



Sue Lee Mossman

## **Your Support Creates Health “Caring”**

By Sue Lee Mossman

34 years ago, I was diagnosed with Stage II breast cancer, underwent a mastectomy, 6 rounds of chemo, 8 years on tamoxifen, and I am grateful for every single day since.

I’m also grateful to all the donors whose support make the presence of the BGHP in this community possible, providing support services for cancer patients and their families free of charge for nearly 25 years.

I’ve been a volunteer at the Project for almost 21 years, during which time I have been an information specialist, a niche that was a natural for me since I had the interest (as a breast cancer survivor) and the skills (as I was familiar with literature searches and a lot of the medical terminology after having taught Comparative and Human Anatomy at HSU for 27 years). As an information specialist, I’ve attended the breast cancer support groups, and have co-facilitated the Advanced Disease Group for 11 years. When these women first come to the Project, they are very often overwhelmed emotionally by a cancer diagnosis, and are confused by the barrage of new medical information that they must absorb and understand. We’re grateful for your financial support so that patients in these support groups can obtain and make sense of all the medical information connected with their diagnosis. You make it possible to have a place here where women can give and receive emotional support from each other, helping one another to make critical life decisions.

In all these support groups, I have found intimate and open sharing of anxieties and fears, and practical information and experience. There is much wisdom, gratitude, laughter, and also tears. I’m in awe of their strength, tenacity, acceptance, and determination. There is warmth, support, and health caring. We’re truly grateful for your support that has helped make it possible for this health caring to happen.

We learn about living with cancer, and we also learn about dying with cancer. Drawing strength and hope from one another, we learn about becoming our own best medical advocates. There is space for wounded warriors to find wholeness in our inner lives, despite the loss of outer parts, and to heal. Thank you for making this space possible.

Sadly, insurance will only pay our health care providers time for the health **care** they provide, but not time for health **caring**. I’m grateful for the generous support from many of you in this community, and beyond, who make BGHP’s cancer support resources possible, where clients can find the health caring support they so desperately need for this journey.

Because healing from cancer is more than just about healing one’s physical body, it also means growing and healing the soul and spirit from the emotional trauma of the cancer experience. All of us, the clients, the volunteers, and the staff deeply appreciate your part in this process. Through your generous support you also are providing health caring, and are supporting the well-being of our loved ones with cancer in our community.

## Important Reminder – Cancer Screenings are Important Schedule Yours Today!

The Centers for Disease Control (CDC), the American Cancer Society (ACS) and other groups that monitor health care use are reporting sharp declines in breast and cervical cancer screenings due to the COVID-19 pandemic. Prolonged delays in cancer screenings threaten to increase existing health disparities. *Please check in with people you care about to encourage them to start or get back on track with their cancer screenings.*



### 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 Breast Health Grant** from the National Breast Cancer Foundation. This grant covers diagnostic and screening mammograms, as well as ultrasounds for income-eligible, uninsured women over age 40.

#### *Here are ways YOU can help:*

(1) **Sign up** for BGHP's monthly eNews via our website - [BGHP.org](http://BGHP.org)

(2) **LIKE and FOLLOW** the Breast and GYN Health Project on social media



**@breastandgynhealthproject**

**@breastandgynhealthproject**

**@BGHPHumboldt**

**By "SHARING" on social media you may help save a life.**

You can help local people with breast or gynecologic cancer concerns learn there's a place that cares and can help.

Breast and GYN Health Project  
987 8<sup>th</sup> Street  
Arcata, CA 95521  
(707) 825-8345  
(707) 825-8384 FAX

[www.bgHP.org](http://www.bgHP.org)

**Hours:** Monday – Friday 9 am-5 pm

Client Services support primarily by phone. Appointments available via Zoom or in-person following COVID-19 prevention best practices

## NEWS & UPCOMING EVENTS

### Vacation Raffle 2021 Winners (although each raffle ticket buyer is a winner to us!)

- ❖ Melanie Johnson, of Trinidad, is going to a resort at Bass Lake, near Yosemite
- ❖ Alan Miller, of South Lake Tahoe, is going to a resort in Maui, Hawaii
- ❖ Trudy Keltz, of Eureka, is going Mendocino's Heritage House Resort & Spa
- ❖ Ali Ware, of Arcata, is going to Mt. Shasta Ranch Bed & Breakfast Inn

*Congratulations!*

**Events Cancelled:** We are so grateful to so many of you who have created community fundraisers that benefit BGHP over the years. We are sad that the coronavirus has once again cancelled many of the activities this year. We especially wish all the high school and college students a safe, healthy and happy academic year.



### 18th Annual Sales for Survivors Month-long Campaign starts October 1st

Despite COVID-19, more than 50 local businesses have signed up to participate this year. Check [www.bghp.org](http://www.bghp.org) for the calendar of participating businesses. Shop and dine to help local breast and gyn cancer patients & local businesses. Follow upcoming special activities on BGHP's social media! Thank you to local businesses and shoppers.



### Party in Pink Zumbathon In The Park

**Saturday, October 9th 2:00-4:00 PM**

**Eureka Park to be announced**

*It's exercise in disguise to benefit BGHP!  
Raffle and a variety of fun Zumba teachers!*

**Redwood Harley Davidson**  
**2<sup>nd</sup> Annual Poker Run**  
For Breast Cancer Awareness Month



**Saturday, October 23<sup>rd</sup>**

To benefit BGHP & local breast cancer patients  
See Redwood Harley Davidson on FACEBOOK

### Ray's Food Place & ShopSmart Raise Funds for Breast Cancer Awareness Month

Shoppers from Garberville and Redway to Willow Creek, Fortuna to Arcata will rally during October to support local breast cancer patients via the Breast and GYN Health Project.

### Bear River Family Entertainment Center – Loleta

Check out the breast cancer awareness month activities with family and friends. Bowling and more. The BRFEC follows current COVID protocols. Call ahead or check social media for more information.

### 10th Annual Bidding for Good On-Line Auction November 6-November 14th



Donate items, find good deals & support BGHP without leaving your home! Watch our website and Facebook, follow along as items are added to the auction: <https://www.biddingforgood.com/BGHP>

*Special Thanks to these Sponsors for Underwriting this Newsletter*



**We are Forever Grateful to Our Contributors & Supporters**

*Thank you to over 1,793 individuals and businesses who generously donated since March 1st.*

*Space allows a partial listing of foundation, business and event supporters.*

- All You GEMs-Give Every Month Donors
- AmazonSmile shoppers
- BGHP's Board of Directors
- BGHP's Compassionate Warmliners
- BGHP's Staff
- BGHP's Wonderful Volunteers
- Bubbles for selling vacation raffle tickets
- Buddy's Auto Center's Pink Tow Truck in Arcata and Willow Creek
- California Cancer Crushers
- The Central Office for printing support
- Cher-Ae Heights Casino for loaning us a huge raffle barrel – you saved the day!
- Coast Central Credit Union for being BGHP's first Core Business Partner
- Donors to the Mary Scott Angel Fund & Integrative Wellness Fund
- Drs. Cobb and Mahoney for all the ways you support the Project
- Employees & Employers in Matching Programs- Apple, Inc., Bank of America, General Electric, PG&E, Salesforce & Umpqua Bank
- Facebook Fundraisers – Thank You!
- Green's Pharmacy
- Healthcare Providers
- Jennifer Hildreth, volunteer facilitator of the Write/Heal/Live support group
- Holly Yashi for monthly donations from the sales of cancer awareness jewelry
- Humboldt Herbals for "I Love Me" Tea in ChemoKits
- Humboldt Redwood Company for the ChemoKit grant
- Maralana Shindelbower, Jeff DeMark, Nancy Dean & Codi Schmidt for your key roles in the Vacation Raffle Drawing
- McKinleyville Lion's Club
- National Breast Cancer Foundation for the client services grant
- New Office Chair Donors
- Open Door Community Health Center & Clinics for partnering in many ways including community health education
- Patricia D. & William B. Smullin Foundation
- Picnic Table fund donors
- Premier Financial Group for doing a financial Health Workshop for our supporters
- Redwood Capital Bank for raffle sponsorship and selling tickets
- Redwood River Resort
- Richard & Emily Levin Foundation
- Safeway Foundation, Stores and Shoppers for breast cancer support donations
- Sales for Survivors Sponsors & participating businesses
- Scrapper's Edge for many things including selling vacation raffle tickets
- See's Community Fund
- ShopSmart & Ray's Food Place (C&K Markets) for register donations
- Soroptimist International of Humboldt Bay for support of Young Women's Support Group
- Spa at Personal Choice for selling raffle tickets
- Sue Lee Mossman for co-facilitating Advanced Disease Group
- Terry Bean for facilitating Mindfulness Meditation
- Vacation Raffle trip donors, over 90 volunteers & you loyal ticket buyers
- Vacation Raffle sponsors: Buddy's Auto Center; Cairns Architecture; Coast Central Credit Union; Kokatat; Nancy Noll; Pacific Builders; Wildberries; Gary Ogle Insurance/AFLAC Northcoast; JLF Construction; Recology-Humboldt; Roy Corsetti, CPA; Hunter, Hunter & Hunt, CPAs; Lima's Professional Pharmacy; Patterson Connors Insurance; Pierson Building Center; Redwood Capital Bank; Sequoia Gas; Almuist Lumber Company; German Motors of Arcata; Jackson & Eklund, CPAs; Omey Dental; Bug Press; Dalianes Worldwide Travel; Scrapper's Edge & The Central Office