



<i>We are here</i>			<b>PROSTATE CANCER SUPPORT City of Onkaparinga Group South Australia</b>	<b>Mail us at:</b> PO Box 627 Noarlunga Centre, SA 5168 <b>Telephone:</b> Malcolm: (08) 8326 5588 <a href="mailto:malell@inet.net.au">malell@inet.net.au</a> Mark: 0433 510 212 <a href="mailto:milomar@adam.com.au">milomar@adam.com.au</a> John: (08) 8382 6671 <a href="mailto:jshields@inet.net.au">jshields@inet.net.au</a>
F O R		Y O U		
<i>And, your Family</i>			<b>An affiliate Member of Prostate Cancer Foundation of Australia,</b>	
			<b>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.</b>	
			<b>WE DO HOWEVER, GIVE YOU OUR WHOLEHEARTED SUPPORT.</b>	



**Malcolm                  Mark                  John**

**JUNE 2018 REPORT (No 158)**

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

 **MAX GARDNER AWARD:**

**The highlight of our luncheon at Fresh Choice on Sunday the 3<sup>rd</sup> June 2018 was the presentation of the **MAX GARDNER AWARD** to our Chairman Malcolm Ellis.**

**Associate Professor Tony Walker, a member of the National Board of Prostate Cancer Foundation of Australia conducted the presentation.**

**Malcolm is a very deserving recipient of this prestigious Award that is presented by Prostate Cancer Foundation of Australia to an individual who has made an outstanding and significant contribution to reducing the impact of Prostate Cancer on the Australian community.**

**Congratulations Malcolm.**

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**The Award for distinguished service is presented annually and very few people throughout Australia are considered to be worthy recipients of the Award.**

**This year there were only three people who received the Award. They are:**

**Malcolm Ellis:**

**City of Onkaparinga Prostate Cancer Support Group, South Australia.**

**David Abrahams:**

**Launceston Prostate Cancer Support Group, Tasmania.**

**Terry Grano:**

**Ballarat Prostate Cancer Support Group, Victoria.**

**The Award is given in remembrance of the first CEO of Prostate Cancer Foundation of Australia, **MAX GARDNER AM**, who was diagnosed with Prostate Cancer in 1995 and died from the disease in 2004.**

**Max firmly believed that if he had been diagnosed earlier, it would mean that he may still be around today, and he worked tirelessly to make sure that information about Prostate Cancer, and the treatment options, was widely distributed throughout Australia.**

**This is exactly what Malcolm devoted a lot of his time to, in spreading the message about Prostate Cancer, far and wide.**

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**INTRODUCING PCFA's NEW CEO: JANE ENDACOTT**

<http://www.prostate.org.au/news-media/news/introducing-pcfas-new-ceo-jane-endacott/>

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**FEMALE PROSTATE CANCER:**

**Skene Glands**

<https://www.medicalnewstoday.com/articles/321801.php>

**A giant leap in anti-aging**

<https://www.sciencedaily.com/releases/2017/03/170323141340.htm>

## What you need to know about Prostate Cancer - PCFA

<http://www.prostate.org.au/awareness/general-information/what-you-need-to-know-about-prostate-cancer/>

## Prostate Cancer Treatment-Patient Version

<https://www.cancer.gov/types/prostate/patient/prostate-treatment-pdq>

## The Australian Prostate Cancer Research Society

<https://www.ausprostatecancer.com.au/>

## Daily Caring

**Double left click, then left click to open.**



4 Ways to Provide Support While Encouraging Senior Independence.msg



3 Tips to Get Peace of Mind When Using an In Home Caregiver.msg



10 Ways to Respond to Dementia Hallucinations in Seniors.msg



This Hospital Discharge Checklist Prepares Seniors for Successful Recovery.msg



Prevent Falls with 5 Warning Signs of Mobility Issues in Seniors.msg



What You Need to Know About Feeding Tubes for Seniors with Dementia.msg



Could Palliative Care Improve Your Senior's Quality of Life .msg

## Prostatepedia



Prostatepedia Weekly 5 4 18.msg



Prostatepedia Weekly 5 11 18.msg

**BUNNINGS:**

**Our BBQ and PCFA collection days.**

**Milena Welchman has advised us that our BBQ will be on Saturday the 18<sup>th</sup> August. We will begin collecting again on the weekend 11 – 14 October. As the RSL will be there on Saturday November 10<sup>th</sup> with Badges for Remembrance Day we can be there on Thursday, Friday and Sunday November 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup>. Of course, we will be needing help on these days, so please note the dates on your calendars now.**

**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. (Members will be notified of the exact date).**

**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**

- **OUR NEXT MEETING IS ON WEDNESDAY 4th JULY 2018 AT 6.30PM.  
OUR GUEST SPEAKER IS:-  
PHIL EVANS A FIREMAN AT CHRISTIE DOWNS MFS STATION  
WE LOOK FORWARD TO SEEING YOU THERE.**