

Title: Hammy  
Date: 12/29/06

In a box, under my desk, is my new voice. It uses words like gnarly, gnash, gleen, keen and other words I always forget to use. I will control these words and other windows software by using my eye to move a cursor around the screen. It's Friday morning and I woke up before the sunrise with those first two sentences in my head. I like waking up early. I like to watch the way the light moves and transforms the same tree over and over again each day. Different moods. I waited in bed to write those words for 1/2 hour until my loving family was awake and ready to help me up. Sitting beside me are two peanut butter, jelly, and bacon sandwiches. They appear like a gift from the Gods with a 1/2 liter of black sweetened coffee which will be first sipped and then the majority of which will be poured into my stomach as if charging a giant energizer bunny. My niece has come up with a new nickname for me: "HAMMY". Hammy loves ham and drinks ham - juice. It is my favorite nickname so far. My PBJ-and-B has officially derailed my train of thought. They beckon to me as does the coffee, so Hammy is gonna go now and greet the day.

Wishing you and yours a peaceful and prolific New Year.

Sincerely,

"HAMMY"




"Remember no matter what happens," Patrick O'Brien says, his speech thick with the atrophying effects of ALS, "no matter what happens, everything will be okay."

The DVD you hold in your hand is a collection of promotional films Patrick put together on the road toward the completion of his feature film. These films are meant to pull at your heart strings. They are meant to raise money. They are meant to inspire millionaires to help Patrick complete his life's work. But, most importantly, they are a testament, a swan's song, a final love letter to everything that is beautiful and wonderful on earth. We hope these films and the message they convey will inspire you, the viewer, to donate to the Patrick O'Brien Foundation. We hope these films and the final feature length version will help find a cure for ALS.

But that is not the most important thing. The most important thing is that everyone out there, those who may be having a difficult time in life, understand that no matter what happens, everything will be okay. Enjoy the DVD. Thank you.

★ ★ ★ THE PATRICK O'BRIEN FOUNDATION

Please join the Patrick O'Brien Foundation family by making your donation today!

Send a check or money order to:  
Patrick O'Brien Foundation  
3419 Pendleton Drive  
Silver Spring, MD 20902

Or visit [www.patrickobrienfoundation.org](http://www.patrickobrienfoundation.org) to donate with a credit card



Everything Will Be Okay

THE PATRICK O'BRIEN FOUNDATION

# Everything Will Be Okay



THE PATRICK O'BRIEN FOUNDATION  
EST. 2006

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## ABOUT THE PATRICK O'BRIEN FOUNDATION

The Patrick O'Brien Foundation is a 501(C)(3) non-profit organization dedicated to promoting awareness of a currently incurable illness, Amyotrophic Lateral Sclerosis (known also as ALS or Lou Gehrig's disease). It is established in honor of Patrick Sean O'Brien — an artist diagnosed with ALS at the uncommonly early age of 30. Support is provided to those diagnosed with a neuro-muscular illness for life's work projects that provide a unique insight into the experience, mind, and heart of living with their disease.

In addition, the POB Foundation supports ALS research on management, treatment, and cure of the disease.