

October 2023

## **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 over a **thirty-year history**, 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. Since coming out of the isolation caused by COVID-19, we are finding that the number of individuals needing information or contact with others who are on the prostate cancer journey is increasing faster than in previous years. Our Peer Support Team is very busy these days. In 2022, 57 individuals contacted our team for support, and this year to the end of September 40 have contacted us. During this time 59 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 and we have hosted 2 barbeques and a Christmas party during the past 2 years (this year's Christmas party is planned for December 21, 2023). ZOOM has allowed us to have speakers from across the country, so we plan to continue with Hybrid (ZOOM & in-person) sessions throughout the next year.

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.

As always, the funds raised will be going to support prostate cancer research and work in the Ottawa area. In 2022 we made donations to The Ottawa General (\$10,000) and the Winchester District Memorial Hospital (\$5,000) for their Cancer Coach and Free PSA Clinic programs. So far this year we have donated to the Ottawa General Hospital (\$3,000) and the Ottawa Regional Cancer Foundation (\$2,000). We expect to make additional donations before the end of this year as a result of this appeal and other prospective donations.

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](mailto:treasurer@pcsottawa.ca) as your payee and select "advise by email". An income tax receipt will be e-mailed to you.
4. Fill out [this form](#) 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 <https://www.canadahelps.org/en/donate/donate-securities/>. For more information please reach out to our Treasurer, Dean Avery [treasurer@pcsottawa.ca](mailto:treasurer@pcsottawa.ca), who uses this approach annually.

PCS Ottawa is an open membership charitable organization and has no membership fee. A recommended annual donation of \$40.00 would be much appreciated.

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](mailto: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](mailto:chairman@pcsottawa.ca)

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**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!