with Us TOO in the fight to find a cure for prostate cancer. My involvement with the Us TOO group in Tacoma provides an opportunity for advocacy, education, outreach and advancement of prostate cancer awareness throughout the community. Us TOO International’s provision of HotSheets and other support materials enable our Chapter to be more effective in our endeavors.

Regrettfully, due to personal family health issues, I am not able to attend the ceremony to receive the award. Again, thank you and congratulations to the other recipients!

Sincerely,

Willie C. Stewart

Us TOO Tacoma, Washington
Bob Horney
Us TOO Florence, Oregon

Bob was diagnosed with prostate cancer in 2001. He had a radical prostatectomy in January 2002 and in November of 2007 began External Beam Radiation and Lupron therapy due to increasing PSA.

Since 2001 Bob has been the driving force of prostate cancer awareness and education by facilitating a support group in Florence, Oregon. Bob is an extremely dedicated advocate for prostate cancer survivors and a never ending source of knowledge on PCa. He uses this knowledge to help men evaluate their diagnosis and guide them through their journey with prostate cancer.

Bob is constantly searching for ways to get information and resources out to men, especially newly diagnosed men, to help them get through their “journey “. One way he has done this is by creating notebooks “Journeys”. These notebooks include Personal Prostate Cancer Journeys as well as news releases, information shared at meetings by doctors and other medical personnel and complementary therapists. The notebooks are left in urology offices and at support groups for patients to take home and read, learn and ask questions. These notebooks are such an invaluable resource! He has these journeys published each month in the local newspaper as well.

Bob has also set up “tele-consults”. The first tele-consult reached all the way to Ketchikan, Alaska. Bob had been communicating for several weeks to a recently diagnosed man and suggested he call during the support group meeting while a doctor was present and was able to ask any questions of the doctor and group members.

Bob is ALWAYS ready and willing to help in any way to promote prostate cancer awareness and does so by volunteering in many events, speaking to anyone who will listen about prostate cancer and he has even created a local Us TOO website.

Stephanie Kerns from Oregon Urology Institute shares, “Bob has been their beacon of reason and education when men and their families are a drift in a sea of emotion. He has touched the lives of so many through the years that many feel he is the reason they made it through their cancer journey. Bob has educated thousands of men of all ages on the importance of screening and early detection. He has even gone toe-to-toe with the American Cancer Society’s Oregon Chapter regarding their recommendations and screening. He went as far as severing ties with them after almost 10 years of partnership with their Man to Man group. Bob has been an inspiration to others which he has helped start two additional support groups in Oregon with his tutelage. “

We are all blessed to call him friend, advocate and survivor.

These are only a few of the examples of what he has done. Bob is a TRUE INSPIRATION to so many and his devotion to promoting prostate cancer awareness. ~ The Physicians of Oregon Urology Institute
Lew Musgrove
Past Chairman of the Board, Director Emeritus
Us TOO Las Vegas

Lew has served for over 20 years with Us TOO both locally and with Us TOO International as a volunteer helping men diagnosed with prostate cancer. Lew’s reputation is well known in the prostate cancer community. Group Leader Tony Crispino shares, “When I started out, like many men with this disease, I was scared and worried about things to come. I turned to support groups both online and live. This is where I ran into this terrific support group serving Las Vegas. Lew was heading that group as he had for fifteen years. When he retired at the end of 2009. Lew asked me to take the reins of the group but I asked him to please stay close which he has. Lew continues to be a part of Us TOO Las Vegas in many ways. Recently he went on television to promote our 1st Annual “This One’s for the Boys” prostate cancer awareness walk – a joint effort for Us TOO Las Vegas and 21st Century C.A.R.E foundation.

In the past Lew served as Chairman for Us TOO International, The Nevada Cancer Coalition, The Nevada Governors Committee on Prostate Cancer, The California Prostate Cancer Coalition, The Prostate Cancer Roundtable – and many other volunteer programs in the work for prostate cancer awareness. Jackie from the Us TOO home office shares, “Lew has been around a long time, and he has always been very kind to me.

Ed Kaps shares his thoughts about Lew, “I was so glad to see that Lew was chosen to receive the Hope award this past year. Lew was one of my backers when he served on the board back in the early 90’s. Lew has been a dedicated, sensitive, honorable, knowledgeable and contributing member of Us TOO for many years. He is a great guy, he has no enemies and he will help you 24/7 and has all these years.

Leader Tony Crispino also says, “I am honored to serve as his successor leading Us TOO Las Vegas. It is with great admiration for the efforts that Lew has unselfishly done for others that I try to keep the ship sailing. He has left some very large footprints to follow. I speak for an entire group of men living in Las Vegas ~ Lew Musgrove deserves to be an Ed Kaps Award winner because he is indeed a winner in all aspects of his life.

Tom Kirk, Terri Likowski, Us TOO staff, and Lew Musgrove at the Us TOO annual Meeting and Kaps Award Ceremony held in Chicago this past December.

Lew Musgrove traveled to Chicago for the Awards Ceremony and gave a “heartfelt” acceptance speech.

Lew Musgrove, Director Emeritus

“*For those who have not met Ed Kaps, you would be in for a treat. Those of us who are “old-timers” know that Ed is a legend in the Prostate Cancer world. He is responsible for adding more Us TOO chapters than any other single person.

When the Ed Kaps award was started, I thought it would be nice to be awarded that honor but I wasn’t one to nominate myself. The nomination came this year and I was thrilled to received notification. As time drew near for the award ceremony, many thoughts came to mind about Ed during that time.

When I became Chairman of the Board, the first person to call and congratulate me was Ed Kaps. We visited a number of times in that first year as Chairman and his thoughts and advice were always welcome. We still visit from time to time and as always, I look forward to those visits.

Again many thanks to those who were involved in the selection and the actual ceremony itself. “ ~Lew Musgrove
George Mirich
Us TOO Sierra Vista, Arizona

The entire membership of Us TOO Sierra Vista nominate our group leader George Mirich for the 4th Annual Edward C. Kaps Award. George is a dynamic individual. He is totally committed to improving awareness of the benefits and importance of screening and early detection, which can improve survival and save lives. George is extremely innovative, hard working and dedicated to helping men with prostate cancer and their families deal with the effects of this disease.

A Prostate Cancer speaker’s service was established with George as the lead speaker. Additionally 4 PC survivors from the Us TOO Sierra Vista Chapter did “awareness” commercials on a local TV network. The station also agreed to run a trailer on the bottom of the TV screen announcing any special event the chapter is promoting. The four local radio stations in the community aired short Prostate Cancer messages, during Prostate Cancer Awareness Month.

George also created the Chapter website and is the editor-in-chief of their quarterly newsletter.

In April of this year, the chapter opened a new prostate cancer resource center in the offices of Bright Star home care. The purpose is to make Prostate Cancer information available to interested men, their families who are not interested, nor able to attend chapter meetings. The center is hosted by volunteer chapter members.

In September of this year our group sponsored a dual prostate/breast cancer event with the Southwestern AZ chapter of Susan G. Komen foundation. The goal was to provide information concerning Breast and PCa with focus on the individual patient. By Collaborating with Komen, Us TOO Sierra Vista gained access to 35,000 women in SE AZ and their husbands, fathers brothers and partners. This effort lead the way to potentially expand the chapters outreach to a wider population, and reach more men through their wives.

In the little spare time George has left, he volunteers to provide transportation to and from Doctors and hospital appointments for cancer patients who are not able to drive themselves. George shares his thought on receiving the award.

“I have a life because of the encouragement and support of my wife of 42 years. I have a life because of the superb leadership of Tom Kirk and the reliable support and dedication of Us TOO’s Terri Likowski, Pamela Barrett, Jackie Koniecza, and Ryan Maguire. A life of purpose is a life with purpose.” ~ George

Heartiest greetings to all of you from the members and supporters of Us TOO Sierra Vista, AZ. And our congratulations to all the recipients of the Edward C. Kaps Hope Award.

I regret that I can’t be with you tonight, but I will be present in mind and spirit. And what a privilege and honor for me to be among you and receive this award!

I’m frequently asked: “Do you have a life outside of Us TOO?”

My answer is: Yes, I have an expanded and meaningful life which I owe to many people.

- I have a life because of the doctor who diagnosed my disease. - I have a life because of the Oncologist and Urologist, who prescribed the right treatment for me and continue to see me annually. - I have a life because of the strong support I receive from the members in my Us TOO chapter. I have a life because of the medical professionals and researchers who donate their time and energy and to all those who so generously donate money in the battle against prostate cancer. - I have a life because of the encouragement and support of my wife of 42 years. - I have a life because of the superb leadership of Tom Kirk and the reliable support and dedication of Us TOO’s Terri Likowski, Pamela Barrett, Jackie Koniecza, and Ryan Maguire. - I have a life because I have been mentored in chapter leadership by Bill Palos, who is the chapter leader of the 400 member Greater Quad Cities Us TOO prostate cancer support group serving men and their families for 18 years. - I have a life because I am inspired by Tim Barber, Tempe, AZ police detective, diagnosed with prostate cancer at age 40, and passed away at age 42 August 27, 2011 whose mission in his short life was to proclaim to all men “don’t be stupid get tested today.” - I have a life because I recognize that a life of purpose is a life with purpose.

I leave you now with a quote by Daniel Coleman, author of the book Emotional Intelligence, that answers the question: “Do you have a life outside of Us TOO”? (Quote, Self absorption in all of its forms kills empathy, let alone compassion. When we focus on ourselves our world contracts as our problems and preoccupations loom large. But when we focus on others, our world expands and our problems drift to the periphery of the mind and so seem smaller and we increase our capacity for connection-compassionate action.

Thank you for nominating me for this very prestigious award ~ George Mirich
Bill Krellner
Us TOO Buffalo Metro Center, Western New York

A five year survivor, Bill stepped into a leadership role after one year of recovery by serving with the chapter’s education and outreach program headquartered at (though not affiliated with) the Buffalo Veterans Administration Medical Center. Following the death of the chapter’s previous leader, Bill McLaughlin, Bill Krellner—with input from a number of men who worked together to help see the chapter survive—eventually took over as chapter leader and has helped to revitalize the program’s effectiveness in Western New York.

Bill has revived the chapter’s educational presentation format, inviting local treatment providers and manufacturer representatives to offer new information about treatment protocols and possibilities. At the same time, as the leader of one of the local meeting groups, he ensures that meeting time is always available for newcomers to be recognized and assisted to present their concerns. He later follows up with these men in telephone conversations to be sure their needs have been addressed. He has assumed a role as an active patient advocate at a local consortium meeting where newly diagnosed cases are presented for treatment discussion and recommendation. In this fashion, he has been identified in the community as the person to contact when seeking information about Us TOO and treatment possibilities, and he gives hours of his time to such requests for help and assistance. He has assisted in outreach to and encouraged local group involvement for traditionally underserved populations. He has taken on the role of media contact person so that ad placements inform the general public of chapter meeting times and locations. He is the literature provider for local meetings, provides email updates on prostate cancer matters, and either directly participates or organizes group members to provide outreach material at local health fairs. Most recently, he has become the point person for reorganizing the chapter’s volunteer outreach service at the Buffalo VA Hospital when room reallocation disrupted this community offering.

Seymour Hesch from the group shares, “Bill has been the mainstay of the Us TOO of Western NY groups since Bill McLaughlin was no longer able to lead (and has since passed away). Bill has really extended himself in holding our organization together during some trying times.

Bill’s service has kept alive the Us TOO message of hope for prostate cancer sufferers and their families in Western New York. And, most importantly, he has done it with humble grace, giving this gift of his time and energy without seeking acclaim.

“Receiving the Edward C. Kaps Hope Award meant the world to me. I never expected such a prestigious award or thought that I deserved it. I learned a tremendous amount from our former leader, Bill McLaughlin, who passed away on December 24th, 2009. He said that if I helped one man fight this dreaded disease, I could be proud of what I accomplished. Since then I’ve decided to help every man that approaches me with support, education, advocacy, and kindness. I am proud to have received this award and all the other recipients should be as well. Thank you and keep up the good work.” ~ Bill Krellner
Vin McDonald
Us TOO Walter Reed National Military Medical Center, Maryland

Vin is President of the Board of Directors of the Walter Reed National Military Medical Center Us TOO support Group. Vin has been involved with the chapter for more than ten years. The Chapter is a very active group of prostate cancer patients and survivors who live in the Washington DC, Maryland and Virginia area.

Some of the Chapters activities under Vins leadership include daytime and evening monthly meetings. The meetings offer fellowship and camaraderie, with frank discussion and exchanging information and support for newly diagnosed and continuing care patients. The meetings are focused on providing direct support to local members and their families because prostate cancer is a family disease.

Vin is responsible for creating the twelve page quarterly Newsletter which contains information of interest to men with prostate cancer and to their families. It has an extremely wide distribution to about 1800 people electronically. Vin has dedicated himself to the Newsletter and is the editor. He is responsible for the format, content and is the subscription manager.

He also maintains a Counselors list. The list provides the names of 40 individuals willing to share their experiences with the multiple forms of prostate cancer treatment, and takes a keen interest when arranging for the health care professionals who come to speak to their members. Vin keeps very up to date on what is currently happening in the prostate cancer world.

He also is involved with “Honor Flight Hosts”. Group members act as personal escorts for World War II veterans visiting the national World War II Memorial and other major memorials in Washington DC. While visiting with these folks he discusses health and well being issues with them and lets them know he is always available to assist them with any questions or concerns they have about their own health issues.

Nominated by the Chapter, Vin has performed as a prostate cancer consumer representative in the Congressionally Directed Medical Research Program on multiple occasions.

As a consumer Representative, he supplies collective views of survivors, patients, family members, and persons affected by and at risk for prostate cancer, ensuring the human dimension is incorporated in the program policy, investment strategy, and research focus.

Fred Gersh shares, “Vin McDonald has done a magnificent job as the President of the Board of Directors of the Walter Reed Us TOO Group. He stays aware of everything taking place in the prostate cancer community, and always follows up and stays connected with those he counsels along the way.”

Vin graciously accepts his award at the Annual Dinner and Awards Ceremony in Chicago. Vin shares, "I am grateful to Us TOO for honoring me with the Kaps Award for 2011. I thank the Walter Reed Us TOO Chapter for recommending me for it. In large measure it is due to the efforts of so many Walter Reed volunteers that I received this recognition, and so I accepted the award on their behalf.”

"My wife Carroll and I enjoyed meeting the other awardees, and we especially appreciated the fine hotel accommodations and the travel arrangements arranged by the Us TOO staff. It was a memorable experience!" Vin said.

Give Hope
You are invited to help Us... help them TOO!
www.ustoo.org/DonateHope
In – Memoriam

Mike Jones

(1945–died January 22, 2012)

Us TOO Austin, Texas

Mike Jones had been the Regional Director for Texas, and Chapter Leader of the Austin group for over 10 years.

For those of you who did not know, or had never met Mike Jones, when first introduced, your first impression might be that he is a “mean guy”, rough and tough. Keith Hoffman from the Austin group shares his story about the first time he met Mike. “When I was first diagnosed with prostate cancer in 2009, Mike agreed to meet me at a Denny’s Restaurant here in town. It was a convenient place for the both of us to meet, but it wasn’t in the best neighborhood. Realizing that I had no idea what Mike looked like when walking in, my eyes immediately fell on a biker looking guy with a tank top, shaved head and some tattoos. As I approached, he shook my hand and without letting go looked me straight in the eye and said, “Do you think a mean old guy like me deserves cancer? It’s time to stop your pity party and take control of what you’ve been given.” From that moment on, all of my energy for personal recovery, volunteering and counseling others has come from the initial spark that Mike gave to me.

For those of us who had the privilege of really getting to know Mike, you understand that he was truly a special individual who would do anything for a friend in need.

Mike often spoke of his own discussions with God after his experience with a traditional prostatectomy that had complications. Lying in his hospital bed, he looked up and said, if you help me get out of this mess, I promise that I will make it my personal commitment to make sure I reach every man I can and tell him about prostate cancer.”

Mike raised thousands of dollars for Us TOO throughout the years by organizing bowling tournaments, fishing tournaments, joining a “virtual” team for the Chicago SEA Blue event, and Pints for Prostates Events. He organized PSA screenings with St. David’s Hospital in Austin the past several years.

When Ike Cummings, a friend of Mikes was diagnosed with prostate cancer he traveled from Washington to have his treatment in Austin, Texas. “Mike was by my side during the entire pre-op and operations” shares Ike. “He and his wife Kathleen took me to their home after my release from the hospital and cared for me for twelve days. I will never be able to return such care, love and friendship.

Most recently, Mike had been dealing with two new cancers, one being metastatic lung cancer and was undergoing extensive radiation and chemotherapy treatment. I am saddened to share that Mike Jones passed away last month on January 22, 2012.

In all of his nomination letters, the same words came up over and over. Committed, compassionate, unique, dedicated, loyal, big heart, dependable, love, friendship.

Terri Likowski was a close friend of Mikes, and attended his care service in Austin last month. “It was amazing how such a sad situation filled me with a combination of grief, yet incredible strength and love. Being able to spend time with Mikes closest friends and family only re-enforced what I already knew. Mike Jones was truly a special man who I feel honored to have known if only for the past five years. One of the things he taught me about life, was to believe in myself! He said that God had a plan when he brought me to the Us TOO organization. Mike made me feel special, he made me feel good, about me! Not many people take the time to tell you things like that. He had the same effect on every person I met that weekend. Many of his friends shared the same feelings. Mike, took the time, to make you feel good about you! It makes me smile when I think of him flying around up in heaven on the wings of a huge white dove, having the time of his life, watching over everyone! I know I have one heck of an angel on my shoulder, it gives me comfort knowing that.” Terri shares.

Bob Wright from the Us TOO McAllen Texas shared, “It would have been five years ago April 11 that Mike Jones along with Dr. Randy Fagin of the Texas Institute of Robotic Surgery came to McAllen Texas in the Rio Grande Valley of south Texas to help launch the only Us TOO Prostate Cancer Support Group in the Valley...after speaking to over 200 people that day, celebrating being Us TOO McAllen Day proclaimed by the Mayor of McAllen Richard Cortez (a prostate cancer survivor and strong supporter) we all reveled in the launching of one of Mike’s dreams that has literally brought the togetherness of healing to hundreds of men and their spouses in our part of Texas. Mike said some day our Chapter would be as big as his Austin group, and at our last meeting we Celebrated HIS life and HIS dedication to Us TOO. It did happen, we had over 50 attendees packed into the Community Room of Texas Oncology McAllen as Dr. Restrepo and Dr. Wahid thanked Us TOO, we watch Mike on the screen as we toasted him with real champagne and much joy!

In lieu of flowers, the Jones family has requested memorial contributions be made to Us TOO International at:

www.ustoo.org/mikejonesmemorial

Thank you for helping to honor Mike with a contribution to the organization he loved, and devoted so much time and effort to.
Us TOO Recognizes 2011 Prostate Cancer Business Leadership Council Members and Supporters

In conjunction with the 2011 Us TOO International Board of Directors Annual Meeting, Us TOO held the annual meeting of the Us TOO Prostate Cancer Business Leadership Council (PCBLC) on Friday, December 2, 2011 in Chicago. The PCBLC fosters regular communication between the Us TOO Board of Directors and invited biotechnology, device and pharmaceutical companies working in the Prostate cancer arena to create an easier and more consistent way of sharing goals, perspectives and resources. The group discusses issues, ideas and/or concerns especially those related to patient needs and advocacy.

Standing L to R: David Lubaroff/Us TOO BOD, David Houchens/Us TOO BOD Treasurer, Sara Campbell/Sanofi Oncology, Rick Tazioli/Sanofi Oncology, Lindsay Bohlander/Sanofi Oncology, Joel Beetsch/Sanofi Oncology, Jean Jefferies/Us TOO BOD, Kip Cross/Millennium Pharmaceuticals, Howard Kaczmarek/Us TOO BOD, Jim Rieder/Us TOO BOD, Hal Teuscher/Us TOO BOD, Scott Riccio/Dendreon Corporation, Rick Lyke/Us TOO BOD, Ellen Ivey/Janssen Biotech, Kay Lowmaster/Us TOO BOD Vice-Chair, Jack Shaff/Us TOO BOD, Melanie Jaeger/Varian Medical Systems, Jerry Hardy/Us TOO BOD, Barbara Attridge/American Medical Systems, Ridge Taylor/Us TOO BOD Secretary

Sitting L to R: Catherine Bonetti/Accuray, Gloria Dillard/Abbott Oncology, Tom Kirk/Us TOO President & CEO, Fred Mills/Us TOO BOD Chairman

Corporate supporters for 2011

Diamond Level - Sanofi Oncology

Platinum Level - Dendreon Corp. & Novartis Oncology

Emerald - Millennium Pharmaceuticals, Janssen Biotech, Medivation, Astellas Pharma US, Abbott Oncology

Sapphire – Accuray, Genentech

Gold – Amgen Oncology, Veridex

Bronze – UroPartners Prostate Center at the Glen, American Medical Systems

Friend – Mediaplanet, Endocare, Mitomics, BlueCross BlueShield Association, Varian Medical Systems, GTx, Medrad Radiology ProCure Proton Therapy Center, Sport Clips, Watson Pharmaceuticals.

Tom Kirk presents Ellen Ivey from Janssen Biotech Certificate of Appreciation!

Sara Campbell, RN, BSN, OCN, Oncology Community Science Liaison, US Medical Affairs with Sanofi Oncology presented the Bill Blair Memorial Lecture, “Current and Future Directions in Prostate Cancer.”

Interested in becoming a Corporate Supporter for Us TOO International?
Please contact:
Pam Barrett @ pam@ustoo.org
Support Groups and Chapter Leaders

If you have not already done so, please read the
“Us TOO Support Group and
Chapter Review Process Kit”

At the August Us TOO University, a new Policy developed by the Program Committee, and approved by the Us TOO Board of Directors, was announced. This policy calls for all groups working with Us TOO to meet the requirements of updated standards and to sign a Teaming Agreement. Copies of several new documents were shared with those who attended the Us TOO University “Teaming for Success” meeting.

We are sharing the information with you and beginning the implementation process. Our goal is to deepen our relationship between the home office and your group. We recognize we cannot get to all of the 300 plus groups right away, so we plan to address this in a tiered manner, working with those most motivated first.

The Us TOO Support Group and Chapter Review Process Kit contains three booklets; a Chapter Standards, a Standards Self-Study Work Sheet and a Teaming Agreement booklet.

We would like you to see the information, and become familiar with it. Some of you have already attended conference calls with the Us TOO Staff to review and have sent in your signed Teaming Agreements. Please start sending in your signed Teaming Agreements to the home office. For those of you who have more questions, please contact terri@ustoo.org. If you have not had the chance to be on a conference call with the staff, we will be scheduling more calls in the next two weeks. Please watch for more information on how to register for these calls. Thank you for your cooperation and participation!

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 those of you who are interested in receiving additional copies of Dr. Moyad’s book, call Jackie at the Us TOO home office at 630-795-1002 or email her @ Jackie@ustoo.org
PORTLAND, OREGON – The inaugural Pints for Prostates Portland Pale Ale Invitational will be held on July 25 from 5:30-8:30 p.m. at Tom McCall Waterfront Park in Portland, Ore. The event celebrates the allure, complexity and flavors of pale ale.

The tasting event features pale ales from a dozen Oregon breweries and a dozen breweries from around the globe. Presented by Beer West magazine in conjunction with the Oregon Brewers Festival, the event benefits the Pints for Prostates campaign.

"We are bringing together a collection of great pale ales in a city where pale ales are truly appreciated, all to raise awareness about an important men’s health issue," said Rick Lyke, a drinks journalist and prostate cancer survivor. Lyke founded Pints for Prostates in 2008 after successful prostate cancer surgery. "Our goal is to reach men through the universal language of beer with a message about the importance of early detection."

Tickets for the Portland Pale Ale Invitational are $30 and will be available online starting on March 1 at http://www.pintsforprostates.org. All net proceeds support the mission of the Pints for Prostates campaign.

"We are excited about the brewers that have agreed to take part and the world class pale ales they will be pouring. Beer fans will get the chance to try a wide variety of pale ale styles in a single session," said Megan Flynn, publisher and editor-in-chief of Beer West magazine. "Pale ales have become America’s favorite type of beer. This event salutes the passion brewers and beer drinkers have for pale ale."

The 24 participating breweries include: BridgePort Brewing, Portland, Ore.; Caldera Brewing, Ashland, Ore.; Cascade Brewing, Portland, Ore.; Deschutes Brewery, Bend, Ore.; Fire Mountain Brew House, Carlton, Ore.; Firestone Walker Brewing, Paso Robles, Calif.; Full Sail Brewing, Hood River, Ore.; Lompoc Brewing, Portland, Ore.; MacTarnahan’s Brewing, Portland, Ore.; Moa Brewing, Marlborough, New Zealand; New Holland Brewing, Holland, Mich.; Ninkasi Brewing, Eugene, Ore.; NoDa Brewing, Charlotte, N.C.; Odell Brewing, Fort Collins, Colo.; Oregon Brew Crew, homebrewers from Portland, Ore.; Rogue Ales, Newport, Ore.;
Sierra Nevada Brewing, Chico, Calif.; Silver City Brewery, Bremerton, Wash.; Snake River Brewery, Jackson Hole, Wyo.; Southern Oregon Brewing, Medford, Ore.; Stone Brewing, Escondido, Calif.; Surly Brewing, Minneapolis, Minn.; Tree Brewing, Kelowna, British Columbia; 21st Amendment Brewery, San Francisco, Calif.; and Wells & Young 's, Bedford, United Kingdom.

This year marks the 25th annual Oregon Brewers Festival so we are proud to be able to help support Pints for Prostates by making our venue available for the Portland Pale Ale Invitational on the eve of our silver anniversary, " said Art Larrance, one of the founders of the Oregon Brewers Festival. "The Oregon Brewers Festival is already one of the world 's biggest beer events and the Portland Pale Ale Invitational is another reason for people to visit and enjoy great craft beer."

Judges at the Great American Beer Festival award medals in seven different pale ale categories. Pale ale categories attract the most entries and are the hottest contested.

"Men are 33 percent more likely to develop prostate cancer than women are to have breast cancer, yet few men know about the critical importance of early detection," Lyke said. "The support of Beer West magazine, the Oregon Brewers Festival and the two dozen great craft brewers donating beer for the event will help us reach an audience that needs to hear our message."

About Pints for Prostates

Pints for Prostates is a 501(c)3 campaign that reaches men through the universal language of beer to encourage them to take charge of their health. The group was founded by prostate cancer survivor and beer writer Rick Lyke in 2008. The grassroots effort raises awareness among men about the importance of regular health screenings and PSA testing by making appearances at beer festivals, social networking and pro bono advertising. According to the National Cancer Institute, 240,890 new prostate cancer cases were diagnosed in the U.S. in 2011. More information is available at www.pintsforprostates.org. Pints for Prostates also has a presence on Facebook and Twitter (@pints4prostates).

About Beer West Magazine

Founded in 2007, Beer Northwest has grown to become the leading beer culture and lifestyle magazine in the Northwest. In January 2011, the magazine expanded into California and became Beer West. The magazine covers the thriving West Coast beer market and is the only regional publication of its kind. Beer West has more than doubled its circulation and visibility in the past year, with a focused readership of 80,000 beer and food enthusiasts. Beer West is a celebration of the unique Western beer-loving life.

About the Oregon Brewers Festival

The Oregon Brewers Festival is one of the nation's longest running and best loved craft beer festivals. Situated on the west bank of the Willamette River, with towering Mt. Hood as a backdrop, it is the ideal venue for anyone who loves craft beer. With a laid back attitude and scores of award-winning beers, the festival reflects the essence of the city of Portland, and is the crowning jewel of Oregon Craft Beer Month. The OBF was at the forefront of exposing craft beers to the public. A total of 84 craft breweries from all parts of the nation will serve more than 30 beer styles to nearly 80,000 beer lovers from around the world. Another 50 specialty beers will be available for tastes in the Buzz Tent.
Win a Trip for Two to Belgium
A Week in Beer Heaven!

Brussels, Brugge & Gent

Sept. 7-15, 2012

- Beer Lover’s dream trip to three of Europe’s
great beer cities.
- Roundtrip Airfare for Two from the Continental
United States
- Seven Nights in Fine Centrally Located Hotels
- Brewery Tours
- Abbey Visits
- Escorted Cafe Crawls
- Guided City Tours

Includes Breakfast Daily/3 Beer Dinners/2 Beer Lunches
Train & Private Coach Transportation

Hosted by BeerTrips.com

Total Value: $6,500 – Drawing on 7/29/12

Tickets are available for a $10 donation/3 for $25
donation/7 for $50 donation

If you do not attend a Pints event, but are interested in
tickets, contact terri@ustoo.org

Must be 21 years old to enter. All raffle proceeds benefit
Pints for Prostates (www.pintsforprostates.org), a reg-
istered 501 (c) 3 charity fighting prostate cancer.

BeerTrips.com is offering this special Pints for Prostates
group tour to Belgium to the public on a limited basis.
Just 14 slots are available for this tour at $2,195
(+ air) based on double occupancy ($400 single
room supplement). The tour will be hosted by Pints for
Prostates founder and beer journalist Rick Lyke. Visit

Pints Events on “TAP”

- 3/10 The grapevine’s Beertopia, Fort Mill, SC
- 3/10 X-Treme Beer Festival, San Luis Obispo, CA
- 3/21 Common Market’s Brewery Alleyway Rumble,
Charlotte, NC
- 3/30 Atlantic City Beer & Music Festival Atlantic City
- 4/14 Thirsty Orange Beer Extravaganza, Johnson
City, TN
- 4/14 Raleigh World Beer Festival, Raleigh, NC
- 6/14 Pike Pub & Brewery Pints for Prostates Day,
Seattle, Wash.
- 6/27-7/21 Flying Saucer Draught Emporium Belgian
Beer Promotion at 15 locations in Texas, Arkansas,
Missouri, Tennessee, South Carolina and North
Carolina
- 7/25 Pints for Prostates Portland Pale Ale Invita-
tional, Portland, Ore. (Tickets go on sale March 1 )
- 7/26-29 Oregon Brewers Festival, Portland, Ore.
- 9/7-9/15 Pints for Prostates Belgian Beer Tour with
BeerTrips.com (Very limited space remains on this
small group tour)
- 10/11-10/13 Great American Beer Festival, Denver,
Colo.
- 10/12 Pints for Prostates Denver Rare Beer Tasting,
Denver, Colo.

For more information about these events go to:

www.pintsforprostates.org

If you would like to volunteer to work a booth at one of
the above events, please contact terri@ustoo.org
Companions..A Family Matter
Us TOO's Companion and family Advisory Panel continues to put a face on prostate cancer's impact on the entire family.
This issue we share the first of a series of articles from the founder of “Solutions for Intimacy”.

Women Are Prostate Cancer Survivors Also
How I Supported My Husband through Prostate Cancer and Learned to Live a Life that Thrives
By Cindie Hubiak

If you’re reading this, you’ve probably been there. My husband, Steve Frohman, and I were out of town at a retirement party at the Jefferson Hotel in Richmond, Virginia. The soup had just been served when Steve gave me “the look” and quickly left the room to take a call. I played with my soup until he returned, unable to force a bite down my throat.

When he returned, he leaned over and whispered in my ear, “The biopsy showed cancer. It’s not urgent. We have time to make decisions.” Somehow we got through dinner and the retirement celebration. We left the party as soon as we could, retreating to our hotel room to hold each other and process the news of Steve’s cancer diagnosis.

That night he asked that I not share the news with anyone and I agreed. This one, seemingly small decision of ours caused more pain than anything else. We wouldn’t fully realize it until years later.

I wasn’t prepared to deal with this news, and hopefully you supported your man better than I did. Like many men, Steve became introspective and moved into what I call survival mode. He focused completely on the treatment options, immersing himself into reading and talking with medical professionals. He seemed to withdraw from me and couldn’t talk about his feelings. I felt hurt, alone and afraid, which caused me to withdraw.

Reflecting back, I discovered three ways I could have responded to better support Steve (and myself).

Honor a man’s way of approaching problems.
I now admire a man’s ability to focus and take care of himself in a time of crisis. I didn’t value these traits when Steve received his diagnosis, probably because I didn’t understand the differences between men and women. For most women, we take care of others at the expense of ourselves and can easily get distracted from the main goal. For most men, and certainly with Steve, this is not the case.

By focusing on himself to the exclusion of everything else, Steve believed he was supporting me in the most important way. He did everything he could to regain his health. In his mind, if he didn’t become cancer free, he wouldn’t be here to take care of me in the future. This approach is not selfish. It’s loving. Accepting and understanding this different way of solving problems would have allowed me to support Steve in a better way.

Stay in the present moment.
This continues to offer the biggest challenge in my life, and I continue learning new ways to keep myself from revisiting the past and worrying about the future. I didn’t stay present after Steve’s diagnosis. I found myself mostly going into the future, afraid that the cancer wouldn’t be cured, wondering about our sex life after treatment and whether Steve would become incontinent.

Soon after Steve’s diagnosis, my mom was diagnosed with Alzheimer’s disease, which led me to learn about the importance of staying present. Still reeling from Steve’s surgery and recovery, my sister and I suddenly became my mom’s caregivers. I lived two hours away from my mom; my sister lived across the country. As I read Pema Chödrön’s book, When Things Fall Apart, I finally understood how much energy I lost by worrying and how fear weakened me. By staying present, I could have used my added strength to support Steve in many more ways.
Grieving is an essential part of life. Often we believe grieving only applies when someone dies. In order to fully process what life brings us, we must understand the importance of grieving change, in addition to loss. A diagnosis of prostate cancer brings a lot of change into life and a lot of reasons to grieve. Women who learn to grieve throughout their prostate cancer experience will find themselves stronger, happier and more able to support their man.

Often men don’t grieve well, as many interpret experiencing feelings as a weakness. It may not be best for them to grieve before treatment. They may need to keep their attention focused on becoming healthy. At some point, though, every man must grieve his losses in order to completely heal. Eventually I was able to create a safe space for Steve to grieve. We used the five common stages (or phases) of grieving — anger, denial, bargaining, depression and acceptance — as reference points. This provided us with a language to process our emotions.

After receiving two second-opinions and researching his options, Steve chose to have his prostate removed. Fortunately his physical recovery was relatively easy and four years later, he still receives zero PSA test results!

My recovery, however, had only just begun. I didn’t view myself as a prostate cancer survivor at first. After all, my body didn’t have cancer, and I wasn’t in danger of losing my life. However, Steve’s diagnosis impacted me physically, emotionally and spiritually. I didn’t like myself after Steve’s recovery, and I didn’t like our relationship. I discovered that I had to heal myself in order to save our relationship.

Once Steve was out of the danger zone, my healing journey began. I learned new communication techniques to assist me in getting my needs met, I discovered how to balance my masculine and feminine energy, understanding how and when to use each one. Steve and I spent time with a Tantrika, enhancing our physical life after prostate cancer with new knowledge.

I uncovered destructive childhood patterns I needed to break, used music to process grief and reconnected with God in a more powerful way. I faced my own mortality.

When I used my prostate cancer experience as an opportunity to get to know myself better and change what didn’t serve me — voila — I became a better partner for Steve. Rather than focusing on how to fix Steve and fix our relationship, I placed my attention on the only thing I can control: me. Today, I don’t live just as a survivor. I live a thriving life and enjoy a fulfilling relationship with Steve despite our prostate cancer experience . . . or maybe because of it!

About Solutions for Intimacy:

Solutions for Intimacy, based in Scottsdale, Ariz., 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.
Us TOO Supports World Cancer Day - Zambia, Africa

Screening of “Life Before Death” has exciting outcome!

What started out as a Health Fair at Kitwe Central Hospital in Zambia turned into a proposal that was accepted to open a Tumor Center at the hospital. “This was the most unexpected outcome but a necessary one.” says Doreen Mwenya-Grant from the Cancer Support Network of Zambia. Kitwe Central Hospital serves a population of 2 Million people on the Copperbelt Province of Zambia but has no specialized facility for cancer treatment. A Tumor center added to that hospital will save a lot of lives.

Life Before Death was filmed by Moonshine Movies, and screened on World Cancer Day around the world by different cancer organizations. Providing the movie helped to influence the Hospital Administration to start this very important project.

The clinic shall operate according to the World Health Organization and National guidelines with a few exceptions/additions to suit our local conditions.

OBJECTIVES

The main objectives are as follows:
1. Prevention and early Detection
2. Effective Management
3. Quality follow up care

PREVENTION AND EARLY DETECTION

We intend to step up education and sensitization in the community to ensure every man above the age of 55 years have prostate cancer screening at least once/year. Every woman should know how to do an effective self breast examination. Every woman above the age of 28 years, have a pap smear at least once in three years, above 40 once every two years. Those above 50 to have it every year.

Health Education messages and awareness will be spread through Seminars and workshops in companies, organizations, churches and other institutions. Health Neighborhood committees will help disseminate information.

EFFECTIVE MANAGEMENT

Dr. Jonathan Mulenga a consultant surgeon will be in charge of the clinic. Other medical personnel include Dr Ibrahim - consultant surgeon and Nurses. CSNZ (Cancer Support Network of Zambia) members which include survivors will take turns in attending the clinic sessions to provide counseling to newly diagnosed patients and their families.

The Tumor clinic at KCH will be free of charge and available to screen all the patients referred from the peripheral clinics and community. All the necessary investigations will be done at Kitwe Central Hospital. Surgery where necessary will be performed by the two surgeons unless were other medical disciplines are indicated.

QUALITY FOLLOW UP CARE

Subsequent reviews will be done at the Tumor clinic. This will greatly reduce the hardships Patients are faced with regarding frequent traveling requiring one to have to frequently spend to find resources.
Johnny Payne, the Us TOO Harvey Floyd, Greenville Chapter Leader shares, "The 2011 Community Outreach was funded by the Prevent Cancer Foundation Grant. Each year we seek out and apply for available grants to fund our program.

Do You Know The Us TOO Mission Statement?

**US TOO INTERNATIONAL:**
**Our Mission**
Be the leading prostate cancer organization helping men and their families make informed decisions about prostate cancer detection and treatment through support, education and advocacy.

Suggestion from Jerry Katke, Us TOO Lombard, IL. Set up an information table with Us TOO educational materials and a sign in sheet at your meetings. Us TOO has excellent educational materials that are meant to be shared with your group.. And they are FREE!

Us TOO Greenville South Carolina Chapter Completes 2011 Educational Awareness Program

This program brings awareness and education to underserved communities throughout South Carolina

The primary purpose of our project was to continue our prostate health education outreach initiative. The secondary purpose was to encourage men to make informed decisions related to their prostate health which includes annual prostate screening. Our 1st goal was to educate at least 1000 African Americans through community outreach education sessions. Our 2nd goal was to make available free screenings for men at risk of developing prostate cancer, while increasing the percentage of African American men we screen. Our target population was African-American men and other underserved citizens of Upstate South Carolina. African Americans have the highest incident rate and the highest death rate of prostate cancer for any ethnic group in the entire World. Black men in South Carolina are diagnosed at an 80% higher rate than White men in South Carolina. Black men in South Carolina die at three times the rate of White men. PCF funding allowed us to continue our initiative to focus on underserved citizens through education and awareness. In addition to our education sessions and free screenings, we also partnered with the Greenville Hospital System and the Susan G. Komen Foundation to conduct a Prostate Cancer and Breast Cancer education seminar. The goal was to encourage men and women, spouses, partners and significant others to join together to work toward better health and learn about the risk factors, the signs and the symptoms of these two devastating diseases.

Our team of community awareness educators conducted 40 awareness sessions. Total attendance at our sessions was 1,370, including 1,107 ( 81% ) African Americans. In partnership with our Medical Partners we provided free prostate cancer screening for 1,258 men including 480 ( 38% ) African Americans.

Note: African Americans comprise 18% of the population in the South Carolina Upstate Region.
Join the Inspire online community or share your stories as a companion or family member as a loved one with prostate cancer. The Us TOO Prostate Cancer Support Community connects patients, families, friends and caregivers to enhance the quality of life for all those affected by prostate cancer. Check out our virtual neighborhood of prostate cancer patients, survivors, spouses, partners, couples and others to learn more and gain perspective and find options and solutions as you navigate your personal journey.

www.inspire.com

This community is sponsored by Us TOO International

If your loved one has prostate cancer

and you would like to share your story as a companion

or family member, or to learn more about becoming

active with Us TOO International

please contact Terri Likowski @

terri@ustoo.org
Us TOO Advanced Urology Associates of Joliet & ZERO join forces!

5K RUN & 1 MILE FUN WALK
Advanced Urology Associates
Saturday, June 2 • 8:30 AM
DashForDad.com

Presented by:

FAMILY ACTIVITIES FOR ALL AGES!

LACE UP YOUR SNEAKERS!
Help Us Fight Prostate Cancer, Register Now at:
DashForDad.com/races/Chicago

To Benefit:

Watch for an event in your community. For a full listing of events go to www.DashForDad.com
Join Us TOO this September for the 8th Annual

SEA Blue Chicago Prostate Cancer Walk/Run

In Lincoln Park

Sunday, September 16, 2012

More information coming soon!
Editor’s Corner:

I am happy to say that spring is right around the corner and Us TOO is moving forward with our Teaming for success “Home Town Meetings” We are setting up face to face meetings in your communities so that we can work together to meet Us TOO mission goals nationally and locally. As I have mentioned earlier, we have limited funds for these meetings. We are doing our best to target key areas where Us TOO Support is strong, and also where we have several groups within a certain mile radius who would be willing to drive to attend these meetings.

If you have not already done so, please read over the new Us TOO Support Group and Chapter Review Process. The direct link is on page fourteen of the newsletter. These standards, created over the years by the Us TOO’s Board of Directors and staff, are measures to which we can all rise and better serve the growing number of men and their families dealing with prostate cancer.

We will continue to have on-going calls to help answer all of your questions and concerns regarding the Teaming Agreement. We are here for you to help in any way we can! I hope to see many of you face to face at our Town Hall Meetings this year, as we continue our mission to Team for Success! Thank you all for everything you are doing to support the Us TOO mission! ~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.

If you would like, we can program a special online donation form to honor you loved one, including any message you request and/or photo(s).

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.

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

See page 12 for an example of a memorial page.