

F **O** **R** **Y** **O** **U**
We are here

And, your Family



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

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

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Malcolm Ellis

John Shields

Mark Milosevic

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.

FEBRUARY 2017 NEWSLETTER (No 143)

Your own local Newsletter

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

 **Present: 13**

Apologies: 2

Our Chairman Malcolm Ellis, welcomed everyone and commenced the meeting with the election of Officers for 2017.

The following Members were elected unanimously.

Chairman: Malcolm Ellis

Deputy Chairman: Mark Milosevic

Secretary/Treasurer: John Shields

Signatory changes to our Bank Account.

The original signatories to our Support Groups Bank Account at people's choice credit union were:- John and Phyllis Shields, and Malcolm and Beverley Ellis.

Phyllis is now a permanent resident at All Care Aged Care - The Vales and is no longer a signatory and Mark, who is our Support Groups Deputy Chairman is the new signatory.

The signatories for 2017 are:-

Malcolm and Beverley Ellis, Mark Milosevic and John Shields.

The account has been set up for at least two to sign and when Beverley or Malcolm need to be a signatory it will be with either Mark or John.

Malcolm then gave us the opportunity to have a Round Robin and give an update on where we are all at on our Prostate Cancer journey.

It is always interesting to hear what everyone has to tell us, and is a great opportunity for members to get to know others who have had a similar diagnosis and treatment, as it is good for them to talk with someone who is having a similar experience as they are.

Members passed on their congratulations to Ian Fisk for receiving the Max Gardner Award for distinguished service to the Prostate Cancer Foundation of Australia Support Group Network.

We then had a general discussion about Information Days at "local" shopping centres and Malcolm made a good suggestion that we reduce the length of time that we have our Information Table at the various locations as we are not getting any younger.

I read out an email from Alice Conway thanking me for the information on "chemo brain". It is good to get positive feedback and we wish Alice and Chris all the best for the future.

On Thursday 23rd February Malcolm, Beverley, and myself will be attending a Symposium on Interventions with Cancer Survivors, being held in the Function Room, at the Flinders Centre for Innovation in Cancer.

I look forward to this symposium and will give a report in our March Newsletter.

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 1ST MARCH 2017 AT 6.30 PM.
OUR GUEST SPEAKER IS MANUAL HARPAS
MANAGER, RESTHAVEN NOARLUNGA.**