

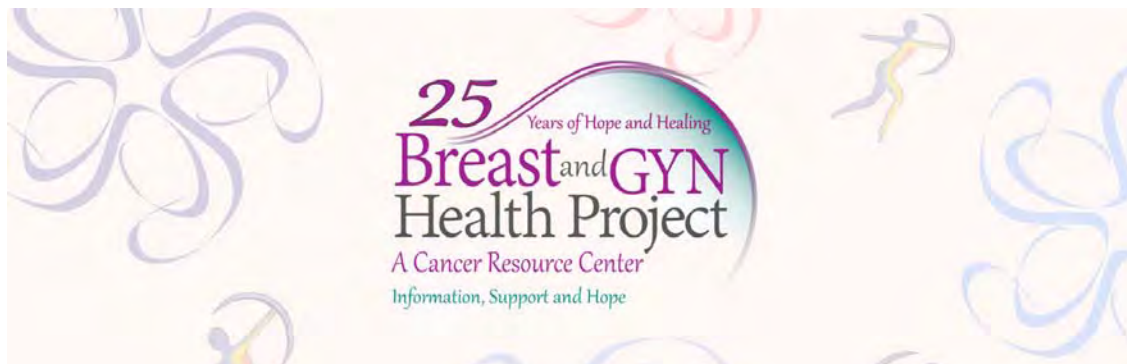
**Your BGHP March eNews** ❤️

1 message

**Breast and GYN Health Project** <volunteer@hcbhp.org>  
Reply-To: Breast and GYN Health Project <volunteer@hcbhp.org>  
To: volunteer@hcbhp.org

Wed, Mar 1, 2023 at 3:16 PM

[view this email in your browser](#)



# March 2023 eNewsletter





From January 2023  
BGHP Served:



25 Years of Physical Health  
**Breast and GYN  
Health Project**  
A Cancer Resource Center  
www.breastandgyn.org

*Creating Opportunities For Healing Through Giving.*  
The 22nd Annual Vacation Raffle has launched!

The vacation raffle is a fun and important fundraiser! It's a chance to win a relaxing get-away or an electric bicycle. And, yet it's more than a raffle! Ticket buyers are actually paying-it-forward, or paying-it-back, as the proceeds help local people facing a breast or gynecologic cancer or cancer concern. Ticket purchases educate people. They empower people. They help people find community and feel less alone. Your raffle ticket purchases help provide HOPE!

Because it's such a great cause, ticket-sellers report that it's easier to sell tickets than they expected. I hope you will consider grabbing a packet of 15 tickets (\$100 worth) to support local cancer patients. It's a fun and noble volunteer job.

**BGHP LOVES OUR VOLUNTEERS!** ♥♥♥♥♥

- Rose G-Z, Executive Director



# 22<sup>nd</sup> Annual VACATION BENEFIT Raffle



Vacation Raffle Pockets are ready for volunteers to pick up!

Your help makes a huge difference, please stop by the office to grab a packet and see how your co-workers, friends and family want to support your sales and also help BGHP!

BGHP's office is open Monday - Friday 9am - 5pm and located at 987 8th St in Arcata. You can also call us at 707-825-5345 to arrange delivery.

Learn more about the Raffle and prizes on our website [BGHP.org](http://BGHP.org)

We are also looking for a handful of volunteers to help with the bulk mailing March 13-15th from 3pm-5pm. Email [volunteers@thebhp.org](mailto:volunteers@thebhp.org) if you can help!



**LOVE** DR. SUSAN LOVE FOUNDATION  
for breast cancer research

# Clinical Trials & Resources

**SARA HURVITZ, MD**  
Panelist  
Professor of Medicine,  
Division of Hematology/  
Oncology, David Geffen  
School of Medicine at UCLA

**SARA HORTON, MD**  
Panelist  
Executive Director of  
Access and Diversity,  
Quantum Leap  
Healthcare Collaborative

**SUSAN COLEN**  
Panelist  
Program Director,  
BreastCancerTrials.org

**MICHELLE WOODHILL**  
Moderator  
Chief Development Officer,  
Dr. Susan Love Foundation

MERCK Seagen Daiichi-Sankyo

**Check Out Dr. Susan Love Foundation's  
Latest Webinar On Clinical Trials &  
Resources!**

Thank you for such a successful  
Quarter Craze!!  
\$4,064.86 Raised!!



# Thank You

for your amazing  
"Stories & Some

Music" performance!



Front row from left, Janine Volkmar and Jeff DeMark. Back row, Larry Crist, Michael Crowley, Paul DeMark, and Paul Bressoud



Thank you  
performers &  
Christina from Exit  
Theater!

100% of funds  
raised went to  
BGHP-\$320!

Thank you Humboldt Bay Fire for  
your donation! The donation is  
proceeds from their department  
Breast Cancer t-shirt sales last fall  
which benefitted California Cancer  
Crushers & BGHP!





# Thank you

Soroptimist International of Humboldt Bay for your \$855 donation from the December/January birthdays celebration!



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## Upcoming Events

The California Cancer Crushers  
present  
9th annual  
**Wings  
for a  
Cure**



**Redwood Acres**

**3750 Harris St., Eureka**

**Friday, March 10th**

**6pm-9:30pm**



**Tickets:** \$40 pre-sale/\$50 at the door/\$75 per couple

Tickets are available at: Coast Central Credit Union - Harrison & Downtown Eureka  
and Lost Coast Brewery or online [cancercrusher.ticketleap.com/wings-2023/](https://cancercrusher.ticketleap.com/wings-2023/)

**For more information:** (707) 498-7231 or (707) 498-1083

21 & over event ~ No host bar ~ All you can eat wings

🎀 Live Auction 🎀 Silent Auction 🎀 Dutch Raffle 🎀



**Click Here To Purchase "Wings for a Cure"  
Tickets!**

*Six Rivers Running Club  
and the North Coast Co-op  
present the 40th Annual*

# ATALANTA'S VICTORY RUN

*A running and walking celebration of women*

**2 mile and 5 mile  
courses starting and  
finishing at the  
Arcata Co-op**

**Mother's  
Day  
May 14th  
2023**

**Info at:  
[atalanta-run.com](http://atalanta-run.com)  
[@atalantasvictoryrun](https://twitter.com/atalantasvictoryrun)**

*Proceeds support the Breast and GYN Health Project*

**Click Here To Register For The Atalanta  
Victory Run!**

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## **Announcements**



Check out these BCHP sponsored Olli classes thanks to Janina Shayne our sponsor underwriter!

### **Take Charge of Your Aging**

**Ann Lindsay & Maggie Kraft,  
Aging Experts**

As we get older, health crises and end-of-life decisions become inevitable. This class will help you reflect on your priorities, map out your support network, and put plans in place. It is based on the curriculum, *Aging Solo*.

Fri, March 10-April 21 (no class March 31)  
1-2:15 p.m. • Online  
\$25 • Class #: 23917

SPONSORED BY



### **Seeking Balance**

**Mishell Lopez, Fall Prevention  
Coordinator**

Falls can result in devastating consequences. Learn to recognize fall risk factors and prevent falls. Get your balance, mobility, and fall risk assessed, with recommendations on how to remain active and healthy. Details about the online option for this class will be sent to you upon registration.

Tues. & Thurs., March 14 & 16 • 2-2:50 p.m.  
Sun, March 19 & 26 • 12-3:50 p.m.  
On campus or online  
\$30 • Class #: 23942

SPONSORED BY



### **Women Telling Their Stories Through Song**

**Bonnie Shand, Poet**

SPONSORED BY

Skilled and evocative songwriting, like poetry and literature, can reveal both personal and universal truths.

Hear and discuss selections by five women who tell powerful stories through their songs. Learn how the lyrics of **Iris DeMent, Ani DiFranco, Gillian Welch, Brandi Carlile, and Allison Russell** reveal their poetic and literary skills.

Thurs., April 13-May 11 • 2-4 p.m. • In-person; TBA  
\$75 • Class #: 23908





### **Feel-Good Yoga**

**Lena Schmidt, Yoga Instructor**

Find your inner serenity with yoga. Stretching, balancing, strengthening, breathing, and mindfulness for all levels.

SPONSORED BY



Option 1: Fri., March 3 • 12-1 p.m. • Online  
\$20 • Class #: 23944

Option 2: Fri., April 7 • 12-1 p.m. • Online  
\$20 • Class #: 23945

Option 3: Fri., May 5 • 12-1 p.m. • Online  
\$20 • Class #: 23946



### **Healthy Aging: Mind & Body Fitness Planning**

**Sharon Ferrett, Author and Educator**

Create your own personalized exercise routine in this classical stretch program that combines yoga, Tai Chi, and Pilates. In only minutes a day, you can increase your strength, balance, and flexibility. Get tips to boost your brain, increase your memory and create an optimistic and open mindset.

SPONSORED BY



Sat., May 20 • 10-11:50 a.m. • On campus  
\$20 • Class #: 23977



### **Seeking Balance: Fall Prevention for Older Adults**

**Mishell Lopez, Fall Prevention Coordinator**

SPONSORED BY



Falls can result in devastating consequences. Learn to recognize risk factors and prevent falls. Get an assessment of your balance, mobility, and fall risk, with recommendations on how to remain active and healthy. This class has an online option; register to receive details.

Tues. & Thurs., March 14 & 16 • 2-2:50 p.m.

Sun., March 19 & 26 • 12-3:50 p.m.

On campus or online • \$30 • Class #: 23942

**Click Here To Learn More About Olli!**

# CHECK OUT THE DISCOUNTS!

BREAST AND GYN HEALTH PROJECT'S LIMITED EDITION  
25TH ANNIVERSARY LOGO'D ITEMS ARE NOW ON SALE!

CALL US TODAY AT (707)825-8345



**\$15**



**\$10**



**\$20**



## Special Thanks to:



- Thank you to all who have hosted a Facebook Birthday Fundraiser and to all who have donated.
- Thank you Vacation Raffle Committee 2023- Your hard work will kick off this annual fundraiser this month!
- Thank you Amazon Smile shoppers! (Unfortunately, Amazon Smile is no longer offered.)
- Thank you Becky, Ivy, Gretchen, Janet, Diane, Felicia, Genie, Nancy, Suzy, Priscilla, Michelle B, Michelle S, Ann, Brenda, Divi, and Isabella for all of your help with Quarter Craze!



## It's Possible Because of YOU!



**Board of Directors:** Ann Judro-Bettiga (President), Genie Brady (Vice President), Glenn Hurlburt (Secretary), Celena Donahue (Treasurer), Gary Ogle (Past President), Amy Bubenik, Jacque Fularan, Lancey Johnston, Priscilla Lynn, Spencer Peña, Kandyce Rose, and Susan Rasmussen (Minute Recorder)

**Warmliners:** Chris Angell, Beryl Feldman, Lori Hendrick, Margie Nulsen, Felicia Oldfather, Ilene Poindexter, Melinda Wilson, and Debby Harrison.

**Support Group Facilitators:** Sally Coyne, Amanda Devins, Carolyn Lehman and Sue Lee Mossman.

**Services & Office Support:** Jeannette Lockett (Data Entry), Joanna Lynch (Medical Records Binders), Eva Laevastu (Salesforce & Website) and Karen Roemke (Library)

**Gardeners:** Ingrid Bailey, Mary Lou Bertolini, Betsy Ferguson, Helen Giacalone, Melinda Wilson and Rebecca Zettler.

# Core Business Partners

Thank you for your continued support!



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987 8th Street  
Arcata, CA 95521

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