



On Sunday we got together with Kath & Denny and spent the afternoon very normal, watching the Broncos at Head St. It was an enjoyable, normal feeling afternoon.

I'm still running and feeling well doing it. I just hope I can still run a month from now when the race happens. I wish it was a little sooner, but I trust I'll still be strong enough to do it. I really want to do this because it will be one of the last events I'll ever participate in and to be able to do it with Luke, Kristin, Jeff and Alison means the world to me. I guess I'll just have to make sure it happens.

Today, Tuesday, I got a call from the Palliative Care Team at Kaiser. Although its hard to say I'm already at the point of needing Palliative care, I do think it will be helpful to get established with them.

I think both Mike and I could benefit from counseling.

I also would like to start to develop relationships with the team before I really need them. I think that will lead to a trusting comfortable situation as the cancer progresses. So tomorrow before I begin my chemo, Mike and I will meet with the team. It will be an interesting day tomorrow, I'm so

glad Mike will be there with me. It's not that I need him, but I want him and glad he is so willing to support me through all this. I hope he gets some counseling. This has got to be taking quite a toll on him and I know he is uncomfortable sharing his sadness and fears with me.

