

February 2018

eNews

Creating Opportunities for Healing
through Volunteering

**BGHP · 987 8th Street Arcata, CA 95521 · 707-825-8345
Monday-Friday, 9:00 a.m.-2:00 p.m. and by appointment**

This Valentine's Day we want to express our love for our clients, health care providers, volunteers, donors, staff and all our supporters!!!

Love and kindness heals!

Matching Campaign Update

How did our Year-End "Where Would You Turn?" Matching Campaign in honor of BGHP's 20th Anniversary turn out? Community members contributed \$12,961 toward our "stretch goal" of \$20,000. Our Board of Directors and Community Advisory Board Members easily matched all those contributions with their year-end contributions of \$22,428.

THANK YOU ALL FOR YOUR SUPPORT!

Thank You, Rebecca

On January 23rd, our longtime GYN Gals Support Group Facilitator, Rebecca Zettler, held her final support group. She's been involved with the group for over 13 years. Lisa Petterson, our esteemed Client Services Director, who has been co-facilitating the GYN Group for a couple of years, will continue to facilitate the Gynecologic Cancer Support Group. Please join us in thanking Rebecca for her many years of incredible service and friendship to people with gynecologic cancer.

Gratitude

- Thank you so much to this year's destination donors for the Vacation Raffle:
 - Betsy Thode - Big Island, HI
 - Allan Katz - Port Townsend, WA
 - Margaret & Steve Cole - Ashland, OR
 - Holly & Mel Kreb - Pepperwood Cottage along the Avenue of the Giants
- A special thank you to this year's raffle sponsors: Coast Central Credit Union, Kokatat, Wildberries Marketplace, Gary Ogle AFLAC North Coast, JLF Construction, Northern Redwood Federal Credit Union, Luke Omev DDS, Patterson Connors Insurance, Person Building Center, EPT- Eureka Physical Therapy, Cloney's Red Cross Pharmacy, Lima's Professional Pharmacy, Hunter, Hunter & Hunt, LLP, CPAs, Jackson & Eklund CPAs, Recology Humboldt County, Almquist Lumber Company, Brandi Easter Photography, Arcata Exchange, Bug Press, The Central Office, Dalianes World Wide Travel, North Coast Growers Association, Oak Street Station Bed & Breakfast Inn, Oregon Shakespeare Festival, Scrapper's Edge, KHUM, KHSU, and Bicoastal Media
- Thank you to January's wine pour volunteers: Jessica Eusebio and Brent Oparowski, Michelle Buckman and Michelle Shamp!
- Thank you to Brooke Simpson for her longtime help doing client data entry!
- Many thanks to Violet Stearns for helping out in our library!
- Thank you so much to Jamie Graber from HSU's Critical Race, Gender, and Sexuality Studies program for joining us as an intern this semester!
- Many thanks to Dae, the jewelry maker, who regularly contributes a display of earrings for clients to take home. Her motto is "When you don't have hair, earrings can make a difference."
- Thank you Patricia D. & William B. Smullin Foundation for their ongoing support of Cancer Patient Navigation and Education on the North Coast! Thank you for the \$20,000 grant! They are a wonderful partner for our high quality compassionate client services.
- BGHP is the beneficiary of a local talk on February 22nd. Sunni from Yarn is hosting this talk. BGHP and Planned Parenthood will be the beneficiaries of contributions after expenses. Thank you!

Help Wanted!

Wine Pours

Every 2nd Friday of the month, BGHP volunteers pour wine for donations at Arcata Artisans. We are always looking for wine pour volunteers! It's a fun, easy way to volunteer, and you can bring along a friend to volunteer with you!

Friday, February 9th

Friday, March 9th

Friday, April 13th



There is a 6-7:30 and a 7:30-9:00 shift for each wine pour.
We need 2 volunteers per shift.



Lawn Mower Volunteer

BGHP is seeking someone to mow our lawn. We will provide the lawnmower and gas. In the rainy season this job could take 20 minutes every 10 days, in the dry season it might mean every three weeks.

Please contact Amanda to learn more

Vacation Raffle Committee

We are still looking for volunteers to join our Vacation Raffle Committee!
See the next page for more information!



Join us for our next meetings:

Monday, February 12th- 4:30 p.m. At this meeting, we will be putting together packets of tickets and information for our ticket sellers.

Tuesday, February 20th- 5:30 p.m. This will be a short meeting followed by our 1st phone-a-thon to recruit ticket sellers and tablers for the Farmers' Market.

**If you're interested in these or other opportunities, please contact
Amanda: 825-8345 x-120 or volunteer@hcbhp.org**

Help Wanted!

Outreach Volunteering

Are you interested in helping with Outreach/Community Health Education but feel like you need training? We want your help!
Please contact Rose at 825-8345 x-110 for more information.

Vacation Raffle Ticket Sellers

Would you like to help us sell Vacation Raffle tickets this year? We will have packets of tickets and promotional materials available for pickup starting on Tuesday, February 13th! Our goal is to raise \$90,000 so we would love to have as many of you help us sell tickets as possible!

Seeking Donations

BGHP is seeking:

- New or gently used mastectomy bras, and breast forms/prostheses
- Monetary donations to help us buy a new lawn mower. We are hoping to raise about \$400 for a Honda self propelled mower.

We are open for donation drop-offs M-F 9:00 a.m.-5:00 p.m.

Donations may also be mailed to BGHP at 987 8th St. Arcata, CA 95521

All Access Rewards

Are you a regular shopper at Ray's Food Place or Shop Smart? Are you signed up for All Access Rewards? If you designate the Breast and GYN Health Project as your charity of choice the store will donate 1% of your purchases to BGHP. Easy!

**If you're interested in these or other opportunities, please contact
Amanda: 825-8345 x-120 or volunteer@hcbhp.org**

Upcoming Events

HSU Basketball Breast Cancer Awareness Games

Wednesday, February 15th at 7:30 p.m.
Lumberjack Arena, HSU



Breast Cancer Awareness Night at . Wear Pink! Catch the Spirit! Join Madelin Amir, RN, Breast Health Navigator as we encourage community members showing their support for people they care about with breast cancer!



Pints for Non-Profits

Lost Coast Brewery Tap Room
1600 Sunset Dr., Eureka

Thursday February 22, 5:00-8:00 p.m.

Please join us for this fun, all ages event! For every pint sold, BGHP will receive \$1. Be sure to spread the word and bring your family, friends and co-workers! There will be tours of the Brewhouse, lawn games,

Wings for a Cure

California Cancer Crusher's "Wings for a Cure" event which benefits BGHP among a couple of other folks. Save the Date!

Friday, April 20th 6:00-9:00 p.m. at Loleta Fireman's Pavilion.

Advanced (discounted) tickets are **\$40** and will be available at BGHP as well as Ticketleap or by calling. Tickets will also be available at the door. Good food and beverages, raffles, games, plus live and silent auctions!



Atalanta

6 Rivers Running Club's Atalanta's Victory All-Women's Walk & Run
Mother's Day (Sunday, May 13th) 10:00 a.m. start at Arcata Co-op

It's a fun, feel-good event which benefits BGHP and local running clubs. Grab your mom, daughter, aunt and friends! It's a flat course and incredibly fun! More information at 6rrc.com and in future e-Newsletters

Amazon Smile



When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

If you choose BGHP as your charity of choice, AmazonSmile will donate 0.5% of your purchases to BGHP.

To sign up, go to smile.amazon.com, and search "Breast and GYN Health Project" to select BGHP as your organization of choice. Then, shop for the things you want and need while donating to BGHP at the same time!

Wellness

Mindfulness Meditation

with Heidi Bourne



Next group meetings:

Wednesday February 14th

Wednesday March 7th

2:30-3:30 p.m.

BGHP support group room

This one-hour class at BGHP is open to all of our clients and survivors. No experience is needed for this relaxing and healthy practice.

Please RSVP: 707-825-8345 or lisap@hcbhp.org

Support Groups

Please call to confirm times, or for more information if you'd like to attend a group.

Arcata Breast Cancer Support Group

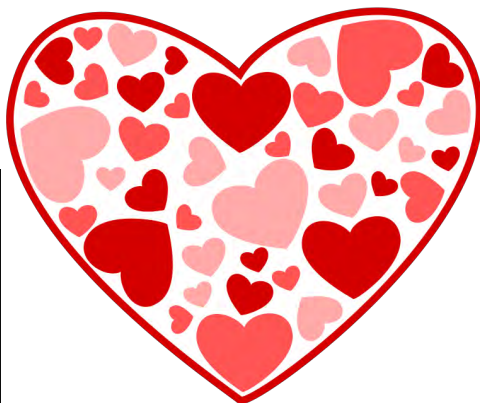
Arcata, BGHP Office
4:30-6:00 p.m.
2nd & 4th Thursdays of the month

Advanced Disease Support Group

For those living with any
Stage 4 Cancer
Arcata, BGHP Office
Every Monday, 1:00-2:30 p.m.

Young Women's Support Group

Arcata, BGHP Office
2nd & 4th
Wednesdays of the
month 4:30-6:00 p.m.



Gynecologic Cancer Support Group

Arcata, BGHP Office
2nd & 4th Tuesdays of the month
3:00-4:30 p.m.

Expressive Writers Group

Writers Group will be on a winter break

Stay tuned for updates in the eNews!

Hosted by BGHP: Lymphoma & Leukemia Group

Arcata, BGHP Office
1st Tuesday of the month
4:00 -5:30 p.m.

Contact:
amandadevons@gmail.com
or carolynleh@gmail.com