The 2014 Us TOO Annual Meeting and Awards dinner was held Friday, December 5, 2014 at the Hyatt Regency Rosemont Hotel in Chicago.

Us TOO was extremely excited that the majority of the recipients of the Edward C. Kaps Hope Award were able to join us for an afternoon meeting with the board of directors to share ideas for topics for the Us TOO 25th Anniversary Symposium & Celebration, the future direction for Us TOO, and the awards ceremony that evening.

The Edward C. Kaps Hope Award is given to “An Outstanding Leader in an Us TOO support group or chapter, who has shown unselfish, dedicated service to prostate cancer survivors and their families.

In the staff review, eight were judged the most outstanding.

Pictured above, top row from left to right: Rick Davis, Dominic Marrese, Andrew Gong who accepted in honor of his grandfather Richard Gillespie, Joe Dickey; Bottom row from left to right: Patrick Fisher, Bob Wright, Tom Kirk who also received an award for his 10 years of service to Us TOO, and Roy Francis.

Not pictured, Jim Kiefert.

Ed Kaps was one of the organizing and founding board members, and remains director emeritus of Us TOO International. Ed traveled extensively throughout the U. S. and internationally establishing the first chapters for Us TOO International. Ed approached the Us TOO board with the concept of this award, and donated the plaque which is housed in the Us TOO home office. (Stories pages 2 - 9)
Rick Davis – Us TOO advocate & strong contributor to men and their families on the Us TOO INSPIRE website and also co-moderator of “The Reluctant Brotherhood” telephone support group

While this award has traditionally been given to individuals who are associated with local chapters of Us TOO support groups, Dominic Marrese pointed out to us that with the advent of social media, we need to recognize men that have influence beyond a local chapter. Many of the nominations letters that were received for Rick sounded the same…and there were a lot of letters! Many had met him on the INSPIRE website. The same words kept coming up over and over again - caring, kind, compassionate, knowledgeable, trustworthy, humorous, diplomatic, and selfless. One gentleman by the name of Richard Foody shares his story of meeting Rick.

I "met" Rick online in February. I was not in good shape mentally, physically or emotionally. The side effects of ADT had been debilitating for me. I was hoping to connect with someone who had a similar cancer and treatment plan as me…and hopefully someone with several years of experience who could provide me guidance.

After an email exchange, Rick offered to speak with me by phone. He told me he had a similar experience as me with ADT, and found that exercise and nutrition significantly improved his daily life. He urged me to start exercising and eat better, and provided me with relevant literature and web links. He volunteered to check back in with me in about a week to see how I was making out. Knowing that he was going to call me inspired me to start exercising and learning about eating better.

I have been exercising nearly daily since those first calls with Rick, and I am eating a healthier diet for prostate cancer. I can feel the difference. Both my physical and mental fatigue are greatly diminished, and I have the stamina, flexibility and balance again to play a weekly 2 hour doubles tennis match.

Rick also offered to guide me on my follow-up visits with my doctor. He reviews my medical facts and notes from last visit that I maintain, and suggests questions I should be asking. This guidance has changed my relationship with my doctor and our conversation during my examination. I now feel like an informed, active participant in my treatment. My doctor is pleased that I’m asking (Rick’s) good questions.

He has never presented himself as a medical expert. Instead, it is clear he studies prostate cancer trends and research, and encourages people to ask their doctor about particular things. Or he will correct people if they have misinformation and direct them to when they can get the correct information.

Rick did not have to do any of the things he did for me. And yet he was there for me, and has continued to be available to me, because he cares. He simply wants men with prostate cancer to get the basic medical treatment they can get, and to live the best quality of life they can.

Dominic Marrese also shares, Besides his work with the Us TOO Inspire site, Rick is engaged with UCSF as an advocate. He also stays close to leaders in prostate cancer so he can share any new insights on treatments or research. Rick has also been instrumental in evangelizing the importance of exercise. His online contributions have motivated men to exercise to combat the side effects of androgen and chemotherapy. His evangelism has also inspired institutions like UCSF and others to formulate programs for cancer patients. Rick is also working to build a social media platform to assist men to communicate and collaborate online. He is also a principal with another telephone support group called the Reluctant Brotherhood. He leads and moderates a discussion for men with advanced disease

Rick is a prolific, caring, tireless, knowledgeable advocate who has helped countless men and their significant others with their issues related to prostate cancer. He is a shining light of encouragement, enthusiasm, good will and positivity. Christine Lasus, the wife of a gentlemen with prostate cancer, says it well..“Rick is the kind of self-less man that should be honored. He would never tell you himself, but I think he was the answer to my prayer for help.”
Dominic is the very embodiment of HOPE. Though Dominic has faced three recurrences with his own prostate cancer, each time he has handled the news with a positive and determined attitude that is infectious to others. Dominic reads, he travels to meet the best doctors with the latest treatments, he researches, and he consults. What sets him apart from others is that he is willing and wants to share all of his experiences with others so that they might benefit.

Jim Coffey, chapter leader and 2012 Kaps Award Winner shares, “Dominic joined the Us TOO Ann’s Place Chapter in Danbury, Connecticut, in 2006. From his very first meeting, many recognized a person who would add a valuable dimension of leadership to an already strong group. He attended practically every meeting since that time. In a very short time Dominic became the one in the group who was asked for his opinion on a number of issues the men were facing. On a number of occasions when he sensed that someone needed more than a phone call between monthly meetings, Dominic would meet him for lunch to be supportive and helpful. I was part of a very special experience a few months ago as one of our young and longtime members was told he had a matter of weeks to live. Once again, enter Dominic who had a close relationship with him. Three of us, thanks to Dominic’s caring leadership, were able to make a home visit a few weeks before he passed away. I wish space allowed me to share excerpts from the deeply moving thank you notes written a few days before his death. This poignant and unforgettable experience is another example of Dominic’s humanitarian commitment to support those suffering with prostate cancer, even up to the moment of death.

In the spring of 2014, Dominic announced at a meeting that it would be his last as he was retiring to North Carolina. He has left a hole that is not likely to be filled soon. The good news, however, is that his retirement is clearly a misnomer. Why? Practically every week, I, or others in the group, receive an e-mail or phone call with the latest piece of relevant information on prostate cancer, suggestions for our future meetings, and notes from a national prostate cancer conference he attended. My group still chuckles when we put the word “retired” in the same sentence with his name. Allow a few more examples to understand his extraordinary energy and commitment.”

Now an active member and on the Steering Committee for the Us TOO Wilmington North Carolina Chapter, Dominic is charged with the task of bringing innovative ideas to help the group be more effective and impactful in the Wilmington area community.

Dominic’s deep commitment to help other men dealing with prostate cancer is evidenced by his volunteerism and networking. He participates on the Us TOO Volunteer Helpline and takes many calls that are directed his way. Dominic is also an active member of the Us TOO INSPIRE website and provides constant support and information to others on the site. Us TOO received several letters of nomination for Dominic from others who are part of the INSPIRE community.

He is also a contributor to a bi-weekly call-in PC cancer support group known as “The Reluctant Brotherhood” and a volunteer for the Department of Defense PCa scientific peer review panel.

John Vezendy from Danbury shares, “Dominic’s ease of rapport with all, and his useful knowledge dedicated to assisting others in alleviating the stress and struggle of coping with prostate cancer is indeed praiseworthy. His inspiring and impressive track record of service matches well your criteria for nomination. He is truly deserving of such recognition of the Hope Award. Dominic is clearly an ambassador with HOPE for those dealing with prostate cancer in their lives.”
In Memoriam – Col. Richard Gillespie, PhD, USA Ret. –
Former leader, Us TOO Richmond, Virginia

The late Dick Gillespie exemplifies the concept of an outstanding leader in an Us TOO support group who has shown unselfish, dedicated service to prostate cancer survivors and their families. He established the Us TOO Westminster Potomac Support Group in Lake Ridge, Virginia. Dick had a mission in life. His mission was to spread the word about prostate cancer. He wanted to make sure men took the steps necessary to protect themselves. His knowledge and energy for the fight against prostate cancer was obvious to all who met him.

Dick was a veteran who served in the Vietnam War. Since many Vietnam vets were exposed to Agent Orange, he was diligent in discussing prostate cancer with them. He was also very involved in educating African American men, and wanted to be sure to let them know that they were at high risk for developing prostate cancer.

Dick was an inspiration to all for his dedication and tireless leadership. With his warm and congenial style, he mentored hundreds. Dick was known to drive several hours to meet with men to educate, and support them through their journey. He always made time to chat, and always treated everyone with kindness.

Dick’s daughter Dean shares; “Dad was a passionate advocate for informing men about prostate cancer, living well with cancer, and fighting to help find a cure. He loved traveling around the state to visit other support groups. He manned booths at state events like the Marine Corps Marathon and the State Fair, and often spoke with state legislators, advocating for more awareness about prostate cancer. Whenever we got together, he often had calls from men who were newly diagnosed. He would talk for hours making sure that person had some good information, and other contacts to reach out to. His cottage was filled with information on prostate cancer to share with others. We were so proud of his advocacy and hope that his legacy is continued for those who are fighting prostate cancer and for those who will be newly diagnosed in the future."

Andrew Gong, Dick’s grandson shares with us his experience while attending the Us TOO Dinner Awards Ceremony, “First of all I’d like to thank the Us TOO staff one more time for having me. Because I was representing a relative, I was not sure what to expect at first. I felt welcomed from the moment I arrived. I could tell immediately that I was with a very special group of people. It was inspiring to get to know them and see their passion for prostate cancer. They all had so much to share, and in our meetings together it was clear that Us TOO really does make a huge difference in people’s lives. I am very excited to see what Us TOO will be able to accomplish in the coming year.”
Joe Dickey - Chapter Leader, Us TOO
Greenville, South Carolina

Joe has been the leader of the group for approximately 10 years. His support group is one of the largest majority African American groups in the state of South Carolina. From his leadership, our group has grown from 15 to approximately 35 or 40 members monthly. Working closely with the hospital, Joe has recruited a diverse population of men. Spartanburg Regional Hospital has a nurse navigator who works with our group and recommends the group to their patients.

Working closely with the hospital, Joe has recruited a diverse population for his group. The group has become a family with open communication who shares their joys and sorrows. The group provides not only education about prostate cancer, but fellowship.

Joe works in the community providing seminars for community groups. He meets each year with the senior citizens in the Archibald Rutledge Center, CC Woodson Center and other community events. He and some of the men in our group provide flyers with prostate cancer information at several of the area’s high school football games. He has discussed prostate cancer with Hispanic pastors to discuss the need of knowing about prostate cancer in the Hispanic community. He has provided information so that these men know about free screening. He works each year with prostate cancer screening at the hospital, and provides seminars at area churches and civic organizations and Health Fairs.

Joe works individually with men who have been diagnosed with prostate cancer. He is called at home at any time of the day to help men realize that prostate cancer isn’t necessarily a death sentence. He talks to these men whenever they call and he also calls men to check on their progress before surgery and after surgery. He is faithful in talking to people about prostate cancer wherever he sees them. This could be at church, stores, or the gym. He makes flyers and places them in barbershops, beauty shops, doctors’ offices, grocery stores, community boards, cleaners, community centers, and public libraries. He lives and breathes the support of prostate cancer through his activities to spread the word of living with this disease rather than dying of this disease.

Joe, even at the age of 77, continues to work faithfully supporting, educating, and advocating about prostate cancer. From Joe’s leadership our group has grown in numbers and in knowledge.

Joe is a leader, an activist and a man who honors commitment through tireless work. He is a motivator, mentor and a friend. Joe is always there for men and their families in their time of need. Joe inspires, he challenges and he encourages those who work with him to reach further, and to aim higher until we defeat this disease of prostate cancer. Joe is an unsung hero.
As a prostate cancer survivor and leader of his group, Patrick’s work epitomizes the Us TOO mission. Not only is prostate cancer support, education and awareness a priority in his life, but his efforts also make it a priority in the minds of the men and families he comes in contact with throughout Rochester.

In addition to organizing monthly support group meetings for those affected by prostate cancer, Patrick has developed a strong working relationship with urologists, surgeons and oncologists at multiple medical centers across the region including the Center for Urology, the University of Rochester Medical Center’s Urology & Radiation Oncology groups, and the Wilmot Cancer Institute. He has successfully engaged medical providers at these centers to facilitate discussion groups at monthly meetings on relevant topics such as incontinence, sexual dysfunction, robotic surgery, eating well, sex after prostate cancer, and radiation oncology to name a few.

Patrick has orchestrated multiple major awareness events including:

- a Town Hall Meeting on Prostate Cancer attended by 45 local survivors and agency leaders including Us TOO International board members; a blue glove dance video conducted and filmed at a major shopping mall now on You Tube; a car-show fundraiser with more than 125 classic cars, trucks and motorcycles titled "Cars for Cancer: It’s a Guy Thing"; and in recent months he collaborated with "Pints for Prostates” “Prostate Conditions Education Council” Center for Urology, and University of Rochester Urology & Radiation Oncology to conduct a free prostate cancer screening event for men in under-served and uninsured populations.

This past summer, he also helped to coordinate the region’s first “Summer Retreat for Men with Prostate Cancer” in collaboration with a regional not-for-profit campsite situated on Keuka Lake in Southern Tier. Additionally, Patrick designed and maintains a chapter website and a roster of those who wish to stay in contact. In his ‘spare time’ Patrick staffs Us TOO information tables at community health fairs; accepts phone calls at home from newly diagnosed patients; and has been invited to join a medical research team sponsored by a CDC-Special Interest Project grant in the development of an electronic ‘dashboard’ designed to aid the prostate cancer treatment decision-making process.

Patrick has gained the respect of many survivors of prostate cancer and the community at large. His work for Us TOO International inspires many and has been the topic of reporters for multiple local newspapers, and radio or TV news programs. In fact, he was a recipient of the ESL Jefferson Awards 2014 sponsored by NBC News/Rochester and Eastman Savings & Loan and the local Us TOO chapter became the cover story recently featured in ROC City News - the region’s most widely circulated weekly newspaper.

Patrick has been described as a “dynamo” and is highly respected in the prostate cancer community.
Bob Wright – Chapter Leader Us TOO “Mike Jones Memorial Chapter”
Austin, Texas and former Us TOO McAllen Texas Chapter Leader

Bob is a former Army Officer who served as a Battalion Surgeon’s Assistant in the 1/502nd Infantry of the 101st Airborne Division of I Corps, Vietnam in 1969. He was awarded numerous service medals, combat badges and defense ribbons for his service in Vietnam, including the Bronze Star. In 2010 he was awarded his medals and Unit Coin into the “Remember the Alamo” unit of the Texas Army National Guard by General, Orlando Salinas for his work with veterans suffering from post-traumatic stress disorder (PTSD). This foundation of helping others in combat has been the essence of Bob’s support, education and advocacy passion since his diagnosis with prostate cancer due to exposure to Agent Orange in Vietnam.

After multiple surgeries (7) and active participation in both physical and emotional therapy, Bob stands out as one of Us TOO International’s strongest support group advocates with a unique ability to communicate and work with the survivor and provider communities. His experience working in the hospital system managed care setting has taught him the compassion for advocacy when serving the patient, provider and payer by encouraging them to “work” for the well-being of all those constituents. In 2006, with the help of Regional Director for Texas Us TOO Mike Jones, (former recipient of the Kaps Award), Bob started South Texas’ only support group chapter, Us TOO McAllen. In 2010 Bob was an American Cancer Society honoree and has spoken to many groups on numerous occasions on behalf of the patient as an advocate. Bob moved to Austin in 2012 and was instrumental in renaming, refocusing and relocating the Austin Us TOO chapter to its new home at St. David’s South Medical Center. In that time until the present, Bob continually has been responsible for booking most of the speakers that have made presentations to the group. Undoubtedly this effort alone is of great comfort to the scores of interested men and women that come to their meetings for the content alone. In addition, Bob volunteers with M.D. Anderson’s Network phone support, he’s a weekly volunteer with the Austin V.A. Outpatient Clinic, he is a current consumer advocate as part of the CDMRP/PCRP with the Department of Defense and he is a certified facilitator for “Creative Journal Expressive Arts” a program to aid and assist survivors emotionally. It is through this certification that Bob will be starting a local emotional support group for survivors at the Austin V.A clinic called H.O.P.E. (Helping Others Patients Emotionally).

Bob and his wife, Sharon, live in Austin full-time now to be near their three children and five grandchildren. This award will be a significant marker in Bob’s life and I know he will continue to represent Us TOO and the value of establishing real hope in the battle with prostate cancer.
Roy Francis was diagnosed with prostate cancer in 2006. When the Prostate Cancer Foundation of Australia advertised for ambassadors, Roy was in the first group of those who were appointed.

As an ambassador, Roy has made 467 “Stroke Awareness” Power Point presentations, to in excess of 23,350 people, utilizing his own laptop and digital projector. As a keynote speaker to the local Lion Clubs Convention, three members stated that having seen Roy at their local group meetings, they were tested, had aggressive prostate cancer and believe that his talk was life saving.

Roy saw a need for a prostate cancer support group on the Mornington Peninsula. While the peninsula had one of the highest prostate cancer incidences in Australia, it did not have a local prostate cancer support group. He started the group four years ago, and with Roy’s drive and commitment the group has grown to a membership of over 150. He arranges and facilitates the monthly meetings in a light hearted, open and knowledgeable manner. He welcomes new members and facilitates questions and answer sessions around the group were men and their partners can raise concerns and check in on how they are doing. He encourages open and honest discussion amongst the group and creates an environment where everyone feels very comfortable.

Roy is a support group leader whose commitment and leadership is vital to the success of the Mornington Prostate Cancer Support Group. His commitment to serving others is exemplified by his availability 24/7 fielding the many support calls providing advice and guidance to men and their partners. Roy helps people understand prostate cancer and teaches them that it does not need to be a life sentence. In many cases, it can be managed, with men and their families still able to lead normal productive lives.

Roy is also an active member on the Victorian Prostate Cancer State Council providing guidance and experience in developing policies, training and overall direction of the prostate cancer movement at the state level.

Roy brings an enormous benefit and positive impact serving men and their partners in his local community demonstrated by the success of the support group and the ever increasing attendance of his group. He provides great relief and understanding to many who are experiencing a range of emotions, including fear, anger and frustration. He helps by providing words of experience and has detailed knowledge of prostate cancer.
Jim Kiefert – Us TOO Director Emeritus
Chapter Leader Us TOO Olympia, WA

Jim was diagnosed with prostate cancer in 1989 and was told he had three years to put his affairs in order. He turned his diagnosis into a life-changer for himself, and since then for countless others. In his journey, he has sought to find out about the latest treatment options so he could use them personally, but also has a commitment to the men in his support group. He wants them to be empowered, educated, smart patients who can go out and choose the best option available.

Guided by these principles, Jim established the Olympia Us TOO support group in 2001 and built it into a vibrant service to hundreds of prostate cancer survivors and their loved ones. He also set up a group in The Dalles, Oregon, and has been instrumental in establishing other Washington Us TOO groups. He maintains an email mailing list that sends newsworthy information to hundreds of his contacts here in the United States and abroad.

His work has not been limited to our state. Guided by the goals of Us TOO International he has carried his passion for bringing knowledge, hope, and peace to prostate cancer warriors throughout the nation with service as board chair for Us TOO International, as chairman of the Comprehensive Cancer Control Program for the State of Washington, chair of the Pacific Northwest SPORE patient advocacy group, advisor to the Washington Prostate Cancer Coalition, and as a member of the Prostate Integration Panel for the Congressionally Directed Research Programs.

Jim is a compassionate warrior, facing his prostate cancer journey with the same toolbox he equips others with: dignity, tenacity, spiritual awareness and acceptance, a relentless drive for education, self-advocacy, efficacy and love - always, lots and lots of love.

Jim was unable to attend the award dinner in December but he was with us in spirit! Jim shares,”It is an honor and privilege to accept the Ed Kaps award. What we do is from the heart. Do onto others as you would want them to do onto you. Us TOO has so many Hero’s. I appreciate being considered one of them. Thank you for the acknowledgment!”

Photo credit to Kevin Casey, USA TODAY

“One of the best exercises known to man is to reach down and pull your brother up.”
~ Jim
Us TOO invited comedian and prostate cancer survivor Steven Dupin (a.k.a. Stevie D.), who wrote a memoir, titled “The Trans Am Diaries: A Hillbilly’s Road Trip from Stand Up Comedy to Cancer...and Back Again” to be their guest speaker for the evening. Stevie (far right) pictured from left to right with Steve Sanders, Tom Kirk and Terri Likowski, shares, “I was honored to be asked to speak at the awards dinner for Us TOO. The opportunity to get to know this group of guys, and to hear their stories was both touching and inspiring. As I mentioned in my presentation, men are often too proud and stubborn to open up and talk about their feelings, especially when it comes to a subject as sensitive as prostate issues. Us TOO is providing an immeasurable service. I’ll keep trying to remove the stigma by using humor, some inappropriate of course! By the way, Terri, you are a rockstar! It’s obvious that the appreciation for you among the members runs deep.”

Tom Kirk is excited to present WGN-TV News Anchor Steve Sanders (right) with the Us TOO Distinguished Service Award. Steve has been our emcee for the SEA Blue Prostate Cancer Run/Walk, The Blues for Blue Event, and several other fundraising events for Us TOO the past three years. Steve shares, “It’s an honor to receive the Us TOO Distinguished Service Award, and the opportunity to support my fellow reluctant brothers is equally life affirming. Many thanks to all the folks at Us TOO, and the good work you do.”

Us TOO Chairman of the Board Jim Rieder (left) takes Tom Kirk by surprise by presenting Tom with his award for: “Ten Years of Leadership and Dedication” to Us TOO.

Tom shares, “After 10 years at Us TOO as the president and CEO, I was totally surprised to receive an award at the December annual meeting. I had no clue this was planned. I was totally surprised and I am so pleased that the board and staff were so kind. As I mentioned from the stage, after the shock wore off a bit, now I understand the surprise and warmth people feel when we present awards such as the Edward C. Kaps Hope Award. I know what we have been able to accomplish at Us TOO over the last decade is because of the effort of so many people working together to share their experiences and the lessons we have learned about how to respond to this disease. Together we are stronger! Thank you all for what we have done together.”

From left to right; Us TOO board members Jim Naddeo, Keith Hoffman and Todd Ahrens along with Jackie Konieczka, Us TOO Office Manager at the Kaps Award Dinner
A new way to

“Take Action & Get Connected”

Us TOO is happy to announce their new affiliation with “The Reluctant Brotherhood”

This telephone support group is the perfect way to get you connected with others so you can get the support and education you need to empower yourself throughout your journey with prostate cancer.

John Teisberg, founder and moderator of the “Advanced Guys” group and Rick Davis, moderator of the “New Guys” group, are not alone in seeing that virtual support groups offer opportunity to many who are either geographically, physically or socially compromised - as well as folks who just prefer to participate in a phone conversation.

This group focuses on treatment as well as social and psychological issues facing men living with locally advanced and advanced prostate cancer. They address all stages of treatment from diagnosis to late-stage treatment, and welcome caregivers as well as men diagnosed with prostate cancer.

Jerry Deans, Us TOO Board member, shares, “I wholeheartedly support this group and hope to participate in upcoming calls.”

This is another way for Us TOO to reach out and expand our network and to continue to strive to fulfill our mission to:

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.

Get more information about the group on the Us TOO website @ www.ustoo.org

Prostate Cancer
What to Expect before, during and after your journey.
Welcome to The Reluctant Brotherhood

Having prostate cancer is a frightening and weird journey.
Men don’t have to go it alone.
There is a safe place to ask questions and get real answers.
Get practical tips and get advice from men who are in the same boat.
It’s a pleasure to share a few laughs and hear options.
It’s a relief to hear encouraging words and knock around ideas.
It’s refreshing to hear stories about successes, problems, solutions, screw-ups, bad choices, and good choices.

To learn more about “The Reluctant Brotherhood” go to:
www.thereluctantbrotherhood.com
or
Call John Teisberg @ 651-222-9832

Rob Barniskas, (left) member The Reluctant Brotherhood, Edward C. Kaps Hope Award Winner and moderator for the telephone support group; Rick Davis, and Founder of The Reluctant Brotherhood John Teisberg (left) meet for the first time in Chicago at the December annual awards dinner. The men have become best of friends “over the phone” the past few years but have never met in person. John Teisberg and Rob drove from Minneapolis to surprise Rick at the awards dinner.
We're very proud and excited to be hosting the  
Us TOO 25th Anniversary Educational Symposium & Gala Celebration Dinner  
*Take Action—Get Connected!*

**SAVE THE DATE**  
**Friday, June 19, & Saturday, June 20, 2015**  
Hyatt Regency O'Hare, 9300 Bryn Mawr Avenue, Rosemont, IL 60018

*Please Join Us!* Watch for more event details coming soon at www.ustoo.org.

There's so much information to share and **SO MUCH TO CELEBRATE**  
that's grounded in **MAJOR ADVANCEMENTS IN NEW, MORE EFFECTIVE TREATMENTS** for prostate cancer. We're excited about this opportunity to bring together some of the **BEST MEDICAL SPECIALISTS** in prostate cancer along with **KEY INDUSTRY LEADERS** to present the **LATEST TREATMENT INFORMATION** through presentations, panel discussions and patient/caregiver Q&A sessions! This collaborative event will help **INFORM AND EMPOWER** prostate cancer **SURVIVORS, SUPPORT GROUP LEADERS, SPOUSES/PARTNERS, ADVOCATES** and members of other prostate cancer nonprofit organizations.

What began back in 1990 with five men in Chicago and an idea to form the first prostate cancer support group has grown over the past 25 years to Us TOO International providing comprehensive educational materials and resources along with support services that include more than 300 volunteer-led support groups across the U.S. and abroad.
In November of 2013, Us TOO initiated a dialogue with the American Cancer Society to discuss how Us TOO could be of assistance to prostate cancer patients and caregivers who previously participated in the ACS Man To Man® Prostate Cancer Education and Support Program. ACS discontinued the program in order to achieve a vision of narrowing its focus and putting all of its energy and resources into ACS strategies that help the most people, end the most suffering and save the most lives.

Since then, we are very happy to say that we have eight new groups who were formerly Man to Man who have become affiliated with Us TOO, and currently three additional that are in the process of becoming affiliated. We are extremely excited and fortunate to have these talented, passionate individuals join us in empowering men and their families with knowledge, compassion and experience, along with providing HOPE for men and their families who are dealing with prostate cancer in their lives.

We are looking forward to sharing successes, strategies and new ideas with each other on how to be successful group leaders during our 2015 25th Anniversary Celebration and Symposium in Chicago this coming June 19 & 20 in Chicago.

Us TOO has expanded the network in these cities since the end of 2013!

- Roseburg, Oregon
- Asheville, North Carolina
- Boulder, Colorado
- Phoenix, Arizona
- Mount Holly, New Jersey
- Birmingham, Alabama
- Jackson, Michigan
- Panama City, Florida
- Fort Collins, Colorado
- Centralia, Washington
- Salt Lake City, Utah
- Yakima, Washington
- Gilbert, Arizona

Coming Soon!
- Gainesville, Florida
- The Villages, Florida
- Tennessee
- Virginia

For help with starting an Us TOO group in your city, please contact:
Terri Likowski
@ terril@ustoo.org

Us TOO Making Strides with former Man to Man Groups

Special thanks to our sponsor Astellas/Medivation, Buddy Guy’s Legends staff & Carlise Guy and the NuBluBand for a fantastic evening! We look forward to working with you again to raise funds to bring support, education, awareness and advocacy to those dealing with prostate cancer in their lives.
Teaming for Success in Sarasota!

Us TOO held the 6th Town Hall Regional Meeting on Thursday, November 20, at the Dattoli Cancer Center and Brachytherapy Research Institute in Sarasota, Florida. Some goals for this meeting were to get to know each other to build relationships through personal, focused, informal discussion to advance the vision for building the Us TOO Southeast Region’s chapter and affiliated support groups; and to welcome former ACS Man to Man support groups into the Us TOO Network. Guest speakers included Dr. Stephen Bravo, MD, Sand Lake Imaging Center, and Dr. Bo Martinsen MD, co-founder of Omega Innovations.

Special thanks go out to Steve and Iris Gordon, Us TOO Sarasota chapter leaders, and Ginya Carnahan from the Dattoli Cancer Center for all of their help to make this meeting a huge success!

Dr. Stephen Bravo (left) spent the afternoon with us and did a presentation titled, “Efficacy of Ferumoxytol as a Lymphatic Contrast Agent in Prostate Carcinoma.” Thank you, Dr. Bravo!

Dr. Bo Martinsen MD, co-founder of Omega Innovations

Steve Gordon (left) and Ginya Carnahan, facilitators for the Sarasota Chapter were recognized for starting the chapter and keeping it growing for the past four years.

Tom Kirk (left) and Robin Hurchinson from Sanofi Oncology pictured here with Michael Dattoli, MD, (center) and founder of the Dattoli Cancer Center, was able to participate in some of the town hall sessions and personally great attendees. The Dattoli Cancer Center has long been known for its highly successful combination therapy protocol, featuring DART radiation and Palladium-103 brachytherapy. Dr. Dattoli’s office also provided our meeting space and lunch for all who attended.

Thank you Dr. Dattoli.
You are greatly appreciated!

From left to right: Steve Gordon, Tom Kirk, Paul Katz and original founder of Man to Man, Alan Treiman, MD.

Dr. Treiman was also presented with a Certificate of Appreciation for freely donating his time to the Us TOO Sarasota group as their medical advisor.

Exercise physiologist (and cancer survivor) Dennis K. Flood (left) pictured here with Us TOO Sarasota member David Morse, spoke briefly to the group about the value and power of exercise in overcoming cancer. He then shared a fun, quick body wake-up routine to prepare the group to fully enjoy their lunch. The exercise is appropriately called “Tossed Salad!” Dennis regularly shares his expertise and inspiration with Dattoli patients through the Center’s Tuesday Night beamers programs. Thanks Dennis…that was a blast!
Companions...A Family Matter

Us TOO's companion and family program puts a face on prostate cancer's impact on partners.

As we age, we all hope to grow in the loving relationships that enrich our lives. When prostate cancer is added to other life stresses, it may seem that a spotlight is aimed at intimacy issues. Couples are sometimes surprised when sexual function does not return to pre-treatment status. Many are uneasy talking about personal needs, even in the context of long-term partnerships. The support group can play an important role in helping couples find the language and the resources to improve communication with each other and with health-care providers so that appropriate options will lead to improvement. The list of questions below will help support group leaders guide discussions about intimacy. The list of resource books will provide further wisdom and clarity.

~ Kathie & Dave Houchens

Discussion Starters about Intimacy:

What is intimacy? (word associations?)

What are some activities you might do with a partner that you consider “intimate”

What are some communication styles or strategies that have helped you create intimacy?

What are some obstacles to intimacy? Have you been able to overcome them? How?

To whom, or where do you turn for help, or as a resource, when you get "stuck?"

Do you have favorite ways to “play” outside the bedroom? Where can you just “BE” together?

Do you (and your partner) get enough sleep? What about exercise? Nutrition?

Do you (and your partner) laugh on a daily basis?

Do you (and your partner) hug (or share a non-sexual loving touch of some kind) daily?

Other ideas, suggestions for maintaining and growing an intimate relationship?

Intimacy with Impotence, Ralph and Barbara Alterowitz, Lifelong Books (2004)

Conquer Prostate Cancer: How Medicine, Faith, Love and Sex can Renew Your Life, Rabbi Ed Weinsberg, Health Success Media, Bradenton, FL (2008)

Reclaiming Sex & Intimacy After Prostate Cancer, Jeffrey Albaugh, Ph.D., Anthony J. Jannetti, Inc., NJ (2012)

Sexuality and Cancer: For the Man Who has Cancer and His Partner, American Cancer Society (2006) [pamphlet]


Books available @ http://www.ustoo.org/Wiki.asp#PCAI

Dave shares, “Kathie and I would be happy to talk to you by phone or communicate by e-mail if you want to discuss any issues regarding intimacy in prostate cancer. We believe this is a very important issue as it relates to prostate cancer and, as you are aware, many men and their spouses/partners are surprised to find what issues that effect intimacy occur after they have received treatment.”

You can reach us at:

houchens.david@gmail.com
home phone: (614) 451-3891
 cell phone: (614) 214-7952

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“Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into Hope for the future.”

— Nelson Mandela
Join us at the ZERO Prostate Cancer Summit, March 16-18, 2015, Washington, DC

ZERO’s Summit is the nation’s premier legislative and networking conference focusing on prostate cancer patients and survivors as well as their families, friends, and loved ones. The Summit will be held at the Holiday Inn Capitol Hotel from Monday, March 16 to Wednesday, March 18.

Learn more and register at www.zeroprostatecancersummit.org/2015

Save the Date

Friday and Saturday, June 19 - 20, 2015
Us TOO 25th Anniversary Symposium & Celebration.
“Take Action — Get Connected.”

Direct link for registration and more detailed information will be coming soon!

Website Opens in March
Sunny Skies, Smiles and a SEA of Blue Scattered throughout Lincoln Park!
Humor Helps!

Bob Lang, Sr., the owner/publisher of Editorial Services, an editorial cartoon contract service in Churubusco, Indiana, was diagnosed with prostate cancer last year. When we asked Bob if “humor helped” him deal with his diagnosis, he replied,

“Yes, of course it helps! After I had received the diagnosis and realized this was possibly the worst thing that had ever happened to me, I was searching for some way to deal with it and that is when it hit me....I had the power right at my fingertips. The rest, as they say, is history.

I draw one to two cartoons a week, keeping in mind that maybe these cartoons will help others with a little humor, as they do for me.”

— Bob

Please keep in mind that if any other party is interested in reprinting any of these cartoons, they need to contact Bob Lang first @ rlangsr@frontier.com for reprint permission and there is a fee attached for a reprint request.
Us TOO has a new website and logo!

Affected by Prostate Cancer?

Us TOO
SUPPORT - EDUCATION - ADVOCACY

www.ustoo.org
Us TOO International
Prostate Cancer Education & Support Network
2720 South River Road, Suite 112
Des Plaines, IL 60018-4106
630-795-1002 or 800-808-7866
www.ustoo.org

Our new Us TOO corporate offices are in close proximity to O'Hare Airport and major expressways. Please stop in to visit us the next time you’re in the area!

To get the new logo so you can update your newsletters, meeting announcements and other communications please contact terril@ustoo.org or chucks@ustoo.org

The Us TOO staff from left to right: Tom Kirk pres./CEO; Jackie Konieczka, office manager;
Terri Likowski, chapter services program manager;
Chuck Strand, director of communications and marketing;
Amy Woods, director of development & fundraising

tomk@ustoo.org Jackiek@ustoo.org terril@ustoo.org chucks@ustoo.org amyw@ustoo.org
Editor’s Corner:

I am so excited to say that this year Us TOO will be celebrating its 25th year. Plans are underway for the 25th Anniversary Educational Symposium and Gala Celebration Dinner! The staff is working hard to create an inspirational, meaningful and educational event that will be beneficial and impactful to all who attend.

There’s so much information to share and much to celebrate! We will be inviting some of the best medical specialists to talk about the advancements in prostate cancer treatment the past twenty-five years, and what is new, on the “cutting edge” of technology. We are inviting specialists in their field who will teach us how to take care of “ourselves” so that we are stronger and can lead more fulfilling lives. We will also have special sessions that will be specifically for Us TOO group leaders. We will discuss best practices, and how the power of connection can make us a muscular, more skillful organization. Whether you are newly diagnosed, a survivor, warrior, guardian or mentor in your journey, these sessions will arm you with the tools you will need to feel empowered to “Take Action” and “Get Connected” with those who are searching for “someone to talk to who understands.” ~ terri

Check out the latest brochure, Empower Yourself with Knowledge, which is a supplement to the Advanced Prostate Cancer Kit. Plus, there’s an updated edition of the Bone Health in Focus brochure, which serves as a resource for much of the information that Tom Kirk presented in January during a New York satellite media tour about bone health that was broadcast on more than 20 TV and radio stations across the country.

Check out our online resource center @ www.ustoo.org/freematerials

Be sure to check out the Inspire prostate cancer support community at www.inspire.com.

Log on, join the prostate cancer group, and share your stories about managing the disease as you learn from others about a wide range of topics from a variety of perspectives:

- Early Screening & Detection
- Newly Diagnosed, Active Surveillance
- Recurrence/Advanced Disease
- Treatment Options, Side Effects
- Clinical Trials, Advocacy
- Exercise & Nutrition
- Caregivers - Spouses/Partners, Friends & Family
- Chapter & Support Group Leaders

www.inspire.com
Us TOO Prostate Cancer Support Community

Us TOO International
Prostate Cancer Education & Support Network

NEW ADDRESS:
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Des Plaines, IL 60018-4106
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www.ustoo.org

For information contact: terril@ustoo.org