

# MCFPC *Blue Ribbon News*

*Maine Coalition to Fight Prostate Cancer*

*June 2009*

- **Here we grow again!!** We are pleased to announce that Sarah Lawson-Link, RN, BSN, OCN at Central Maine Medical Center and Dr. Stuart Gilbert, M.D., F.A.C.R. have joined our Board. Welcome aboard as our challenges, activities and excitement grow right along with our numbers.
- **Blue Ribbon Leadership Education is coming!** A Committee of MCFPC Volunteers is working to create leadership training for men and women in local communities of Maine. The training, which will be coming this fall will help qualify and activate people to carry the message for early detection and treatment of Prostate Cancer, and support for those already diagnosed to all corners of Maine. The name of the training session will be “Blue Ribbon Leadership Training in honor of the color blue, which has been chosen nationally in the spirit for bringing awareness for fighting Prostate Cancer. Watch our newsletters for updates as we approach our projected dates for the sessions in October and November, 2009. This valuable work is made possible through a dedicated grant to MCFPC from the Maine Cancer Foundation.
- **Speakers Bureau nearing activation.** Volunteers will be available to make presentations before the end of the month. These presentations can focus on community groups like Kiwanis, Rotary, religious organizations and many other centers of activity where those gathering are looking to hear beneficial information for their communities. Keep checking [www.mcfpc.org](http://www.mcfpc.org) and these news letters for updates on this important activity.
- **Book a speaker now.**
- **Faced with overpowering costs of travel when facing prostate cancer?** Too many times when family members have to travel for cancer treatment the burdens of cost is difficult, if not impossible. The Amtrak Downeaster is currently offering two promotional plans to help families in medical need of travel. Promotional code V279 saves the patients traveling to medical appointments 25% . This discount lasts through the end of June and must be booked at least 3 days in advance.
  - The **Downeaster** promotional code V543 is a half fare off promotion. This is available to persons 62 +, those with

disabilities, and Medicare cardholders with proof of eligibility. Disabled individuals must make reservations by phone or in person at the station. Seniors and Medicare card holders must reference the promotional code.

- **Need a place to stay when faced with treatment?**
  - Cancer patients needing accommodations while receiving cancer treatment in distant locations in Maine have several options. In Lewiston, Central Maine Medical Center has the Arbor House available for patients receiving treatment at the Cynthia Rydholm Cancer Treatment Center.
  - Cancer patients from Mercy Hospital, Maine Medical Center, and the New England Rehabilitation Hospital of Portland can stay at Gary's House in Portland. Gary's House charges a nominal fee of \$15 per night.
  - Cancer patients at the Bath Cancer Treatment receive a complimentary guest room, based on availability at The Inn at Bath.
- **Plan ahead for housing if you will need to be away for treatments!**

Prior to receiving cancer treatment at a distant location we encourage the patient to ask about free or low cost housing as many locations do provide this service.
- **September is "Prostate Cancer Awareness Month."** The members of the Coalition have begun to make plans for September. We are in need of men and women to help in planning and carrying out ideas. We need volunteers to help; be a liaison to our webmaster, chair our Speakers Bureau, write the monthly newsletter, collect information about charitable organizations to which we might apply for funds, etc, etc, etc. If any of these activities interest you for participation, please reply to this via email so we can disseminate replies among those of us who are heading up these initiatives.