



2018-19
**ANNUAL
REPORT**

Awareness • Knowledge • Support





Give Cancer the Finger!

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Board of Directors - Chair Report April 2019

It has been a year of major but exciting change for Island Prostate Centre and we can expect more in the future. We had a successful office relocation into the same building of many of Victoria's Urologists which places us in a position of opportunity to better support men at that time of diagnosis.

All of our programs – our **Nurse Navigator Program, Prostate Cancer Support Group, Cancer Recovery Exercise Program, Prostate Cancer Walking Group** – all continued to thrive, with participation numbers exceeding previous attendance records.

We had another great year of successful events with our annual **Raymond James Father's Day Walk / Run for Prostate Cancer** and **Westcoast Motorcycle Ride to Live**, with continued strong community partnerships with Maximus and the **UrbaCity Challenge** event and the **Blue Tie Golf Tournament** in Parksville. In 2018, we had the extreme pleasure of working alongside **David Searle** and **Joel Wilson**, aka "**Team Tasty**", who put together a **Tasteful Nude Calendar** that raised money for our Centre while also raising awareness of the importance of digital recital exams and prostate center, especially among young men.

This was priceless!

In September, we held our most successful **Country Grocer Men's Health Day** to date. In Victoria, we provided 693 free PSA tests, identifying 47 of those men who were at higher

risk of prostate cancer. We continued with our expanded model of free PSA testing in the Parksville community, providing men in that community with the annual test along with some education around the disease.

Thanks to a grant from the **Victoria Foundation**, we were afforded the opportunity to participate at the **42nd Annual BC Elders Gathering**, starting new conversations with the Cowichan and Esquimalt Nations around annual screening strategies.

Our volunteers are critical to the ongoing success of the Centre. I would like to extend a sincere thank you to all of the board members and staff for contributing their time and expertise in guiding IPC through another successful year.

Lastly while we are pleased to be announcing the addition of 3 new additions to our board, we are sad that the board tenure for both Murray Tough and Duff Lang has come to an end. We are indebted to them for all the great work they have done for the Centre and in promoting prostate cancer awareness.



Rick Connolly



Island Prostate Centre Programs & Services

We are a prostate cancer information and support centre that provides free programs and supports for men and their families living on Vancouver Island.

We are dedicated to providing clear, comprehensive and unbiased information, education and counselling in-person, online, or by phone to anyone interested in learning more about their cancer diagnosis.

Our services and programs ensure men and their families are supported in their journey through prostate cancer.

Community Support Programs

Island Prostate Centre works with our community to provide a wide range of programs to our community and to support our members. Attendees below:



Prostate Health Navigation Services

- Facilitated by an experienced Oncology Nurse Practitioner
- Helping men (and their families) diagnosed with prostate cancer navigate treatment options and providing them with information and support throughout their journey
- 353 clients served in 2018

“IPC IS AN OUTSTANDING RESOURCE!

***INVALUABLE FOR PATIENTS AND THEIR FAMILIES.
SUPPORTS PATIENTS AND EMPOWERS THEM TO
ACCESS THE RESOURCES THEY NEED TO TAKE
ON WHAT CAN BE A DIFFICULT JOURNEY WITH
CONFIDENCE AND OPTIMISM.”***



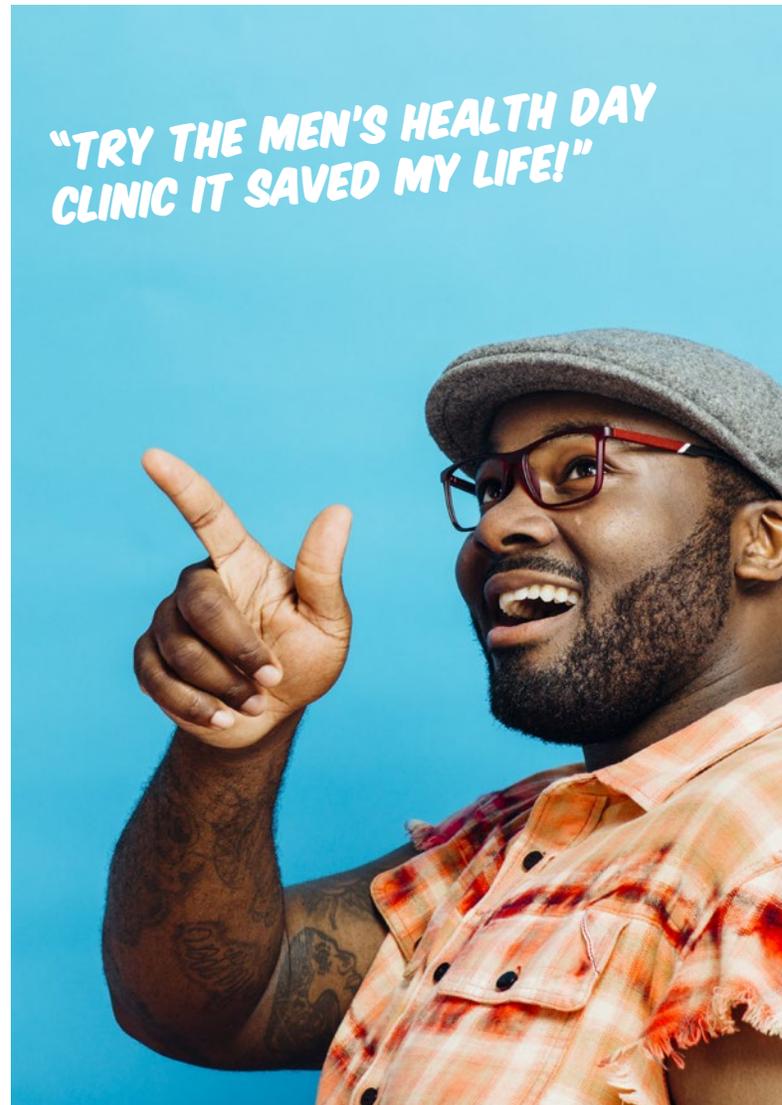
Community Outreach

Country Grocer Men's Health Day

An annual education fair, highlighting issues related to all aspects of men's health. The event features free PSA screening for prostate cancer.

"Men's Health Day saved my life two years ago and I wouldn't be alive today if I didn't get the treatment I needed, and quickly. I have every reason to encourage men to get their PSA tested and I hope that you will go, because when caught early, there is such a high survival rate."

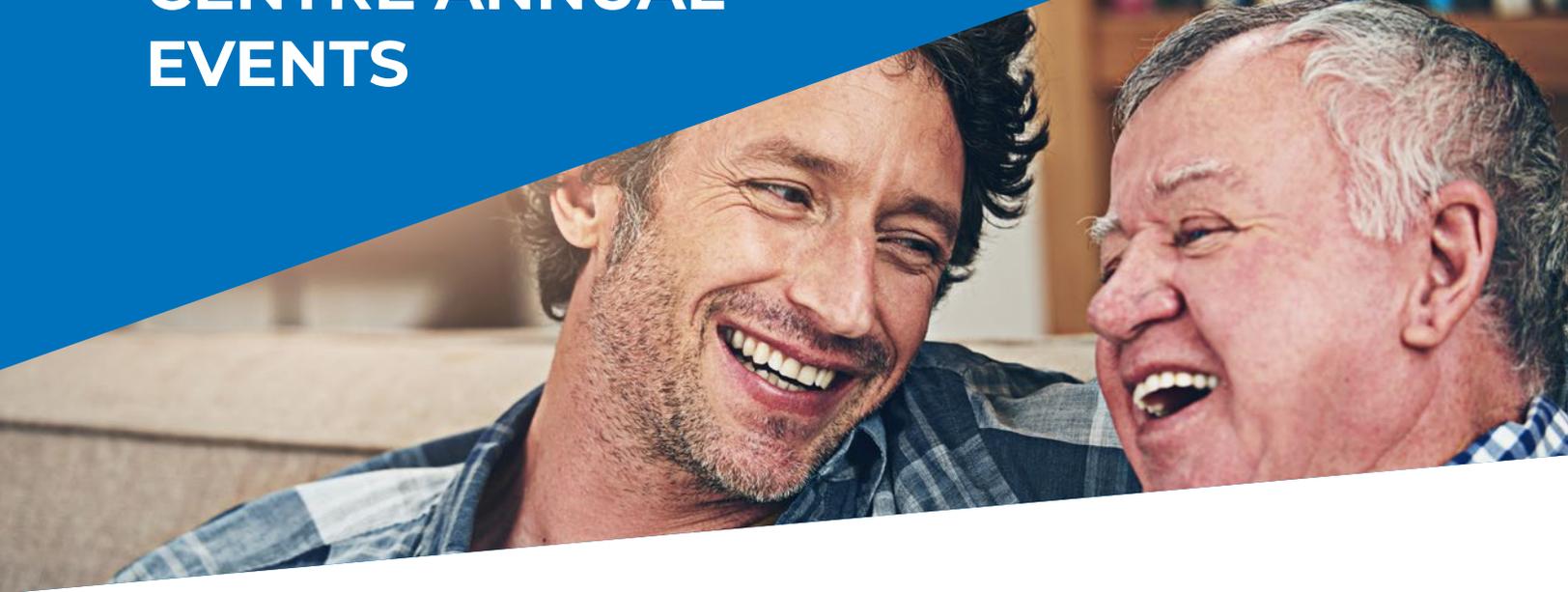
- **OVER 700 Attendees**
- **690 PSA TESTS**
- **45 Follow Ups Required**



Community Information Sessions

IPC staff continue to get the word out and provide information sessions to various stakeholders and community groups who are interested in learning more about what we do.

ISLAND PROSTATE CENTRE ANNUAL EVENTS



Raymond James Father's Day Walk/Run for Prostate Cancer

Island Prostate Centre's annual fundraising event that encourages families to get out and walk/run in support of Prostate Cancer.

375 PARTICIPANTS
\$42,304

"IT IS SUCH AN AMAZING EVENT... WE MAKE IT A PART OF OUR FATHER'S DAY"



Westcoast Ride to Live

This is the 10th anniversary of this group motorcycle ride aimed at raising awareness of prostate cancer.

350 PARTICIPANTS
\$48,360

"I HAPPENED TO SIT DOWN WITH A PROSTATE CANCER SURVIVOR AND IT WAS AN EYE OPENER!"



Urbacity

The UrbaCity Challenge is Victoria's own urban adventure race facilitated and sponsored by Maximus. Local businesses and hot spots are the backdrop for amazing displays of strategy and cunning at unique challenge stations.

240 PARTICIPANTS
\$70,000

"WHAT A FUN DAY TO RACE THROUGH OUR BEAUTIFUL CITY AND RAISE FUNDS FOR AN INCREDIBLE CAUSE."

275 VOLUNTEERS!

We could not do the work of Island Prostate Centre without the tireless efforts of our volunteers!

“I REALLY RESPECT WHAT THE CENTRE DOES FOR FAMILIES IN NEED OF SUPPORT AT SUCH A TOUGH TIME. AFTER MY FATHER WAS DIAGNOSED, I BECAME ACTIVELY INVOLVED WITH THE CENTRE - I WANTED TO GIVE SOMETHING BACK, AND TO SHOW MY KIDS WHY IT'S IMPORTANT TO SUPPORT THE CAUSES YOU BELIEVE IN.”

“I WAS INSPIRED TO GIVE BACK AFTER EXPERIENCING FIRSTHAND HOW IMPORTANT IT WAS TO HAVE SUPPORT DURING MY CANCER JOURNEY”

“THE PEOPLE GENUINELY CARE FOR THOSE BATTLING PROSTATE CANCER AND THE FRIENDS AND FAMILY INVOLVED. LOVE THE ISLAND PROSTATE CENTRE PEOPLE LIKE OUR FAMILY!”

“IT WAS IPC THAT PROVIDED US WITH THE BASIC INFORMATION ABOUT PROSTATE CANCER THAT WE WOULD NOT HAVE OBTAINED ANYWHERE ELSE. THIS CAME VIA OUR INTERVIEW AND THE EXCELLENT PRINTED MATERIALS.”



YOU ARE NOT ALONE

“I FELT LIKE I'D BEEN HANDED A DEATH SENTENCE. NOT KNOWING HOW TO COPE WITH THIS NEWS, I TURNED TO ISLAND PROSTATE CENTRE FOR SUPPORT. THAT FIRST MEETING CHANGED MY LIFE.”

“THE NURSE WHO HELPED ME AT MY FIRST VISIT HELPED CALM ME DOWN. SHE WALKED ME THROUGH MY TREATMENT OPTIONS AND GAVE ME IMPORTANT INFORMATION THAT PUT THINGS INTO PERSPECTIVE.”

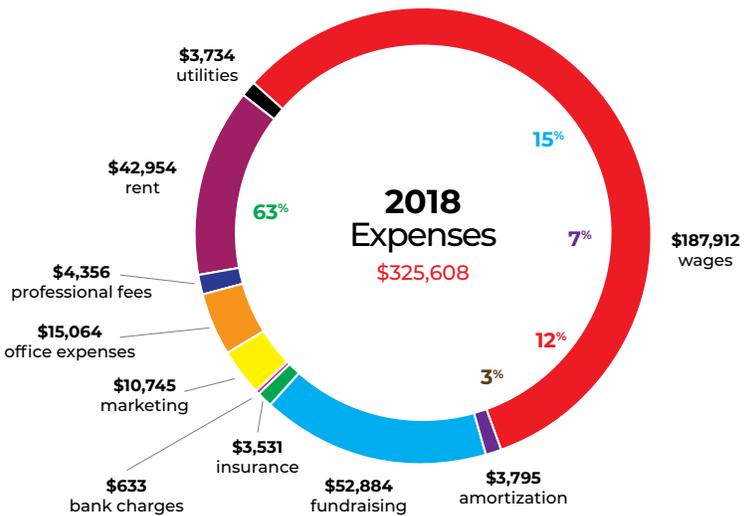
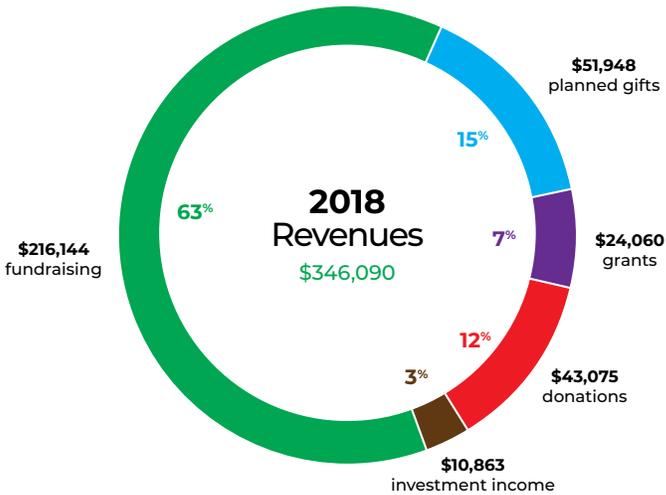
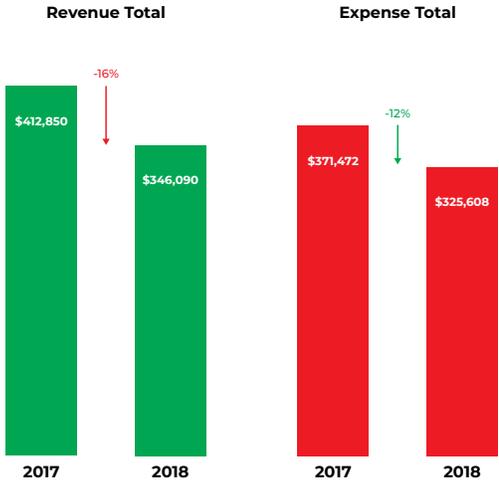
“ALTHOUGH 1 IN 7 MEN WILL GET PROSTATE CANCER, THE SURVIVAL RATES ARE VERY GOOD IF IT IS CAUGHT EARLY ON. I REALIZED THERE WAS HOPE, AND I HAD PEOPLE BEHIND ME TO HELP ME FIGHT THIS CANCER.”

Financial Overview

December 31, 2018

Key Details (2017-18)

- **Revenue down slightly** (-16%)
- **Expenses down slightly** (-12%)
- **Fundraising income down slightly** (\$257k to \$216k)
- **Wages down 12%** (\$187,912 from \$212,616)
- **Cash flow is up** (\$431,601 from \$410,048)
- **Total assets up** (\$476,877 from \$445,441)



SUPPORTING THE MEN OF VANCOUVER ISLAND AND THEIR FAMILIES AT EVERY STEP OF THEIR JOURNEY THROUGH DIAGNOSIS, DECISIONS, TREATMENT AND RECOVERY

**GIVE CANCER
THE FINGER**

Thank you to our community, supporters and volunteers!

Island Prostate Centre needs your help!



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