

Breast and GYN Health Project

A Cancer Resource Center

Information, Support, and Hope

FALL 2019
NEWSLETTER

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From Breast Cancer Patient to Warmline Volunteer

By Lori Hendrick, Warmline Volunteer



In the Spring of 2003, when I was diagnosed with breast cancer, I contacted the Breast and GYN Health Project because although I was a nurse, surrounded by loving friends and family, I wanted the information and support provided by the Project. The resources, consultation planning and the support from my “buddy” through the Project were invaluable. I was 54 years old, working as a Pediatric Nurse Practitioner half time and Public Health Nurse half time. Our daughter was away at college and my husband had a busy landscape maintenance business. I was able to take a leave of absence from one position and worked a very limited schedule for the other. This enabled me to focus on healing.

After I got through treatment with incredible support, at each step, from my “Buddy,” I thought, “When I retire I want to volunteer with BGHP“. The “wounded healer model” concept of the peer support of survivors helping those currently on their cancer journey kept calling to me. I wanted to be able to provide this support for others facing the uncertainty that comes with a cancer diagnosis. Years went by, I volunteered as I could, mostly by helping to sell vacation raffle tickets.

I retired from work in 2012 when my husband eventually needed me with him more as we faced his Alzheimer’s and dementia together. He passed away in October 2015.

It has been over a year since I first began volunteering as a Warmliner every Friday. I wasn’t sure why we were called “Warmliners” as I remembered being supported by a “buddy” during

Postage/printing costs donated by
the Humboldt Independent Practice Association (IPA)

18th Annual Breast & GYN Health Project Fall Benefit Concert

Saturday, September 21, 2019

7:00 PM

Calvary Lutheran Church

7:00 PM (doors open at 6:30)

Reception to follow

Paula Jones Band (*world class jazz*)

&

Daniela Mineva with Jennifer Heidmann

(*world class classical piano*)

Tickets \$20

Available at BGHP and at the door

Also at Wildberries Marketplace, Arcata

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*Cloney's Pharmacies *Ray Wolfe Construction

*Wildberries Marketplace

Vacation Benefit Raffle Winners 2019

- Wendy Burroughs
- Joyce Houston
- Kathy Horton
- Rhonda Geldin

All vacation raffle ticket buyers are winners to us,
although not everyone got a trip. Thank you all!

Continued from page 1

my cancer treatment. My definition of Warmliner is a warm person/voice answering the door or the phone. The Warmliner at BGHP is a person who volunteers that has experienced the frightening uncertainty of a cancer diagnosis, gone through treatment and recovery, and is able to provide support for those newly diagnosed with breast or gynecologic cancer concerns as they go through treatment and recovery.

Services have evolved since I was first involved with BGHP. There were no medical record binders for clients back then. During my treatment, I stopped at the Sutter Health Breast Care Services in Santa Rosa and they gave me one of the binders they provided for their clients. I remember showing it to BGHP staff back then and they said it was something BGHP could provide to clients in the future. I still have my binder and refer to it on occasion.

As a Warmliner, I anticipate that the person I encounter, walking in or on the phone, may be someone newly diagnosed with breast or gynecologic cancer. I feel good about the opportunity to welcome the people we help (our clients) wherever they may be on their cancer journey. I also get to meet many incredible volunteers and generous people who contribute all kinds of useful things. I find that sharing some of my experience can be very reassuring for the clients with whom I work.

The Warmliner volunteer role may sound overwhelming, and sometimes it is, but, with my experience as a breast cancer survivor, and the active support of BGHP's staff, together we do our best to help the unique needs of each individual client. Sometimes clients simply need help to find a medical provider or to find funding for women's health care. Other times, clients have symptoms that might end up being breast or gynecologic cancer and need support during that extremely scary period when they are trying NOT to envision the worst case scenario – that it may be “the big C – Cancer”. At BGHP, we do not provide medical care or give medical advice. We try to be a key partner for each of our clients, providing compassionate support, some education, and possible guidance on how to navigate the medical system. Some people are blessed with a large group of family and friends to help them, and others are not. In either case, BGHP stays in contact with each client to listen and help as we can for as long as they need and want the support.

I look forward to my Fridays as a Warmliner. I enjoy being there to answer the phone or door and keeping in touch with the clients I support. The days fly by. The education and support provided to me by the wonderful staff is life enriching! As always, in my life, I gain as much from those I am honored to support as they gain from me.

*From the
Executive Director*



Dear Friends:

Scam Alert! Reminder that BGHP does not do fundraising via telemarketing and we do not share or sell your information. If you get a call asking for money for breast cancer services, and you don't know the caller, please be careful. Before you give money, please feel free to call me to see if the caller is legitimate.

Your support has kept BGHP's direct client support services relevant and vital for 23 years. Our founders envisioned a specialized, local place for people facing these cancers to get compassionate support, education and hope. And, because of the financial toll cancer takes, services were to be no cost to clients.

Today, our clients experience this vision in action, whether it's over the phone or in person. It's the real deal.

Many people think that we are funded by money that trickles down through the local hospitals and large cancer groups. Unfortunately, that's not so.

It is YOU, the caring, generous individuals in our community who provide 87% of all BGHP's funding. Only 13% of our funding this year comes from grants.

As we enter the Fall, there are many community-supported activities coming up. Please follow us on Facebook and Twitter. Our website has up-to-date information too. Thank you all for your incredible support!

Rose Gale-Zoellick, Executive Director

Board of Directors 2019

Amy Eastman (President), Terry Bean-Iverson (Vice President), Keri Furtado (Secretary), Nancy Dean (Treasurer), Amy Bubenik, Peggy Buchanan, Heidi Chappell, Jacque Futoran, Suzi Hendry, Glenn Hurlburt, Gary Ogle and Charmayne Replogle.

Staff 2019

Madelin Amir, RN; Brenda Elvine-Kreis, MA; Rose Gale-Zoellick, MSW, MPH; Maureen Lawlor and Barb Sage. Mary Meengs, MD and Julie Ohnemus, MD, Medical Consultants.

How can I help when someone has cancer?

By BGHP Staff

“How can I help a loved one now that they have cancer?” is a very common question we get at BGHP. If you type this question into the internet, you will also get a lot of information. Here are some of our favorite answers. Remember to always get permission from the person with cancer before embarking on your helpful task. How the person with cancer feels may change from day to day, so it is important to ask permission.

- Most importantly, stay connected because avoiding people with cancer can make them feel lonely and isolated. Don't worry that you don't know what to say. The gift of time and compassionate listening are two of the most valuable things anyone can give. Send a card or email; call and leave a message that you are thinking of them; or drop by for a brief visit (but call to see if it's an OK time first).

- On-line tools such as CaringBridge.org can help the person with cancer post updates once via their own blog-type messages and loved ones can reply with supportive messages that the ill person can read over and over again. This tool reduces the need for the cancer patient to repeatedly give detailed updates. Plus, they can read the messages more than once and know that people care.

- Two other popular on-line tools to coordinate “helpers” are Mealtrain.com and Lotsahelpinghands.com. These tools create a calendar of tasks, such as providing meals, which helpers can sign up to do on specific dates. The cancer patient or someone close to them (maybe you) will need to be in charge of administering the cancer patient's web page. When offering to bring food (or a meal) ask what sounds good to them. It is typical for patients undergoing chemotherapy to have taste changes.

- If you tell a cancer patient that you will do something it is very important that you follow through, because they will be counting on you.

- Cancer can be an isolating experience. If the cancer patient is interested, let them know about local cancer support groups.

- Generally cancer patients feel fine and appreciate doing things they would normally do: offer to give them a ride to church or meetings, offer to go on a picnic, or go someplace fun together.

- Small kind gestures and specific tasks are appreciated: offer to give rides to/from medical appointments, pick up prescriptions, walk the dog, give children rides to activities or babysit for children, take children out for the day (go to the zoo, park, etc.), go grocery shopping, water and/or weed the garden, cook a favorite dish, plant flowers or put seeds in the bird feeder, organize a meeting/party at the cancer patient's home, so they don't need to go out, make or re-make the bed, read out loud, or offer to clean their house.

- If you and the cancer patient generally hug, kiss, or shake/hold hands, then keep doing it, because touch is very important. If the patient enjoys foot rubs or massage, offer to give them one or get them a gift certificate to their favorite massage professional.

(continued)

RESOURCES FOR MAMMOGRAMS, PAP TESTS & OTHER WOMEN'S HEALTH EXAMS

Women without insurance or with high patient costs and who may meet income guidelines can call BGHP to learn more about the following programs:

CDP- Every Woman Counts:

All local hospitals and many doctors' offices/clinics participate.

Family PACT: Many doctors' offices/clinics participate.

Mad River Community Hospital's Free Mammography grant from the National Breast Cancer Foundation.



YOUR LEGACY GIFT WILL PROVIDE HOPE FOR THE FUTURE

BGHP has a fund at Humboldt Area Foundation which makes it easy to leave a legacy gift. Your investment in healing, compassionate support and hope will make a difference for cancer patients in the future. If you have already included BGHP in your estate plans, insurance policies, retirement plans or other planned giving, we thank you! *To learn more, contact:* Rose Gale-Zoellick at 707-825-8345 or Humboldt Area Foundation, 442-2993



BGHP is a registered charity for AmazonSmile.

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“Breast and GYN Health Project”
when prompted. It's easy!
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Thank you Safeway/Albertson's Foundation for the grant for outreach and client services.

Thank you Safeway customers for register contributions in May.

How can I help...? (continued)

- Talk about interests you share, such as work, family, sports, or a favorite TV show, book or movie. If the cancer patient wants to talk about their cancer, their fears and concerns, then follow their lead. It is important to let them know you are willing to talk about it, if they want to. Otherwise, cancer patients really appreciate talking about things they would normally focus on. Be careful not to make the conversation about yourself and your ailments just to keep the conversation going. Watch for cues that the person with cancer no longer feels like talking or visiting.

Some Things Not To Do or Say:

- Don't do more for the person with cancer than s/he is comfortable having others do. No one likes to be treated like an invalid when one is perfectly capable.
- Don't give unsolicited advice or suggest alternative remedies, do ask permission before giving advice.
- Don't make comments about the type of cancer, such as "at least that's a good cancer to have." No cancer is a good cancer.
- Don't tell stories about other people with cancer, unless asked, especially if the person died or had a poor outcome.
- Don't trivialize the person's feelings. Cancer can create an emotional roller coaster for the cancer patient; compassionate listening and empathy are key. Do not assume you know how they may be feeling or try to reassure them with comments like "Don't worry, your hair will grow back."

We all want to say and do things that are helpful for our loved ones with cancer. For more ideas, you are welcome to stop by BGHP (on J Street, across from the Arcata Co-op) to find other information about how to help people with cancer.

Upcoming Events – See our website and social media for more Fall events



SILENT ART AUCTION
A fun event happening during Arts!Arcata to benefit two great local causes!

Collectable and original works
Ceramics, jewelry, paintings, vintage & antique collectables


Prices from \$5 -Music- -Wine- Bidding from 6:00-8:45

FRIDAY, OCTOBER 11TH
6 to 9 PM
854 9th Street, Arcata
(Right Behind Garden Gate at The Plaza)

Art donations accepted by both non-profits through October 5th

ARCATA HOUSE PARTNERSHIP
1005 11th Street, Arcata, CA
(707) 822-4528 www.arcatahouse.org

Breast and GYN Health Project
987 8th Street, Arcata, CA
(707) 825-8345 www.bghp.org



Humboldt Cider Company
Taproom – 517 F Street, Eureka

~ Pints for Non-Profits ~

October 1st
2:00-10:00 PM

10% of tap sales on the event day will go to BGHP



Party in Pink Zumbathon
Eureka Municipal Auditorium
Saturday, October 19th 5:30-7:30 PM
It's exercise in disguise to benefit BGHP!
Raffle and a variety of fun Zumba teachers!

bidding FOR GOOD™ **8th Annual Holiday On-Line Auction-November 8th thru 17th**
Donate items, find good deals & support BGHP without leaving your home! Watch our website and Facebook for more information.

Thanks to Our Volunteers & Supporters

We are GRATEFUL for
our Warmliners:

Chris Angell

Terry Bean Iverson

Irene Blackburn

Bonnie Etz

Beryl Feldman

Lori Hendrick

Felicia Oldfather

Ilene Poindexter

Margie Nulsen



Thank you to all the bulkmail volunteers and other office task volunteers from data entry and proofreaders to medical record binders and chemokits creators, plus our board of directors.

Intrepid fundraising volunteers who bravely raise money to make sure local people with cancer get needed support –our huge gratitude.



We appreciate volunteers who also:

- *Do outreach/community health education tabling*
- *Write thank you notes*
- *Lead support groups*
- *Maintain our gardens and lawn*
- *Knit hats, sew fleece socks, create decorated journals, bake, cook, bring cut flowers, and more....*

We are Forever Grateful to Our Contributors

Thank you to 1,413 individuals and businesses who generously donated from February through June. Space allows a partial listing of foundation, business & event supporters.

- All you monthly and quarterly donors
 - AmazonSmile shoppers
 - Andree Wagner Peace Trust
 - Behren's & Hitchcock Winery
 - BGHP Founder, Julie Ohnemus, MD
 - Buddy's Auto Center and their Pink Tow Truck
 - California Cancer Crushers
 - C&K Markets – Ray's Food Place & ShopSmart shoppers who donate via their AccessRewards program
 - Donors to the Mary Scott Angel Fund & Integrative Wellness Fund to directly assist clients in need
 - Drs. Mahoney & Cobb for all the ways you support BGHP
 - Employers and employees who contribute to matching fund programs
 - Facebook Fundraisers... you are amazing...thanks for introducing BGHP to your friends
 - Green Diamond Resource Company for new server grant support
 - Healthcare providers for your referrals and patient care
 - Humboldt Herbals for "I Love Me" Teas in ChemoKits
 - Humboldt Redwood Co. for medical record binders grant support
 - Humboldt Unitarian Universalist Fellowship Social Action Committee
 - Jerry Peterson Memorial Fund
 - KHUM for your media sponsorship
 - Laura Lamers 2nd Annual Knit in Public Day participants for making BGHP the beneficiary of fundraising activities
 - Mad River Radio Group
 - Mad River Union for your media sponsorship
 - Madrone Brick Fire Pizza & Taphouse for hosting BGHP for a pizza and pints night
 - McKinleyville Lion's Club for asking us to speak & your donation
 - Mindfulness Meditation teachers – Heidi and Terry!
 - Mingtree Realty-McKinleyville and Community Realty for HAR Golf Tournament nomination
 - Patricia D. and William B. Smullin Foundation
 - Premier Financial Group for providing the Financial Planning Workshop
 - Safeway Foundation for the on-going grant support
 - Sales for Survivors participating businesses
 - Scrapper's Edge for multiple ways you support BGHP
 - Six Rivers Running Club for partnering with BGHP for the 38th Annual Atalantas Victory all-women walk/run
 - Soroptimist International of Humboldt Bay for your grant to support young women with cancer support group
 - The Central Office for your many years of support
 - Vacation Raffle destination donors, sponsors, volunteers & ticket buyers
 - Vehicle donations from supporters via the C.A.R.S. Program
- To receive a copy of our 2018 Annual Report with a complete listing of contributors, please contact us at (707) 825-8345.***



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Client Services Drop-in Hours
 Mon-Fri, 9 a.m. - 2 p.m.
 After hours by appointment



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Sign up for BGHP's Monthly eNews: Creating Opportunities for Healing through Volunteering

- Calendar of Activities
- Volunteer/Survivor Spotlight
- Thank you's galore!
- Lots of ways to lend a hand
- Wish list of items
- Paperless & no cost to you

Sign up via our website www.bghp.org. Or call BGHP's volunteer coordinator at 825-8345 or email volunteer@hcbhp.org, we can add you. It's easy to unsubscribe at any time.

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