

The Digital Examiner ***"Issue #311 January 2026***

**January 21 Guest Speaker Sandra Scott
Clarity and direction—help is available for all
stages of caregiving**



Sandra Scott

With a robust background in community development and program coordination, my journey at Carya has been marked by the creation of enriching programs for seniors and a dynamic volunteer initiative. At the core of my work lies a commitment to fostering community connections and enhancing the quality of life for older adults. Success at Carya has been defined by establishing the Village Commons as a key hub for senior engagement and volunteerism.

Caregivers Alberta strives to empower caregivers and promote their well-being by providing group and one-on-one support services, increasing community capacity, and advocating on behalf of caregivers like you.

Meetings Information



All of our monthly General meetings are held on the third Wednesday of every month

Location for in person is:

[CKE Community Centre \(1015 73 Ave SW, Calgary, AB\)](#)

If you are unable to attend in person we offer a Zoom option as well.

[Sign up HERE to join us online](#)

[Zoom Link](#)

Next Meeting Details:

Wednesday, January 21st at CKE Community Center

6:00 The warriors and wives, partners and caregivers in their designated areas.

7:00 pm Everyone is welcome in the main hall for social gathering time.

7:30 pm General Meeting and feature presentation.

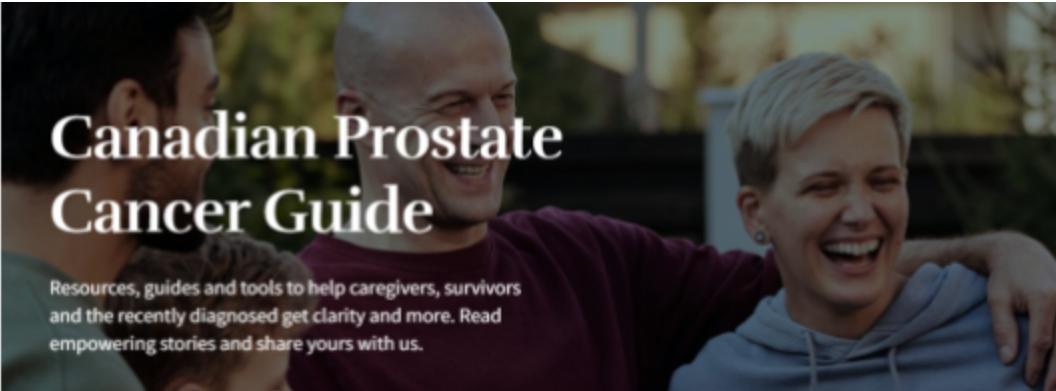
[Details](#)

Ongoing Events

Reminder to all of our Warriors that our next pizza lunch at Bella Roma Pizza in Lakeview is scheduled for **Tuesday January 6th** starting at 11:30 am.

Confirm your attendance and don't forget to bring \$20 to help cover the cost. **RSVP**
jim.richardson@telus.net

Bella Roma Pizza #17 6449 Crowchild Tr. SW.



Canadian Prostate Cancer Guide

Resources, guides and tools to help caregivers, survivors and the recently diagnosed get clarity and more. Read empowering stories and share yours with us.

Bringing you the most up to date information in treatments, support, well-being, and more all in one place

We can help you in achieving the support you're looking for. On the Canadian Prostate Cancer Guide website you can look to find the most up to date information on prostate cancer in one place.

[Learn More Here](#)

Upcoming Events Next Month

February 3rd Warriors Lunch 11:30 Bella Roma

February 12th Prostaid BOD Meeting 11:30 Legion

February 18th General Meeting 6pm CKE With Dr Gotto



Connect With Us

Information

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President

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BUTTON

Support Groups

Jim Richardson
Warriors
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Cheryl Wheat
Wives ,Partner
&Caregivers

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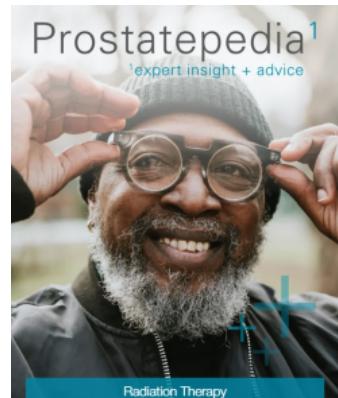
Donate Today

Donations support *The Digital Examiner*, our free video library, website, and outreach and awareness programs.

Tax receipts are issued for contributions over \$20.

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Articles

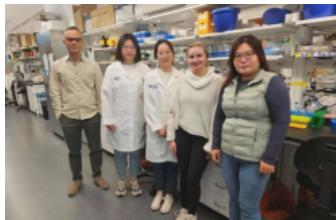


Radiation Therapy

The role of radiation therapy in various forms is a part of the choices for treatment in prostate cancer, whether for early stage, localized disease or for late-stage, advanced disease.

MedicalXpress-11/2025

RT



Prostate cancer cells use unique metabolic pathway to thrive in bone tissue

A University of Kentucky Markey Cancer Center study reveals how prostate cancer cells adapt their metabolism to thrive in bone tissue, offering a potential new treatment target for patients with advanced disease.

MedicalXpress-12/2025

New Treatment

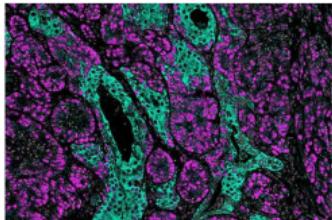


Top 10 Urology Times prostate cancer articles of 2025

FDA news and prostate-specific membrane antigen (PSMA)-related content were the key themes of *Urology Times*' top prostate cancer from 2025. Other highly read content included news about the Cleveland Clinic performing the first remote robot-assisted high-intensity focused ultrasound (HIFU) as well as data pointing to the potential role of exercise for improving erectile function in men with prostate cancer.

Urology Times-12/2025

Top 10



Reversing treatment resistance in prostate cancer: Study solves longstanding puzzle in tumor biology

Scientists at the Herbert Irving Comprehensive Cancer Center (HICCC) have discovered a key mechanism that makes prostate cancer cells resistant to the latest drugs used to treat them.

Medicalxpress-12/2025

Reversing



FDA approves first-line Zenflow system for the treatment of BPH

The Zenflow Spring Implant offers a reversible, durable BPH treatment, preserving natural anatomy with a spring-like implant.

The system's approval provides an outpatient treatment option, improving BPH symptoms while preserving sexual function.

Urology Times-12/2025

BPH Treatment



177Lu-PSMA-617 Plus Standard of Care Improves rPFS in PSMA-Positive mHSPC

Treating PSMA-positive patients with mHSPC with the radioligand 177Lu-PSMA-617 on top of standard of care reduces their risk for radiographic progression or death.

Renal+Urology-11/2025

PSMA



Raising Awareness

Join us in raising awareness and encouraging PSA testing for men. PROSTAID Calgary is proud to partner with the Man Van to provide free PSA tests, and your support helps fund mobile clinics across Alberta. Thank you for making a difference.

[Donate Here](#)

Man Van

The MAN VAN® is Canada's first and only mobile men's health clinic offering FREE PSA (Prostate Specific Antigen) blood testing used for early detection of prostate cancer.

You will be redirected from this page

[Man Van Tracker](#)

Thank you to our Sponsors and Community Partners



Disclaimer: The PROSTAID Calgary Society website & newsletter provides news and information about prostate issues and activities of the organization. While information is presented about prostate cancer and related issues, it is not intended as a substitute for professional medical advice, diagnosis, or treatment. PROSTAID Calgary Society recommends that you seek the advice of your physician or other qualified health professionals regarding questions you may have about any medical condition. Topics on PROSTAID Calgary Society's website & newsletter are presented to inform you and we encourage you to seek professional medical advice before starting any treatment.

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