



CHAPTER LEADER NEWS

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Us TOO International
Prostate Cancer Education &
Support Network

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Us TOO
PROSTATE CANCER
EDUCATION & SUPPORT

HELPFUL HINTS FOR RUNNING YOUR CHAPTER

Creating Interesting Meetings

1. Encourage men who are not newly diagnosed to become “core members.” Core members are those who can best share their experiences and help newly diagnosed men navigate the uncharted waters of prostate cancer.
2. Encourage spouses/partners to become core members as well.
3. Don’t just have a speaker and then expect everyone to go home. Build in time afterwards for a group discussion.
4. Have a table of books, copies of articles regarding prostate cancer and copies of the current and past Us TOO Hotsheets at each meeting.
5. Arrange a tour of your local cancer center, see the equipment, and ask questions.
6. Arrange a prostate-healthy cooking demonstration using a dietitian from a local grocery store chain, hospital, TV station, etc.
7. Arrange a tour of a hospital medical library with education on how to use the internet and how to locate current journal articles in the library.
8. Arrange to have a physical therapist or personal trainer demonstrate stretching and physical fitness ideas appropriate for all age/ability levels.
9. Display containers of Prostate Cancer Healthy Foods. Ask chapter members to bring in empty containers and begin a collection to help educate others.
10. Use the Us TOO web site (to create a monthly Tip Sheet).
11. Ask members to complete an evaluation form at the end of every meeting. Include a question that asks what topics/ideas they would like to have at future meetings.

WHAT ARE THE BENEFITS, SERVICES AND RESOURCES AVAILABLE FOR GROUPS WHO CHOOSE TO BECOME AN OFFICIAL Us TOO CHAPTER?

- Us TOO International's monthly newsletter, *HOTSHEETS*
- *News you can use...* email newsletter from Us TOO President and CEO, Tom Kirk
- Patient education brochures and downloadable presentations
- Toll free #800 patient help line.
- Chapter guidebooks and information
- Bi-monthly chapter leader newsletter
- Newly diagnosed patient resource kit
- 'Circles of Love' companions and family resource kit and discussion guide
- **NEW** Us TOO University Chapter Leader Training Program.
- Up-to-date website with extensive information and resources for patients/public, medical professionals and a special resource section just for chapter leaders.
- Us TOO Home office staff support
- Us TOO Branding/logo usage
- Provision of regional directors to assist and mentor chapters as needed. and their loved ones.
- Limited liability and directors/offices 'errors of omission' insurance coverage
- AV Loan library
- Us TOO Banner and Health Fair materials for loan
- Chapter awards and recognition
- Assistance with grant solicitation and administration
- Prostate Pointers - fourteen online support communities and discussion groups.
- Prostate cancer awareness products, (pins, wristbands, etc.)

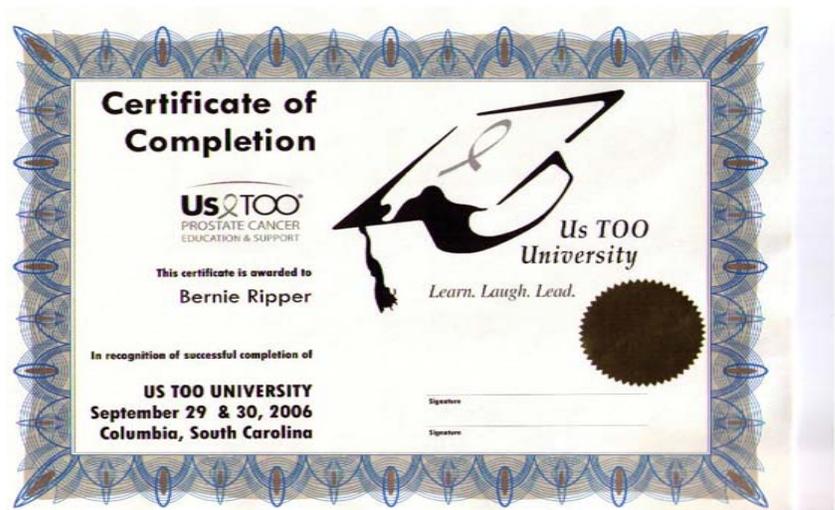


September is Prostate Cancer Awareness Month. Order your wristbands, car magnets, hats, etc. as soon as possible to avoid the last minute rush. We want to be sure you get your items on time!



Top 10 reasons to attend Us TOO University, Sept 29 & 30, Columbia, SC

1. Receive an update on all treatment options for prostate cancer to better help you educate and guide newly diagnosed members of your chapter.
2. Receive a suitcase full of books, resources and handouts to help you lead your chapter and educate your members. These resources will only be made available to Us TOO University graduates.
3. Learn how to better market your chapter and recruit new members/volunteers.
4. Enjoy learning in a friendly environment that is all the fun of a university without the tests, quizzes and term papers.
5. Enjoy meeting, mingling and networking with chapter leaders from across the country as well as our program faculty.
6. Workshops will be interactive and will address your specific concerns and questions. No boring lectures!
7. Dine on healthy meals throughout the event and enjoy all the amenities of our host location including nearby golf, shopping, museums and more.
8. Attendees will receive a special Us TOO University T Shirt and book bag.
9. At the Saturday Graduation Celebration, all participants will receive an Us TOO University Diploma and take a 2006 class graduation photo. The photo and a list of graduates will appear in the Us TOO Annual Report for 2006. A drawing for door prizes will be held. Enjoy a cash bar and delicious dinner buffet.
10. Any chapter who sends a leader to the event will receive a special gift after the program!



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Prostate Cancer
Education & Support
Network**

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September 29 & 30, 2006

**"Us TOO University" arrives in Columbia,
South Carolina**

**A special leadership training event open
ONLY to Us TOO Chapter Leaders!**

**Last date to register is August 25th. See bro-
chure posted on the Chapter Leader Resources
section of the Us TOO website**

www.ustoo.org

New materials are now available to broaden the reach of Us TOO's existing Circles of Love companion and family support outreach.

These materials, co-created by Us TOO and Y-Me National Breast Cancer Organization, further acknowledge the important role companions, spouses, family members and partners play in a man's journey with prostate cancer. Strong partnerships create better results.

A recent survey confirmed what has been common knowledge: women are far more proactive about health issues, particularly when it comes to getting a second opinion and researching different treatment options. We also know that men don't want to face prostate cancer treatment choices alone, instead wanting their loved ones to help make these decisions. Sadly, research shows that less than 50 percent of men diagnosed with prostate cancer got a second opinion. In addition, almost 32 percent never heard of hormone therapy, an important prostate cancer treatment. The statistics reveal a pressing need for prostate cancer information and education for both the patient and his loved one(s).

See the Us TOO website for more information about the new Us TOO/Y-Me Partner's Guide, *"What You Need to Know About Your Partner's Prostate Cancer – A Guide for Wives, Partners and the Men They Love"* This new tool, and an easily customizable toolkit for Us TOO Chapters, are designed to raise awareness about the importance of partners, spouses, companions, and family members supporting their men in their fight against the disease.

Visit: www.ustoo.org/Support_Companion_Family.asp for complete information.
