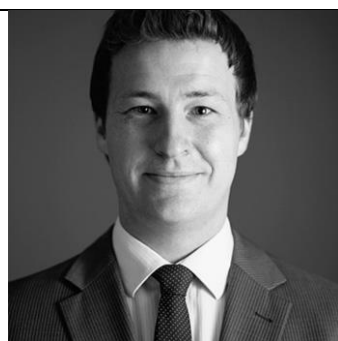


# GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

February Vol 2024:02



Our presenter in February will be Greg Duff -Greg will enlighten us on the procedures and pitfalls relating to finances on entry to residential aged care.

## Monthly Group Meeting:

9.45 FOR 10.00am, the last Friday of the month except March which this year will be on 3<sup>rd</sup> Friday.

(December no meeting – Christmas function)

### Venue:

Belmont Park Pavilion, 162 Barrabool Rd, Belmont.

Wheelchair accessible.

## Coming Events

Date	Time	Meeting
<b>Fri 23 Feb</b>	<b>10.00 am</b>	<b>Greg Duff Aged Care</b>
Fri 22 Mar	10.00 am	Patricia Banks Oncologist
<b>Fri 1 Mar</b>	<b>10.00 am</b>	<b>Partners Coffee Morning</b>

## PCFA ONLINE COMMUNITY DIGEST

Stay up-to-date with the latest articles, videos and news posted to the website

PCFA Online Community

<http://onlinecommunity.pcfa.org.au/>

## PCFA Expert Telenursing Support 1800 22 00 99

## Geelong Group

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## PROSTATE NEWS

Issue 86 –  
January  
2024



Check the PCFA Website

[www.prostate.org.au/publications/prostate-news](http://www.prostate.org.au/publications/prostate-news)

Please email [info@geelongpsg.net](mailto:info@geelongpsg.net) to provide feedback, comment or to redirect or cancel receipt of this newsletter.

## QUOTE OF THE MONTH

“You only live once, but if you do it right, once is enough.”

- Mae West

Proudly affiliated with



Prostate Cancer  
Foundation of Australia

*Disclaimer: The information contained in this newsletter, or discussed at meetings, should not take the place of medical advice from a qualified health professional. The services of a qualified medical practitioner should be sought before applying any information to particular circumstances.*

*This disclaimer is issued without prejudice.*

## Next Meeting

Our next monthly Support Group meeting will be held on **Friday 23<sup>th</sup> February 2024** at the Belmont Park Pavilion at the usual time of 10.00 am.

Our presenter in February will be Greg Duff - a partner with Beach Wealth Advisers. Greg has a Bachelor of Commerce from Deakin University and is a Member of Financial Advice Association of Australia (FAAA). It can be unexpected and there can be resulting time pressures in making big lifestyle and financial decisions on behalf of those going into Aged Care.

Structuring assets correctly while a resident is in 'respite' (typically the first 28 days of residency in the Aged Care facility) is essential to ensuring the cost of care is minimised while cash flow requirements are met by maximising social security entitlements.

Greg will attempt to help by taking the stress away from the financial aspect of this process by explaining industry jargon in plain terms to increase your knowledge and understanding of the process and relevant legislation. [www.beachwealthadvisers.com.au](http://www.beachwealthadvisers.com.au)

## Last Meeting

There was no meeting in January due to maintenance of the pavilion. Several members I have met during this period pondered why didn't we meet in the park. That would have been nice.

## In-the-News

### Interview on The Pulse 94.7



*Alan Barlee was interviewed recently on The Pulse, 94.7, by Rob Cameron.*

*The interview was a lively discussion about developments in PCa. Eg, getting tested, education, having discussions and the benefits of GPSG.*

*Rob was very supportive of our GPSG and the need for men to discuss these issues.*

*Alan discussed most aspect of PCa, causes, treatments, and emotional issues. Alan stressed the importance of benefits of GPSG. He informed the audience on how to contact us via the website.*

*Link: <https://pod.co/rcfp/alan-barlee-geelong-prostate-group>*

## From PCFA

Prostate Cancer Foundation of Australia's National Chairman, Adjunct Associate Professor Steve Callister, has been named a Member in the Order of Australia.

The distinguished recognition was announced by Australia's Governor-General as part of the Australia Day 2024 Honours List. The award recognises Adjunct A/Prof Callister's service to Prostate Cancer Foundation of Australia and men impacted by prostate cancer, as well as his contribution to business.

## Blue Sky News

The new edition No 86, January 2024, is now available. It can be found on the PCFA website under Publications. It contains the following topics:

1. Research supports early use of lutetium (LuPSMA) to treat PCa.
2. Aussie men will be first in the world to take part in a global study using nuclear medicine.
3. Focal therapy changes the game.
4. Australian first living Lab to beat PCa.
5. Understand the aggressiveness of PCa.



## New PCFA Ambassador: Australian cricket great tells men to get checked

Australian cricket great Tim May has become an Ambassador for PCFA, giving an emotional interview to Channel Seven about his diagnosis with prostate cancer. The former off-spinner and previous CEO of the Australian Cricketers' Association and Federation of International Cricketers' Associations has advanced prostate cancer and is continuing with chemotherapy treatment. He has joined us in urging Australian men to get a PSA blood test and be vigilant about their prostate health, with only 36% of prostate cancers detected at Stage 1 in Australia.

## GPSG Partners' Group Coffee Morning

The first PSG Partners' Coffee Morning for 2024 will be held on FRIDAY MARCH 1 at 10 am. (Please note this is one week after the first Support Group meeting for the year.)

The venue, as always, is No 42 Cafe, 42 Bell Pde Rippleside.



We look forward to welcoming new partners in 2024 and renewing friendships with our current partners.

For those who are new to our Geelong PSG, our Partners' Coffee Mornings have been taking place for many years and are a nice opportunity to meet and chat to other partners in a casual setting. For further information, call Michelle on 0418 529 612.

## GPSG Membership Renewal Fees and Donations

GPSG needs money to pay for rental of the hall, morning teas, administration expenses, and other items. At the October meeting Denis our then treasurer reported that donations at the door have been steadily decreasing, mostly because many people no longer carry cash – especially coins. A recent vote of members unanimously endorsed an increase in the annual fee to \$20, at least partly offset by a cessation of door donations.

It's again time to renew your financial membership of the Support Group. The new annual membership fee of \$20 is due at the commencement of the calendar year. Please provide the treasurer with your membership fee, in cash with the slip below, or by credit or debit card, at the next meeting. Alternatively, the payment may be made by:

- Direct bank transfer to: GPSG, BSB 633000 Account number 126830009. If using this method, please ensure to include your name in the reference block.
- Mail a cheque to GPSG, PO Box 3019 Grovedale, Vic, 3216. Cheques should be made payable to Geelong Prostate Support Group, together with the slip below.

Being a financial member places you in the 'Active Member' category, one of the benefits being that you have access to upcoming events and the latest news about prostate cancer.

We thank you for supporting the Group. Any member wanting to cancel his membership with the Geelong Prostate Support Group, or anyone not wanting to receive our newsletter, please advise Bill Rebula on 0414 524 155 or by email on [info@geelongpsg.net](mailto:info@geelongpsg.net)

**2024 MEMBERSHIP RENEWAL**  
**GEELONG PROSTATE SUPPORT GROUP**

First Name: ..... Surname: .....

Email: .....

Phone No .....

**Some Humour**



**An Article by Amanda Blair in the Woman’s Weekly (Yes, the editor reads it)**

*“Menopause has its advantages doesn’t it ladies? Life really gets exciting when you can’t remember where you have parked the car, where you are going, where you’ve been, who you’ve spoken to, what you’re doing, why you walked into this room and what word to use.*

*“This is my most favourite menopause symptom: The inability to remember the word for the most basic everyday things.*

*“You know, the thing? The thing that you use for the stuff that comes out of the thing? You know, the thing that is on the bench with stuff coming out if it? What’s that word,? You heat it up and stuff comes out of it into a cup? Kettle, that’s right, the kettle. Phew I knew I’d get there in the end. I always get there; it just takes a bit longer than before.”*

(Editor: men on ADT will identify with this – I know I do.)

## Useful Links

**Geelong Prostate Support Group:** <http://www.prostate-cancer-support-geelong.net>  
Australian Advanced Prostate Forum <https://www.facebook.com/australianadvancedprostateforum>  
Exercise For People With Cancer: <https://www.exmedcancer.org.au/>  
Prostate Cancer Foundation of Australia (PCFA): [www.pcfa.org.au](http://www.pcfa.org.au)  
Prostate Cancer Specialist Nurse: email [pcn@barwonhealth.org.au](mailto:pcn@barwonhealth.org.au)  
Barwon South Western Regional Integrated Cancer Service  
<https://www.barwonhealth.org.au/services-departments/item/barwon-south-western-regional-integrated-cancer-service>  
Prostmate: [www.prostmate.org.au](http://www.prostmate.org.au)  
Cancer Council Australia: [www.cancer.org.au](http://www.cancer.org.au)  
Cancer Council Victoria: [www.cancervic.org.au](http://www.cancervic.org.au)  
Continence Foundation Australia: [www.continence.org.au](http://www.continence.org.au)  
National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)  
Healthy Male (Andrology Australia): [www.healthymale.org.au](http://www.healthymale.org.au)  
USA Prostate Cancer Foundation: [www.pcf.org](http://www.pcf.org)  
Us TOO International Prostate Cancer Education And Support Network:  
[www.pcf.org/ustoo/](http://www.pcf.org/ustoo/)  
Prostate Cancer Research Institute (PCRI): [www.pcri.org](http://www.pcri.org)  
American Institute For Diseases Of The Prostate (Dr Charles “Snuffy” Myers):  
[www.prostateteam.com](http://www.prostateteam.com)  
Prostate Cancer UK <http://prostatecanceruk.org>  
Prostate Cancer Foundation – USA [www.pcf.org](http://www.pcf.org)  
Prostate Rehabilitation Exercise Program [www.prostaterehab.com](http://www.prostaterehab.com)  
Malecare: [www.malecare.org](http://www.malecare.org)  
Life Extension: [www.lef.org](http://www.lef.org)  
Beyondblue: [www.beyondblue.org.au](http://www.beyondblue.org.au)  
Lifeline: <https://www.geelonglifeline.org.au/>  
Chronic Illness Alliance: [www.chronicillness.org.au](http://www.chronicillness.org.au)  
**Prostate Zone:** [www.theprostatezone.com](http://www.theprostatezone.com)  
MatesCONNECT: [www.prostate.org.au/support/matesconnect](http://www.prostate.org.au/support/matesconnect)