

# The Palchak Connection

## Hope for a Cure... Begins with Research

Spring 2013

THE JACQUALYN PALCHAK  
CANCER FUND  
Volume 2 Issue 1



### PCR ONCOLOGY Dr. Palchak's Update

National Cancer  
Institute (NCI)  
sponsored cancer

research programs must be affiliated with a larger institution, most commonly a university. We have been affiliated with the University of California, San Diego since June of 1994, mainly because I did fellowship training there. For administrative and geographic reasons, we will be changing our affiliation to the University of California, San Francisco effective in May 2013. The new affiliation is a logical one because we frequently use UCSF for second opinions and services that are unavailable locally. We look forward to a long and fruitful affiliation with our new member institution.

### Elaina Weiss, Clinical Social Worker



Since 2000 I have had the honor and the privilege of caring for our community with

counseling services as a Licensed Clinical Social Worker. My clients include teens, adults, couples, and families who are motivated to gain the support, skills, and resources necessary to improve their overall health and wellness, relationships, work and school lives.

I collaborate with many local physicians, schools, institutions, and agencies, and I accept most forms of health insurance.

I was asked to be a part of the Jacquelyn Palchak Cancer Fund within its first year as a non-profit organization to assist Dr. Palchak's patients with resource management and referrals, as well as counseling and educational services.

My work with the JPCF has been an extraordinarily meaningful part of my private practice, as I have been in a position to help patients and their family members to cope with, and manage their life-limiting illnesses and diagnoses. I want to thank Dr. Palchak for this very fortunate opportunity provided to me to serve our community in this capacity.

### Fundraising Campaign

Thanks to the generosity of our community, the 2012 Fundraising Letter Campaign Appeal raised over \$12,000 to support Dr. Palchak's research program. The JPCF is grateful for the continued support we receive from the South County and we remain committed to finding cures through human-subjects research. By making a donation, you are choosing to be part of the solution. You are choosing to give hope and to insure that local cancer patients and their families have more choices available to them. Progress is being made and we greatly appreciate your gift.

### What Is Cancer Research?

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

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. Patients who participate in this research have an opportunity to contribute to developing improved cancer treatments while utilizing alternative forms of treatment.

### Be Sure To

### Mark Your Calendars



Our 5th Annual  
Cancer Survivorship  
Celebration will be held  
on Saturday September  
21, 2013 at Saint John's

Lutheran Church in Arroyo Grande, with a barbecue chicken lunch provided by the Arroyo Grande Lions Club.

We look forward to seeing everyone there!

### The Benefits of Strawberries



It's strawberry season and the abundance of this vine ripened fruit in our county makes it an easy and good choice for a healthy snack. Strawberries are chockfull of antioxidants and other essential nutrients that can help reduce the risk of cancer, heart disease and inflammatory diseases.

### Chocolate Dipped Strawberries

In a microwave set to low, slowly melt dark chocolate chips in a bowl stirring until smooth. Dip the washed and dried strawberries into the chocolate. Place on waxed paper to harden and then ENJOY!

### Surviving Cancer!

A familiar face to many in Arroyo Grande, Carl Hassler can be seen most everyday making deliveries in his big brown UPS truck.

When a swollen lymph gland and a sore throat sent Carl to the doctor, it would be quite a while after that until Carl would be seen again around the neighborhood making his UPS rounds.

Last July, Carl was diagnosed with stage 4 squamous cell carcinoma. Two tumors in his lymph node below his tonsil were confirmed to be cancer after two needle biopsies and an invasive surgical biopsy came back positive.

Seven weeks of daily radiation with concurrent Cisplatin chemotherapy proved to be the ticket to a successful treatment for Carl, "I couldn't have imagined this good of an outcome."

The radiation treatment initially burned Carl's taste buds, but now his taste has been restored to about 95%, and his voice is a half octave



lower. Chemotherapy damaged the nerves in both ears which makes it necessary for Carl to now use hearing aid devices. Carl jokes that losing 35 pounds was definitely one benefit to his cancer treatment.

Atrophy set after two months of not being able to swallow, so Carl worked with a speech pathologist to re-learn swallowing and how to deal with producing less saliva.

Good news came to the Hassler's over the holidays when Carl received the best Christmas present ever, of a clear PET scan.

Carl really is an inspiration and possesses a truly positive attitude. His faith in God, answered prayers and a great network of family, friends and his church community gave him the needed support, "Knowing the depth of love and concern from everyone makes me feel good all the time." Carl testifies to an even greater appreciation for life, "Flowers smell sweeter and the grass looks greener. I'm going to be okay!"



**JACQUALYN PALCHAK  
CANCER FUND  
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## Monthly Nutrition Classes

Angela Fissell, MS, RD

I have been a registered dietitian for 13 years practicing

clinical dietetics in the acute care setting with inpatients and outpatients. Over the past 6 years, I have taken a special interest in the area of oncology and nutrition.

Providing classes and providing one on one consultation to people with cancer is a truly rewarding experience for me.

In my spare time, I enjoy spending time with my boys, gardening, hiking and cooking, of course!

Check out Angela's healthy recipe below!

Angela's Nutrition Classes are offered at the PCR Oncology office. For class information please call Marie Palchak at 710-3113.

## Super Broccoli Salad

Ingredients:

- 12 ounces fresh broccoli florets, chopped
- 1 cup of white or dark raisins, cranberries or berries
- 1 cup dry roasted slivered almonds
- ¼ cup red onion, chopped

Dressing:

- 3 TBSP cider vinegar
- 2 TBSP olive oil
- 1 TBSP each of mayonnaise & honey

In a large bowl, mix together mayo and honey. Add vinegar and olive oil. Mix well. Season with salt and pepper. Toss in broccoli, almonds, fruit and onions. Mix, cover and refrigerate. \*Best when made 1-2 hours ahead of time.



## Charitable Giving

Donations made to the Jacquelyn Palchak Cancer Fund are not only tax-deductible, but all donated funds remain here, benefiting patients locally, within our community.

Your charitable donation will provide cancer treatment options for local patients, preserve cancer research in our community, while supporting advancements in cancer research.

### Ways to Give

- Honor or remember a loved one on their birthday or for an anniversary with a donation made in their name.
- 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 made to:

Jacquelyn Palchak Cancer Fund, PO Box 1614, Pismo Beach, CA 93448 or made on-line at: [www.palchakcancerfund.org](http://www.palchakcancerfund.org).

## JPCF Board of Directors

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

Marie Palchak, President  
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## To Contact JPCF

Call Marie Palchak at 805-710-3113  
PO Box 1614 Pismo Beach, CA 93448  
Visit us on the web at  
[www.palchakcancerfund.org](http://www.palchakcancerfund.org)

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

## The Benefits of Yoga



With 30 years as a practicing yogini and 17 years as a Yoga teacher and intuitive healer, Lisa Jansen brings health and life changing experiences to thousands. Her commitment to her students and to the path of Yoga guides her to serve others as they find their own divinity and essential nature.

Lisa has worked cooperatively with the Jacquelyn Palchak Cancer Fund leading retreats and is the yoga instructor at the San Luis Obispo Integrative Cancer Clinic. She works with cancer patients to free them from anxiety, nausea, stress and disease. And, she facilitates healing for students with chronic pain and mental and emotional discord. To find out more visit [www.LisaYoga.com](http://www.LisaYoga.com).

## Yoga Classes Offered

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

Every Friday 11:00 to 12:15  
Yoga Village in Arroyo Grande  
For more information call 474-9884