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And, your Family



PROSTATE CANCER SUPPORT City of Onkaparinga Group South Australia

An affiliate Member of the Prostate Cancer
Foundation of Australia

Our Patron

~Councillor Artie Ferguson ~

We are also a member of
The Association of Prostate Cancer Support Groups (S.A.) Inc.

OUR GOLDEN RULE: We do not give medical advice, your GP, your Urologist and Allied Health Professionals are the only people who are legally qualified to give you medical advice.

We do however give you our wholehearted support.

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings. Thanks also to our Sponsors: Southern Primary Health Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, Thaxted Park Golf Club Inc, The Original Open Market, and to all who support our Group.

FEBRUARY 2009 NEWSLETTER (No 57)

Your own local Newsletter

*Meeting held in the Boardroom at
NOARLUNGA COMMUNITY HOSPITAL
IN THE CITY OF ONKAPARINGA*

On Wednesday February 4th 2009, from 6.30pm to 9.00pm.

Chair: John Shields.

Present: 21

Apologies: Bill and Rosemary Griffin, and Margaret Cramond.



THE VICTORIAN BUSHFIRES

OUR SINCERE CONDOLENCES TO THE FAMILIES/RELATIVES/LOVED ONE'S, AND FRIENDS OF THE PEOPLE WHO LOST THEIR LIVES IN THIS HORRIFIC TRAGEDY.

A word or two from our Vice President, and Chairman of The Central Australian Chapter of the PCFA, Malcolm Ellis.

Malcolm reported that the new Chapter would hold bi-monthly meetings at different centres. It is early days yet and all Support Groups have been requested to assist in the basic strategic planning for the future of the Chapter by providing a list of their needs and thoughts for the future of not only their Group, but the Chapter in general. The lists should include such matters as an increase in memberships, more access to Speakers etc, etc. If you have any ideas about how we might be able to improve on the way that we do things, that may help us as well as other P C Support Groups, please bring them to the March meeting. It is important to have your input by then, as discussion on the lists from all Groups in the Chapter will have top priority at the next meeting of the Council to be held on the 19th March 2009 at Nuriootpa.(Barossa) John Shields is now the Chapter Treasurer. Malcolm's contact details:
Phone (08) 8326 5588 – mobile 0416268601 - email malell@inet.net.au

Support and Advocacy Committee (SAC) report. Ian Fisk gave us an update on the SAC, and the Adelaide Support Group. Some initial pre-reading was sent for the National SAC Committee Conference 6 – 7 March in Melbourne.

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1. SAC Proposal for PCFA Endorsement.

We seek PCFA Board commitment for PCFA to service particular needs of the Support Group segment of the PCFA through an increased application of information technology in 2009. Those needs are summarised below.

- Our primary need is for a monthly circulation of contemporary patient oriented information relating to various aspects of the Prostate Cancer journey, including diagnosis, treatments, research, clinical trials, recurrent and advanced prostate cancer, needs of carers, and the psychosocial implications associated with all of the above.
- Based on the high standard of the advice provided through broad circulation of the above information to Chapters, Support Group members, and other subscribers we will engender an environment of mutual respect and working relationships between Support Group members and Health Care Professionals with whom we are in regular contact.

2. Progress on PROGRESS REPORT TO PCFA BOARD on ADVANCED PROSTATE CANCER GUIDELINES.

This is programmed to be printed and disseminated in September this year.

3. Information on the Australian Prostate Cancer Research Centre in Queensland complete with its aims and Vision Statements etc.

Adelaide Support Group.

At the AGM, there were enough volunteers to fill positions for the Group to continue. The Chairman/Convenor position will be rotated between three people, Jeff Roberts, Ross Daniels and Ian Fisk. Most importantly, Pam Daniels volunteered to be the supper co-ordinator.

An interesting discussion amongst those there followed the AGM business.

Ambassador Training.

The South Australian leg of the training for the expanded Ambassador Program will be held in Adelaide on April 18 and 19. The two current SA Ambassadors (Dean Wall and Ian Fisk) will be invited on Saturday 18th April to attend training – education on continence, and an update on the program. NOTE: The name of the program will now be “Men’s Health Ambassador Speaker Program”. There is some information on the program here <http://www.prostate.org.au/articleLive/pages/Ambassador-Program.html>

Thanks Ian, that is certainly good news about the Adelaide Group.

We have also received reports that you conducted a very good talk to the local JP’s Ian, and I also feel confident that Malcolm Ellis will soon be an Ambassador Speaker. All good news.



Our visit to Murray Bridge.

Malcolm and yours truly accompanied Jeff Roberts and Ian Fisk to Murray Bridge on Friday 6th February to a meeting that had been arranged to see if there was enough interest to start a Support Group there – and there certainly was. Jeff will have a report on this meeting and future plans – in the next SUPPORTER, so I will not add more, except to say that the signs were very encouraging indeed.



Christine had a very interactive talk with us about Safety 4 Seniors. She went through a recognised Safety and Security Checklist and spoke to each dot point, and highlighted the most important Safety aspects which included:

- **Credit cards**

Know when to expect your new credit card and always sign it as soon as you get it. If it does not arrive, contact your bank-some banks will contact you.

Don't give your Credit Card information to a stranger over the phone and remember if a deal sounds too good to be true, it probably is.

(Remember some of these calls come from overseas and they are charging you for the call, so hang up ASAP. How do they do that without us knowing?) – Beverley.

- **Telephone number: Name-ICE (In Case of Emergency) followed by the number. Have more than one ICE number on your home and mobile phones.**

Also, let a trusted neighbour know if you are going away, and make sure that you have each other's phone contact numbers, including your ICE numbers. It is a good idea to give your neighbour your mobile phone number for direct contact with you.

- **Identify your valuable property-get a marking pen from the library.**
- **Don't let strangers into your home to do work without proof of identity.**
- **Always lock your car, even if leaving it for only a short while.**
- **Is your house number clearly visible from the street?**


Make sure an emergency vehicle driver can easily find your address. Most addresses are easy to find, but there are still some homes without a street number and this can be very frustrating, especially at night time. Also, many Units have a block of letter boxes out at an entrance, but the Unit itself is very hard to find.

- **Christine also impressed upon us the need to check with our doctor and/or our Insurance company if it is ok to drive while taking some medications. Most doctors will make sure they tell us, but if they don't, we need to check for ourselves.**

- **It was good to hear so many of our members contributing to the discussion and their knowledgeable input was also enlightening.**

At the conclusion of her presentation, Christine provided us all with the Safety and Security Checklist, to do a simple safety audit to identify areas where security in and around our homes can be improved. If you would like a copy please contact me-John.

Thanks Christine for the many safety tips & reminders, you gave to us tonight.

 PCFA: Information/Awareness Stall at the Combined Rural Traders conference in Adelaide from 13-15th February 2009.

Yours truly attended the stall on Sunday afternoon, 15th February and took up our position at the small table adjacent to the Foundation 49, Free Men's Health Checks Stall. Their staff were very good and very busy and it was a pleasure to be able to hand the PCFA 's "What every man should know and BE A MAN" pamphlets to men who had just had an excellent health check, and already had some men's health information, and were happy to add our Prostate Cancer pamphlets to their "collection". It was like having a captive audience. Ian Fisk did the Friday afternoon, Jeff Roberts and Phil Davis the Saturday, and Ray Power the Sunday morning "shifts", and a Foundation 49 person said that they did a total of 300 health checks. Angry Anderson was at the Stall opposite and wished us well. Simon, from Foundation 49 gave me some magazines, and I have ordered a few-quarterly for us.

I think that the Combined Rural Traders should be congratulated for a job well done and I want to repeat that it was a pleasure to be a small part of such a large group of very happy and friendly people. The very tasty free lunch was welcome too.


I brought the left over pamphlets home with me, so we have a good supply if any of the other Groups would like some.

The Contact box on the back page is blank. (John)

I have just received a nice signed, card from the PCFA Queensland Office – with five signatures - thanking me for helping out at the CRT Conference on the Sunday.

Many thanks to Dawn Hammerl for the lovely cakes we enjoyed for supper tonight.

**OUR NEXT MEETING
WEDNESDAY, MARCH 4TH 2009 AT 6.30PM
OUR GUEST SPEAKER
LORETTA Mc FARLANE – COUNCIL ON THE AGEING (COTA)
BEYOND MATURITY BLUES**

 **Would you like to receive your newsletter via email?
If so please advise us of your email address.
Send to: info@pcsog.org**

**2009 MEETING/BBQ DATES
PROSTATE CANCER SUPPORT
CITY OF ONKAPARINGA GROUP.**

MEETINGS ARE HELD IN THE BOARDROOM OF THE NOARLUNGA COMMUNITY HOSPITAL, ALEXANDER KELLY DRIVE, NOARLUNGA CENTRE AT 6.30PM ON THE FIRST WEDNESDAY OF THE MONTH EXCEPT JUNE, DECEMBER AND JANUARY. OUR BBQ'S ARE HELD, USUALLY ON THE FIRST WEEKEND IN JUNE AND DECEMBER AT THE WILLUNGA LIONS SALEYARD, CNR STROUT AND BINNEY ROADS WILLUNGA. SUPPORT GROUPS DO NOT MEET IN JANUARY BECAUSE OF THE HOLIDAY SEASON.

MEETING	2	*	*	4TH MARCH Speaker: Loretta Mc Farlane (COTA) Beyond maturity blues
**	3	*	*	1ST APRIL General discussion – Round Robin
**	4	*	*	6TH MAY T.B.A
**	5	*	*	6TH JUNE BBQ (DATE/VENUE TO BE CONFIRMED)
**	6	*	*	1ST JULY T.B.A
**	7	*	*	5TH AUGUST T.B.A General discussion – Round Robin
**	8	*	*	2ND SEPTEMBER T.B.A
**	9	*	*	7TH OCTOBER Speaker Dr ELDER (to be confirmed)
**	10	*	*	4TH NOVEMBER General discussion – Round Robin
**	11	*	*	5TH DECEMBER BBQ (DATE/VENUE TO BE CONFIRMED)

PN: A brown cushion was left behind after our BBQ at Artie and Juli Ferguson's. Please collect it at our March meeting.