

The Palchak Connection

Hope for a Cure... Begins with Research

Spring 2014

THE JACQUALYN PALCHAK
CANCER FUND

Volume 3 Issue 1



PCR
ONCOLOGY

Audit Report

David Palchak MD

On April 3, 2014, the research team arrived at UC San Francisco for an audit of quality of care and quality of research, as is required of every participant in human subjects research programs. A data manager from the University of Chicago and a physician from the Mayo Clinic were our auditors. At the end of a full day of review we were complimented on the quality of care we provide and the quality of research we conduct.

I am proud of the research we conduct, the quality of care and the quality of cancer research we are able to provide for our patients. It should be reassuring to our patients and community that outside auditors from major research institutions find the quality of our work and medical care to be exemplary. None of this would be possible without the support of the Jacquelyn Palchak Cancer Fund and local community.

Board Member Weds

Wedding Gifts Support Fund

Palchak Fund board member Bill Cockshott and Marilyn Nelson were married earlier this year. Many people opted to send donations to the Palchak Cancer Fund in lieu of gifts. "We are honored that so many chose to help us celebrate our joy by supporting the Palchak Fund," Bill said. His first wife, Vi, died of cancer and Marilyn had two close friends and several relatives who also

died from cancer. "It just made sense that we asked people to donate to the fund in lieu of sending gifts. The two of us already had enough 'stuff,' he said.



▲ COPING WITH CANCER ▲

Confronting the Side Effects of your Treatment

Saturday, May 17, 2014

10am-12:30pm

Saint John's Fellowship Hall
959 Valley Road, Arroyo Grande

Nancy Walker - Wellness Kitchen & Resource Center

Education and resources for nourishing meals for
individuals regaining optimal health

Clara Vanherweg - Cancer Well Fit Program

Avila Bay Athletic Club & Spa
Addressing appropriate exercise during cancer treatment

Designed
for patients
currently in
treatment

SPACE IS LIMITED - RSVP REQUIRED

Call Marie Palchak 710-3113 to reserve space

GOLF SAFARI

29th Annual Benefit

Golf Tournament

Thurs, May 29, 2014

Cypress Ridge Golf Course
Arroyo Grande

- 4 Person Scramble -

Sponsored by Pismo Coast
Assoc. of Realtors

JPCF will be a beneficiary of
the event. For more
information contact
Cindy Doll @ 489-7303



A Cancer Story

For most of us, having one or more careers and doing something you truly enjoy can be difficult. For Diana Carter, her working life has been filled with skills and experiences that mixed and matched including a reporter for a local newspaper (and writing her own column), starting her own media business where she scripted and directed commercials for radio and TV, as well as "jingles." Her vocal and musical talents led her to teach performing arts in the public schools. She has recorded several CD's, including one for children. Working with children of all ages seems to be her greatest passion.

In May 2013, she decided to sell her San Luis Obispo house and move closer to the ocean. She found herself living with one of her two daughters while she found a new home. It was at this time and during an annual check-up that blood work revealed an unexplained anemia. A mass was found during a colonoscopy and subsequent scans and tests confirmed Stage 4 colon cancer, which had spread to the liver.

Last June, Diana underwent chemotherapy to shrink the tumor, then was referred to UC San Francisco for surgery (most of the cancer was dead), then back home for more chemo. "I learned to relinquish control - to let go - and trust community." She continues in a funny, playful manner, "Be prepared to share the many details of your body and health." Diana credits humor as a vital and necessary

coping strategy for dealing with life, and most definitely a cancer diagnosis. She recommends watching funny movies to "keep things light and lift ones' spirits."

Diana has recently completed chemotherapy and now waits, along with her doctor for her CEA marker to return to normal. As she considers "what's next" she acknowledges a new 'freedom' to go forward and perhaps try new things. Diana is grateful for the love and support of family and friends, declaring she will 'pay it forward.'

Although she continues to wait for the final word regarding her Cancer, Diana is resolved to move on. She will stay positive and no matter what the future holds she is determined to fight. She has accepted several teaching assignments for the summer and no doubt will embrace each day with poise, grace and gratitude.



RECIPE CORNER

Red, White & Blue Smoothie



A colorful diet is a key component in preventing and fighting cancer, so why not show some patriotism in your diet this Memorial Day!

1/2 banana, frozen and cut in pieces
 2 large strawberries, washed and sliced
 1/4 cup blueberries, fresh or frozen
 1/2 cup milk, any kind
 1 tsp. vanilla extract
 2 Tbsp. Greek yogurt, plain or vanilla
 2 large ice cubes
 Blend all ingredients in a blender until smooth.

Hoops for Hope

The 4th Annual Hoops for Hope Cancer Awareness Fundraiser was held January 31, 2014 at Nipomo High School and hosted by JV Girls and Varsity Girls Basketball. This year, JPCF was one of the three non-profits to receive proceeds from this year's event. We received a check for \$472 from the auction and BBQ. Thank you to Mary Stackhouse, event coordinator and her team of volunteers for all their efforts. Awesome job Titans!



Above: (L to R) Bill Cockshott, Donna Glass and Marilyn Cockshott at the Titan's Hoops for Hope fundraiser.

Donate Today



Donations made to the Jacquelyn Palchak Cancer Fund are tax-deductible.

More importantly, all donated funds remain here locally, benefiting patients in our community who are undergoing treatment for cancer.

Your charitable donation preserves cancer research in our local community, provides cancer treatment options for local patients, while supporting advancements in cancer research.

Donations can be made to:

- Honor or remember a loved one on their birthday or for an anniversary by making a donation in their name.

Your donation can leave a legacy:

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

Jacquelyn Palchak Cancer Fund Board of Directors

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

Marie Palchak, President
 Theresa Schultz, Secretary
 Linda Alvarado, Treasurer
 Bill Cockshott, Member at Large
 Donna Glass, Member at Large

To Contact JPCF

Call Marie Palchak at
 805-710-3113
 PO Box 1614
 Pismo Beach, CA 93448
www.palchakcancerfund.org

Please contact us if you would prefer receiving our newsletter electronically.

Fundraising Gratitude Community Shows Support

This past fall, JPCF mailed out 900 campaign appeal letters to homes and businesses requesting support for our local cancer research program.

JPCF remains committed to supporting the work done by Dr. David Palchak and PCR Oncology. These valuable treatment alternatives offer patients choices and options in their cancer treatment that are made available only through human-subjects research.

We are so appreciative of the generosity of this community. We received donations, large and small, which totaled over \$11,000. This financial support will help secure and ensure continued research treatment options for local cancer patients and their families.

We offer our heartfelt thanks to all of you that contributed to this year's successful campaign. You are making a difference in people's quality of life!

Penny's All American Cafe 8th Annual Breast Cancer Fundraiser

**Save
the Date**

Pismo Vet's Hall

Saturday, October 4, 2014

5:00-10:00 pm

"Tip your HAT to Survivors" is this year's theme and all can decorate and/or wear a special hat to this fun event.

Barbecue Dinner
 DJ Music & Dancing
 Silent Auction and more!



Penny generously donates proceeds raised to JPCF.