



# CHAPTER NEWS!

JANUARY, 2011  
Editor: Terri Likowski, Program Manager

## FIRST NEW CHAPTER IN 2011

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**Us TOO welcomes Rev.'s Melvin and Antoinette McPhearson who started the first new chapter in Johnston county North Carolina in 2011**

Rev. Dr. Melvin M. McPhearson is a retired U.S. Army Construction Engineer. He hails from Chicago and he is married to the former Rev. Antoinette Jorden, who works for UDSA and was born in Greenville, NC. The McPhearsons met in the US Army and moved to North Carolina in 2008. Dr. McPhearson was diagnosed with prostate cancer in 2009 and underwent robotic surgery at UNC Hospital that same year. After realizing there was not a prostate cancer support group in Johnston County, the McPhearsons contacted Phil and Joan Harris of the Us TOO Wake County Chapter in Raleigh, NC who assisted the McPhearsons, connecting them with Terri Gibbons Likowski, Us TOO's Chapter Services Program Manager, along with Christine Yancey from the American Cancer Society. Johnston Health Hospital agreed to provide the space for the support group meetings. The Johnson County Man to Man / Us Too Prostate Cancer Support Group meets the first Thursday of each month at 7:00 PM at the Johnston Health Medical Mall in suite 1404B.



***The Third Annual  
Edward C. Kaps Hope Award  
2010 Awardees***

***“An Outstanding Leader in an  
Us TOO Support Group Who Has Shown  
Unselfish, Dedicated Service to  
Prostate Cancer Survivors  
and their Families”***

***Who can be nominated?***

*Any Us TOO International support group volunteer can be nominated. Nominees can include, but are not limited to, support group leaders, leaders of your spouse/companions group, special event volunteers, or any other volunteer whose leadership and commitment is vital to the success of your chapter. The size of your support group is not a criteria, the size of the heart of your nominee is! Here are the recipients for 2010. Congratulations to all!*

# Willie Cotton - retired , 16 year Chapter Leader

Us TOO Sierra Vista Arizona

Willie was one of the pioneers in the founding of Us TOO Sierra Vista, Arizona in 1992. He was its chapter leader for sixteen years leading it through the best and worst of times.

During the year Willie can be found setting up information tables in public places answering prostate cancer questions, speaking about Us TOO, a frequent participant in local health fairs and always representing his chapter in the ACS Relay for Life annual event. He receives and mails the Us TOO Hot Sheet to current and former members, visits chapter

members who are or have been hospitalized and families who have lost a loved one.

Willie Cotton has received recognition and awards for his outstanding service in the community, and in the state of Arizona. A chapter award is presented annually to an outstanding person in the community, this award was originally created in honor of Willie, and it is called the "Willie Cotton Do It Now" award.

Many have been inspired by Willie to do the important work of the chapter, his selflessness, dedication and long commitment to men and families experiencing prostate cancer. He's taught many to never give up, asking "what would men do if

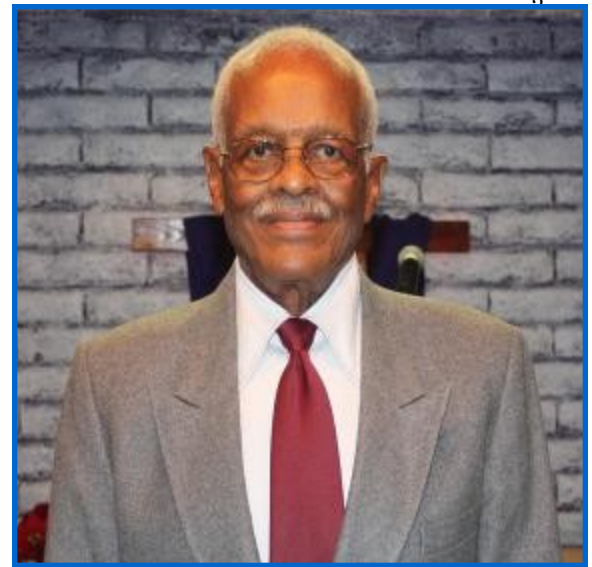
Us TOO were not here"?

Without experience and during his tenure he was the driving force in two of the most successful special events in the life of the chapter, one of them, a golf tournament that raised over \$3000 which was shared with Us TOO International.

**"I am overwhelmed by being recognized to receive this award" shares Willie. "Over the years Ive gotten involved in many different activities to help get the word out about prostate cancer. I'm a survivor and I always try to encourage people to never give up. I'll continue to do whatever I can to help men and their families fight this disease."**

Willie is an encourager, a generous man, with an enviable compassion for all, an example of what it means to be a credit to the human race. Now 85 years old, when most men his age would say "enough" he continues to be a tireless active member working hard and long to be "someone who really understands" who "walks the talk" and teaches all of us what the importance of serving others means.

Fellow Ed Kaps Award Winner and mentor Rex Zeiger shares, "I know of no one that did more for the cause of Us TOO than Willie Cotton. He did not know how to hit a golf ball but he knew how to put on a golf tournament if it meant making money to fight prostate cancer. It truly does my heart good to know that at some time in my life I had the opportunity to know a person like Willie. None have been more deserving of the honor."



**"What would Men do if Us TOO were not Here?" shares Willie.**



**Willie Cotton and Jackie Konieczka from the Us TOO staff, meet for the first time in person after speaking to each other over the phone the past 16 years!**

## George Melton – Us TOO Peoria

In March of 1993, Ed Kaps and Joe Palmeiri, two of the founders of Us TOO, drove down to Peoria to George and Sara Melton's home for dinner. During dinner they discussed the details of starting the first meeting of the Us TOO Peoria Chapter. They took a drive that evening to Proctor Hospital Business Center and saw the room that their meetings would be held. Seventeen years later, the group still meets at that location, and even in the same room!

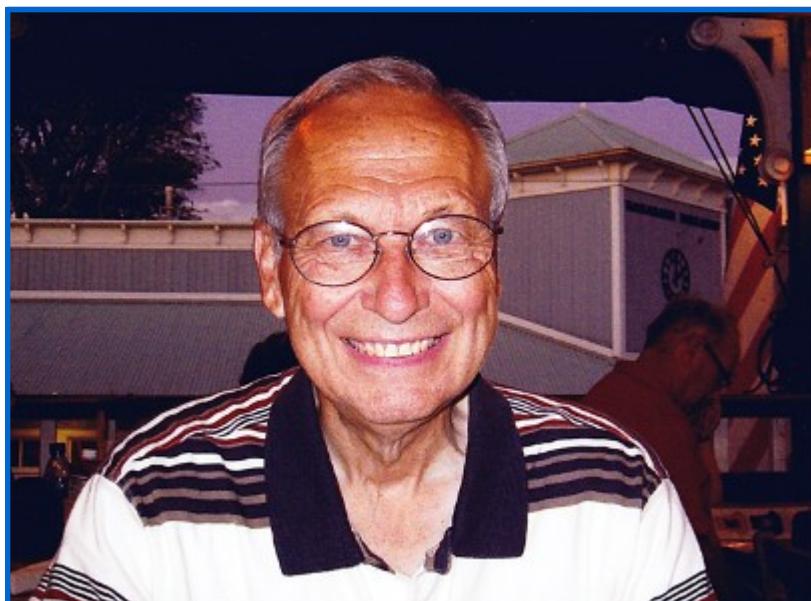
George is dedicated to his group and spends much of his time researching what is the latest news in the prostate cancer world, searching for good speakers, meeting with the Board of their group, keeping literature up to date, and spreading awareness in his community through the local newspapers. He also works with the Urologists in the area, and brings them Us TOO Newly Diagnosed Kits so that they can give them to their patients, and to let them know that Us TOO is there for them.

George is active on all the committee functions, and through this has made Us TOO Peoria one of the largest support groups in Central Illinois.

Bill Palos, Regional Director and past member of the Us TOO Board shares "George has been a terrific support for years to his region. He shares ideas with fellow Chapters, attends their meetings, and always invites them to attend when he has a "TOP-NOTCH" speaker scheduled. He shares all the pertinent information about when and where the speaker will talk, and makes sure he sends out notices to everyone in his region".

He is a wonderful example of what "networking with other chapters" is all about. He shares the Us TOO vision and realizes how important networking with others can be. George's hard work, and dedication to developing better communication between all of the Us TOO Groups in Central Illinois has been his biggest success.

Bill also shares, "George is very well known through Central Illinois, and is highly respected and admired. He is one of the guys you can always depend on, always available and willing to share his knowledge, and give advice to other leaders."



George Melton from Us TOO Peoria shares, "It's very gratifying to me to be part of this team that does so much to help those fighting prostate cancer."



George and his wife Sara drove up to Chicago for the Awards Dinner. George says, "I would like to say that the Award was a great honor for me that really belongs to the entire team that I have worked with for 17.5 years. I have to give credit to the many people who are all working together in our Us TOO support groups to make the programs effective and successful."

## Bill Whitmore – Us TOO Sunderland – MA.

Bill held his first support group meeting on June 4, 1992 at the Newton Wellesley Hospital in Newton Massachusetts. The chapter still meets every month! He still helps to lead this chapter and is also co-leader of the Us TOO Springfield Group.

In Us TOO's 20 year history Bill Whitmore has been one of longest standing leaders of this organization. Bill has a long list of accomplishments and we won't be able to cover all of them this evening, but one of his biggest accomplishments is that he has helped in assisting to establish 14 Us TOO support groups in the state of Massachusetts. He still remains in contact with most of these these groups. From 1995 till 2007, he was the Us TOO New England Regional Director.

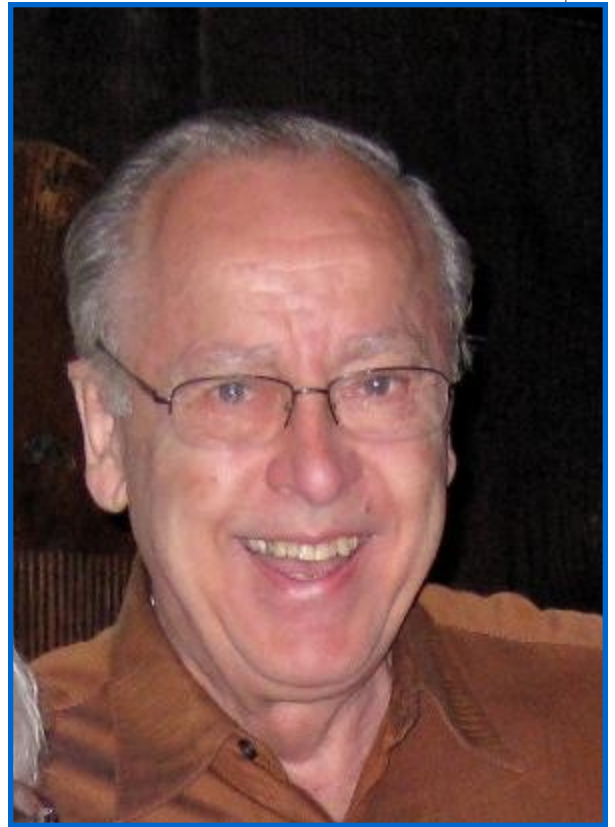
Bill Whitmore is one of a kind, free to give his time with one thought in mind and that is to have informed an active leadership with the goal to have a support group that serves the needs of those who turn to other survivors, for we are the ones who understand.

Ed Kaps shares his thoughts about Bill, "Bill Whitmore was a tremendous help and supporter to me and this organization, especially in the beginning years . He helped to promote Us TOO chapters not only in Massachusetts, but in Rhode Island, Maine and New Hampshire."

He truly represents the kind of individual that the Edward C. Kaps Hope Award stands for. "An Outstanding Leader in an Us TOO Support Group Who Has Shown Unselfish, Dedicated Service to Prostate Cancer Survivors and their Families".



Bill Whitmore thanks Us TOO at the December Annual Dinner and Awards Ceremony.



"I'm very honored to have received the 2010 Edward C. Kaps Hope Award on behalf of the many volunteers who are all working together in my local community to share their experience with prostate cancer to help others wage a more effective battle against the disease," noted Whitmore. "Being a prostate cancer survivor involved in this organization for many years, I'm very proud of the progress that we've made as a team. I look forward to continuing my work with Us TOO and I encourage men with prostate cancer and their loved ones to take advantage of the incredible resources that are available to them through their local Us TOO support group." shares Bill.

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*HotSheet* are available as yearly subscriptions or for your Support Groups!

Single Yearly Subscription \$35

Cost per month for Chapters and Support Groups are shipping costs only. Approximately \$5.00 per month International Shipping rates my vary.

## **Craig Schmidt** – Chapter Leader Us TOO Fort Mather Memorial Hospital, Port Jefferson, New York

Craig was diagnosed in 1998 with PCa, stage 4, with a PSA of 59.9 and Gleason score of 9. The cancer was already outside the prostate gland and into other parts of his body, but Craig did not let this stop him. Despite his diagnosis, his outlook and focus has always been in the interest to help others. He has been running the group now for seven years.

Craig is an extremely dedicated individual who goes out of his way to research PCa and to share this knowledge with anyone concerned.

Craig utilizes every outlet such as the local newspapers to inform new people about their meetings, and encourages them to attend. He and his wife Shirley constantly go to health fairs and other events to inform the public of "how" and "where" to get help.

Craig spends endless hours on the phone to help newly diagnosed men with any information they may need. Craig is always on the go to find a cure! He has been interviewed by the local news channel for his view on our national health care issues for those who are uninsured or have pre-existing conditions. His story aired for a week! Craig's support group started out with 6 members and has grown over the years to 72. His support group is the only group on Long Island.

Without Craig and his wife Shirley, our chapter would probably fall apart and disband, shares several members. Although Craig is currently struggling with his own health concerns, he refuses to let it him stop from helping others as much as he possibly can.

We have seen many newly diagnosed men come to the meetings with their wives very confused, scared and not knowing which way to turn. When they leave, a ray of hope shines on their faces!

*"I'm very honored to receive this award" said Schmidt. "I feel privileged to have had the opportunity to help so many over the years. People have come to their first meeting feeling afraid and overwhelmed by their diagnosis of having prostate cancer. It's so gratifying to me to be able to talk to them and give them hope with information to manage their disease. They realize that they can fight this thing and I CAN SEE the positive change in them after they've attended the meeting." ~Craig*



**This ray of hope and sunshine is the face of Craig Schmidt and his wife Shirley. "You gotta love these two," shares Terri from the Us TOO staff. The love they share for each other and the love of what they do for Us TOO "radiates" around them, and fills the room with warmth.**



**From left to right, Tom Kirk, Us TOO Pres/CEO, Craig Schmidt, Terri Gibbons Chapter Services Program Manager, and Shirley Schmidt are all smiles at the Us TOO Annual Meeting and Awards Dinner held in Chicago. "Meeting the Schmidt's in person gives you such a sense of joy, They, and the others are TRUE BLUE role models**

## Henry Plunkett – Us TOO Texoma Chapter

Others share that they are in awe of Henry's knowledge of PC in all its aspects. He reads extensively and has an almost total recall. He is so abreast of recent research and developments that he is more current than most physicians. He is so knowledgeable that in their meetings, he and the chapter leader work as a team to interpret some the information so that all the members can understand the facts that are being presented to them. He presents some of the best programs and contributes more than anyone to their group discussions. Henry's greatest contribution is in personal counseling. He has been invaluable to our Chapter. Above all, he has a passion for our mission to support men to meet the challenges of PC.

Henri has been an advocate for prostate cancer survivors for over ten years, and has been a beacon of information for many as they faced their own decision's of what course to take in dealing with their diagnosis of prostate cancer.



A personal note from Henry:

*Dear Us TOO Staff and Board,*

Henry Plunkett has been on the steering committee and a member of the Us TOO Texoma Chapter in Northern Texas for ten years.

*I do not know how to express my gratitude for this award. Thank everyone. I have served as an advocate for well over a decade and have loved the experience. I only hope to be fortunate to continue to serve for the next decade. Our chapter has truly benefitted the north texas area, and we could not be as successful without the backbone of Us TOO supporting the group. I am sure all persons involved feel as i personally do. This award will ultimately give this chapter the highest credibility, which i am thrilled about. That is what this great award will accomplish. Now in despair, the greatest and worst scenarios are unfolding for me. Unfortunately my father in law an 80 year old korean veteran is scheduled for serious back surgery December 1st. I have previously committed to transporting this good fellow and overseeing his stay in hospitalization. Myself, i am a Vietnam Veteran, so my decision to forfeit the highlight of my life for duty to family is no contest. I feel compelled to honor my commitment to my father in law. I will not be able to arrive in Chicago to accept the award. i hope this dilemma will not hinder the great activity that should take place for all others involved. My promise is to continue to learn and serve my local neighbors and all others in the setting of prostate cancer. The greatest honor will be to continue to serve under the leadership of Us TOO.*

*Thank you Us TOO for all that you do for this greatest of endeavors. My sincere regrets not to be there in person is an understatement.*

*Henry*

## Judi Sumoski – Us TOO Lancaster, PA

Judi has been the chapter leader in Lancaster, Pennsylvania, along with her husband Tom for the past 16 years.

When we started to read through the dozens of letters that were sent to recommend Judi for the award..these words and phrases came up repeatedly:

Compassionate, diligent, gracious, competent, supportive, superbly organized, tenacious, insightful, driven, "Skilled Energizer Bunny", empathetic, a "gem". Judi is inspired, but most importantly she is inspiring.

The group in Lancaster is a model for any cancer support group. Judi has added a wives only educational component that enables further education on some of the more sensitive topics that impact their members lives. The Sumoski s maintain an Us, TOO library that is extensive and up to date. Any measure of excellence would support an award for Judi and her husband Tom. Lives are changed because they are here!

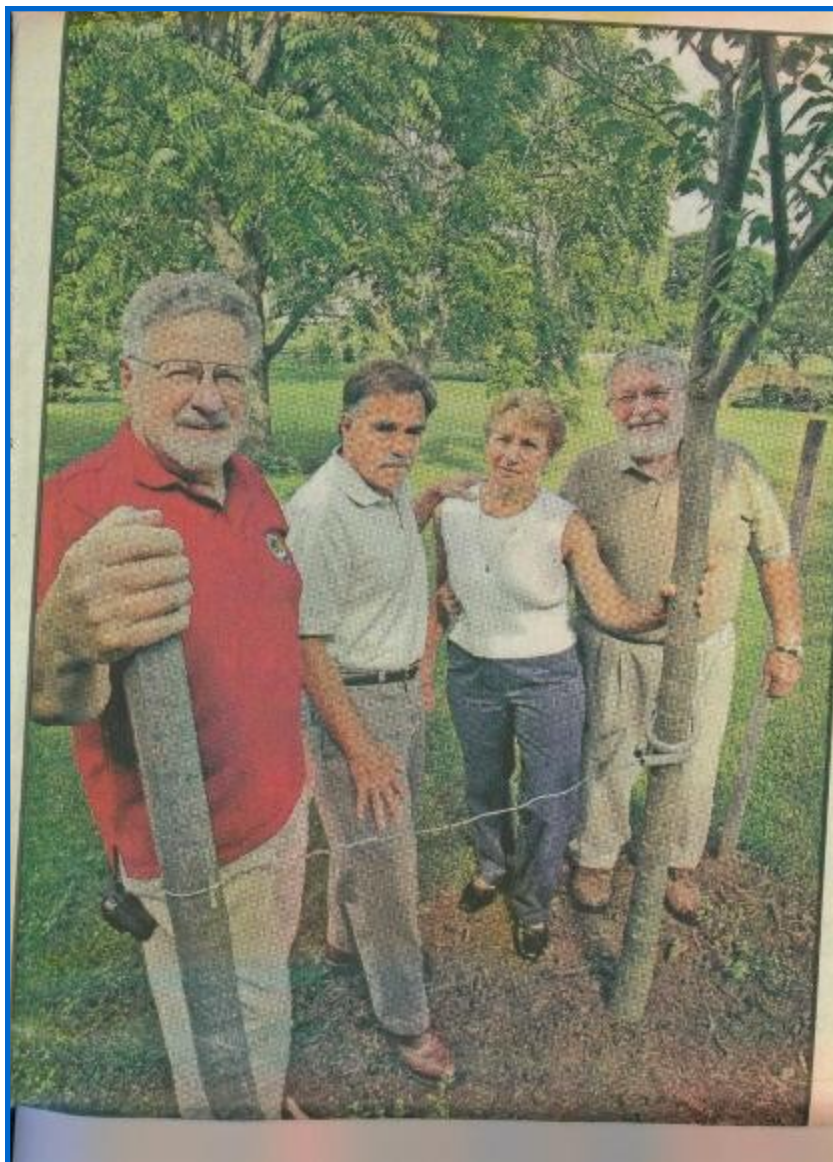
Judi is the tireless force behind the Us TOO Lancaster, PA group. She is the embodiment of compassion, caring and concern for others.

Judi has asked us to say a few words:

***I am honored and humbled to be recognized for The Edward C. Kaps Hope Award, and would like to dedicate the award to my brother, Paul Marek, who died of prostate cancer on August 2, 2005.***

***It is my honest opinion that Paul would be alive today had he adhered to the treatment protocol prescribed. I miss him so much.***

***We developed a very deep relationship during his last six years as we shared so many of our life experiences--feelings we had not discussed to that point in our lives. I miss his gentle spirit.....I loved and liked him. Shortly before Paul died, he wrote a letter to me and in a final message, he expressed his feeling that "life is complicated and some of it, we will just have to save up for 'heaven talk'." May God Bless everyone dealing with or caring for someone with a life threatening disease. ~ Judi***



Members of the Us TOO Lancaster Pennsylvania Support Network donated a tree to Judi and Tom Sumoski (pictured center from left to right) in memory of Judi's brother Paul who passed away from Prostate Cancer



Tom Kirk (left) Carl Frankel, Us TOO BOD and Fred Mills thank Carl for his years of service n the Us TOO Board of Directors.



Fred Mills, Chairman of the Board wishes Greg Bielawski (CENTER) good luck and good health as Greg ends his six 1/2 years term on the Us TOO BOD.



From left to right, Catherine Bonnetti, Accuray, Pam Barrett Us TOO Staff and Millie Kowalski from Novartis.



Above, Pam Barrett and Tom Kirk Us TOO Staff along with Fred Mills Chariman of the Board present Janice King PhD from Medivation a 'Certificate of Appreciation" for their support this year



From left to right, Pam Barrett, Us TOO Development director, Tom Kirk Us TOO Pres./CEO Suzy Geroux, AMS and Fred Mills, Us TOO presents Suzy Geroux from AMS their "Certificate of Appreciation".

## Phoenix Welcomed the 18th Annual Senior Softball World Championships

This is the fourth year of a five year contract where Senior Softball USA is holding their World Championships in the Phoenix Metro area. This year was a record setting year. There were 329 teams from 42 states, 4 Canadian Provinces and Germany participating in the event. Over 1200 games were played on 29 diamonds at seven softball complexes throughout the city. The Tournament was broken into 3 sessions for the age groups ranging from 40 through 80! The Northeast Phoenix Chapter of US TOO sent representatives to the fields for 8 out of the 10 days of the tournament. A total of 34 hours of volunteer time was spent spreading the word about US TOO, the importance of early detection and gave men and their families an opportunity to talk to someone who understands what they are going through. This is the third year in a row that US TOO has been a part of this Tournament. SS USA CEO Terry Hennessy was grateful for our participation in their event and welcomed us back again for next years event. SS USA holds regional tournaments

throughout the year culminating in the World Championships and provides a unique opportunity for US TOO to market themselves to what Chuck Voinivich, Director of the NE Phoenix chapter calls, " A Target Rich" environment. Many came up to our tables and said they appreciated learning more about US TOO and what we are all about!

~Ted Hinderman

For more information on Senior Softball, please contact Ted Hinderman from the NE Phoenix Chapter @ 480-363-0204. To learn more about the Senior Softball Organization, USA call 916-326-5303 or by visiting [www.seniorsoftball.com](http://www.seniorsoftball.com)



*SS USA holds regional tournaments throughout the year culminating in the World Championships and provides a unique opportunity for US TOO to market themselves to what Chuck Voinivich, Director of the NE Phoenix chapter calls, " A Target Rich" Environment.*



Daivd Most, facilitator of the Us TOO Palm Beaches Group and producer of the 3rd Annual Ingalls Memorial Prostate Seminar has DVD's available from event that was held at Scripps Research Florida on March 10, 2010.

The DVD contains presentations by Drs. B. Kramer, O. Sartor, J. Vieweg, M. Dattoli, S. Razdan, D. Bostwick, J. Feleppa and E. Bloch.

To obtain your own DVD for the low cost of only \$5.00 shipping fee, contact:

David S. Most, PhD  
Health Information Research, Inc.  
(a 501c3 nonprofit)  
c/o Enterprise Bank  
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N. Palm Beach, FL 33408

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[www.myHIR.org](http://www.myHIR.org)



## Us TOO Support Group Member in Manhattan "TAKES ACTION"

In New York, a special gubernatorial advisory panel established by the former Governor of New York, David Paterson, has submitted a set of recommendations on ways to increase awareness about prostate cancer. The Governor's Advisory Panel on Prostate Cancer Awareness was composed of experts, advocates, consumer representatives and others involved in the fight against prostate cancer. Us TOO was represented on the Special Panel by Stephen Katz, who participates in the Us TOO New York chapter in Manhattan. The Special Panel's recommendations were submitted to the Governor's Office on December 30, 2010, and are expected to be taken up by the in-coming Governor, Andrew Cuomo.

Staff members from the Governor's Office and the New York State Department of Health facilitated the work of the Special Panel and provided Panel members with background information on prostate cancer to provide context for the recommendations. Additional information about prostate cancer was provided by experts on the Special Panel.

The recommendations of the Special Panel are grouped into five categories and represent the Panel members' breadth of expertise and passion and commitment to raising awareness about prostate cancer risks, screening and treatment. The categories are:

**Events to raise awareness among the general public** - Recommendations in this category concern the conduct of awareness events in numerous venues throughout the year, engaging diverse groups of government and non-government organizations, with special emphasis on increasing awareness among populations most at risk of prostate cancer.

**Key messages** - Panel members identified key messages essential to promoting awareness about prostate cancer among the general public, and specifically high risk populations, and to building an understanding of prostate cancer screening and treatment and survivorship resources. Additionally, members noted the importance of developing key messages tailored to men at higher risk for prostate cancer.

**Social and other media** - Panel members reviewed the prostate cancer content on the New York State Department of Health web site, recommending various ways of using of the web site and other social and media resources for promoting prostate cancer awareness.

**Health care provider education and involvement** - Recommendations under this category were directed to promoting the provision by health care providers of information to patients about prostate cancer screening and follow-up screening tests. In particular, Panel members noted the importance of health care providers discussing with patients, including those at high risk, the risks and potential benefits of prostate cancer screening, diagnoses and treatment. Recommendations were also made to engage health care providers in activities to promote community awareness about prostate cancer.

**Coordinated Efforts** - Panel members made several recommendations for coordination of efforts and activities of organizations and others involved in promoting prostate cancer awareness, including the need to identify, gather and disseminate information about their activities.

Stephen Katz will continue to keep us updated as these recommendations move into a plan of action.



## Companions..A Family Matter

Us TOO's Companion and family Advisory Panel continues to put a face on prostate cancer's impact on the entire family.

In this article, we learn from this couple that often there are times when there are other things going along with dealing with prostate cancer.

### Caring for Yourself and Caring for Others ~ Anne Brusca

My name is Anne Brusca. I am a caregiver for my husband of almost 56 years. My husband has prostate cancer, he also has Alzheimer's.

By profession, I am a retired Clinical Social Worker whose area of specialty was Geriatrics. I spent many years working with Alzheimer's patients and their families. How ironic is that? But it was one thing to work with dementia patients and their families. At 5 o'clock, I could leave work and go home. Living with the person with dementia is an entirely different situation.

You may wonder why this presentation is worded the way that it is. Since we were young, at least in my generation, we were taught by our mothers, our religion, and others who had influence over us, to put others first. They told us not to be selfish. But when it comes to care giving, it is really important to take good care of ourselves so that we will be up to the challenge of caring for our loved ones. Admittedly, this is a whole lot easier said than done. I can't tell you how many doctors, those of my husband and those who treat me, have said, "You have to take good care of yourself. It is often the caregiver who gets sick and dies first." More than once, I've wanted to blurt out, "Thanks a lot. That's just what I need, another thing to worry about!" But when I give it serious thought, I know deep down, that I am hearing words of wisdom that come from experience.

So.....how do we go about caring for ourselves? There is probably no absolutely BEST way, but I can share with you what works for me and for others that I have met along the care-giving road. In my own journey, I have found that knowledge is power. Because my husband initially had a diagnosis of Mild Cognitive Impairment or MCI and subsequently, Alzheimer's Disease, I set out to learn as much as I could about the disease. I thought that I already had a lot of knowledge, but I had been retired 10 years when my husband was diagnosed, and there was a lot of new research on the subject. So I went about reading everything that I could get my hands on.

I contacted the Alzheimer's Association of Maryland and got on their mailing list. They publish a monthly newsletter. I did multiple internet searches (and still do) to find the latest articles on the subject.



Anne and Frank Brusca are featured in the third chapter in the Us TOO book called "Circles of Love"

Frank started seeing a urologist on a regular basis in the early to mid 90's after a TURP. Because his urologist was old school and saw little or no value in PSA testing, Frank changed doctors and sought out a urologist who was more up-to-date. On February 14th, 1997, the urologist called us (made sure we both were on the phone) and told us that PCa had been discovered. . I began to read everything that I could get my hands on that mentioned PCa. One of the docs we saw suggested that we join SEED PODS and CIRCLE, two on line support groups which I found invaluable. On Memorial Day weekend, Frank was seeded with radioactive iodine in a local hospital, and we never looked back. He had a minimum of side effects - just enough to let us know that PCa was not a trivial disease. It has been 13 years since diagnosis and treatment. Frank no longer has PSA tests, as of last year. We have never used the word "cured," but refer to his status as "in remission."

**Most importantly, I joined a support group.** I can't say enough good things about a good support group The one that I belong to meets monthly at the Bain Senior Center in Columbia. There are morning, afternoon and evening groups. Initially, I sat back and listened because I was a newcomer with a lot to learn. Eventually, I spoke up and told my story which wasn't easy to do the first time around. I have been in the same group for over 4 years and have found it to be invaluable. I have made friends with other caregivers, and we reach out to one another in a variety of ways. Most of all, in my support group, I have learned that I'm not the only one dealing with the many problems of Alzheimer's Disease. I find comfort in knowing that we all run short of patience sometimes, and I have picked up some "tricks of the trade" to deal with my husband's idiosyncratic behavior. We all exchange ideas with one another.

In addition to acquiring knowledge, try to find time, difficult as that is, to do some things that are pleasurable for yourself. I go out to lunch 2 or 3 times a month with friends. If shopping is your thing, go to the mall.....or the dollar store. I have also found what I call "budget psychotherapy" - a pedicure. I take a book with me, soak my feet in warm water, get scrubbed, buffed, massaged and painted, all for \$25 plus tip. Where else can you get an hour's attention so inexpensively? You may prefer going to the gym, the library, or for a walk. Sometimes, depending on the time of year or the weather, I work in my flower garden.

There are many challenges that accompany dementia / Alzheimer's Disease. Some of these are questions about driving, handling family finances, making decisions, wandering, getting lost. The list is endless and the solutions vary from person to person. Again, this is where a support group is invaluable. Ask others how they have handled similar problems. I found that after a year or so, my husband, who had been involved in several programs at the Bain Center, was no longer appropriate for such activities. I broached the subject of a day program - Winter Growth - and of course, he objected. "I don't want to be around all of those old people. (he was 82 at the time), especially if they are crazy." So I asked him to humor me, and we made an appointment and took a look. He reluctantly agreed to try one day a week to see how he liked it. Well.....he had such a good time that before long he was attending 2, 3, and finally 4 days a week. He calls it the "Senior Center" and loves it. But each person will be different. Because he is involved in a day program 4 to 5 hours a day, it frees me up to do all of the things that I now must do because he can no longer do them (banking, investments, car care, etc.) and to see my own doctors, dentist, hairdresser, etc. I look upon his attendance at the day program as a two pronged treatment: it not only is good for my husband; it is good for me.

Do you tell your loved one that s/he has Alzheimer's? In our case, it was pretty obvious that he would know because he was treated by Johns Hopkins Alzheimer's Research Center. He has never been embarrassed to admit it and even jokes about having "CRS" (can't remember.....). He has volunteered to participate in many studies and loves doing it because he is the center of attention of young, attractive psychologists, doctors and nurses, and because they usually give him \$20 to pay for our gasoline! He won't directly benefit from his participation, but hopefully, it will further the knowledge of the disease. On his 85th birthday, he willed his brain to Johns Hopkins so that he will be contributing even after death.

Will you have days when you think you can't go on another hour, much less another day? Of course you will. Sometimes, I think that if I have to answer the same question one more time, after answering it 15 times already, I am going to run away and join the circus - my ultimate solution for BIG problems. And there are times that I lose it. We talk about that a lot in my support group - running out of patience and then feeling guilty. But when you discover that it's a universal given, that takes some of the sting out of it, at least for a little while.

I have tried to hit on the highlights of caring for yourself and for a loved one, and I've mostly used my own personal experience, which is what I know best. No doubt, your experience and situation is different from mine, but I hope you find these words helpful to your personal circumstances. Always remember, you are not alone, and most importantly, find **"someone to talk to who understands"!**

*Most importantly, I joined a support group. I can't say enough good things about a good support group.*

*No doubt, your experience and situation is different from mine, but I hope you find these words helpful to your personal circumstances. Always remember, you are not alone, and most importantly, find "someone to talk to who understands"*

*~Anne*

## Words of Wisdom

Judi Sumoski, one of this year's recipients of the Edward C. Kaps Award does not like to be in the spotlight. She is humbled by her award, and has dedicated it to her brother. But Judi has some great thoughts on what she has observed through her 15 years of being a Leader. I felt it was something that we should share with all of you. ~tl

Letter from Judi:

I would like to share some observations I have made over the last fifteen years, regarding the treatment of men diagnosed with prostate cancer. In our Us TOO community, men who attained a thorough diagnosis in order to select an appropriate treatment plan, have experienced long term, undetectable PSAs. Locally, there has been little change in the tests used for staging of the cancer. It's vitally important to know the biology and the extent of the cancer before selecting a treatment program. With that in mind, it's frustrating that hospitals, health clinics and cancer centers are not spending every last dollar on diagnostic tools for proper staging. Tests are available for more comprehensive diagnosis of Prostate Cancer, but we are reluctant to improve staging techniques. Why?

1. Prostate cancer is the **only cancer** where a patient does not see an oncologist until they need palliative care. Oncologists have actually told us they do not treat or see prostate cancer patients until they are in the "end stage" of their cancer.

2. Most important as stated earlier, **what is the biology of the cancer??** We need to improve the diagnostic testing and staging prior to a treatment decision (currently: PSA, Gleason and Bone Scan). More imaging should be included before surgery or radiation, particularly in questionable patients where there might be extra-capsular spread. Advances are slow in small prostate cancer communities. Our greatest challenge may well be how to break down the paradigm which exists with this disease. **Before asking "What's the best treatment for me?", the questions should be: "Where is the cancer? What is the biology? -- so that I can make an informed treatment decision!"** Currently, there are "pockets of excellence" where men can take advantage of diagnostic tools to determine the extent of the cancer (Color Doppler Ultrasound, Endorectal MRI). Also, more extensive blood work in high Gleason patients such as PAP, ploidy, P53 gene), but patients need to travel. With approximately 50% recurrence after treatment, isn't it time we improved staging? Recurrence usually means that the extent of the cancer was not determined prior to treatment!

3. We need a case management system where **all newly diagnosed men** immediately meet with a radiation oncologist, medical oncologist, urologist and have an independent, unbiased patient/nurse navigator assigned to them to determine the appropriate treatment plan.

4. Family physicians, who prescribe and interpret the PSA testing, also need to be better informed about what a rising PSA could indicate. Men get in trouble with the current approach of waiting for the 4.0, because high Gleason cancers often give off low PSA. There are medical oncologists who specialize in prostate cancer. They guide patients based on the biology of their cancer and other test results. This knowledge and expertise is often used and is well respected.

Sincerely,

Judi Sumoski

Us TOO Prostate Cancer Community Network, Lancaster, PA

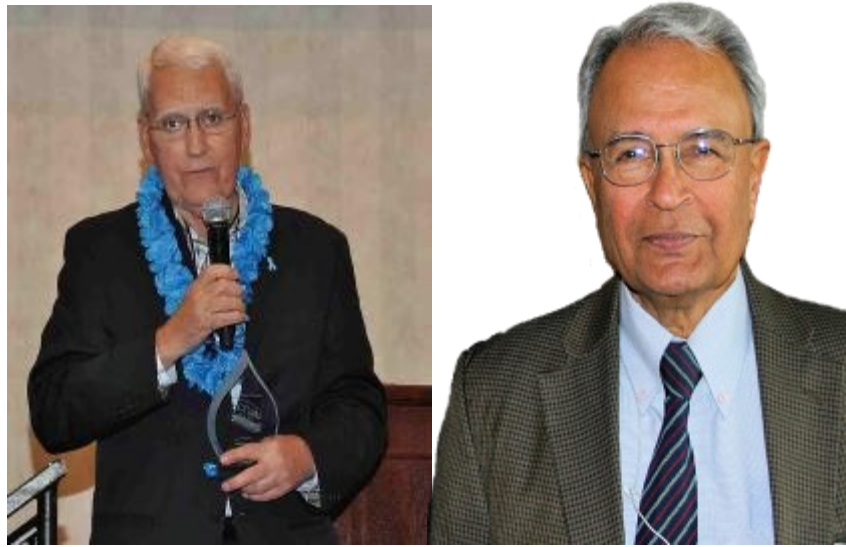
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~ Judi Sumoski*



## Back to Basics

### Self Help Information

In this communication, we will revisit some basic information about supplements and foods - which ones we should take and which to avoid. It will also give you examples of startling new research results about another basic - Exercise. One may be able to prevent prostate cancer Alzheimer's and other illnesses. Although most of us are already aware of this information, sometimes there is confusion when some contradictory information appears in the media.



**Russ Gould and Anant Kulkarni keep us "In the Know"**

All of us have been told again and again that a healthy lifestyle is essential in reducing the danger of cancer. Exercise, good nutrition and supplements will help us achieve this goal.

### Altering the effect of "defective genes"

In many cancers, there is a significant hereditary component. Perhaps there was a time when we thought that when one inherits a "defective" gene, having a disease as a consequence is unavoidable.

Just like inheriting certain eye colors and having blonde hair, for some diseases this still may be true. But for many other diseases, including inherited cardiovascular disease or cancer, this may not be the final and unalterable consequence.

Scientists have demonstrated that there are "activators" and "inhibitors" of our genes that can, and do, control their actions.

Thus, in spite of having a defective gene, if the activators/inhibitors come into play the defective gene cannot exert its influence.

However, adopting a healthy lifestyle (moderate exercise, good nutrition and critical supplements), one can energize the activator/inhibitor elements and in spite of the defective gene, one can effectively modify a disease.

Therefore, to many of us and our families, it is important to understand that we can modify and control results of inherited genes and that we can obtain a better quality of life.

Additionally, we need to note that an unhealthy lifestyle can affect the genes adversely. We all know that Asians have a low incidence of aggressive prostate cancer in the home countries. But when they migrate to "western" countries, within a generation the incidence goes up. Now this is a good example of secondary factors "activating" the "defective" genes, which did not come into play before when they had a healthier lifestyle in their home country. 15

## Teach The Value of a Healthy Lifestyle

Once we clearly understand that we can improve our health by adopting a healthy lifestyle - in cancers, heart disease, etc - perhaps it becomes our obligation to convince our immediate family, our extended family and friends to also change to a healthier lifestyle. Imagine so many "ambassadors" of health setting an "example" by practicing what they preach!

Best of all, healthy lifestyles help defeat not only prostate cancer and other cancers, but other diseases as well - such as hypertension, heart disease, obesity and so forth - which are more likely to kill us than the prostate cancer itself.

### Startling Reports of the Value of Moderate Exercise!

A moderate amount of exercise, at least 3-4 times per week for 30-45 minutes each session can be very beneficial. Weight bearing exercises help to build and tone muscles and strengthen bones to prevent osteoporosis of older age, inactivity, hormone treatments, etc.

There have been startling recent reports on the value of exercise. We have always heard that exercise is good for prostate cancer. There is now a prolific amount of literature defining positive research results. The following are examples:

**The first example** is a study published in the *Journal of Clinical Oncology*, Resistance Exercise in Men Receiving Androgen Deprivation Therapy for Prostate Cancer. The conclusion was, "Resistance exercise reduces fatigue and improves muscular fitness and quality of life and in men with prostate cancer receiving androgen deprivation therapy." Specifically, the data showed that the resistance training group improved by 40% as evidenced by an increase in ability to do chest presses, where as the control group declined by 8%. "This form of exercise can be an important component of supportive care for these patients."

**A second study**, presented at the American Association for Cancer Research Frontiers in Cancer Prevent Research Conference, found that exercise reduces death rate in prostate cancer patients. It was shown that as little as 15 minutes of exercise each day can reduce overall mortality rates in patients with prostate cancer.

Researchers assessed physical activity levels for 2,686 patients enrolled in the Health Professionals Follow-up Study, both before and after diagnosis (men with metastases at diagnosis were excluded). They found that men who engaged in three or more hours of Metabolic Equivalent Tasks (MET) a week, such as swimming, jogging, biking or tennis for about a half hour per week, had a 35% lower risk of overall mortality.

Specific to walking, the researchers found that men who walked four or more hours a week had a 23% lower risk of all-cause mortality compared to men who walked less than 20 minutes per week. Men who walked 90 or more minutes at a normal brisk pace had a 51% lower risk of death from any cause than men who walked less than 90 minutes at an easy walking pace.

Men who engaged in five or more hours of vigorous physical activity a week were at a decreased risk of dying from prostate cancer. "This is the first large population study to examine exercise in relation to mortality in prostate cancer survivors."

For example 3, there is an amazing report in the October issue of *Time Magazine* - Walking 6-9 Miles A Week May Save Memory - which was supported by the U.S. National Institute on Aging and was published online Oct. 13 in *Neurology*. Erikson and his colleagues began tracking the physical activity and the cognitive (or thinking) patterns of nearly 300 adults beginning 1989.

The brain's gray matter doesn't seem to shrink with this amount of exercise, study finds. Walking about six miles a week appears to protect against brain shrinkage in old age, which in turn helps stem the onset of memory problems and cognitive decline.

"We have always been in search of the drug or magic pill to help treat brain disorder," noted Kirk I. Erikson, an assistant professor of psychology at the University of Pittsburgh and the study's lead author. "But really what we are after may be, at least partially, even simpler than that. Just by walking regularly, and so maintaining a little bit of moderate physical activity, you can reduce your likelihood of developing Alzheimer's." It may prevent the ravages of this disease to the patient and his family.

Foods to avoid - high fat content, saturated fat, high calorie, high carbs, red meats, dairy fat, egg yolks, canola oil and so forth.

Good foods - low fat, low calorie, no trans fat, low saturated fat, high mono and poly saturated fats, olive oil, nuts, avocado, fruits, multicolored vegetables, high protein, less red meat or none, more fish (salmon, sardines, tuna, halibut etc). Vegetarian foods (watch out for fats) are better. Soy products, grains, cereals, legumes, beans (soaking overnight reduces flatulence), egg whites, cooked tomatoes, "fiber" foods, brown rice, tofu (but 30-50% of calories are fat), beets, pumpkin and white meat chicken are ok. One should also take B12 vitamins for a supplement. Watch out - low fat diets may lead you to a high carbohydrate diet

Supplements - Vitamin A/Beta Carotene. Vitamin D - do not take with oatmeal, take enough to get the blood level (25 hydroxy vitamin D) of 40 to 80 ng/ml., vitamin E, omega-3 - at least 1,000 mg/day, higher doses (4,000-6,000 mg) have been used. Selenium - especially in geographic areas known to have deficient soil; antioxidants include lycopene and polyphenols. Lycopene comes in capsules or from food. Take 2 small doses (e.g. one at noon and the other in the evening). Polyphenols can be found in green tea and is available from extracts also.

**Why avoid animal fat?** It contains higher quantities of arachidonic acid. Arachidonic acid stimulates growth of prostate cancer and its spread (metastasis), facilitates the formation of new blood vessels (to support the cancer) and damages the immune system involved in cancer control.

By switching to a vegan diet (no milk products, no eggs, no animal products), arachidonic acid levels in blood are reduced by roughly 30%

**Importance of antioxidants** - reactive oxygen compounds (free radicals, hydrogen peroxide), are usually formed in the body and need to be removed to prevent damage to the DNA. Such damage results in cancer. Available evidence shows that hydrogen peroxide is linked to the development of prostate cancer. Antioxidants help neutralize oxygen radicals and hydrogen peroxide.

**Selenium** daily (200 mg is the suggested dose) is an essential part of the enzyme that converts hydrogen peroxide to water. **Vitamin E** reacts with oxygen free radicals to prevent damage to tissues (200-400 I.U. daily). Larger doses may suppress immune function and increase risk of bleeding). Polyphenols in green tea are potent antioxidants, which lessen the damage caused by exposure to the sun and oppose cancer-causing chemicals. EGCG, contained in green tea, causes rapid shrinkage of human prostate cells (made to grow under the skin in mice). Drink the tea with a little lemon juice to keep it stable. **Lycopene**, one of the most effective antioxidants, decreases the amount of prostate cancer in prostatectomy specimens. **Resveratrol**, an antioxidant phytoestrogen, is present in red wine and grape juice. Dark chocolate is better for you and safer for prostate cancer survivors because it contains no dairy and has the acceptable form of saturated fat. A milk-free version of hot cocoa can also be made.

**Soybeans** are rich in protein and low in saturated fat. They contain **isoflavones** that act like estrogen (**phytoestrogens**). A diet rich in soybeans lowers the risk of osteoporosis. In Asia, where intake of soy is quite high, risk of metastasis and death from prostate cancer is low, **Genistein** is another isoflavone in soybeans which prevents formations of new blood vessels (angiogenesis) in cancer. At high doses, probably difficult to achieve in humans, it can cause prostate cancer cells to self-destruct. Textured vegetable protein, soy flour and roasted soy are also good sources of genistein and other isoflavones. ~ Anant Kulkarni, and Russ Gould

**Volunteers in Action, Designer Joseph Bruno and Jan Brown  
created and manage this awareness effort**

### **LEATHER Wristbands Help Raise Awareness Funds for Us TOO**

Braided black leather adjusts to any wrist size

Non-tarnish silver-finish medallion

Net proceeds donated exclusively to Us TOO International



For more information, go to

[www.prostatecancerwristband.com](http://www.prostatecancerwristband.com)

Or Call 1-800-808-7866

**Conquer Prostate Cancer**

**Wristband \$25**

# Pints for Prostates Gears Up for Major Men's Health Awareness Campaign During 2011

Pints for Prostates, an awareness campaign that reaches men through the universal language of beer, has announced plans for a number of events during 2011 designed to encourage men to take charge of their health.

"Pints for Prostates has attracted the attention of men and enabled us to educate them about the importance of regular prostate health screenings," said Rick Lyke, who founded [Pints for Prostates](http://www.pintsforprostates.org) in 2008 after successful prostate cancer surgery. "Few people realize that prostate cancer in men is more common than breast cancer is in women. One in six men will develop prostate cancer during their lifetimes, but with early detection and proper treatment, the disease is nearly 100 percent survivable."

During the last two years approximately 100 Pints for Prostates events have been held, organized by volunteers and often hosted on a local level at restaurants or brewpubs. Those wishing to organize an event can get information by visiting [www.pintsforprostates.org](http://www.pintsforprostates.org).

During 2011, Pints for Prostates plans to focus activity during June, timed for Father's Day, and September, which is National Prostate Cancer Awareness Month. In June, Donate for Dad will raise funds for the [Us TOO International Prostate Education and Support Network](http://www.us-too.org) through online donations and a variety of events. In September, Oktoberfest for a Cure will focus the support of brewers for the cause of men's health.

## Schedule of Events

Pints for Prostates has released a preliminary list of events, with more to be added during the year. Events on the schedule at this point include:

- Jan 22: World Beer Festival, Columbia, S.C., Two sessions, Noon to 4 p.m. and 6-10 p.m.
- Jan. 23: Pints for Prostates Trinity Hall Beer Tasting, 5321 E. Mockingbird Lane in Dallas, Texas, 2-6 p.m. Tickets are \$25 and include a tasting of 10 different craft and homebrewed beers.
- March 11: Pints for Prostates Presented by the Downtown Macon Rotary, Armory Ball Room, 484 1<sup>st</sup> St., Macon, Ga., 7-10 p.m. Tickets are \$25 and include beer samples, music from the Grapevine band, and the opportunity for men to receive a free PSA (prostate specific antigen) blood test to screen for prostate cancer.
- March 12: Pedal for a Pint, Tattnell Square Park, Macon, Ga. Presented by the Downtown Macon Rotary and Bike Tech, tickets are \$25 and include the leisurely bike around the park, a t-shirt, a post ride pint and a free PSA blood test.
- March 12: Grapevine's Third Annual Beertopia to Benefit Pints for Prostates, Baxter Village, Fort Mill, S.C., 2-6 p.m. Tickets are \$25 and include samples of more than 100 beers from 40 breweries and music.
- March 15: The Jay Butler Beaudacious Beer Gustation to benefit Pints for Prostates, Flying Saucer Draught Emporium, 328 W. Morgan St., Raleigh, N.C., 6-9 p.m. Tickets are \$25 and include beer samples, food and entertainment.
- April 9: World Beer Festival, Raleigh, N.C. Two sessions, Noon to 4 p.m. and 6-10 p.m.
- June 11: World Beer Festival, Richmond, Va. Two sessions, Noon to 4 p.m. and 6-10 p.m.
- June 16: Pints for Prostates at Pike Brewing, Seattle, Wash., 6-9 p.m. Event includes silent auction and raffle.
- July 28-31: Oregon Brewers Festival, Tom McCall Waterfront Park, Portland, Ore. Noon to 9 p.m. first three days and Noon to 7 p.m. on Sunday.
- Sept. 9-19: Pints for Prostates European Beer Tour. Nine nights in Prague, Bamberg and Munich, including Oktoberfest. Details at [www.beertrips.com](http://www.beertrips.com).
- Sept. 30: Denver Rare Beer Tasting III, Denver, Colo., 1-4 p.m. Tickets will go on sale during June. Details at [www.pintsforprostates.org](http://www.pintsforprostates.org).
- Oct. 8: World Beer Festival, Durham, N.C. Two sessions, Noon to 4 p.m. and 6-10 p.m.

## What else is Pints Brewin for 2011?

Raffle tickets for Pints GRAND PRIZE this year will be a trip to Europe for TWO for "The Pints for Prostates European Beer Tour" Airfare for two and hotel included. \$7500 VALUE

The Pints for Prostates European Beer Tour is being organized by [BeerTrips.com](http://BeerTrips.com), which has been providing unique beer travel experiences to European and North American destinations since 1998. The Sept. 9-19 trip will visit the Czech Republic and Germany during nine nights and include brewery tours, escorted pub crawls, guided city tours, special meals and more in Prague, Bamberg and Munich. The trip will include tours of famous breweries along the way, such as Pilsner Urquell, Ayinger and the Andechs Monastery Brewery. The tour will arrive in Munich in time to enjoy Oktoberfest 2011.

### About Pints for Prostates

Pints for Prostates, is a 501(c)3 a campaign that uses the universal language of beer to encourage men to take charge of their health, was founded by prostate cancer survivor and beer writer Rick Lyke in 2008. The grassroots effort raises awareness among men of the importance of regular health screenings and PSA testing by making appearances at beer festivals, social networking and pro bono advertising. According to the National Cancer Institute, approximately 218,000 new prostate cancer cases were diagnosed in the U.S. in 2010, which is 25,000 more than the number of expected new cases of breast cancer. Sadly, more than 32,000 American men died from the disease. More information is available at [www.pintsforprostates.org](http://www.pintsforprostates.org). Pints for Prostates also has a presence on Facebook and Twitter (@pints4prostates).



Reaching Men Through the Universal Language of Beer.

### "ON TAP"

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### PUT YOUR PEDAL TO THE METAL....

#### GET INVOLVED WITH YOUR ROTARY CLUB

The Downtown Macon Rotary Club in Macon Georgia is hosting two prostate cancer awareness events: **Pints for Prostates** and **Pedal for a Pint**. Pints for Prostates is a gala event with entertainment from the Grapevine band, a beer tasting, PSA tests for men, and abundance of information on prostate cancer from local urological groups, cancer support groups and its sponsors. Their second event, Pedal for a Pint, is a bike run around Tattnall Square Park, sponsored by Bike Tech. Pedal for a Pint will also offer free PSA testing and information to make people aware of prostate cancer.

"Rotary is an organization of community leaders working together to promote health, education, and goodwill at home and around the world. This Pints for Prostates event is just the kind of program we support - volunteers raising awareness for an important health issue in our community... and having fun doing it. The Rotary Club of Downtown Macon is very grateful to the many sponsors and participants who will make this event a great success and hopefully a signature event in Macon for years to come," says Rick Maier, President of the Rotary Club of Downtown Macon.

Pints for Prostates has done hundreds of events the past two years, but this time it's different. This time, the reason behind it is not only to promote awareness but to honor a wonderful husband, father, friend and colleague, Jay Butler.

Jay was 6 feet 7 inches tall and weighed in at 300 lbs. You knew when Jay walked into a room not only because of his physical size, but because of the size of his heart, and his amazing "voice". One would think that nothing could knock Jay Butler down, but prostate cancer did, and he died only five weeks after he was diagnosed.

Jays wife Aletha has graciously decided to share her story with us.. She says, " **If I hear one more person give excuses to prostate cancer by saying, "patients don't die of prostate cancer, they die from something else" I will scream!**" Here is her story:

It was Super Bowl Sunday, February 7, 2010, and our team won. The beautiful voice of radio, Jay Butler, was silenced. The cause? Prostate cancer. Since Jay's homegoing, as with any life changing event, my eyes have been opened into the world of prostate cancer. While I am still a newbie and I'm still learning about this disease, I have met many people that have been affected by it. Several of those have had friends or family that were diagnosed that did not fit the medical community's opinion of the cookie cutter profile. No family history and under the age of 40.

It really struck me how this reminded me of a time when breast cancer was treated the same way. Not enough people are talking about it, the deaf ears of the medical community on what is really happening to people and not enough pro-action to prevent someone from entirely having to go through cancer treatments or death. Many lives were lost before enough was done preventively.

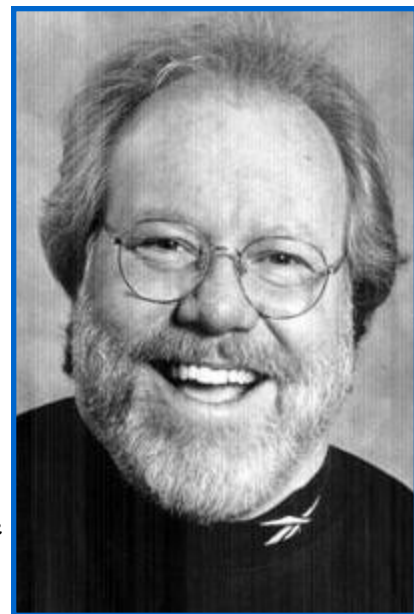
The big difference with prostate cancer unlike breast cancer, as you know, is that it is totally treatable and even curable when caught early. That is the appalling part to me. No man, woman, or child living in this country, one of the most industrialized nations in the world, should be dying of ANY curable disease. If I hear one more person give excuses to prostate cancer by saying, "patients don't die of prostate cancer, they die from something else" I will scream. It is time to stop the excuses and get on with prevention.

It was disturbing to find out that North Carolina ranks top ten in the nation for prostate cancer and #2 in the African American community. I do not find that something to be proud of. We have learned the lesson of early detection from so many diseases why are we still having to scream to the house tops once again? That is where I see a need. To get more vocal, to get in front of people's eyes and ears in order to save more men's lives.

I have formed a small team of Jay's friends, which we have loosely termed Friends of Jay Butler, to help me use the Jay Butler name for this cause. If we can help to save just one man's life it will be worth it. No man/family should have to go through what we have. Time is precious. My children, Caitie and Cody, are going to have to go through life without their father there to see them go to high school, college, get married or have their first child. It is also my goal to have Caitie & Cody tell their story to their own generation.

Jay is no longer with us but if we can get the word out to those who knew him or listened to him over his 35 year career with the help of his friends & colleagues, it's a start.

I found out about Rick Lyke and his foundation 'Pints for Prostate's from a friend of ours whose son helps Rick with different 'Pints' events. I went to his web page and really liked what I saw. I ran it by our team and they all agreed for trying to do an event with Rick. I was already working with Mary Anderson, the Director of the Prostate Cancer Coalition of NC, to help me identify events that we could attach ourselves. It was Mary that actually got Rick & I together via phone conference. This will be our first event so we are very excited. It is my hope and prayer that this is the beginning of many events with Rick and others. ~ Aletha Butler



Jay "Jaybo" Butler, a longtime on-air fixture on Triangle Radio in North Carolina was diagnosed with advanced prostate cancer at age 58. He died five weeks after his diagnosis.



Cody, Aletha, Caitie, and Jay Butler at dinner to celebrate Aletha's birthday in October of 2009. "This was taken a few days before Jay started having back pain, which in hindsight is when we figured out was a symptom of his tumor," shares Aletha.

# Save the Date

Saturday, April 23<sup>rd</sup>, 2011

Dr. Stephen Strum began his medical oncology practice in 1973. He collaborated with Dr. Fernand Labrie in 1983 on the use of combined androgen blockade in the treatment of prostate cancer. As a result of this pioneering work, his entire oncology practice was soon focused solely on prostate cancer. A member of the American Society of Clinical Oncology (ASCO) and the American Urological Association (AUA), Dr. Strum has presented original clinical research at the annual meetings of both organizations.

Dr. Strum co-founded the Prostate Cancer Research Institute (PCRI) and was the main contributor to its Web site and newsletter (PCRI Insights). He is a sought after lecturer, author and consultant. Above all, he is passionate in his care of and for patients with prostate cancer.

*The Santa Cruz, San Jose, and Silicon Valley Prostate Cancer Support Groups Present :*



Medical Oncologist  
**STEPHEN B. STRUM, M.D., FACP**

**“What Makes Prostate Cancer Grow (and all other cancers too!)”**

**Location:**

Good Samaritan Hospital Auditorium,  
2425 Samaritan Drive, San Jose, Ca [goodsamsanjose.com](http://goodsamsanjose.com)

**Directions:**

The auditorium at the Good Samaritan Hospital is located in the basement of the hospital near the east end of the main building. Enter the building from the east parking lot and take the stairs (or elevator) down to the basement and follow the signs to the auditorium.

*The Santa Cruz, San Jose, and Silicon Valley Prostate Cancer Support Groups gratefully acknowledge support from:*

- |                                      |   |
|--------------------------------------|---|
| American Cancer Society              | Us TOO International  |
| California Prostate Cancer Coalition | PAACT Inc.  |
| El Camino Hospital, Mountain View    | Prostate Cancer Research Institute                          |
| Good Samaritan Hospital, San Jose    | Katz Cancer Resource Center, Dominican Hospital, Santa Cruz |



From left to right, Sonja Krob TAP Pharmaceuticals, Melvyn Walton, Linda LeMaire, Donna Evans, Don Evans, Back row, Floyd Harding and Dean Easterlund. Quad City Support Group members assist at package pick-up and man the Us TOO table providing materials and information about prostate cancer and their support group.



Over 4700 participants gathered for the two day event. Saturday was for the "kids" and Sunday was the 26 mile run/Half Marathon, 5 mile race, and WALK. WOW!



The Prostate Cancer Survivor Team won second place in their division for the best time. From left to right, Front Row, Frank Bay and Gary Loy. Back row, Daryl Reitz, Jim Vinton and John Thompson. WAY TO GO GUYS!

This was the third year that the Us TOO Quad Cities Chapter participated in the Quad Cities Marathon. "The event was a total success" share Bill Palos, former Us TOO Board Member, and Regional Director and leader of the Quad Cities Chapter. "We are fortunate to have such wonderful support from our volunteers in the area. My hope is that other chapters throughout the country will see that doing an event like this is possible!"

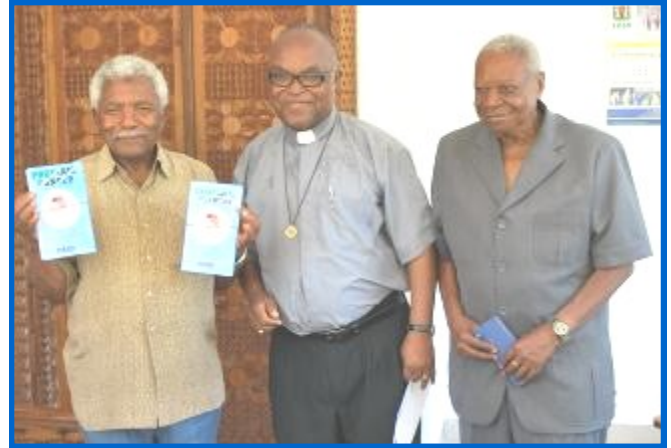
A Grand total of \$6000 was raised.

\$5000 went to the Greater Quad Cities Region local programs to support prostate cancer education and awareness activities, and \$1000 was donated directly to the Us TOO International home office in Downers Grove.

To learn more about having an event in your community, go to [www.qcmarathon.com](http://www.qcmarathon.com). Just click on the "blue" ribbon.



Dave Sauls from the Us TOO Dover Delaware Chapter speaks to a group of ladies from St. Pauls AME Church in Milford Delaware . Dave speaks about how important it is for the men in their lives to take charge of their health, and that African American Men are at high risk for prostate cancer. He educates them about prostate cancer and the need for early detection.



Rev. Canon Kandusi (center) founder of the Tanzania 50 Plus Campaign and Us TOO leader share a two hour visit with President Alhaj Ali Hassan Mwinyi. (far left) President Mwinyi is a patron to the Tanzania 50 Plus Campaign. The Campaigns goal is to reduce the sufferings and deaths caused by prostate cancer in Tanzania.



From left to right: Pete Tutroni from SanofiAventis, Facilitator of the Us TOO Dover Chapter, David Sauls , survivor and community health outreach educator and Us TOO Leader, Michael Zaragoza MD, Mrs. Zaragoza and Denise Clemens . Eden Hill Medical Center sponsored a Prostate Cancer Awareness Day in September.



Folks from the Mason-Shelton Chapter in Washington man a booth at a health fair. From left to right Hal Parks, Joan Prastka and attendee Karl Ostheller. Not pictured, Bill Prastka Chapter leader shares that thier goal is to raise community awareness regarding incidence, early detection and the benefits of early treatment for prostate cancer throughout their community.



Members of the Fort Wayne Chapter celebrate and give thanks for good health and good company!



Special thanks and a celebration cake was given to Jim and Adda Jane Wiegman the original founders, the driving source of the group. Pictured in the center is President/CEO of Cancer Services, the chapters sponsoring organization.

The Fort Wayne, Indiana Chapter revived an old tradition for its December meeting. The tradition, which was skipped last year, was established to give thanks for, and to celebrate, still being around and in each others' company after another year. This year's celebration made special note of the contributions of Jim and Adda Jane Wiegman, the original founders and on-going driving force behind this chapter. The adage that "we stand on the shoulders of those who came before us" applies nowhere more than it does to these fine people. It was especially gratifying that we were able to give them this tribute.

A total of 23 members attended. It was a pot-luck affair, which always results in entirely too much of excellent food, not all of which would make the dietary recommendations for prostate cancer patients. The party ended with an impromptu singing of Christmas Carols instigated by the spouses! Bill Seidel, Us TOO Fort Wayne, Chapter Leader



From left to right: Jim Gregory, Chairman Us TOO Pahrump, Dr. Vogelzang, Tom Waters, Recorder, Jim Terrell, Historian, George Mapes, Treasurer, Dr. John Socey, board member and Jim Grownmann President Senior Center Board. Special thanks goes out to Jim Gregory for sharing the pictures and organizing the event! Nice job Jim!

### Pahrump Nevada Chapter off to a good start for 2011!

On January 3 at the Pahrump Nevada Senior Center, Dr. Nicholas Vogelzang spoke to several Us TOO Pahrumps members.

James Gregory Chapter Leader shares, "I wish to thank all of the people from the Senior Center who assisted us in the organization of this event. It was better than our highest expectations! We had almost 30 people attend, the largest percentage being women which is very encouraging!"

He continues to say, "I was impressed at the womens knowledge of the disease, and Dr. Vogelzang did an outstanding job of presenting in a way that the average person could understand and equate with".

Dr. Vogelzang hopes to bring one of his fellow Doctor's to present again sometime n April or May.

### A Special "Thanks" from Carl Frankel Us TOO BOD

"Serving on the Board of Us TOO International is a wonderful experience. I cannot overstate how personally gratifying it is to work on behalf of prostate cancer patients and their families. Each of us brings his/her individual set of skills to the organization's mission of providing support, education and advocacy to the prostate cancer patient community. It's one way we fight back against the disease which has invaded all of our lives. That fight continues. In a way, I envy those who now take their place on the Board. These are exciting times in which to further our cause.

I also want to take this opportunity to say what a joy it was to work with my fellow board members, two exceptional chairmen, and, of course, the CEO and staff of Us TOO. I will miss all of them. Now the challenge for me is to find an outlet for the energy still within me." ~ Carl



Carl Frankel

***What a joy it was to work with my fellow board members, two exceptional chairmen, and, of course the CEO and staff of Us TOO. I will miss them all!***

***~ Carl Frankel***



Whether you're 9 or 90, abundant evidence shows exercise can enhance your health and well-being. But for many people, sedentary pastimes, such as watching TV, surfing the Internet, or playing computer and video games, have replaced more active pursuits.

### What exercise can do for you

Millions of Americans simply aren't moving enough to meet the minimum threshold for good health - that is, burning at least 700 to 1,000 calories a week through physical pursuits. The benefits of exercise may sound too good to be true, but decades of solid science confirm that exercise improves health and can extend your life. Adding as little as half an hour of moderately intense physical activity to your day can help you avoid a host of serious ailments, including heart disease, diabetes, depression, and several types of cancer, in particular breast and colon cancers. Regular exercise can help you sleep better, reduce stress, control your weight, brighten your mood, sharpen your mental functioning, and improve your sex life.

A well-rounded exercise program has four components: aerobic activity, strength training, flexibility, and balance exercises. Each benefits your body in different ways.

In a nutshell, exercise can:

- **Reduce your chances of getting heart disease. For those who already have heart disease, exercise reduces the chances of dying from it.**
- **Lower your risk of developing hypertension and diabetes.**
- **Reduce your risk for colon cancer and some other forms of cancer.**
- **Improve your mood and mental functioning.**
- **Keep your bones strong and joints healthy.**
- **Help you maintain a healthy weight.**
- **Help you maintain your independence well into your later years.**

### Fighting disease with aerobic activity

Aerobic exercise is the centerpiece of any fitness program. Nearly all of the research regarding the disease-fighting benefits of exercise revolves around cardiovascular activity, which includes walking, jogging, swimming, and cycling. Experts recommend working out at moderate intensity when you perform aerobic exercise. This level of activity is safe for almost everyone and provides the desired health benefits. Additional health benefits may flow from increased intensity.

### Protecting bone with strength training

Strength or resistance training, such as elastic-band workouts and the use of weight machines or free weights, are important for building muscle and protecting bone.

Bones lose calcium and weaken with age, but strength training can help slow or sometimes even reverse this trend. Not only can strength training make you look and feel better, but it can also result in better performance of everyday activities, such as climbing stairs and carrying bundles. Stronger muscles also mean better mobility and balance, and thus a lower risk of falling and injuring yourself. In addition, more lean body mass aids in weight control because each pound of muscle burns more calories than its equivalent in fat.

### Ease back pain with flexibility exercises

Stretching or flexibility training is the third prong of a balanced exercise program. Muscles tend to shorten and weaken with age. Shorter, stiffer muscle fibers make you vulnerable to injuries, back pain, and stress. But regularly performing exercises that isolate and stretch the elastic fibers surrounding your muscles and tendons can counteract this process. And stretching improves your posture and balance.

### Preventing falls with balance exercises

Balance tends to erode over time and regularly performing balance exercises is one of the best ways to protect against falls that lead to temporary or permanent disability. Balance exercises take only a few minutes and often fit easily into the warm-up portion of a workout. Many strength-training exercises also serve as balance exercises. Or balance-enhancing movements may simply be woven into other forms of exercise, such as tai chi, yoga, and Pilates.

## A Special "thank you" from Us TOO Aaron Neuhas Memorial Chapter Florida

Dr. Stein has unselfishly devoted his time to the well being of the members of the Us TOO Aaron Neuhas Memorial Chapter. He is a physician who is on the cutting edge of prostate cancer treatment and his meetings are both in formable and educational. He is there month after month with programs that cover the full spectrum of prostate cancer and its side effects. Dr. Stein explains the ills of prostate cancer in laymen terms and answers all questions fully.

Upon returning from a Urology convention Dr. Stein gives us a report on what's new and what's not so new. Besides his private practice Dr. Stein is the Urologist for the professional hockey team the Florida Panthers.

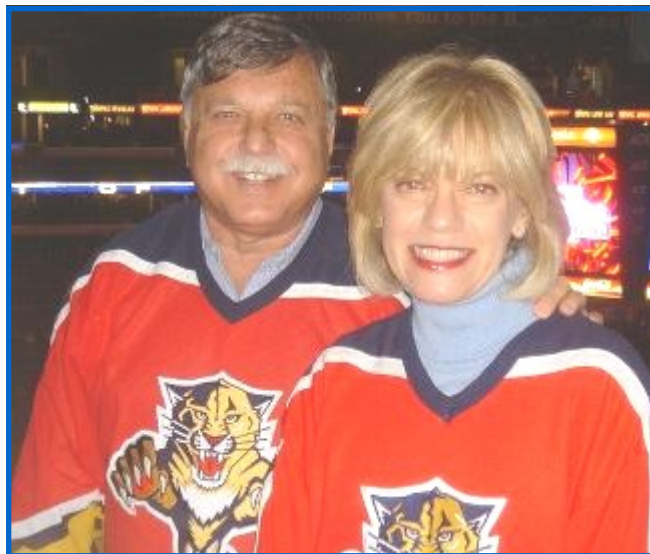
He is truly dedicated to the Us TOO cause and we are very fortunate to have Dr. Stein as our facilitator and thankful to his wife Laurie for sharing him.

Thank you,

David Corito, member Us TOO, Margate, Florida



Members from the Us TOO Fairfield County Chapter in Lancaster, Ohio celebrate a great year at their annual Christmas Banquet.



Dr. Marvin Stein Us TOO Aaron Neuhas Memorial Chapter in Margate, Florida and his wife Laurie.



Member of the Us TOO Marshfield Prostate Cancer Support Group holds up a copy of the Hot-Sheet at a picnic that was held this summer. The group also held their annual Christmas Dinner in December. The group facilitator is Richard Nesbitt from the Marshfield Clinic. Richard has shared a list of topics he has had for his yearly meetings and it will be posted in the Chapter Leader Resources section of the website.

## Editors Corner:

**Happy New Year All!**

*I want to take this opportunity to thank you for sharing your personal lives and stories with Us TOO. I have been so fortunate to have been able to meet many of you in person. Each time, it is with such great pleasure and admiration for all that you do, on your own time, giving back to those who need comfort and guidance throughout all stages of prostate cancer.*

*I am inspired by your passion to share your knowledge and experiences with those who are newly diagnosed, helping them to empower themselves to make informed decisions on treatment.*

*I am touched by those of you who sit by the bedsides of those who have lost their battle from this horrible disease, bringing comfort to them and to their families. Instead of giving up, it reignites your spark to bring forth more public awareness, and "shout from the rooftops" as my new friend Sam would say. Men are dying from prostate cancer. They are real men, with real families, real husbands, fathers, friends, teachers, mentors. Continue to spread the word. We CAN make a difference! ~terri*



*I would like to share with all of you that I am now,*  
**Mrs. Terri Likowski,**  
**Chapter Services Program**  
**Manager**



Please register yourself and encourage your members to register too!

[www.ustoo.org/knowyou](http://www.ustoo.org/knowyou)

This will automatically put you into the Us TOO Network and will keep you "In the Know" about what is happening with Us TOO International

Chapter Leaders and facilitators can gain free access to the Chapter Leaders Resource Section of the Us TOO website.

Please contact Terri Likowski @ [terri@ustoo.org](mailto:terri@ustoo.org) or Jackie Konieczka @ [Jackie@ustoo.org](mailto:Jackie@ustoo.org) to receive the PASSCODE



**Us TOO International**  
**Prostate Cancer Education and Support Network**

5003 Fairview Ave.

Downers Grove, IL 60515

Phone: 800-808-7866

Fax: 630-795-1602

E-mail: [www.ustoo.org](http://www.ustoo.org)

Contact: Terri Likowski, Program Manager

[terri@ustoo.org](mailto:terri@ustoo.org)