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R *And, your Family* **U**



**PROSTATE CANCER SUPPORT
City of Onkaparinga Group
South Australia**

**An affiliate Member of the Prostate Cancer
Foundation of Australia,**

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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 and to all who support us.

JULY - AUGUST 2016 NEWSLETTER (No 138)

Your own local Newsletter

Our Editor John Shields accepts responsibility for the content of this newsletter.

 **Vale: Peter Kiley and Brian Foreman.**

Support Group members were saddened to know that two of our Foundation members had passed away, and our condolences were conveyed to both Chris Kiley and Rhonda Foreman. Peter, who was our Support Group Librarian for many years, had been struggling with his health for a very long time, and had been unable to continue attending the meetings, while Brian's health deteriorated in more recent times, and he had been unable to attend the meetings since February this year. Brian, who was a member of the Willunga Lions, enabled our Support Group to have our end of the year BBQ at the Willunga Lions Binney Road Sale Yards for several years, and he proved to be the master of the BBQ, right up to and including last years annual BBQ held at Bunnings Noarlunga Store.

May they both rest in peace.

JULY 2016 MEETING.

Present: 11

Apologies: 4

Our Chairman Malcolm Ellis, welcomed everyone and we had a good Round Robin to get the meeting underway.

The Guest Speaker for our July meeting was unable to attend, so we watched a Video and made the most of the opportunity to have a general discussion about where we are all at on our Prostate Cancer journey, plus other things that were of interest to us.

AUGUST 2016 MEETING.

Present: 14

Apologies: 2

After welcoming everyone to the meeting, our Chairman Malcolm Ellis handed over control of the meeting to Mark Milosivic who Chaired the remainder of the meeting and did a very good job.

Once again we had a Round Robin and continued to share our Prostate Cancer experiences.

It has been good to see Mark leading from the front and taking on the responsibility that goes with Support Group Leadership. Mark also put in a 100% effort when he did most of the work that went into getting the Bunnings BBQ up and running on August 20th.

As we all know, I just had my 80th birthday and am the last of the three Founding members of our Support Group and although I feel well again and love doing my part, the time will come when I will need to hand over to someone else.

No one, especially me, expected me to have a heart attack after our April meeting. It was fortunate that I was still at the Noarlunga Hospital preparing to go home from our meeting when this occurred, so I was able to go straight into the emergency department, then on to Flinders Medical Centre where I had four Stents implanted to get the blood flow back to something like normal.

So, like the Boy Scouts, we do need to be prepared.

Our Guest Speaker tonight was Rosalie Donhardt a Registered Nurse with the Independent Living Centre.

Rosalie said that the Independent Living Centre provides information and advice on equipment, technology and techniques to help people improve their quality of life and maintain their independence. The Independent Living Centre is staffed by Occupational Therapists, a Speech Pathologist and a Registered Nurse and their services are available to everyone including People with a Disability or Illness, Carers, Community Groups, Health Professionals, Organisations and Students.

Rosalie demonstrated some equipment that was relevant to our Group and answered the many questions that were put to her by our members.

Our Bunnings BBQ:

Thanks to all who helped, especially the young people who worked hard all day, without them we would not be able to function.

Thanks also to Bill and Rosie Griffin, two members who made the trip up from Normanville to give us a hand.

We would also like to thank Joel, Megan and Ashley who came all the way from Gumeracha to help as well.

Also Oscar, who celebrated his 86th Birthday by coming to help and putting up a couple of balloons - because you can't have a birthday without balloons.

We all missed having Brian Foreman, especially his untiring work on the BBQ and I will always remember meeting Brian and Rhonda at my first visit to the Adelaide Support Group when they met at Burnside Hospital, and the encouragement that Brian has always been to me since I was first diagnosed with Prostate Cancer back in 2003.

Rito's:

Support Group members, their family and friends are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Cafe 101 Beach Road Christies Beach, on the second Thursday after each Support Group meeting.

This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to that word "Support".

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg, Sydney Adventist Hospital PCSG.

 **OUR NEXT MEETING IS ON WEDNESDAY 7TH SEPTEMBER 2016
OUR GUEST SPEAKER IS CHRISTINE EGAN
FROM HEALTH AND COMMUNITY SERVICES - COMPLAINTS**