

June 18, 2015

Volume 1, Issue 1



Find us on the web
at www.pmppals.net

Upcoming Events

Saturday, Sept. 12, 2015: *Symposium for patients and clinicians: PMP / Appendix Cancer: Advances in Treatment and Research* by Dr. Lowy at UCSD Moores Cancer Center in La Jolla, California

Sunday, Oct. 4, 2015: *Research fundraiser: Heat It To Beat It* by Dr. Sardi at the Maryland Zoo in Baltimore, Maryland

Share Your Pictures!

Everybody likes seeing Pals enjoying life!

Email your pictures and stories to:

info@pmppals.net



Continuing the Tradition of Caring & Support

After receiving emails and phone calls from Pals and surgeons around the world, a group of Pal mentors pulled together to continue the legacy of Gabriella Graham and PMP Pals. We're excited to continue offering support around the world for patients and caregivers affected by PMP, cancer of the appendix and other abdominal cancers.

Our primary focus is the Mentor program which matches patients or caregivers with experienced partners that can share their experience. We're also continuing favorite programs such as the Bear Bottom Bears and Get Well Cards programs. Be sure to join our Fa-

cebook page for encouraging stories throughout the week.

It's been fantastic re-connecting with Pals and supporting new patients. In recent weeks we've helped patients find qualified surgeons, connected patients and mentors and held social events. We've enjoyed assisting many patients in the United States, but also South Korea, Malaysia and New Zealand, too. Through all our outreach programs we've continued the legacy of providing hope and encouragement to patients and their caregivers sharing our rare disease.

The PMP Pals team is working now to develop and expand



Chris & Gabriella believe in hope, hugs and miracles!

our programs. We're in the process of applying for non-profit status, but we're still awaiting official approval.

We're excited to continue supporting patients. Send us an email at info@pmppals.net to get involved today!

First Annual PMP Pals Picnic at Toro Park

A group of 20 Pals gathered at Toro Park near Monterey, California on Saturday, June 14th. The event was scheduled to remember Gabriella and to celebrate the re-launching of PMP Pals.

Participating in the event were veteran mentors, veteran caregivers, new patients and founding members of PMP Pals. Love, hugs and support were shared by all. At least one patient met other PMP patients for the first time and gained information and hope!

Everyone enjoyed sharing food, fun and games together, and everyone especially enjoyed celebrating life and sharing HOPE with one another. We look forward to enjoying the event again next year, and we hope you'll join us.



Pal Peter does Amazing Things after Surgery!



Peter and daughters after his HIPEC at WHC in May 2014

Pal Peter had cytoreductive surgery with heated intraperitoneal chemotherapy (CRS + HIPEC) with Dr. Sugarbaker in May 2014. Peter was supported by caregiver Sunny, and his two daughters.

It's clear Peter finds physical fitness to be an important part of his recovery. Below we see Peter holding his bike overhead after summiting Haleakala Crater on his bike, completing a 150-mile bike ride and a 55

kilometer cross-country ski race, all just months after CRS + HIPEC. We also know Sunny adds a positive attitude and a terrific diet to contribute to Peter's recovery.

Even veteran Pals like ourselves are truly amazed by these accomplishments!

Email us at info@pmppals.net if you'd like tips, advice and support from Pal Mentors like Peter or Sunny.



Peter, Sunny, the girls and Felix the dog celebrate life!



Peter atop Haleakala Crater in Maui, Hawaii 3.5 months after surgery



Peter after the 55 km Birkebeiner cross-country ski race in Wisconsin



Peter conquers a 2-day, 150-mile bike ride just 4.5 months after surgery

Key Definitions:

CRS = cytoreductive surgery

HIPEC = heated intraperitoneal chemotherapy

Get Well Cards



We need your help writing Get Well Cards for Pals having surgery or Pals celebrating anniversaries! Are you willing to write cards and share encouragement and congratulations as appropriate?

Pals requesting Get Well Cards include:

- Bonnie - recovering from surgery at UCSD
- Debbie - long term patient requests cards of encouragement
- Tom - cards of encouragement on his 9 year anniversary living with PMP
- Cecilia - having surgery soon and welcomes cards

Want to help? Email getwellcards@pmppals.net to get more details and make personalized cards for Pals!

Help create HOPE for PMP patients! Help create HOPE for patients with a rare disease!



Meet the PMP Pals Leadership Team

The team leading PMP Pals consists of founding members, veteran patients and veteran caregivers. All are professionals bringing different skills to the organization. Give us a moment to introduce you!

Chris is a 10 year PMP survivor who underwent Chemotherapy, CRS + HIPEC with Dr. Sardi. Chris lives in San Jose, California and is a Professional Services Manager for a major oncology company.

Adele is a PMP survivor who underwent successful CRS and HIPEC treatment at UPMC in September 2011. She is a CPA and founding partner of one of the largest public accounting firms in Northwest Ohio. Adele's friendly demeanor greets you when you email info@pmppals.net.

Libby is a nonprofit finance director living in Carmel, California. She was a caregiver for veteran Pal and Board member Mark. Libby has helped us form the Board, is completing our non-profit applications and helps with fundraising.



Chris is the President of PMP Pals and a 10 year survivor of PMP



Adele is the Treasurer of PMP Pals and a 4 year survivor of PMP



Libby is the Secretary for PMP Pals and a veteran caregiver



Charmaine is an 18 year survivor and manages the Mentor Program

Charmaine is an 18 year PMP survivor and a retired attorney living in Austin, Texas. Charmaine manages the Mentor program and is happy to pair you with the perfect mentor.

The Leadership Team currently meets twice a week to develop our programs and ensure we're able to support patients and their caregivers as quickly as possible. Survivors and Caregivers ourselves, our greatest joy is providing timely advice and being part of the support system for people affected by PMP and related cancers.

- PMP Pals Board:**
- President - Chris Piekarski**
 - Treasurer - Adele Jasion**
 - Secretary - Libby McMahan**
 - Member - Mark McMahan**
 - Member - Mike Hitchiner**

Special Thanks:

To Mike Grattan & wife Angela for their hard work during the transition of PMP Pals and for Mike's continued support of the PMP Pals web site.

Donations & Membership Fees

Membership fees are no longer required to participate in the PMP Pals Network. If you are a current patient or active caregiver, we ask that you take advantage of our services without fee because now is the time for us to serve you.

Although we do not yet have tax exempt status, we are accepting donations. If family or friends of patients feel led to donate money we'll put it to the best use in supporting patients and their caregivers.

Go to www.pmppals.net to donate today.



In Memoriam, Gabriella Graham, June 18, 2014



Gabriella & Chulita

It was one year ago today that Gabriella Graham passed away. Each of the Pals now supporting the Network thank Gabriella for their life. It was Gabriella who got us the information we needed at a time when information was scarce, and the information available was scary. We're grateful to Gabriella for getting us to the specialists where many of us have been cured. But in truth, being cured hasn't been the greatest gift. It simply gave us the time to understand the greater gifts we received.

Gabriella taught us the true meaning of selfless service.

Despite her own challenges with PMP Gabriella worked tirelessly day and night to provide information and support for PMP patients around the world. Those of us closest to her knew how difficult things were, and it was truly amazing to see how she did her work from a small condo in Salinas, California. Countless people owe their lives to Gabriella's service.

Gabriella was also a writer and a poet. Gabriella's favorite place was Toro Park near her home in Salinas, California. It was there she enjoyed rolling California hills, beautiful red

tailed hawks and cool breezes from the coast. It was there that she wrote poems and prayers, sharing some of her greatest wisdom. We encourage you to enjoy her writings online.

We're eternally grateful for the example Gabriella provided, that now inspires us to serve. We remember Gabriella with fondness and smiles, and we speak of her every time we meet.

To learn more about Gabriella and the founding of PMP Pals, visit the new web site at http://pmppals.net/about_our_founder/

Enjoy Gabriella's poetry at

<http://www.wheretheredtailedhawkflies.com>



PMP Pals' Network

WE have HOPE for YOU!

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