

Dear Gianni's Bar & Grill guests,

Thank you, thank you, thank you for your continued support and loyalty. It has been wonderful to see you back in person on our patios over the summer. We count our blessings each and every day that you choose to dine with us whether it is curbside takeout or dining on one of our beautiful patios. Our hours are now 12pm-8pm everyday and for the near future we will continue to only offer patio seating along with our curbside takeout and will let you know when we are ready for indoor seating.

We are writing today because as you know we are a family run business and wanted to share something that is important to our family; this week is Mental Health Awareness week and October 9th is PANDAS awareness day (**P**ediatric **A**utoimmune **N**europsychiatric **D**isorder **A**ssociated with **S**treptococcal infections) **PANDAS** is unfortunately not a day to celebrate the adorable furry animals that we all love but a day to bring awareness to a pediatric inflammatory brain disorder which occurs when the immune system produces antibodies, intended to fight a streptococcal infection and instead mistakenly attacks healthy tissue in a child's brain, resulting in inflammation and inducing a sudden onset of neuropsychiatric symptoms and abnormal neurologic behavior. PANDAS falls under the larger umbrella of PANS (**P**ediatric **A**cute-onset **N**europsychiatric **S**yndrome) which can be triggered by any number of infections including Mycoplasma, Lyme, Herpes Simplex Virus and other infectious triggers.

There is an abrupt/dramatic onset of Symptoms which may include:

- Anxiety/OCD/Restrictive eating
- Emotional Lability and/or Depression
- Irritability, Aggression, and/or Severe Oppositional Behaviors
- Behavioral (Developmental) Regression
- Sudden Deterioration in School Performance
- Motor or Sensory Abnormalities

These brain inflammatory disorders are not well known but are not uncommon and are estimated to occur in 1 of 200 children and are frequently misdiagnosed for a psychiatric condition. If identified and treated early the child has a very good possibility of recovering quickly.

Rady Children's Hospital has recognized the need in our community for a Pediatric Inflammatory Brain Disorder Clinic and are committed to providing a multidisciplinary solution that is centered on these children and their complex symptoms and will include specialists in neurology, psychiatry, immunology, infectious disease, and rheumatology. Here is a full outline <http://yannisbarandgrill.com/files/PIBD-Fellowship.pdf>

Our restaurant/family have been supporters of Rady Children's Hospital over the years and have worked with the Foundation and the Auxiliaries to fundraise. This particular project is one near and dear to our heart as it touched our family personally at a time when there was little known about these conditions. We were lucky enough to have the means to get the help we needed, many are not as lucky and this is what fuels our passion.

My family would like to ensure that local children experiencing these debilitating symptoms have access to appropriate, timely care at Rady Children's and that they are able to join the leading healthcare institutions such as Stanford, UCLA, Yale, Columbia University and others leading the way for care and research of PANS. It is my goal to help fund a Fellowship for two years beginning in 2021. The Fellow will perform extensive research with their UCSD partner to gain perspective and understanding of Pediatric Inflammatory Brain Disorders, improve treatment options, launch clinical and research projects and most importantly build on the collaboration of other specialties for the care of the children whose symptoms are life altering.

Please consider supporting our fundraising efforts by making a donation on our Rady Children's Hospital fundraising page (link below) so children struck down with this sudden onset of symptoms will have the opportunity to regain their childhood and live the bright life they were meant to lead. The process is fast, and secure, and you will be giving a precious tax-deductible gift to children that may otherwise be lost to a psychiatric diagnosis.

We realize these are difficult times and whether you are able to donate or not we appreciate you reading this, as you may encounter someone whose child may be experiencing these sudden onset of neuropsychiatric symptoms you may be able to point them in the right direction.

Much love and thank you again for your tremendous support these past months we wouldn't be here otherwise!!!

Cheers

Yanni & Denise

https://secure.radyfoundation.org/site/TR/MiracleMakers/MiracleMakers-DIY?px=1074568&pg=personal&fr_id=1230