



## Our corner

October 2017

### Good Morning!

Hello again! We have two important news to share with you.

PAMEMMAZI has now become established in the oncology hospital *Agioi Anargyroi* with the help of our volunteers and supporters. We began only in the beginning of this month, and offer



programs for throughout the week. Many young volunteers but older ones too, attend every day, and take part enthusiastically, encouraging patients and care givers to visit the PAMEMMAZI room, and to participate in in all its activities, which are adapted to patients' needs and hospital rules. Everyone has a good time engaged in



PAMEMMAZI activities such as crafts, music therapy, dance therapy, yoga, knitting, and many others.

The second big news is the success of the PAMEMMAZI public forum on October 20<sup>th</sup> and workshops on the following day. More than 300 people

registered, and watched a holistic, honest and warm conversation between doctors, psychiatrists, patients and family members.

Thank you for being part of our PAMEMMAZI family!



### With open arms

The response of medical and administrative staff in the oncology hospital *Agioi Anargyroi* has touched our hearts. Spending time there, we see how busy they all are. Even so, they are very open to us, and really care to contribute strength and happiness to patients, and encourage them actively to participate. We really feel that we are a team with the hospital, and thank all the staff that consistently surrounds us with love and substantive collaboration.



## Forum: Voice to young patients



More than 300 people attended the PAMEMMAZI Forum that took place Friday, October 20 at the American College of Greece, exactly one year since we lost Emma. The dialogue between oncologists, psychiatrists, psychologists, patients, survivors and families touched our audience with its intimacy, honesty and courage. Iliia, a dynamic young adult who had a transplant about 80 days ago, explained to us that getting diagnosed with cancer pushed her to grow up fast, and told us how she wants her

doctor to speak with her. Dr. Fry spoke to us not as an oncologist, but as a spouse and father of three children who lost his wife four years ago. And the dialogue continued the next day in the four workshops we offered.

In the post-workshop survey distributed after the Saturday workshops, respondents agreed that they appreciated most *“the personal stories of patients and the discussion,” “the immediacy of the panel,”* and *“the holistic and multi-faceted approach to the issue from the perspective of the patient, the doctor and the psychologists.”*

We are grateful to our scientists who embraced us and made this authentic dialogue possible in our forum. Dr. Michelle Riba, psychiatrist and Director of Oncologic Psychiatry at Michigan University, insisted from the beginning that she wanted to have an open dialogue with patients and families on stage. Dr. Kristin Baird, oncologist, spoke about the strategies she follows when she has to present a cancer diagnosis, and how she supports the whole family to understand and manage fear. Dr. Spyridonidis who leads a transplant clinic at the University of Patras, spoke about the need to have spaces, and strategies to approach young adult patients; in fact, he brought survivors who had cancer as young adults to his workshop on Saturday. Dr. Dikaios, professor of psychiatry at Athens University, challenged us by saying: when oncology patients get depressed, we tell them, “it is natural for you to have depression,” while when we break our leg, we do not say, “it is natural for you to be unable to walk,” but rather, we send this person to the doctor. This is why it is important to have the psychologist and the psychiatrist on the team that follows oncology patients.



## We are in the news

On Friday, we had with us ANT1 TV, and on Saturday, we had Skai TV. We will post links to the videos when we have them. We will also publish a report on insights from our Forum.

