



Humboldt Community Breast Health Project

Supporting individuals facing breast or gynecologic cancer concerns Fall 2013

Vol. 14 Issue 2

The Toll of Treatment

By Mary Meengs, MD, HCBHP Client Services Director

Last fall there was a medical conference held locally titled "Integration of Oncology Care for Humboldt-Del Norte". One of the speakers was Amy Shaw, MD, a family doctor in Santa Rosa who practices "Primary Care Oncology" in the Cancer Survivorship Program and Cancer Risk Reduction Program of Redwood Regional Medical Group. Dr. Shaw explained to us that she had gradually acquired expertise in helping patients who were cancer survivors deal with the myriad of physical and psychological consequences of their diagnosis and treatment.

This kind of "specialist" was a new concept to some of us. In the short time allotted for her talk, she told us how she helps patients suffering from fatigue, depression, peripheral neuropathy, lymphedema, insomnia, weakness, hot flashes, chemo-brain, bone loss, sexual dysfunction, anxiety about recurrence, and other concerns. Those of us who are survivors, and who talk regularly to other survivors are familiar with the range of challenges that may last for weeks, months, or years after surgery, chemotherapy, or radiation for a cancer condition. It can be difficult to find the expertise and help needed.

As more and more people survive cancer and endure multiple treatments, this has become a challenge gaining national attention. Many researchers and hospitals, and even the National Cancer Institute are studying the elements of Healthy Survivorship.

Julie Ohnemus, MD, founder of the Breast Health Project, cares for many cancer patients, and she has become our local version of Dr. Shaw. She spoke recently at a Face to Face event here at the Project, and shared her knowledge and a handout she has developed called "Post-Treatment Side Effects." In order to organize the large number of problems and suggestions, she has developed an alphabet mnemonic. Her list of the ABC's of post-treatment aftercare begins with ATTITUDE.

Continued page 2

13th Annual Fall Concert



*Calvary Lutheran Church
716 South Avenue, Eureka*

**Saturday, September 28, 2013
7:00 pm**

Featuring Luther Cobb, MD in special roles
Levi Walls on piano
The Heartbeat Chorale with
guest conductor Paul Cummings
Vocalists Elisabeth Harrington and Luke Sikora
Instrumentalists Terrie Baune & Haren Davy
Gregg Moore on Jazz Trombone and more.

Tickets \$20 • Available at the door
& HCBHP 825-8345 &
Drs. Cobb & Mahoney Office 476-0688
Light Reception to Follow

Fall Concert Sponsors

Blue Lake Rancheria & Casino
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JLF Construction
Lima's Professional Pharmacy
St Joseph Health
Cloney's Pharmacy
Erik Jansson, MD
Northcoast Women's Health
Northern Redwood Federal Credit Union
Mad River Community Hospital
Join Y Luh, MD & Michael W Harmon, MD
William Weiderman, MD, OB/GYN
Humboldt Medical Specialists
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Toll of Treatment *Continued from page 1*

“ATTITUDE: This challenge begins from the moment of suspicion of disease, and during treatment when often it is the first time we feel ill. It is our mind set that holds and balances our tensions of fear and hope, crisis and creativity, letting go and embracing. Our mood towards our illness creates our trajectory of living and well-being. It evokes our ability to re-frame, to wonder, and to live with uncertainty. Thus attitude is perhaps the most important challenge needing our attention and intention.”

This is followed by sections discussing **Bones**, **Cardiovascular Health**, **Depression**, etc. To see the full handout, go to our website (www.hcbhp.org) and click on Newsletters, then click on Supplementary Articles for this issue. Additionally, you can look for future articles addressing these topics individually in our monthly e-News (if you aren't receiving this, contact us with your email and we'll add you to the list).

Another resource which has recently become available is Cancer Rehabilitation through St. Joseph Hospital Outpatient Rehabilitation Services. They

have begun training personnel in specific modalities to improve strength, endurance, balance, range of motion, peripheral neuropathy, and general well-being for survivors of cancer treatment. The first patients in this program are noting measurable improvement. Support for healthy survivorship is a priority and a requirement for accreditation of the Cancer Care Program at the hospital. If you are suffering with one of these issues, ask your primary care provider if you can be referred.

At the Project, we are always trying to gather books, articles, and online sources addressing important topics such as these. Sometimes we have notes and slides from conferences we've attended and teleconferences we've listened to. And, we collect tips and experiences from our clients. In addition to consulting your doctors, you can contact us and/or attend one of our support groups to see if you can find that pearl of wisdom (or share what you've learned, or at least commiserate!). We need to all pull together so that we can relish the gift of our survivorship and enjoy the best possible quality of life.

HCBHP Staff:

Executive Director - Rose Gale-Zoellick, MSW, MPH
Client Services Director - Mary Meengs, MD
Client Services Coordinator - Brenda Elvine-Kreis
Office Manager - Barbara Sage
Volunteer Coordinator/Resource Asst. - Beth Gaughan
Breast Health Navigator - Kelley Devlin-Lake, RN,BSN,OCN
GYN Cancer Support Group Facilitator-Rebecca Zettler, RN

Board of Directors:

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Board: Helen Andrews, Rosemary DenOuden, Cathie Gillen, Carolyn Lane, Chris Martinek, Laura McEwen, Brea Sorrells Olmstead, Elizabeth Wardell, Melinda Wilson.

Healthy Survivorship Walking Group

In the Spring, HCBHP's Young Women's Breast Cancer Support Group began doing regular walking groups, lead by Julie Clark.

To join us:
Contact Brenda Elvine-Kreis,
Client Services Coordinator
707-825-8345 ext. 125



Dear Friends:

Recently clients, volunteers and staff met with HCBHP's Founder, Julie Ohnemus, MD, to hear more about the science of survivorship. Dr. Ohnemus and a group of other breast cancer survivors founded HCBHP 16 years ago. Dr. Ohnemus is a role model of the wounded healer model as she continues to volunteer as our Medical Consultant. At the Face-to-Face presentation, she had a wealth of information to share and her sense of humor delighted her audience. We appreciate Dr. Ohnemus sharing of her information with the community as a newsletter supplement on our website hcbhp.org.

Thank you all for supporting the Breast Health Project in so many ways! The grassroots nature of this organization helps people facing cancer and inspires everyone it touches. We hope to see you at the Fall Concert or Dining and Shopping to support our work through Sales for Survivors. If you would like to be more involved, please contact me at rosegz@hcbhp.org or 707-825-8345. We're a circle of support for people facing breast and gyn cancer, and our strength comes from each of YOU.

With gratitude,
Rose Gale-Zoellick, Executive Director



HCBHP Awarded Breast Health Navigation Grant

by Rose Gale-Zoellick, HCBHP Executive Director

In August, HCBHP was awarded a \$21,000 one-year grant from the National Breast Cancer Foundation. This enables us to conduct rural breast cancer early detection patient navigation as part of their National Mammography Program. Humboldt County continues to have high death rates from breast cancer. Meanwhile, mammography screening numbers have declined. This grant is a terrific opportunity to make a positive impact on the well-being of our community. We're grateful for the support of NBCF.

I'm pleased to welcome Kelley Devlin-Lake, RN, BSN, OCN, to HCBHP's staff as the part-time Breast Health Navigator under this grant. Kelley will work with local community groups and health care providers. She will reach women who are not getting preventative health screening. She will help women get breast exams, mammograms and assist women who may be facing delayed diagnosis due to barriers.



Kelley told HCBHP's Board of Directors, "The focus is on under served women, many of whom are uninsured or underinsured, and have problems accessing medical care. This work is near and dear to my heart. I'm excited about this incredible opportunity. I get to use my creativity and connections to help women with breast cancer early detection."

The National Breast Cancer Foundation's mission is to save lives through early detection and provide mammograms for those in need. Their mission also includes increasing awareness through education, providing diagnostic breast care services and providing nurturing support services. NBCF is based in Frisco, Texas. They have funded a free mammogram program for uninsured, underinsured, income-eligible women over the age of 40 for the past few years at Mad River Community Hospital. For more information about this grant, ideas to reach under served women, or to learn about free women's health resources contact Kelley at 707-825-8345 or Kelley@hcbhp.org.

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 HCBHP to learn more about the following programs:

CDP- Every Women Counts: All local hospitals and many doctors' offices/clinics participate.

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

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

Fortuna Support Makes a Difference

by Wanda Rigby

"I don't know how I would have made it through my treatments if this group had not been here" is a comment we hear from women in the Eel River Valley who have come to meetings of the Fortuna Breast Cancer Support Group. Although the number of women attending our meetings has been small, it seems clear that we are making a difference in the lives of many individuals. We have had women come from Fortuna, Rio Dell, Hydenville, and Southern Humboldt. Most have chosen to come just while they are navigating the cancer maze, although several choose to check in from time to time after they have finished their treatments. Facilitator Pat Cowan and I always like to see them and hear how they are doing, both physically and emotionally.

Our group recently lost its first member: Maureen Groff of Fortuna. What a special presence she was! She always sat in the same spot on the love seat, and regardless of how bad she felt, she was always engaging and interested in everyone else there. We were also honored by her husband's attendance at our July meeting. He came shortly after Maureen's death and told us how much she loved us! We really appreciated his ability to do that for us -- and for her. Pat and I attended the Celebration of Life for Maureen held later in July at the River Lodge in Fortuna. Family, friends, and co-workers all talked about her ability to connect with everyone. Probably most of us don't have that ability (I know I don't), but we can look to people like Maureen as examples of the possibilities.

The Fortuna Breast Cancer Support Group meets the first Tuesday of the month from 6:00 to 7:30 p.m. at the Visiting Angels office, 1719 Main St., Fortuna. Pat, Gay Miller, and I also staff the same location as the Eel River Valley Outreach Site for HCBHP; it is open each Tuesday from 5-6 p.m. and each Thursday from 11 a.m.-1 p.m. The support group is for women who have experienced breast or gynecologic cancer. The Outreach Site is open to anyone seeking more information on those cancers.

Support Groups

Meetings held at the Project Office, 987 8th St., Arcata, unless otherwise noted. Meeting times may change. Call 825-8345 to confirm or to add your name to the reminder call list.

Arcata Breast Cancer Support Group

2nd & 4th Thursdays of the Month, 6:00-7:30 p.m.

Gynecologic Cancer Support Group

2nd & 4th Tuesdays of the Month, 3:00-4:30 p.m.

Young Women's Breast Cancer Support Group

1st & 3rd Tuesdays of the Month, 6:00-7:30 p.m.

Advanced Group: For those living with Stage 4 Disease

Every Monday, 11:00 am-12:30 p.m.

Amazon Writers, a Peer-Led Group

2nd & 4th Wednesdays of the Month, 2:00-4:00 p.m.

Fortuna Breast Cancer Support Group

Visiting Angels Office, 1719 Main Street (near Sholtz Coffee)

1st Wednesday of the Month, 6:00-7:30 p.m.

Calendar of Upcoming Events



All local Safeway Stores collect donations at the register in October. Safeway Foundation has awarded HCBHP a large grant annually for the past eight years thanks to these efforts.

2nd Annual On-Line **BiddingForGood** Auction

Nov 8th through 17th
Find good deals & support HCBHP
without leaving your home!

Check out www.biddingforgood.com/HCBHP

- Sampler quilt from Open Heart Quilters
- “Joyous Bees” Giclee Print by Jo Anderson
- 7 night stay at “Little House in the Big Woods” of Alaska
- Sponsors and donations welcome by October 15th
Contact Beth at bethg@hcbhp.org



Zumbathon - Bayside Grange
October 27th, 12 to 2 pm
Come early to register & check out the raffle. Two hours of high energy music & fun exercise with Marla Joy and eight other local instructors. Contact HCBHP for more information.

Win a
\$250
Gift Certificate



**Miller Farms 5th Annual
Breast Cancer Awareness Month Raffle**
Drawing *October 26th, 3 pm*
Tickets \$5 - 3/\$10 - 7/\$20
Available at Miller Farms or HCBHP.
Need not be present to win.

Grassroots Support in Action

A few examples - Thank You!



Thank you Roger and your Merry Band of Solar Installers for donating your time and David Katz for donating the panels

Crabs Baseball
Breast Cancer
Awareness Night



Jeff DeMark
and the LaPatinas

Eureka High School
Breast Cancer Awareness Night



Gynecologic Cancer Support group was honored to receive the lovely “Sign of Hope” mosaic made by Lauri Hannah in memory of her Mom, Eddie Hannah



Leave a Legacy Gift via our Fund at Humboldt Area Foundation

Breast Health Project, Humboldt County Fund was established in 2007. We want to grow this fund to \$1,000,000 so that someday we can hold fewer fundraising events to maintain our operating expenses and focus more on our clients. To learn more, contact Chris at Humboldt Area Foundation, 707-442-2993 x-302.

Thanks to all of our Volunteers
Here are just a few of you.



2013
Vacation
Raffle



Atalanta
Walk & Run



Roller Derby



Ping Pong Tournament



Health Fair



Quarter Craze



Stay in Touch with HCBHP's
Monthly **eNews**

Subscribe to our monthly Project eNews

- Paperless and no cost to subscribers
- Current calendar of activities
- Relevant monthly themes
- Volunteer/Survivor Spotlight
- Lots of ways you can lend a hand

Email volunteer@hcbhp.org and we will add you to our e-newsletter mailing list.

Other Ways to Support our Services

Baroni's Breast Cancer Education Jewelry -
baronidesigns.com Check out the new designs!

We are Forever Grateful to Our Contributors

Thank you to over 1500 individuals and businesses who generously donated since March. Space allows a partial listing of foundation, business and event supporters.

- Arcata Artisans Cooperative for Arts!Arcata partnership
- Arcata Exchange for use of their space for Vacation Raffle Drawing
- Arcata Eye
- Batting for Boobies 4th Annual Co-Ed Softball Tournament – organizers, sponsors and players of the July 27 & 28 event
- Baroni Designs for the new breast cancer education jewelry & seven years of support
- Baywood Women's Golf Association
- Buddy's Auto Center & Towing
- Cher-Ae Heights Casino
- David Katz for donating seven solar panels
- Emerald City Laundry
- Fall Concert Sponsors, Artists, Volunteers and Food Donors
- Humboldt Herbals for "Just for Me" Tea
- Humboldt Roller Derby
- Humboldt Redwood Company
- Jeff DeMark and the LaPatinas plus the Spindrifters, Sewell Gallery, Nancy Stephenson, Mikki Moves Real Estate and all the Sponsors of the March 9th Event
- Jessicurl, LLC
- KHSU 90.5
- Kneeland Glen for unscented goat milk lotion for ChemoKits
- Lost Coast Communications – KHUM, The Point, KSLG & KXGO
- Mad River Radio Group - Mix 95.1, The Edge & KISSFM
- Mad River Community Hospital
- McKinleyville High's Jace Jackson & Matthew LaBelle for benefit Table Tennis Tournament in March
- McKinleyville Press
- Marla Joy and local Zumba Teachers for October Zumbathon plus all the sponsors and participants
- Mary Coor & Talisman
- National Breast Cancer Foundation
- Newsletter Sponsors – Spring and Fall! Thank you!
- Nicole Nada and her Integrative Therapies Fund supporters
- Pacific Gas & Electric
- Redwood Capital Bank for statement inserts for Vacation Raffle
- Redwood Curtain Brewing Company for a Pints for Non-Profits night
- Richard & Emily Levin Foundation
- Roger, Solar Installer & The Merry Band of Solar Installers for donating your time and talents to install solar panels at HCBHP
- Safeway Foundation
- Sales for Survivors businesses
- Six Rivers Running Club for Atalanta Women's Walk & Run partnership
- Soroptimists International of Humboldt Bay
- Soroptimists International of the Eel River Valley
- Soroptimists International of Eureka
- Patricia D. and William B. Smullin Foundation
- Sunrise Rotary of Fortuna
- Times Standard
- Vacation Raffle Sponsors and Destination Donors
- Visiting Angels for use of Fortuna Office for services & support group

To receive a copy of our 2012 Annual Report with a complete listing of contributors, please contact us at (707) 825-8345. View the program and fiscal reports at www.hcbhp.org.

Humboldt Community
Breast Health Project
987 8th Street
(Corner of 8th & J)
Arcata, CA 95521



(707) 825-8345
(707) 825-8384 FAX

Office Hours
Mon-Fri 9 am - 2 pm
After hours by appointment

Email: info@hcbhp.org
Website: www.hcbhp.org



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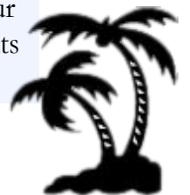
2013 Vacation RAFFLE Winners

Congratulations to:

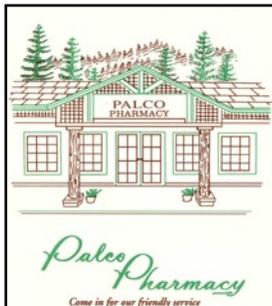
- 1st - Maureen Lytle from Fortuna
- 2nd - Donald Holt from Fortuna
- 3rd - Mark Harris from Bayside
- 4th - Lorin Rogers from Arcata
- 5th - MaryAnn Madej from Arcata
- 6th - Paul Kelly from McKinleyville



To everyone who helped make the Vacation Raffle a success. **THANKS!** Through your hard work and dedication to HCBHP and its mission, you helped us raise **\$76,000.**



Special Thanks to these Sponsors for Underwriting this Newsletter



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