



March 2018

These calls continue to be popular and well attended! Sixteen leaders joined us from FL, OR, NV, NC, TX, IL, GA, SC, CA CO, & TN! It is so interesting to get the perspective from all of you on what is happening in your communities throughout the country.

We also want to share that at the end of March we had a total of 82 group leaders who participated in the survey. This is a fantastic response and we could not be happier!

Terri asked to get everyone's input on what they thought about the use of the word "journey" when we are referring to those dealing with prostate cancer in their lives. It was brought to our attention that some cancer survivors might not really care for the word. There were several comments and 100% of the leaders on the call were in favor of using the word "journey" in promotion for our 2018 Pathways for Prostate Cancer Patients & Caregivers events tagline: "Let us help you plan your path through every step of your journey."

Some comments were:

- Journey sounds like a voice of hope if you use it in a positive sense.
- Having a prostate cancer diagnosis is a "journey" that you will be on for the rest of your life.
- This is not a tonsillectomy – you will be facing different paths, obstacles, emotional issues, highs and lows along the way as your life moves forward. It is a continuous journey.
- Some thought that some folks just get too "hung up" on words and make a big deal out of things just so they can complain!
- Treatments and medicines are constantly changing. You have to stay in the journey to stay on top of the latest and greatest in new medications and procedures.
- Staying in the journey allows you to have the opportunity to continue to learn about things you might want to consider changing in your lifestyle, for example: your diet, exercising, or using meditation to help with possible anxiety or depression issues.
- I hear journey used in a religious context. We are on a journey on this earth to meet our creator. The journey takes many twists and turns and never ends until the final moment. From my perspective, the same can be said for prostate cancer. For me the word "journey" in the context of prostate cancer is appropriate.

We also talked about "A Forum for Her" caregiver calls that have been taking place since January of 2018. Jim Schraidt from Chicago shared that two of the partners who attend his support group have been participating in the calls and on the Facebook page. Both had very positive feedback about the experience so far!

Terri will share the book recommendation of "Prostate Cancer and the Man You Love" by Dr. Anne Katz with the group and the group leaders.

Many of the leaders said that they would share the eblast about "A Forum for Her" with their email lists and mention it at their next meetings.

Several leaders are going to be attending family reunions this summer and would like to use that opportunity to hand out information about Us TOO.

Joe Harrison from San Antonio, TX is going to do an awareness presentation about prostate cancer to his family and will be putting an Us TOO brochure into the "goodie bag" of everyone who attends his reunion. Clarence Williamson from Tennessee and Tom Waters from Nevada also shared that they would like something to hand out at their reunions as well.

George Gardner from North Carolina mentioned how much he liked "Prostatepedia" the Snuffy Myers newsletter. He feels it is extremely well done and has all the latest info on what is happening in the prostate cancer world.

Cliff Whall from Illinois had a rep from Augmenix attend his meeting last month to do a presentation on SpaceOar and felt it was very well done. Cliff also mentioned again that Augmenix has local reps around the country who are willing to come out and give presentations to Us TOO groups. Contact Terri and she can connect you with the right person.