



CHAPTER LEADER NEWS

Volume 2, Issue 1

February 2006

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HELPFUL HINTS FOR RUNNING YOUR CHAPTER

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The following unique meeting ideas were submitted by chapters:

Looking to improve your eating habits or enhance your nutritional knowledge? Contact the American Dietetic Association at www.eatright.org for the name of a registered dietician in your area. You may even want to ask the dietician to plan a field trip for your group to the local grocery store for tips on making better food selections.

Helpful Hints:

The Tex Us TOO Chapter hosts a special New Member Orientation before each chapter meeting to help new folks understand what the group is about and to make sure newcomers feel welcome! In addition, they have special break out sessions for their women's group and a few breakouts determined by disease stage or chosen treatment.

Special chapter activities:

"Show Them You Love Them" is the theme for the February 14 and 15 prostate cancer screenings being held in Austin, TX. The Us TOO Chapter of South Austin TX is actively promoting and participating in this event through collaboration with the National Prostate Cancer Coalition and local health care providers. See page 3 for a photo of these hard working chapter volunteers at a past screening event!

Did you know that the Tex Us TOO Chapter has a 48 foot vinyl "Save Your Life" banner which they have on display with the help of Viacom each summer? They post the billboard on behalf of the chapter each year on their "unsold" advertising space. Contact manny@hal-pc.org for more information.

Reg Tidball, chapter leader of the Us TOO Flint Chapter, was recently featured in an article in Health Link Magazine. Reg shared his story of his battle against prostate cancer and his commitment to helping other men facing the same fight. Thanks for helping spread the word Reg!

The December board meeting for Us TOO International was held in Phoenix AZ. A reception was held for Arizona chapter leaders on Friday, December 9th. This was a special time for leaders and board members to exchange information and ideas regarding the needs and desires of local chapters. Thanks to all the Arizona leaders who took the time to attend this special function. The next board meeting will be held in March in Southern California. A similar reception for California chapter leaders is being planned.

Keep those hints, ideas and reports coming! Email to karen@ustoo.org



A Message from Tom — Tom Kirk, Us TOO International President and CEO

Dear Chapter Leaders:

I am pleased to have an opportunity to say hello and share a few thoughts in this edition of the Chapter Leader News. Hopefully, you all know how seriously the Board, the staff and I take the Chapters and you the leadership that volunteers to take action and assist those who are also affected by this disease.

I hope it shows in our day-to-day activities here at the "home office". I am pleased to say I do hear comments from many of you telling me that you have noticed the responsiveness, increased materials and practical information that Russ Gould and Karen Bacher are providing. It is great to see their energy and the support they are getting from Chapter volunteers and the Regional Directors.

We learn many lessons in life when cancer hits our families and one of them we have learned is that we are not alone. Us TOO is in many ways like a family providing support and candid information for all of us. You are the face of Us TOO in your communities and we are here to coordinate and assure the details of our home are in order...to be an effective and positive force we must work together and support and assist each other.

As we are wrapping up the details of 2005 and moving with purpose into 2006 I guarantee to you that this office will always be open to hear comments, ask for information from you with respect and deliver as much information as rapidly as we can.

We have come a long way in my short time here and I am so excited by our potential in the coming months and years. Our audit has begun, the Board and staff will be conducting Strategic Planning in March to better guide our efforts, new partnerships are being discussed and new ways of better serving our Chapters are also being planned.

Thank you so much for all of your work and let's move fearlessly together this year to gather more resources to improve and expand our efforts.

What Strategies Can Chapters Use To Reach Companions & Families?

1. Include a statement on each meeting notice such as "You are encouraged to bring your partner, friend or family members with you to this highly informative meeting."
 2. Allow time for women/family members to meet together as a separate group.
 3. Establish a calling tree to have significant others reach out to other wives/friends/family members.
 4. Be sure to include a spouse/caregiver on your planning committee.
 5. Encourage wives/family members to attend even if their loved one cannot make a meeting.
 6. Always acknowledge the impact that cancer has on the spouse/family. Let loved ones know they have special challenges as well and the group is here to help and support them as well as their beloved man.
 7. Have one spouse/caregiver assigned to personally greet and mingle with any spouse or family member who may show up at the meeting. Place a telephone call after the meeting to thank them for attending and let them know how much the group looks forward to their future participation.
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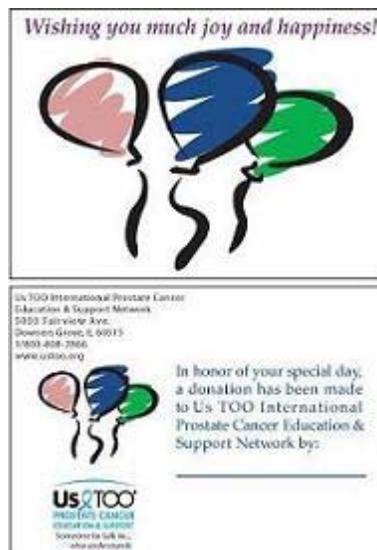
Pay Tribute to A Special Person in Your Life....Celebrate a special occasion by making a *Tribute Gift* to Us TOO International.

Though our *Tribute Gift Program*, you can celebrate any occasion! Honor someone's birthday, anniversary, graduation, job promotion, or other special occasion by making a gift to Us TOO International. The honoree will receive a special card from Us TOO announcing your generous gift and congratulating them on their special celebration. For tribute gifts of 50.00 or more, you can write a special message about the honoree to be posted on our *virtual tribute tower* located on our website (www.ustoo.org).

To make a Tribute Gift please include the following information with your gift: Who is the donation in honor of? What event/occasion are you celebrating? To whom should the acknowledgement be sent? What is their address? What is your name and address?

Please send the above information along with your donation to: Us TOO International Tribute Fund, 5003 Fairview Ave. Downers Grove, IL 60515. Visit our website to view the special Tribute Card.

If your gift is 50.00 or more, please let us know if you would like to post a special message on our Tribute Tower and include your phone number.



Featured Question: How do you recruit volunteers to help with chapter activities? Email your strategies to karen@ustoo.org to be posted in our next issue. Everyone who submits a strategy will be entered into a drawing for a prize.



Here is the group of Us TOO South Austin Chapter folks who helped with the screening 11/19/05 at the South Austin Hospital. Bottom row left to right: Henry, Joey, Julie, Sharon, & Linda Top row left to right: Rocky, Rod, Elton, David, Mike, Max & Walter. 85 men were screened at the event!

2006 Update:

Minority & Underserved Populations Program

For the current program year with the uninsured, underinsured, and diverse Control Programs will be combined efforts of Comprehensive Cancer Controls Programs in 19 pilot program states, more than 125,000 people have received detail information about the risks associated with prostate cancer through this program, and more than 28,000 men were screened in conjunction with training events. Joint training workshops will be conducted in each of the 19 pilot states where local community volunteer facilitators will be trained to conduct prostate cancer awareness events. Site coordinators and facilitators will be asked to gather information about the effectiveness of the training and what action was taken by the recipient after receiving the training.

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

5003 Fairview Ave.
Downers Grove IL 60515

Phone: 800-808-7866

Fax: 630-795-1602

E-mail: ustoo@ustoo.org

Contact Karen Bacher
Us TOO Program Director
at Karen@ustoo.org

Visit our website
at www.ustoo.org

NOTE: the Chapter Leader Resources page of the website is now password protected. Each chapter leader was emailed the password. If you did not receive the password, please notify Jackie at the home office.

**NOW AVAILABLE: Us TOO
Hats for sale! Price: \$16 each.
To view or purchase the hats,
visit the on-line store on our
website at www.ustoo.org**

Us TOO *Circles of Love* Teleconference for Chapter Leaders is Set for FEBRUARY 16th!

In mid-February 2006, Us TOO will release the Circles of Love Collection Discussion Guide. This tool is designed for use with the Circles of Love book and Care Kit to further bring those remarkable stories to life. Whether you use the discussion guide as part of a chapter meeting or while sitting at the kitchen table, each section provides compelling questions to consider and discuss, along with updates from many of those featured in the Circles of Love Collection. In addition, the discussion guide features absolutely everything needed to host a Companions and Families event in your area.

A North-American interactive conference call will kick-off the release of the Discussion Guide. This call will feature Shirley Grey and Mo Kiefert, Us TOO chapter participants and leaders of companions and families groups. The call will also feature Jo Ann Hardy, Us TOO Board of Directors. These three women are all spouses of prostate cancer patients and members of the Us TOO Advisory Panel for companion & family care. Rounding out the Advisory Panel is Elizabeth Cabalka, nationally known author and speaker in the area of Caregiver Advocacy as well as Us TOO's Karen Bacher. Most importantly, you will be able to participate in the call by sharing ideas and asking questions about supporting those who create a circle of love around prostate cancer patients.

This FREE 60-minute toll-free dial-in call will take place Thursday, February 16, 2006 at 9:00 pm ET / 8:00 pm CT / 7:00 pm MT / 6:00 pm PT. Simply dial (800) 967-7135 five to ten minutes before the call.

For additional information about The Circles of Love Initiative or the kick-off conference call, please contact Elizabeth at 320-980-0437 or elizabeth@ustoo.org. The Circles of Love Care Kit and all its individual components are available for purchase at www.ustoo.org or by calling the Us TOO Offices at 800-808-7866.