



Humboldt Community Breast Health Project

Spring 2011

Supporting individuals facing breast or gynecologic cancer concerns Vol. 12 Issue 1

Healing - Being Fully Human

By Julie Ohnemus, MD

HCBHP Founder & Medical Consultant,
Family Practitioner, Open Door Health Centers

Cancer or any dis-ease can cause us to start living a short distance from our body. We may not "recognize" ourselves -- often surgery has changed the topography of our body, our digestion has changed, our hormones are erratic, and our circadian rhythm is not. Our fight/flight response is chronically engaged whether it be with chemotherapy or the trauma of a life-threatening disease, and so our energy is drained, our moods swing and swerve. This dissociation from our body is often for coping purposes or an unconscious feeling of betrayal or fear. Curing does not remove this detachment. Healing is the assimilator for our body. It means coming to form an intimate and trusting relationship with our body so to understand it, and find its center of balance and wellness. This is healthy "thrivorship" -- reintegrating with our natural state of being to be well and adaptive.

Healthy thrivorship is about making good choices and reframing one's perspective into a transformative approach. This was the premise for the founding of the HCBHP, and involves multiple steps: (1) becoming educated about the medical, emotional, practical, and social issues of one's thrivorship, (2) finding and nourishing hope, and (3) acting wisely on one's knowledge and hope. Each step is different for everyone, and so each of us has an authentic life approach. However, basic to everyone's process is a healthy lifestyle and reframing of one's attitudes and beliefs, upon which my framework for this series will focus. I will offer education and strategies on these specific categories:

1. Nutrition
2. Digestion & Detoxification
3. Fitness
4. Modifying Molecular Expression
5. Mind-Body Interventions
6. Spiritual & Attitudinal Health



**10th Annual Vacation Raffle
4 Destinations-4 Winners**
Thank you for supporting HCBHP

THIS COULD BE YOUR YEAR TO WIN!

Tickets: \$10 each / 3 for \$25 / 7 for \$50
15 for \$100 / 100 for \$500 / 250 for \$1000

**BUY TICKETS at Farmers Markets,
HCBHP Office and other venues.**
**Check www.hcbhp.org or
call (707) 825-8345**

DRAWING, JUNE 4TH at GRAYSTONE JEWELERS

**Airfare and one week accommodations
for two to:**

- Red Cottage in Northern Vermont
- Casita Salate, Sayulita, Mexico
- 2 nights for 2 at Chumayo Spa's in Blue Lake, CA or
- Historic Requa Inn in Klamath, CA

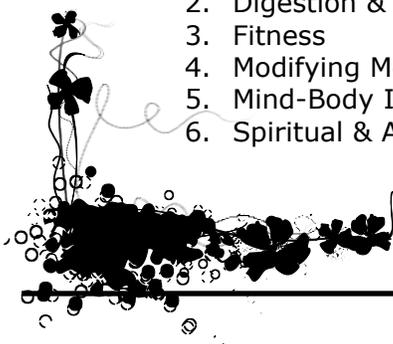
Raffle Sponsors

Pierson Building Center, Cher-Ae Heights Casino, City Ambulance, Coast Central Credit Union, Lima's Professional Pharmacy, St. Joseph Hospital, Tomas Jewelers, Wildberries Marketplace, Wing Inflatables, Cloney's Pharmacies, Hospice of Humboldt, Patterson-Conners Insurance (Lic #0B72732), George Petersen Insurance (Lic #0603247), Four Star Realty, Almquist Lumber, Brandi Easter Photography, Bucksport Sporting Goods, Hunter, Hunter & Hunt, CPA's, Jackson & Eklund, CPA's, MorganStanley SmithBarney, Post Haste Mail Center, Renner Petroleum, Renaissance Computing, Dalianes World Wide Travel, Graystone Jewelers, North Coast Growers Association, Scrappers Edge.

MEDIA

Times-Standard, Lost Coast Communications, Bi-Coastal Media, Arcata Eye, KHSU, KMUD and The McKinleyville Press.

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Healing - Being Fully Human (continued)

It is my intention to provide suggestions that outline integrative recommendations for becoming fully human. I choose the word "integrative" purposefully, because in order to be healing, you need to start in the now - where you are at the present moment. Transformative choices involve a higher conscious approach:

- 1) Survey your current state of health and well-being (e.g., What are the positive aspects of my life with contrast to what are the obstacles to my well-being?).
- 2) Envision where you want to be, engaging all your human senses and emotions. (i.e., What does my well-being look like, feel like, smell like,...).
- 3) Set your intentions with an adaptive resiliency (i.e., I intend to be well by....) Embrace adaptivity & not a gripping attachment to the outcome - let your fear energy become wonder and adventure to engage in your full meaning of life, and adapt your attitude - knowing there is no wrong outcome.
- 4) Start from a grounded perspective (i.e. What is my current state & health? How can I integrate my choices? Is my action plan is reality based, so as not to create significantly more stress on my body, mind and soul?) Understand there is no end to your story. Being fully human leaves imprints on all you touch and makes a ripple in our continuum.

For the last 15 years, since my diagnosis, I have stated this daily intention: "I am a network of intelligence and feeling with adaptive DNA and molecules of emotion - seeking-finding; cleansing-curing; feeling- healing- and allowing mystery." It has evolved over the years but it has grounded me from my quantum cellular self to my infinity. Find your story line of self-love, trust, honor and compassion so to stop living by default. Begin your visioning board with answers to the above questions within the categories. Launch your flight of transformative choices and move to your higher ground of being fully human - your springboard to thriving.

Local Resources for Mammograms, Pap tests & Other Women's Health Exams:

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



- * **CDP: Every Woman Counts:** All local hospitals and many doctor's offices/clinics participate.
- * **Family PACT:** All local hospitals and many doctor's offices/clinics participate.
- * **Mad River Hospital's Free Mammography** grant from National Breast Cancer Foundation.

Fortuna Breast Cancer Support Group



Wanda Rigby and Pat Cowan, RN, Volunteer Fortuna Support Group Facilitators. Group meets the 1st Wednesday of each month at Visiting Angels Facility in Fortuna.



Making Peace with Uncertainty

By Mary Meengs, MD
Director of Client Services



Chances are you will drive your car today. You'll buckle your seatbelt, make sure your headlights are on, and check traffic before you merge. You will likely arrive safely at your destination without feeling overwhelmed by fear of a serious accident. You wouldn't deny that despite being a safe driver, it's possible someone else could crash into you, or you could blow a tire, or a deer could leap out in front of you. But you're able to put those possibilities out of your mind and maybe even enjoy the drive, all the while being responsible.

Once you've been diagnosed with cancer, it's much harder to say "Sure, there are no guarantees, but I'll probably be fine." It's an ongoing challenge to stay more or less balanced between the extremes of paralyzing fear and reckless negligence or denial. Yes, a lump might be cancerous, and you need to get it checked, but how do you get back to enjoying life if you can't stop being afraid?

Perhaps talking it over will reduce the power of fear. Maybe your faith tells you that all things happen for a reason and that you won't be given anything you can't handle. Sometimes, keeping a journal of all the little and big things you feel grateful about can help train your mind to focus on the positive. And here's a radical idea: consider that not every unexpected development ahead of you will be a bad one. Life is indeed full of surprises, and a lot of them are good!

Thoughts on Healthy Survivorship

Brenda Elvine-Kreis
From Client to
Client Services Coordinator



Every cancer patient anxiously awaits the day when treatment is over! I recall being so grateful to *get on* with my life and to not have to worry about multiple weekly doctor appointments. What I did not expect was the FEAR that set in once the cancer treatment was over. What if the cancer came back? How would I know? How would my doctor know? And what should I be doing to keep it from coming back?

Surprisingly, the transition from cancer patient to cancer survivor is not always as easy as one would expect. I have learned that anxiety and fear are common emotional reactions following the end of active treatment amongst survivors. While no one can guarantee that one's cancer will never return, we are not left defenseless. This is where Healthy Survivorship comes in.

Healthy Survivorship involves finding balance and acceptance between what you can control and what you cannot. Fortunately, there are many things we *can* control to improve our chances of living a long and fulfilling life after cancer. These include improving our diets, increasing exercise, avoiding potential toxins in our environment and maintaining an optimal mind-body balance by using time-tested techniques such as yoga, meditation, etc.

As a result of my own recent experience, I want to empower our clients at HCBHP to be active participants in their own healthy survivorship. Educating survivors about lifestyle changes and the resources available in our community are ways in which we can support our clients to not only survive, but to thrive!

We're Forever Grateful to Our Contributors

A listing of Foundation and Event Funders in the past eight months:

- * Safeway Foundation
 - * McLean Foundation
 - * Levin Foundation
 - * Baroni Designs
 - * Andree Wagner Peace Trust
 - * Sales for Survivors Business Participants
 - * Fall Concert Sponsors
 - * 6 Rivers Running Club-Atlanta's Victory Walk & Run
 - * American Cancer Society, Local Hospitals & Radiologists for Free Mammogram Drawing participation
 - * Health Care Providers who participated in January's Cervical Cancer Awareness Month Promotion
 - * Rotary groups in Eureka and Arcata
 - * Miller Farms
 - * Ink People's Brava Dancer's Studio
 - * Eureka Sisters of Perpetual Indulgence
 - * Northtown Books
 - * See's Community Fund
 - * Hot Chicks
 - * HSU Women's Volleyball and Basketball Teams
 - * Eureka High School's Volleyball & Basketball Teams
- To receive a copy of our 2010 Annual Report with a complete listing of contributors, please call us at 825-8345 or view the program and fiscal reports at www.hcbhp.org in May.

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 - Mary Flowers
Vista, Outreach Coordinator - Jenny Koeune
GYN Cancer Support Group Facilitator - Rebecca Zettler, RN

Volunteers:

Information Specialist - Sue Mossman
Warmline Volunteers- Chris Angell, Jane Crosbie, Vicky Dodge, Bonnie Etz, Joy Hardin, Linda Marlow, Rinda McClure, Felicia Oldfather, Mary Oswell, Sheryl Sandige, Sandy Swietzer, Jean Wichelman

Board of Directors:

Officers: Bojan Ingle-President; Carolyn Lane-Vice President; Liz Lara-O'Rourke-Secretary; Jean Wichelman-Treasurer

Board: Eva Laevastu; Steve Engle; Allan Katz; Carolyn Lehman; Suzanne Pasztor; Jay Rezzonico; Brea Sorrells and Gretchen Stadler

From the Executive Director

There are many aspects of our organization that inspire me. Our focus on healthy survivorship and using the Wounded Healer model, based on Rachel Remen's work, are two of my favorites. Our Board President and long-time volunteer, Bojan Ingle's words capture the grassroots values.

"There are now hundreds of us who have spent time at the Project as clients, each one with different experiences and now at different stages of healing. As I completed treatment and graduated from my small intimate support group, I found that I enjoyed spending time with others who are part of this community. It's the work of many volunteers who have created, and will continue to create, the HCBHP experience for others. Whether you're a former client or a supporter, say "we" – you're an important part of our community of healing."

Studies have shown that giving and "giving back" are good for people. Volunteers and supporters help keep HCBHP strong. Thank you if you are already a volunteer or supporter. If you're not, come join us!

Rose Gale-Zoellick
Executive Director

rosegz@hcbhp.org



Support Groups

Meeting times may change. Call 825-8345 to confirm, or to add your name to our support group reminder call list.

Arcata Breast Cancer Support Group Arcata, HCBHP Office

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

Gynecologic Cancer Support Group Arcata, HCBHP Office

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

Amazon Writers: a Peer-Led Group Arcata, HCBHP Office

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

Advanced Group

For those living with Stage 4 Disease
Arcata, HCBHP Office

Every Monday, 11:00 a.m.-1:00 p.m.

Fortuna Breast Cancer Support Group Visiting Angels Office, 1719 Main Street

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



Calendar of Upcoming Events

May 12th- Face-to Face with Elliott Gagnon, MD
HCBHP Office

May 14th- Humboldt Roller Derby-HCBHP is the beneficiary of beer pours

June 4th-8:00p.m.-10th Annual Vacation Raffle
Drawing-Graystone Jewelers

September 17th-Fall Concert-Arkley Center for
Performing Arts



A Great Resource-FREE

Teleconferences available to anyone.

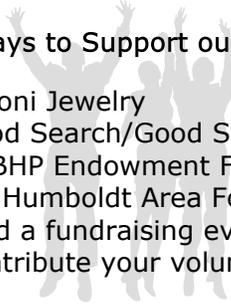
Register to listen to a variety of cancer related topics. Check out these online sites:

www.lbbc.org and www.cancercare.org



Other Ways to Support our Services

- Baroni Jewelry
- Good Search/Good Shop
- HCBHP Endowment Fund at Humboldt Area Foundation
- Hold a fundraising event
- Contribute your volunteer skills



If you would like our monthly email Newsletter please reach us at volunteer@hcbhp.org

E-mail: info@hcbhp.org
Website: www.hcbhp.org

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

987 8th Street
(corner of 8th and J)
Arcata, CA 95521



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

Humboldt Community
Breast Health Project

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