



CHAPTER LEADER NEWS

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Us TOO International
Prostate Cancer Education &
Support Network



Wishing you nothing but treats!

Local Chapter Events

Us TOO Chapter of Greenville SC holds Prostate Health Forum

The "Prostate Health Forum" held on Saturday August 25, 2007 in Greenville, South Carolina brought together approximately 275 participants from all over the surrounding cities in the upstate. Some people came as far away as Anderson, Liberty, Lyman, Roebuck, Gray Court, and Lexington.

The following statistics were derived from the forum:

Based on 275 participants attending the forum, the breakdown by race was:

- 171 African Americans (63%)
- 100 Whites (36%)
- 4 Hispanics (1%)

This represents the concentrated efforts that were put forth reaching the African American community. Forum organizers are awaiting the results of the Greenville Hospital screening during the month of September to assess the impact made through the "Let's Talk About It" presentations and the entire outreach initiative.

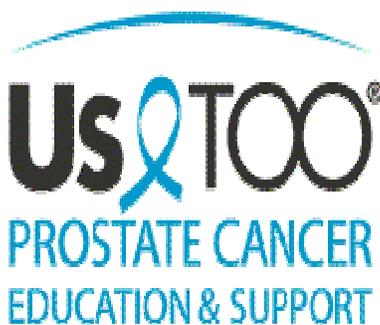
Johnny Payne (left) President of local prostate cancer support group and Bob Milks (right) Vice-President.

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Some came just to learn about prostate health and the disease, (prostate cancer) which attacks one out of every six men, and kills over 30,000 each year. Others came to learn about how to detect early prostate problems with the use of PSA blood tests and digital rectal examination (DRE) screening. Screening dates in September were provided by the Greenville Hospital System and many participants signed up for the screening at the forum.

Southside High School, in Greenville, SC, provided a perfect setting for the forum. The responses received via phone, letters, e-mails and verbally about the forum verified the success of providing an effective educational means to the people in upstate South Carolina.



October 30th CONFERENCE CALL: "INTIMACY & PROSTATE CANCER - Don't be Afraid to Talk It"

Us TOO International is hosting a one hour, FREE nationwide teleconference program on the topic, "Intimacy and prostate Cancer – Don't be afraid to Talk About It" on Tuesday, October 30th at 9pm Eastern, 8pm Central, 7pm Mountain, 6pm Pacific.

The FREE program will feature a medical professional specializing in this area, as well as a couple who has faced prostate cancer AND the challenge of recreating or redefining intimacy and found solutions.

Just in time for Halloween, make a date with your loved one and join us for this frank, open dialog about this challenging issue, and issue that often strikes fear in the hearts of prostate cancer patients, survivors and their loved ones. Learn about solutions that can bring intimacy back into your relationship. There will be time for questions and answers immediately after the panel presentations.

Response so far has been amazing so please RSVP to secure your place today!

RSVP:

This FREE teleconference is filling quickly, so register today to secure your place. To register, contact Dan Reed at <dan@ustoo.org> or call 1-800-808-7866. You may remain anonymous when you RSVP if you chose but please RSVP so we can reserve ample space for all who wish to participate.

TO PARTICIPATE IN THE CALL:

On October 30th please dial the toll-free number listed below to listen to, or participate in, the program.

Date: Tuesday, October 30th

Time: 9pm Eastern, 8pm Central, 7pm Mountain, 6pm Pacific

Dial in # (toll free): 1-800- 500-0311

For additional information about this teleconference program or any of Us TOO's Companion and Family efforts, please contact Elizabeth at <elizabeth@ustoo.org> or call 320-980-0437.

The Macon County Health Department collaborated with local Illinois Us TOO Chapters to host a prostate and testicular cancer display at the August Farm Progress Show in Decatur, Illinois, billed as the "World's Fair of Agriculture".

Bob Jelks, Illinois Us TOO Coordinator and member of the Central Illinois Us TOO Chapter recruited volunteers to man the 3-day display. Several hundred visitors stopped by for information and materials provided by the Illinois Department of Public Health, Center for Disease Control and Prevention, and Us TOO International. Men were encouraged to know their PSA score and many took advantage of the low-cost PSA test provided by Decatur Memorial Hospital SHORE. The volunteers affiliated with the Central Illinois Us TOO Chapter include Bob Herman (President), Dan & Shirley Moore, Jim Oleson, Dick Barger, Joyce Burner, Dave Marshall, Jerald Merrick, Larry Warfield, Mary Gay and Dr. Howard Stone. Volunteers with the Memorial Medical Center and Springfield Us TOO Chapter included Celeste Wiley, RN, and Les Hultquist. The Community Cancer Center and Normal Illinois Us TOO Chapter was represented by volunteers Candi Gray and Becky Powell. Bob Jelks, a 10-year prostate cancer survivor, remarked "I can't believe so many men did not know the importance of early detection for prostate cancer. I talked with every man that crossed my path to share the message that men should get a yearly prostate rectal exam and know their PSA score. I am a survivor because my cancer was found early. I strongly feel the need and passion to pass on the message."

**Us TOO University Friday – Saturday , November 2-3, 2007
The Westin O'Hare Hotel, near Chicago's O'Hare Airport**

Your opportunity to participate in Us TOO University is going fast. The "next to last" Us TOO University for chapter volunteers will be held in Chicago in NOVEMBER! If you attended Us TOO University in Columbia, SC, or Austin, TX, you **KNOW** the incredible value you received as well as the great friends you made and the wonderful FUN too! Make sure your fellow chapter members and possible future chapter leaders attend in November! If you've missed the last two events, don't miss Us TOO University in Chicago.

Just imagine how your chapter can grow and become even more vital and vibrant with all Us TOO University provides. **DO NOT MISS** this opportunity to serve your chapter and further your own education. (Not to mention, have a great time in Chicago, the home of Us TOO International!)

Remember, Us TOO covers your expenses for conference tuition, books and materials, your hotel room for up to two nights and 2 meals. What a deal! You simply cover your expense to get to the program

Friday Night Fun! The weekend kicks off with **The Windy City Update – Vital Information on Prostate Cancer Treatment & Care, An Us TOO University Patient Education Symposium. On Friday evening, November 2nd from 4:30-10:00 PM.** (If you register for Us TOO University, as a chapter leader, you are automatically registered for Friday night's symposium.)

This vitally important event featuring leading experts in the area of prostate cancer issues and treatments, sharing the most current information you and your loved ones **NEED TO KNOW**. Topics range from emerging treatments, comprehensive treatment and care, post-treatment issues and solutions and clinical trials currently underway. Us TOO University Windy City Update is an educational symposium, with an extensive vendor/product exhibit area for prostate cancer patients and their family members seeking decision-making help and support. This event features premier presenters with vitally important, timely information such as:

Dr. William Catalona, M.D., is an internationally known and highly regarded Prostate Cancer Urologist, especially well known for developing the PSA test as a screening tool for prostate cancer. He will be speaking about a new, revolutionary genetic link to prostate cancer.

Dr. Dan Shevrin, M.D., associate professor of medicine at Northwestern, Director of the Kellogg Cancer Center at Glenbrook Hospital, Director of the highly regarded SPORE Advocacy Group. He will discuss new treatment and clinical trials for advanced disease

Dr. Charles Brendler, M.D., is a highly regarded prostate cancer specialist in the area of nerve sparing radical prostatectomy, learning the technique from Dr. Patrick Walsh, and subsequently performing this procedure over 2,000 times. He will discuss comprehensive cancer centers and coordinated care.

Dr. Santosh Yajnik, M.D., Certified Radiation Oncologist, American Board of Radiology, specializing in Brachytherapy and Gene Therapy for Prostate Cancer.

Blake Ebersole, Technical Director of Verdure Sciences, will review the science and new findings in the use of pomegranate as a prostate cancer supplement,

**Us TOO University will be held at The Westin O'Hare 6100 North River Road
Rosemont, Illinois 60018, a few minutes from Chicago O'Hare airport.**

To Register:

Download a copy of the program brochure from the Chapter Leader Resources section of the Us TOO website: www.ustoo.org and fax your form to 630/795-1602. *Space is limited so register now to secure your seat.*

Us TOO International
Prostate Cancer
Education & Support
Network

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E-mail: ustoo@ustoo.org

Contact Karen Bacher
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at Karen@ustoo.org

8 Ways to Reduce Taxes and Make a Meaningful Gift

GIFTS OF CASH: If you itemize on your tax return, cash gifts can be deducted, up to 50% of your adjusted gross income. On a \$100,000 cash gift in a 35% bracket, you may save \$35,000 in taxes. Us TOO invites cash pledges payable over a period of years.

APPRECIATED STOCK: Appreciated stock (held more than one year) makes an excellent gift. You avoid all capital gain taxes (generally 15% of the appreciation) and will receive a charitable tax deduction for the stock's market value at the time of transfer.

BEQUEST THROUGH WILL OR TRUST: One of the most simple and popular ways to make a gift that will live after you is to give through your will or trust. You can make a bequest to sustain Us TOO by providing a dollar amount, specific property, a percentage of your estate, or what is left (remainder) to Us TOO. Such a designation can reduce your estate taxes (In 2007 for estates over \$2 million). In many cases a simple codicil to the will can add Us TOO and does not require rewriting your most recent will.

RETIREMENT ACCOUNTS AND PENSION PLANS: Retirement account funds (IRA's or company plans) beyond the comfortable support of yourself or loved ones may be given to Us TOO by proper beneficiary designation. Large pension plan assets can be subject to double or triple taxation (federal income tax, state income tax, and federal estate taxes, if applicable). These taxes can substantially eliminate the benefit to heirs if tax-wise alternative planning is not arranged.

CD's, SAVINGS ACCOUNTS, BROKERAGE ACCOUNTS, CHECKING ACCOUNTS WITH P.O.D. PROVISIONS: P.O.D. stands for "Payable on Death". You retain full ownership and full control during your life. At your death, the account balance is paid to your named beneficiary, Us TOO, immediately and without probate.

CHARITABLE REMAINDER TRUSTS (ANNUITY AND UNITRUSTS): Donors and spouses can benefit from life-long payments from such a trust. The donor selects the rate of return from these income arrangements and also chooses a fixed or fluctuating annual payment to be made to the designated parties as long as they live. Estate and capital gain taxes may be completely bypassed and you will receive a current income tax deduction based on the age of the income recipient and the rate of return chosen.

GIFT OF LIFE INSURANCE: Insurance is another simple way to make a substantial future gift at a level that might not be possible with a cash gift. Name Us TOO as the owner and beneficiary to receive the proceeds of an existing life insurance policy. You will receive a tax deduction for approximately the cash surrender value, thereby reducing your tax liability in the year of the gift. An alternative is to simply add Us TOO as a revocable beneficiary. You retain the right to change this designation, but in this instance, you receive no income tax deduction.

GIFT OF REAL ESTATE: For some individuals a gift of land, a house, or vacation home is a preferred way to make a gift. You will receive a tax deduction for the full market value, avoid all capital gain taxes and remove this asset from future estate taxes. One option is to give real estate retaining a life tenancy. This provides a substantial income tax deduction by giving (deeding) your property to Us TOO now. You continue to live there, maintain the property as usual, and even receive any income it generates. At your death, the property will be sold and the proceeds used to support Us TOO.