

October 2024

Annual Prostate Cancer Support Ottawa Appeal for Support

Hello

I am reaching out to you today in my role as the Chair of Prostate Cancer Support Ottawa (PCSO) Board of Directors.

As you might be aware, PCSO has been active for over 32 years, an achievement that speaks to the unique and crucial need in the Ottawa community, one that only PCSO has been able to fill.

PCSO offers a safe environment for individuals dealing with prostate cancer – the newly diagnosed, those going through treatment, those in recovery and those in remission. Over the last year we are finding that the number of individuals needing information or contact with others who are on the prostate cancer journey continues to increase. Our Peer Support Team is very busy these days. In 2023, 52 individuals contacted our team for support, and this year to the end of September 50 have contacted us. During this time 65 individuals have joined our organization.

We have continued to bring a varied program to our members, though a combination of ZOOM and in-person meetings. We hosted a barbeque at the Maplesoft Centre in August, and this year's Christmas party will be held on December 19, 2024 at St. Stephen's Anglican Church, 930 Watson Street. ZOOM has allowed us to have speakers from across the country, so we plan to continue with Hybrid (ZOOM & in-person) sessions for the foreseeable future. We will continue to use the Maplesoft Centre for the in-person meetings as that facility provides much better audio-visual capabilities than at St. Stephen's.

To continue to support the Ottawa Prostate Cancer Community, and to provide local

research funds, we need your help. When you sponsor PCSO, you provide monies, yes, but you also infuse the PCSO community with your will, your energy and your very personal commitment to managing and perhaps eventually defeating this disease.

While PCS Ottawa membership is free, we gladly accept financial contributions. Your tax-deductible donation of any amount to PCSO helps to offset our annual operating costs of supporting our members. It costs approximately \$17,000 (\$100 per active member) to cover the administration and office costs, to provide quality guest speakers both in person and online virtually, to offer sharing sessions in a safe space (with snacks!), to provide current information through our website and e-mailing system and to host our annual Christmas holiday and August barbeque social events.-

As always, the funds raised will be going to support prostate cancer research and work in the Ottawa area. In 2024 we have made donations to The Ottawa Hospital (\$20,000), the Winchester District Memorial Hospital (\$10,000) for their Cancer Coach and Free PSA Clinic programs and the Ottawa Cancer Foundation (\$4,000) who have allowed us to use their facilities and equipment on a recurring basis.

The great thing is that you can contribute using any one of five methods:

1. Donate completely online at CanadaHelps - a web-based donation tool. It is a fast, easy and cost-effective way to participate by making a one time or recurring gift. Go to <https://www.canadahelps.org/en/dn/11281>
2. You'll also find a donation link on our website: <https://pcsottawa.ca/donate/> that will take you to the CanadaHelps website site. **Note:** *Donations made via CanadaHelps are safe and secure; your credit card or PayPal information is not stored and is not shared with us. Electronic receipts are immediately e-mailed to you directly from CanadaHelps if you make an on-line donation.*
3. By secure Interac e-transfer directly from your bank to ours. Enter treasurer@pcsottawa.ca as your payee and select "advise by email". An income tax receipt will be e-mailed to you.

4. Fill out the form entitled “DONATION FORM & CONTACT” ([found at this link](#)) by hand and return it by Canada Post to us. An income tax receipt will be mailed to you.
5. By donating stocks that you already own. If you wish to consider this option, please follow this link to CanadaHelps summary of the three benefits of donation stocks to us [Donate Securities and Mutual Funds to Charity | CanadaHelps](#)
For more information please reach out to our Treasurer, Dean Avery treasurer@pcsottawa.ca, who uses this approach annually.

In all cases, donations of \$10 or more qualify for a tax receipt.

If you have any questions, concerns, or compliments, let me know. You can contact me at chairman@pcsottawa.ca. And, by all means, please let us know if you would like to be reached by other means than email – phone, regular mail, or not at all.

Many thanks.

Al Carl

Chairman PCS Ottawa chairman@pcsottawa.ca

P.S. Many of you have been a big part of our organization’s fabric over the years. We can’t thank you enough for your support whether as a donor, participant or volunteer. I’d ask you to consider a recurring or monthly gift; set the amount based on your budget and choose how frequently you want to donate. We also want to increase the number of donors, so please help spread the word!