

The Palchak Connection

Hope for a Cure... Begins with Research

☞ Fall 2018 ☛

THE JACQUALYN PALCHAK
CANCER FUND

Volume 7 Issue 2

JPCF's 10th Annual Cancer Survivor Celebration!

During this time of the year, we are reminded that there is so much to be thankful for – family, friends, our community, good health and the beautiful Central Coast where we live.

This year marked our 10th Annual Cancer Survivor Celebration, which drew 125 people. What a fantastic turnout!



Attendees were greeted with live music from Diana Carter and a new look to our luncheon set-up with big round tables to more easily enjoy one another's company. Each survivor received a special gift bag of goodies, with the theme, "Chicken Soup for the Cancer Survivor's Soul".

This year's program featured a presentation from Shannon D'Aquisto, a cancer survivor and Executive Director of Cancer Support Community in Templeton. Our featured speaker was PCR Oncology's Dr. David Palchak.

The past few years, Dr. Palchak has baked an apple pie for the free drawing, but this year he baked a second pie, which was generously auctioned off for \$100.



Lions Club members Bill Cockshott (left) and Rosemary Alcalá (right) present a \$500 check to JPCF President Marie Palchak (center).

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PCR ONCOLOGY

Recent advances in cancer medicine are mainly of two types that prove to be of great significance: (1) Immunotherapy treatments: Exposes cancers to the immune system by blocking molecules that cancer cells use to evade it. This is generally done with genetically engineering antibodies. (2) Enzyme inhibitors: Blocks one or more enzymes in one of the cascades of enzymes that lead to cell division.

Both treatments have the property that tumor cells can be tested to determine the likelihood of response. This allows people to take treatments more likely, and avoid side effects of treatments unlikely to help.

Two examples illustrate these concepts:
A. Stage IV nonsmall cell lung cancer: A few years ago 50% of people with this disease lived only 1-year before dying and 2-year survival was only about 25%. Immunotherapies have increased the 2-year survival to about 40%, while about half of patients who are eligible for enzyme inhibitors live 3-years.

Recent Advances in Cancer Medicine by David Palchak, MD

B. Early stage breast cancer: At the beginning of my career, about 30% of our breast cancer patients received chemotherapy after surgery (to improve their chance of cure). In June of 2018, the TaylorRX trial was published, helping us determine which women benefit the most from chemotherapy. As a result of this trial and others like it, we now use chemotherapy in only about 10% of women, those who benefit the most. This spares all of the others, the side effects of treatment.

It has been a privilege and rewarding to contribute to progress in cancer medicine. We had the TaylorRX trial open and remain active in immunotherapy research as members of the NCORP. The Jacquelyn Palchak Cancer Fund covers the salaries for the research staff that make our research program possible. **Thank you for your support.**



The Community Supports our "Celebration"

We appreciate and thank the following businesses and organizations that generously supported the 10th Annual Cancer Survivor's Celebration.

SPONSORS:

- Dr. Marc Weise, Orthopedic Surgeon
- Marshall Spoo Sunset Funeral Chapel
- Arroyo Grande Veterinary Hospital
- Kardel Insurance Services, Inc.
- Maurina L. Kusell, DDS
- EC Loomis Insurance Associates
- Bill Senna's Insurance Services

SUPPORTERS:

- Arroyo Grande Lions Club
- Saint John's Lutheran Church
- Wells Fargo Advisors
- Schultz Mouyeos Media Group
- Rooster Creek Tavern
- Lemos Feed & Pet Supply
- Bill Cockshott, Century 21
- Food For Less



The Recipe Corner

IMMUNE BOOSTING CHICKEN NOODLE SOUP

from *Nourishing Plate*

INGREDIENTS

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 2 cups celery, chopped (ribs & leaves)
- 2 cups carrots, chopped
- 1 tsp. garlic, crushed
- ½ tsp. pepper
- ¼ tsp. salt
- 1 tsp. thyme
- 1 bay leaf
- 8 cups chicken broth, low sodium
- 3 cups cooked chicken, chopped
- 1 (8 oz.) package egg noodles
- Salt and pepper to taste
- Zest and juice of one lemon



DIRECTIONS

Heat olive oil in a large saucepan over medium heat. Add onion, celery, carrots and garlic. Season with salt & pepper and sauté until vegetables are slightly softened, about 5 minutes. Add chicken broth, thyme, bay leaf and chopped, cooked chicken. Cook over medium heat for 20 minutes. Remove bay leaf and add egg noodles. Cook for 10 minutes or until noodles are soft. Remove from heat, add lemon juice & zest. Season with salt & pepper to taste.

The Benefits of Chicken Noodle Soup

- Carrots, celery and onion: Provide vitamin C and other antioxidants that support the immune system
- Broth: Provides hydration, soothes the throat and thins mucus
- Chicken: Provides protein and zinc to strengthen the immune system
- Noodles: Provide energy from carbohydrate and they taste good!

Mailbox Letter Appeal

Cancer research in clinical trials is the biggest cost to our budget, and the most important. Many new treatment alternatives offer patients more choices and options previously not available for cancer treatment.

This month we kick off our annual appeal with our Mailbox Letter Appeal. This fundraising campaign is an appeal for donations which provide valuable cancer treatment options for local patients and helps to assure cancer research preservation in our local community. Be sure to check your mailbox for your letter.

Your financial assistance will ensure continued research treatment options for local cancer patients and their families.

Thank you for your support!

JPCF Board of Directors

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

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www.PalchakCancerFund.org

**Serving our Local
Community since 2003**

A federally recognized 501(c)3
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Penny's All American Café went October PINK !

Longtime supporter, Penny Rodriguez of Penny's All American Café in Pismo Beach, is once again raising money for Breast Cancer.

Her raffle this year includes giveaways of wine and night stays at the Beachcomber Hotel and the Sea Venture, with gift cards included. The Grand Prize is a \$1000 gift card for Dolphin Bay which includes massages and champagne brunch. Tickets are available at the Café and the winners will be announced Thanksgiving morning.

Penny is generously donating all proceeds raised to JPCF. We thank Penny for her continued support!

Celebration, continued from page 1

The morning culminated with a delicious chicken barbecue provided by our longtime community supporters, the Arroyo Grande Lions Club. Not only did they feed this large crowd, they also presented JPCF President Marie Palchak with a \$500 donation.

Special thanks to artist Jackie Hertzog who once again sold all occasion note cards and small prints, and donated all proceeds to the Cancer Fund.

Also, a special thanks to Saint John's Lutheran Church

which continues to make available this wonderful venue of Ouimette Hall.

We are extremely grateful to all and are already looking forward to next year's 11th Annual event!

