

F *We are here* **Y**
O  **O**
R *And, your Family* **U**



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

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

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

**WE DO HOWEVER, GIVE YOU OUR
WHOLEHEARTED SUPPORT.**



Malcolm

Mark

John

Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.

DECEMBER 2018 NEWSLETTER (No 165)

Your own local Newsletter

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

 DECEMBER 2018 REPORT.

Our get together for pre Christmas lunch this year was at the Christies Beach Hotel and 20 people attended.

Most of us enjoyed our lunch and it was good to end the year in this way.

We were saddened to hear that John Miler has been rushed off to Hospital with heart failure.

He has had a triple bi-pass but hasn't, as yet, regained consciousness and his future is looking grim.

John has been attending our Support Group meetings and has been a big help to us at the last two Bunnings BBQ's and he gave of himself wholeheartedly there and has set an excellent example for for us all to follow.

Our prayers are with John, and his family at this sad time and we wish him all the very best for his recovery.

PCFA Annual Report 2017 - 2018

<http://pcfa.org.au/publications/annual-reports/>

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www.pcsog.org

PCFA Online Community Digest



PCFA Online
Community Digest - D

Support Network 2017/2018 Annual Report



2017 2018 Annual
Report.msg

General Health Information.

The Human Brain.

<https://www.news.com.au/technology/science/human-body/new-and-possibly-unique-human-brain-cell-discovered/news-story/35b0f3b278f09700170d2b70364ab28e>

Take 2

<https://www.thoughtco.com/five-senses-and-how-they-work-3888470>

Expensive Asthma Drugs added to the PBS

<https://housecalldoctor.com.au/blog/expensive-asthma-drugs-added-pbs/>

Blood Pressure Breakthrough

<https://www.news.com.au/national/breaking-news/new-hope-for-treating-highblood-pressure/news-story/4e72dc0bf5862dc7c2edf50a52878570>

Daily Caring



3 Mobility Devices for
Seniors That Improve



Nursing Homes and
Guilt Traps When Car



Do You Get
Caregiver Criticism fr



Overwhelmed by
Caregiving Use This (



In Honor of Veterans
Day.msg



Caregiving During
the Holidays 6 Tips fr



10 Stress Relief Tips
to Get You Through tl



Better Senior Health
from Improved Docto



How to Help Aging
Parents with Finances



5 Best Alzheimer's
Holiday Tips for an Er



The Big List of Gift
Ideas for Seniors.msg



Happy Thanksgiving
from DailyCaring!.msg



Holiday Gifts for
Seniors with Dementi



7 Ways to Help
Seniors Recover from



Don't Miss the 3 Most
Popular Senior Care T



Real-life Caregiver
Stories The Journey



6 Tips for Hiring a
Caregiver to Drive Yo



4 Ways to Overcome
Caregiver Loneliness



20 Joyful Holiday
Activities for Seniors.



Choose the Best
Medicare Advantage



6 Useful Gift Ideas
Simple Auto Aids for S



Difficult Alzheimer's
Behavior Dementia E



8 Inexpensive Gift
Ideas Products That



3 Tips for
Celebrating Holidays



8 Practical Gifts
Bathroom Aids for Seniors



Caregivers Get
Speedy Meditation Benefits



The 10 Best Holiday
Gifts for Caregivers.



Caregiver Holiday
Stress Guide 6 Top Tips



10 Useful Gifts
Simple Dressing Aids for Seniors



10 Helpful Gifts
Kitchen Aids for Seniors

Prostatepedia



Prostatepedia
November 2018.msg



Prostatepedia
Weekly 11 2 18.msg



Prostatepedia
Weekly 11 9 18.msg



Prostatepedia
Weekly 11 16 18.msg



Prostatepedia
Weekly 11 30 18.msg



Prostatepedia
December 2018.msg



Prostatepedia
Weekly 12 7 18.msg



Prostatepedia
Weekly 12 14 18.msg

Bizarre new use for Vegemite.

<https://www.msn.com/en-au/news/techandscience/electronic-engineer-finds-a-bizarre-new-use-for-vegemite-and-its-got-nothing-to-do-with-eating-it/ar-BBQKh9P?ocid=spartandhp>

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 Café 101 Beach Road Christies Beach, on the **third 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 the word "Support."**

Newsletters received with thanks from:

Andrology Australia, Prostate Melbourne, Prostate Heidelberg & Sydney Adventist Hospital Prostate Cancer Support Group.

Would you like to know more?

Members of our community are most welcome to attend our Prostate Cancer Support Group meetings.

And if you, or a family member has had Prostate Cancer, please accept our invitation to attend our meetings, and have the opportunity to talk personally with other people, who have had, or are having, a similar experience to you. Our meetings are confidential, and what is said in the meeting room, stays in the meeting room, and we have found this to be most beneficial to many people.

PTO.

When and where do we meet?

Prostate Cancer Support **City of Onkaparinga Group**

Venue and Parking Details:

**The Support Group Meetings are held at Noarlunga Hospital.
Alexander Kelly Drive, Noarlunga Centre SA.**

Our Meetings are from 6.30pm to 8.30pm.

**Parking is available at the Hospital,
or on Alexander Kelly Drive.**

**✂ OUR NEXT MEETING IS ON WEDNESDAY 6th FEBRUARY 2019 AT 6.30PM.
OUR GUEST SPEAKER IS KAREN FOSTER
SA MANAGER OF THE PROSTATE CANCER FOUNDATION OF AUSTRALIA
WE LOOK FORWARD TO SEEING YOU THERE.
www.pcsog.org**

WOULD YOU LIKE A GUEST SPEAKER AT ONE OF YOUR MEETINGS?

**TWO OF OUR MEMBERS ARE PCFA ACCREDITED AMBASSADOR SPEAKERS
WHO WILL BE HAPPY TO TALK WITH YOUR GROUP ABOUT THE ASPECTS OF
PROSTATE CANCER, TOGETHER WITH SUPPORT AND AWARENESS.**

PLEASE CONTACT MALCOLM ELLIS: Mobile 0416 268 601

OR - IAN FISK: Home 8296 3350

PCFA: Prostate Cancer Foundation of Australia