

The Palchak Connection

Hope for a Cure... Begins with Research

Fall 2012

THE JACQUALYN PALCHAK
CANCER FUND

Volume 1 Issue 2

Survivor - Kenneth Freitas



Cancer does not know any age guidelines.

Arroyo Grande resident Kenneth Freitas was stunned when two years ago, at age 40, he learned that he had colorectal cancer.

Freitas' battle began with the discovery of blood in his feces. His first doctor told him to "wait and see" because it "probably was a hemorrhoid." He considers himself lucky because he did opt for a colonoscopy. "I was diagnosed as Stage Three. I'm amazed over the advances (and speed) we're making in the fight against cancer... especially when you realize it takes 10 years of testing before we get to use something."

After radiation; chemotherapy; surgery to resection his colon; more "chemo"; and even more surgery to re-section his colon and replace his "bag", he and wife, Amber find reason to celebrate every day. "Yes, I live more for the moment and treasure everything," the Cal Poly grad and Certified Public Accountant said over a morning cup of coffee. Ken's recovery involves their family which includes daughter Katey, who will be five in January. Ken and Amber recently opened the South Halcyon Road office of Ace Accounting, CPA.

A speaker at September's JCPF Celebration, Freitas said that because of medications, he is more careful about his diet but physically does not feel any weaker than prior to his diagnosis. "I was more measured. I had to carefully plan everything."

Ken is so grateful and hopeful for his future. The recent loss of his aunt Christine Freitas, due to lung cancer, makes him even more aware of the ravages cancer can have on our life.

JPCF Board of Directors

Serving our community since 2003



JPCF is a federally recognized 501(c)3 non-profit organization governed by a Board of Directors.

Directors from left to right: Linda Alvarado, Treasurer; Bill Cockshott, Member at Large; Marie Palchak, President; Donna Glass Member at Large; and Theresa Schultz, Secretary.

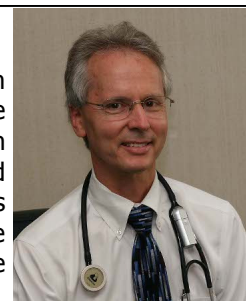
Update from Dr. David Palchak

PCR Oncology was admitted to a Mayo Clinic research group, named ACCRU (see below) in October. We were already members of the Alliance for Clinical Trials in Oncology, the National Cancer Institute sponsored research group headed by the Mayo Clinic. Our patients now have access to all of the clinical trials available through Mayo Clinic research groups because of the sponsorship of the JPCF.

Membership in ACCRU improves options for local patients, providing them with access to new drugs, not yet available through NCI sponsored trials. Within days of being accepted into ACCRU we have had patients interested in their trials. The support of our community has permitted



us to create a research organization that is both small in terms of personnel, and large when measured by the number of clinical trials available to our patients. Thank you for your support.



Academic and Community Cancer Research United

The Academic and Community Cancer Research United (ACCRU) is a clinical research group whose operations are based at the Mayo Clinic Cancer Center in Rochester, Minn. ACCRU includes a network of more than 60 academic and

community-based cancer treatment clinics and hospitals in the United States and Canada. ACCRU, was established in 2004 to conduct clinical trials to improve cancer care. (Go to ACCRU.org for more information.)

What Are Clinical Trials?

As a Clinical Investigator, Dr. Palchak has been conducting cancer research through clinical trials since 1994, in cooperation with the National Cancer Institute (NCI), the Cancer and Leukemia Group B, and the Clinical Trials Support Unit.

Clinical trials are research studies which patients volunteer to take part in to find better ways of detecting, diagnosing, treating and preventing cancer. Many treatments used today are the result of past clinical trials.

Strict national and international regulations and policies have been developed to protect the rights, safety, and well-being of people who take part in clinical trials. They also ensure that trials are conducted according to strict scientific and ethical principles.

Patients who participate in this research have an opportunity to contribute to developing improved cancer treatments. To learn more visit PCRoncology.com

Breast Cancer Fundraiser

Penny Rodriguez, owner of Penny's All American Café in Pismo Beach hosted the 6th Annual Breast Cancer Fundraiser on Saturday, November 3, 2012. This was the third consecutive year that Penny donated all the proceeds from this event to The Jacquelyn Palchak Cancer Fund, and we are so grateful to Penny and her crew for their efforts.

The Casino Night theme "Change the Odds", aimed to make a difference in the fight against this illness. Penny, along with husband Del and family; staff; and many friends, organized the annual event with great food, some Las Vegas style gaming, music and dancing. For highlights of this year's event visit Penny's website at www.pennysallamerican.com.





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CANCER FUND
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A. G. Harvest Festival



Every fall you'll find us in one of the game booths at the Arroyo Grande Harvest Festival. We participate as a way of giving back to the community. Our "Veggies & Fruits Hoops" game emphasizes healthy food choices with all kids (and adults too) receiving a fresh red apple for participating.



To Contact Us

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Visit us on the web at
www.palchakcancerfund.org

Please notify us if you would prefer receiving this newsletter electronically.

You Can Make a Difference

As a donor, you have many choices for your charitable giving. With the Jacquelyn Palchak Cancer Fund, your tax-deductible donations remain here, in our local community, benefiting loved ones, neighbors and friends.

Your charitable contribution will provide cancer treatment options by helping to preserve research here in our local community, while supporting advancements in cancer research.

An estate bequest in your will or trust, or a memorial donation can help ensure that our work continues in the future.

Donations can be mailed to:
Jacqualyn Palchak Cancer Fund, PO Box 1614,
Pismo Beach, CA 93448 or made on-line at:
www.palchakcancerfund.org.

Yoga Class

A JPCF sponsored class by Lisa Jansen is available for patients going through treatment, or for those who have recently completed treatment.

Every Friday 11 to 12:15
Yoga Village in Arroyo Grande
For additional info call 474-9884

October's Breast Cancer Awareness

Special thanks to Rosie Saenz for holding her very own "Boobie Party" fundraiser during October for Breast Cancer Awareness Month and donating the proceeds to the JPCF. Hats off to Rosie for raising awareness, while having a lot of fun doing it!

4th Annual Cancer Survivorship Celebration

Every day is a day to celebrate!

Our 4th Annual Cancer Survivorship Celebration took place on Saturday September 22 at Saint John's Lutheran Church in Arroyo Grande. Guests were welcomed with a coffee reception and acoustic guitar music performed by Tim Pacheco. The morning's program included commentary from board members Theresa Schultz and Marie Palchak. Dr. David Palchak, Medical Oncologist and Clinical Investigator, enlightened the audience with information regarding progress being made in cancer research. The program concluded with inspiring testimonials from cancer survivors Ken Freitas and Jan & Kirk Scott.

Thank you to the Arroyo Grande Lions Club for the delicious chicken barbecue and for their continued support.

Special thanks to event sponsors: PCR

Oncology; Christianson Chevrolet; Arroyo Grande Community Hospital; Dr. Marc Weise; Bringle Integrative Therapy; Maurina Kusell DDS; and SESLOC Federal Credit Union. Thanks to event supporters: Arroyo Grande Lions Club; Saint John's Lutheran Church; The Home Coupon Catalogue; Rooster Creek Tavern; and Wells Fargo Advisors.

