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**--WE CARE--**

From the Board of Directors, Staff, the Prostate Cancer Survivors and Caregivers  
of The Empowerment Network...

In the wake of the devastating May 16th tornado that destroyed our community,  
disrupted lives and killed five people, our hearts go out to the families impacted.

TEN stands with you during this difficult time.

## The Journey of a Cancer Recurrence



**By Mellve Shahid, Sr.**  
**Founder, The Empowerment Network, Inc.**  
**18-year Prostate Cancer Survivor**

**Editor's Note:** Pray for Mellve as he goes through a recurrence of cancer. He will be publicly sharing his cancer recurrence journey as a learning tool for others to understand the importance of follow-up. *Below, is another chapter in the recurrence.*

*In February's Survivors Newsletter, he shared Part 1 of his experience inside the 3T MRI machine, or 3 Tesla Magnetic Resonance Imaging machine.*

*In the March newsletter, he writes about Part 2 of the journey: the biopsy process.*

*In April, part 3 focused on Radiation & Hormone Therapy.*

*The journey continues below with Part 4 for May: "It's Hot in Here..."*

## PART 4

## The Journey of a Cancer Recurrence: *Male Menopause & The End of Radiation Treatments*



There's a saying, Inch by inch is a cinch but yard by yard at times can be very hard especially facing the challenges and the side effects of fighting a recurrence of prostate cancer. This holds true when approaching and tackling this cancerous demon and the side effects of the drugs and treatments that come with them.

***One of the side effects and symptoms from the hormone therapy drugs I'm now taking are the hot flashes.*** The flashes seem to haunt me more at night than during the day and at times can be unbearable but must be managed. The intense heat from the hot flashes causes fatigue, mood changes and it's hard to establish a sleep pattern at night with this sudden burst of energy.

To help manage the side effect from the drugs, I find myself doing what ***hip-hop/rap artist Nelly says in one of his songs, "It's getting hot in here so take-off all your clothes..."*** as the motorized fan or ceiling fan helped to regulate and decrease my body temperature from the hormone treatment. Clothing at time seems to momentarily irritate the skin from the heat of the drugs until the symptom passes.

I tip my hat to all the beautiful ladies throughout the world who manage menopausal symptoms for years when I only have to endure the hot flashes for (8) months. How do you do it? I know I must bear this symptom while the drugs work to block and reduce testosterone production. I know it's necessary in order for me to heal, I just hope and pray (8) months passes ... fast!!

But the good news is the (25) radiation treatments are completed and I'm back up and running. I will know more about the outcomes and results when I do my (3) month check-up in a few months. I'm confident that the cancerous demon is gone; good riddance!!

I'm grateful to God, my family, friends and thankful to the medical staff at BJC, WU, and my Siteman Cancer Center family for caring for me during this

entire ordeal. Thank you to my angel Dr. Lannis Hall and her fantastic staff at St. Peter's Radiation Center for helping to save my life as I now go back to doing the same.



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From the Desk of the  
**EXECUTIVE DIRECTOR**  
Sen. Robin Wright-Jones (Ret)

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## **A Solemn Formal Promise Made with Great Importance and Commitment**

The Empowerment Network, Inc. had the opportunity to celebrate our Founder, Mello Shahid, Sr. Mello has often said he made a vow to God on the operating table that he would dedicate his life to informing men about prostate cancer.

A vow is defined as a solemn formal promise made with great importance and commitment usually to a deity to do a specified thing. In some instances, a broken vow has consequences. He is done this without wavering for the past seventeen years.

God blesses a vow with His unfailing Grace and Mercy. He did so this Spring by healing Mello from his second war with prostate cancer! The TEN family celebrated that victory by saluting Mello as he rang our Bell of Hope at our office on Tuesday, April 28, 2025, the day after he was declared cancer free!

The blessing continued on Friday, May 2nd as Mello was inducted into the Sumner High School Hall of Fame His alma mater recognized Mello's contribution to his community as a business owner providing jobs and the Founder of The Empowerment Network, Inc. working to save lives.

It was announced at our May 10th Support Group meeting by LaTricia Clark, PhD, of Clark College and University that Mello is a candidate for an honorary PhD in their December 2026 class!

*These are significant recognitions because, Mello did exactly what he said he would do, and God acknowledged his vow with healing!*

**Save the date...**

# **The Empowerment Network, Inc.**

## **Prostate Cancer Support Group Meeting**

**Saturday, June 14 @ 10 a.m. as part of the Christian Hospital Family Health Festival in the hospital's Detrick Building and the Parking Lot, 11133 Dunn Road, St. Louis, Missouri 63136.**

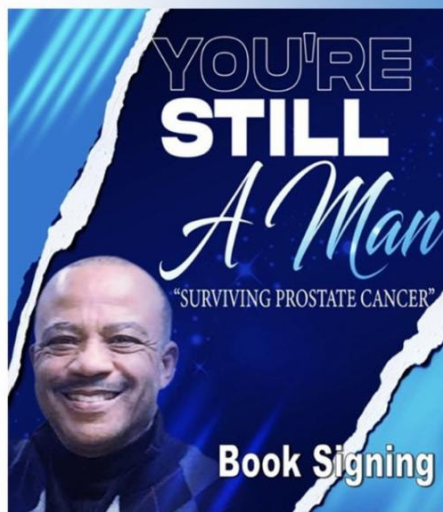
**Health Festival activities include:**

Free Health Screenings, Live Music, Food Trucks, Car Exhibition, Education Sessions, Giveaways and much more.

Mellve will be signing copies of his book,  
**"You're Still A Man: Surviving Prostate Cancer"**

The **William C. Clemons Jr. Bell of Hope Award** and **Survivor of the Month Award** will be presented to TEN prostate cancer survivors

*"Men, we love our cars, they are our toys, but our Health is our Life," says Shahid. "Come out and check out the automobiles and get a free PSA test, which could save your life."*



**BJC HealthCare**  
Christian Hospital



For details: 314.385.0998



**Christian Hospital  
Family Health Festival**  
Where community comes together

Kick off Juneteenth and Father's Day weekend with a celebration of health, safety, and fun

**Saturday, June 14  
10 a.m. - 2 p.m.**  
Free fun for all ages

**Free screenings**

- We will be screening for cholesterol, blood pressure, body mass index, and glucose.
  - + Walk-ins are welcome.
- Mammogram van
  - + Call 314-747-7222 or 800-600-3606 to make an appointment for a mammogram.
  - + Walk-ins are also welcome.
- Prostate screening
  - + Call 314-286-2587 to make an appointment for a prostate cancer screening.
  - + Walk-ins are also welcome.

**Speakers**

- 10 a.m.: Mervie Shahid and The Empowerment Network
- 11 a.m.: Meet the Christian Hospital Orthopedic Surgery Team: Zach Burnett, MD; Ali Dalal, MD; and Patrick Moen, MD
- Noon: Surgical and Nonsurgical Options for Back Pain: Chris Beuer, MD, and Kumar Vasudevan, MD
- Educational booths

**St. Louis Children's Hospital Kids Area**

- Free bike helmets and life jackets, including fittings while supplies last, child must be present
- Free car seat safety checks
- Ice cream truck
- Games and activities
- Fire truck and ambulance on display

**Custom car exhibition**

- Exotic cars and more

**Entertainment**

- DJ and music

**Food trucks**

- The Little Busy B
- CinnaCrush Grille
- Wok-O Taco

Scan the QR code to register:  
[ChristianHospital.org/festival](https://ChristianHospital.org/festival)

Christian Hospital | 11133 Dunn Road | St. Louis, MO 63136

Proudly sponsored by the Christian Hospital Foundation.

## The Empowerment Network joins Christian Hospital to promote healthy living during the annual Family Health Festival on June 14th

More than 500 community members are expected to attend the Christian Hospital Family Health Festival, which kicks off Juneteenth, Father's Day weekend. The festival focuses on family, health, education, safety, and fun.

This year's festival is on Saturday, June 14th, from 10 a.m. to 2 p.m. in the Detrick Building and the parking lot, 11133 Dunn Road, St. Louis, Missouri 63136.

"We'll have free health screenings, lectures, educational booths, a custom car, jeep and motorcycle exhibition, food trucks, and entertainment," says Marcus Strauther, Senior Marketing Strategist for Christian Hospital. "A kids' activities area sponsored by St. Louis Children's Hospital that will offer car seat safety checks and child safety giveaways, including car seats, life jackets, and bicycle helmets.

"We will also be hosting over 75 prostate cancer survivors, caregivers, and their families from The Empowerment Network," Strauther adds. "We hope to see you at the festival."

The Empowerment Network, Inc. (TEN) will be featured in the festival as the organization's monthly Prostate Cancer Support Group meeting will be held at 10 a.m. in the Detrick Building. TEN is a St. Louis-based, non-profit prostate cancer advocacy, awareness, and educational organization targeting men aged 40 and older, urging men to get tested and follow up with their doctors. Prostate cancer is treatable if detected early. The William C. Clemons Jr. Bell of Hope Award and the Survivor of the Month Award will be presented to TEN Survivors.

The founder of The Empowerment Network and 18-year prostate cancer survivor, Mervel Shahid, Sr., will be signing copies of his book, "You're Still A Man: Surviving Prostate Cancer."

"Men, we love our cars, they are our toys, but our Health is our Life," says Shahid. "Come out and check out the automobiles and get a free PSA test, which could save your life."

The Christian Hospital Family Health Festival activities also include:

- Free health screenings for cholesterol, blood pressure, body mass index, and glucose
- Prostate screening: Call 314-286-2587 to make an appointment; Walk-ins welcome
- Live Music, Food Trucks, Giveaways, and more.
- A car and motorcycle exhibition
- St. Louis Children's Hospital Kids Area
- Mammogram van: Call 314-747-7222 or 800-600-3606 to make an appointment.
- Meet the Christian Hospital Orthopedic Surgery Team; Learn about Surgical and Nonsurgical Options for Back Pain



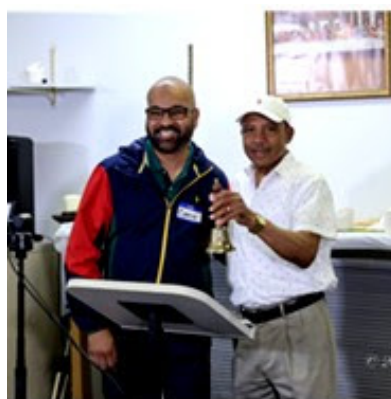
June is National Men's Health Awareness Month. **Click on the above image** and listen to two messages about focusing on your health, which is your wealth!

### **The William C. Clemons Bell of Hope Award**

This honor is given to cancer survivors who have completed their treatment regiment



**Keith Williams**  
April's William C. Clemons Jr.  
Bell of Hope Awardee



**Christopher McBride**  
May's William C. Clemons Jr.  
Bell of Hope Awardee

### **"Incontinency & Artificial Urinary Sphincter" was topic of discussion at the May 10th Support Group meeting**

***Dr. Gregory P. Murphy**, (pictured below), Associate Professor of Surgery in the Division of Urologic Surgery at Washington University and serves as Director of the Reconstructive Urology Fellowship was the featured speaker.*





## High praise for the work of TEN and announcement about the "Future Dr. Mellove Shahid"

LaTricia Clark, PhD, a representative of Clark College and University, offered heartfelt remarks at The Empowerment Network's Prostate Cancer Support Group Meeting on May 10. Clark praised the organization's unwavering commitment to the holistic health of men, women, and families. She emphasized The Empowerment Network's crucial role in educating the community, reducing disparities, and fostering hope through awareness and prevention.

Dr. Clark extended deep appreciation to the leadership and applauded the timely and informative message from Dr. Gregory P. Murphy, whose insights on incontinency and artificial urinary sphincters underscored the need for accessible, compassionate care. She also congratulated the recipient of the William C. Clemons, Jr. Bell of Hope Award, recognizing the organization's life-changing impact.

Lastly, Dr. Clark gave special recognition to "Future Dr. Mellve Shaid Sr.," whose lifelong dedication to service and education reflects the very mission of the Network. She proudly noted that he is completing his residency at New Covenant Biblical and Educational Studies at Clark College and University and will graduate with the December 2026 Doctoral Cohort.



Mellve addressed the audience at the St. Louis Men's Group Against Cancer during the organization's grant luncheon, thanking STLMGAC for its financial support to The Empowerment Network.



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[www.tenstl.org](http://www.tenstl.org)

The Empowerment Network  
I SURVIVED

QR code

*TEN prostate cancer survivor, Cardell Jordan featured in above ad raising awareness about PSA testing*

## September is National Prostate Awareness Month

**Celebrating 17 Years of Saving Lives**

**The Empowerment Network, Inc**

**—Fundraising Luncheon—**

**Saturday, September 27, 2025 • 11 a.m. –3 p.m.  
Orlando Gardens Event Center**

**Our Theme: "2.5 Daddy - Stay Alive in 25"**



314.385.0998 • TENSTL.org

2.5 represents a healthy PSA number

**The Empowerment Network, Inc.**

*"2.5, Daddy, Stay Alive in '25"*

**Fundraising Luncheon**

Saturday, September 27, 2025 - 11:00 A.M. - 3:00 P.M.  
Orlando Gardens Event Center Maryland Heights, MO 63043  
Tickets \$100.00 Each, Tables of 8 Available

No.0001

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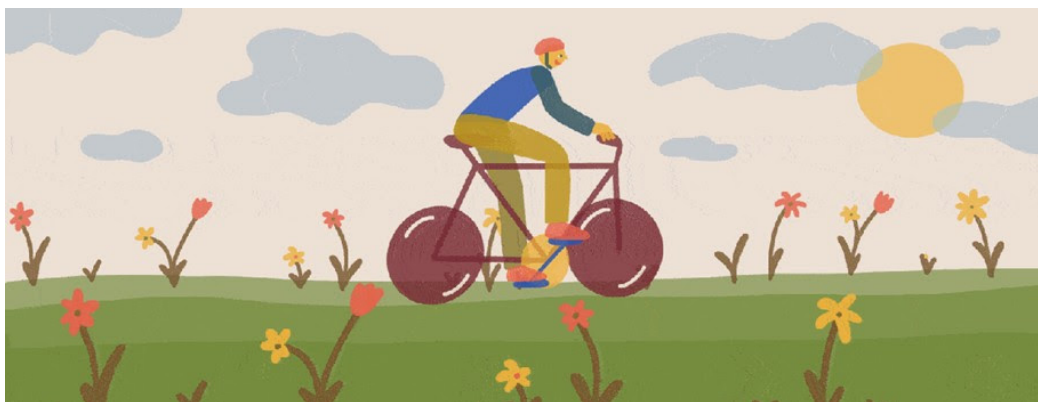
BENEFICIARY DEED,  
TRUST & WILL SEMINAR
SAT  
MAY 31  
2025
11:00 AM -  
2:00 PM

## LOCATION

Bellefontaine Neighbors  
Recreation Center  
9669 Bellefontaine Road  
St. Louis, MO 63137
Special Guest Speakers
Councilwoman Rita Days  
1st District
Rachel Waterman  
Staff Attorney  
Legal Services of  
Eastern Missouri

VENDORS





## Prostate Cancer and the Importance of Regular Exercise

*Courtesy of StArgusNews.com  
by Gogs-ProstateCancer.net*

I grew up in a time before the internet, cell phones, and personal computers. My friends and I would spend most of the day outdoors from early morning to late at night. Everyone knew everyone. It wasn't unusual to go inside a neighbor's house to use the washroom or even look for food.

### **Exercise versus junk food**

We all got plenty of exercise between riding our bikes, climbing trees, playing street hockey, and many other activities. Therefore, eating junk food didn't seem to be a problem. And I consumed a lot!

The good news is, the early days of being physically active stayed with me over the years. Before retiring, I rode my bike to and from work for over 25 years. I earned a black belt in martial arts and trained four to five days a week. And on top of that, I was in the gym three to four times a week.

The bad news is, consuming junk food continued into my adult life. And I still struggle to eat healthy today.

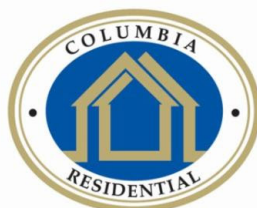
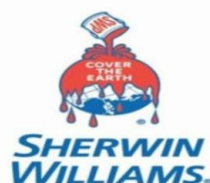
[READ FULL ARTICLE](#)

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# *Gold*



# Silver



# Bronze



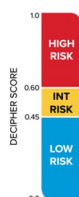
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# Media



## Decipher® Prostate Genomic Classifier

### Our Mission Statement

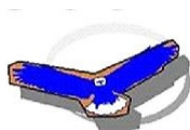
The mission of TEN is to provide culturally sensitive education, prevention, intervention, research, support and advocacy services to males and their families on prostate cancer. TEN promotes best practices designed to help decrease the rate of death caused by cancer and to improve health outcomes among men and their families.

**Support the Empowerment Network with your financial donation.  
GIVE**

**Contact The Empowerment Network @ 314.385.0998**

**Visit our website: [www.TENStl.org](http://www.TENStl.org)**

**LORRAINE HALL, INTERIM PRESIDENT, TEN BOARD OF DIRECTORS  
MELLVE SHAHID SR., FOUNDER AND DIRECTOR OF DEVELOPMENT  
SEN. ROBIN WRIGHT-JONES (RET.), EXECUTIVE DIRECTOR**



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