The Foundation for Women’s Cancer is a helpful resource. They understand the importance of bringing awareness to all gynecologic cancers—cervical, ovarian, uterine/endometrial, vaginal and vulvar cancer—and declared September as Gynecologic Cancer Awareness Month with a goal of reaching more and more people each year.

These resources give you the tools to share knowledge about gynecologic cancer symptoms, risk factors, prevention and early detection—because every five minutes, someone will be diagnosed with one of these cancers and over 33,000 will die from a gynecologic cancer this year.

Whether you or someone you care about has been impacted by gynecologic cancers, you’re in a position to share your experience and empower others with the knowledge you’ve gained. Your efforts this Gynecologic Cancer Awareness Month can have a huge impact on individual lives and the community at large.

Click HERE or visit www.foundationforwomenscancer.org to download the Gynecologic Cancer Awareness Month toolkit!

GET SOCIAL WITH US
Share why and how you support @BreastandGYNHealthProject
IMPACT & GRATITUDE

You are the warriors that keep us fighting!

TOGETHER, FROM JANUARY THROUGH JULY, WE HELPED:

4429 TOTAL CONTACT POINTS
274 CLIENTS HELPED
80 NEW CLIENTS

THANK YOU BOARD OF DIRECTORS FOR ALL YOU DO!

Gary Ogle, President
Ann Jadro-Bettiga, Vice President
Heidi Chappell, Treasurer
Nancy Dean, Secretary
Jacque Futoran
Terry Bean
Genie Brady
Amy Bubenik

Peggy Buchanan
Keri Furtado
Glenn Hurlburt
Lancey Johnston
Laura McEwen
Theatta Smith
Susan Rasmussen, Minute Recorder

THANK YOU TO OUR COMMITTED GIVE EVERY MONTH (G.E.M.) MEMBERS AND WELCOME NEWCOMERS!

Your dedication truly transcends our services, allowing more people to be reached and helped.
If you would like to join the club, you can sign up for monthly giving on our website or Facebook page - just click "Donate"!
You can also call us at 707-825-8345 to request other options!
THANK YOU, AMY, FOR YEARS OF DEDICATION, SUPPORT AND PASSION!

1. How did you first get involved with BGHP?
I first got involved with the BGHP when my mom was diagnosed with stage 4 ovarian cancer. I took my mom to the project so that she could find some books to read and to ask questions in an environment she felt comfortable with.

2. When did you join the BOD and why?
I joined the board two years ago. I wanted to find a way that I could give back to the cancer community that had helped my mom in her darkest times.

3. What does it mean to be a support person and what would you like others to know about gynecologic cancer or cancer in general?
Being a support person can mean the world to someone you love. After my mom’s diagnosis she talked to my sisters and I extensively about things that were important to her, that we had never talked about before. I would say, know your body, ask questions and continue to ask questions until you are comfortable with the answer. Sadly my mom didn’t push when she felt that there was more going on with her body than her doctors had told her. She was sent home multiple times with what she told was constipation before she was finally diagnosed with Ovarian Cancer. She worked in the ICU at the time of her diagnosis and had lost a coworker to Ovarian Cancer before she was given a CT in the Emergency room revealing her diagnosis.

4. What does it mean to you to be a Board of Directors member?
It means a lot to me to give back to an organization who makes such a large impact on the cancer community.

5. What fulfills you about volunteering for BGHP? Why is it important that you volunteer as a BOD member?
What fulfills me about being on the board is when people reach out to me about the services that we provide the community. I have had several community members ask what type of services we provide and help guide them along in their journey.

6. What have you learned from volunteering for BGHP?
I have learned so many things volunteering for the BGHP, but the most important thing I have learned is that there is still so much work to do in order to achieve the continuity of care we hope every patient in our community can have when they experience a medical need.

7. Aside from being part of BGHP, what else do you enjoy doing and fill your time with? Such as work, hobbies, other community involvement, etc.
Aside from the BGHP I love being a grandma, a mom and a wife. We enjoy our time away at the lake visiting with friends and family.

8. Is there anything else you’d like to add?
Being part of this incredible organization has been a healing part of the difficult journey my family faced with my mom’s illness. I would like to encourage others to support the BGHP in continuing to help individuals and their families face their difficult journeys as well. I’m honored to serve on the BGHP Board of Directors.
**GRATITUDE**

You are the warriors that keep us fighting!

**THANK YOU VOLUNTEERS & SUPPORTERS!**

**THANK YOU VOLUNTEERS WITH LOVELY PENMANSHIP!**

**THANK YOU SAFeway FOUNDATION!**
Thank you for the $15,000 grant for patient navigation and outreach, as well as many years of support!

![Safeway Foundation Logo]

**THANK YOU SAFeway CUSTOMERS!**
Thank you for rounding up at the registers!

**THANK YOU YARD + LAWN CARE VOLUNTEERS!**
Thank you Ingrid Bailey, Mary Lou Bertolini, Betsy Ferguson, Melinda Wilson, and Rebecca Zettler for keeping our yard/garden fabulous!

**THANK YOU SUE LEE MOSSMAN!**
Thank you for sharing your story in the Fall Newsletter (hard copy)!

**THANK YOU JOANNA LYNCH!**
Thank you for putting together Medical Record Binders!

**THANK YOU PAT GETZ-JEWETT!**
Thank you for painting Amazon Warriors on every Chemokit bag!

**THANK YOU HUMBOLDT HERBALs!**
Thank you for donating healing “I Love Me Tea” for our Chemokits!

**THANK YOU SEE’S COMMUNITY FUND!**
Thank you for the $2,000 donation to support direct cancer resource support!

**THANK YOU WARMLINERS!**
Thank you Melinda Wilson, Lori Hendrick, Ilene Poindexter, Margie Nulsen, Felicia Oldfather, Beryl Feldman, Brenda Garcia and Chris Angell for the dedication and weekly work you do to support our clients!

**THANK YOU TO OUR VOLUNTEER SUPPORT GROUP FACILITATORS!**
Thank you to Jen Hildreth for the Write/Heal/Live Support Group, Carolyn Lehman and Amanda Devons for co-facilitating the Leukemia and Lymphoma Support Group, Sue Mossman for co-facilitating the Advanced Disease Support Group and Terry Bean for facilitating Mindfulness Meditation!

**Belonging Never Felt Better®**

**Coast Central Credit Union**

**THANK YOU TO OUR 2021 CORE BUSINESS SPONSOR, COAST CENTRAL CREDIT UNION!**
PHOTOS AND GRATITUDE

A Few of Last Year’s Sales for Survivors Participants (2020)

The Burger Joint

Spring Hill Farmstead
Goat Cheese

Pure Water Spas

Ferndale Clothing Co.

Let’s thank and support them again this year!
We are so grateful to our 2021 Sales for Survivors' community partners!

Please support these local businesses as they do so much to support us!

Dine and Shop for a Cause during October Breast Cancer Awareness Month and please thank our generous and loyal community partners.

**HAPPY SHOPPING AND DINING!**

To see the full October schedule, see the next page and watch out website and Facebook page for any exciting updates!
# Let's Support Businesses Who Support BGHP!

10% or more of your purchase supports BGHP services when you shop & dine at these businesses on the following days:

## 18th Annual Sales for Survivors

A special thank you to the businesses that joined us and for your support during this era of covid.

**Month Long Businesses — See Special Activities List**

- All Under Heaven — Arcata
- Campground — Arcata
- Fieldbrook Market & Eatery — McKinleyville
- Primal Décor — Eureka
- Pure Water Spas — Eureka
- Rays Food Place — All locations in Humboldt
- Renata’s Creperie — Arcata
- SALT Fish House — Arcata
- Six Rivers Brewery — McKinleyville
- Shopsmart — Redway
- S.T.L. — Eureka

**Thursday, October 1**

- Happy Donuts — Eureka
- Heart Bead — Arcata

**Friday, October 2**

- Art Center — Arcata
- Belle Starr — Eureka
- Booklegger — Eureka
- Bubbles — Arcata
- Caravan of Dreams — Arcata
- Good Relations — Eureka
- Hot Knots — Arcata
- Humboldt Herbals — Eureka
- Spring Hill Farmstead Goat Cheese — Arcata
- Farmers Mrkt

**Monday, October 4**

- Humboldt Bay Provisions — Eureka
- Signature Coffee Co. — Redway

**Wednesday, October 6**

- Linden & Co. Salon & Spa — Eureka (100% of services)

**Friday, October 8**

- Garden of Beadin’ — Garberville

**Monday, October 11**

- Beachcomber Café — Trinidad

**Tuesday, October 12**

- Adventure’s Edge — Arcata & Eureka
- Fin-N-Feather — Eureka

**Wednesday, October 13**

- Headies Pizza and Pour — Trinidad

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<tr>
<th><strong>Friday, October 15</strong></th>
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<tbody>
<tr>
<td>Coast Central Credit Union — All Locations (Jean’s Day!)</td>
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<tr>
<td>Plaza: Be Inspired — Arcata</td>
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<tr>
<td>Plaza Shoe Shop (Day 1) — Arcata</td>
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<tr>
<td>Scrapper’s Edge (Day 1) — Eureka</td>
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<tr>
<th><strong>Saturday, October 16</strong></th>
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<tr>
<td>Claudia’s Organic Herbs — Arcata Farmers Mrkt</td>
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<td>Miller Farms Nursery — McKinleyville</td>
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<td>Myrtle Ave Pet Center — Eureka</td>
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<tr>
<td>Plaza Shoe Shop (Day 2) — Arcata</td>
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<tr>
<td>Scrapper’s Edge (Day 2) — Eureka (Website)</td>
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<tr>
<td>The Plant Cave — Fortuna</td>
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<tr>
<td>Yarn — Eureka</td>
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<tr>
<th><strong>Sunday, October 17</strong></th>
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<tr>
<td>Scrapper’s Edge (Day 3) — Eureka (Website)</td>
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<tr>
<th><strong>Monday, October 18</strong></th>
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<tbody>
<tr>
<td>Lighthouse Grill — Trinidad</td>
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<tr>
<th><strong>Tuesday, October 19</strong></th>
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<tr>
<td>Holly Yashi — Arcata</td>
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<tr>
<th><strong>Thursday, October 21</strong></th>
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<tbody>
<tr>
<td>The Alibi — Arcata</td>
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<tr>
<th><strong>Friday, October 22</strong></th>
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<tr>
<td>Ferndale Clothing Co. — Ferndale</td>
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<th><strong>Saturday, October 23</strong></th>
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<tr>
<td>Garden Gate — Arcata</td>
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<tr>
<td>Redwood Harley-Davidson — Eureka (Poker Run)</td>
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<tr>
<th><strong>Monday, October 25</strong></th>
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<tr>
<td>Jitter Bean Coffee Co. — All Locations</td>
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<tr>
<th><strong>Tuesday, October 26</strong></th>
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<tbody>
<tr>
<td>Sisters Clothing Collective — Eureka</td>
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<tr>
<th><strong>Wednesday, October 27</strong></th>
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<tr>
<td>Stars Hamburgers — Eureka</td>
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<tr>
<th><strong>Friday, October 29</strong></th>
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<tr>
<td>Ramone’s — All Locations</td>
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Bear River Family Entertainment Center
October Breast Cancer Awareness Activities

Check out the beautiful new facility – bowling, laser tag, arcades, food court and more!

Across the street from Bear River Casino

Thank you Bear River Band of Rohnerville Rancheria!

More specific information to come

---

Redwood Harley Davidson's Breast Cancer Awareness Month Poker Run

Second annual event!

Saturday, October 23rd

See Redwood Harley-Davidson's website/Facebook page for event info!

---

BGHP welcomes your new or like-new item donations for the November online auction!

Items include, but are not limited to: Re-gifting, offering services, gift certificates, cards, jewelry, etc.

Auction to run: November 6th-14th

Follow along as items are added: https://www.biddingforgood.com/BGHP/BGHP-10
Party in **Pink** Zumbathon with Michaele Whiteley!

*Saturday, October 9th at 2:00pm*

Michaele Whiteley will be joined by several high energy local Zumba instructors to lead you through fun-filled and energetic dance moves for a great cause! (COVID protocols followed)

Dance, raffles, laugh, and glow! Exercise in disguise to support BGHP & local cancer patients

Don’t forget to wear **Pink**!

Ray's Food Place and ShopSmart

"Round Up for Breast Cancer Awareness" through October

Arcata, Fortuna, Garberville, Redway, and Willow Creek

When shoppers round up at the register at any of these grocery stores in October, your donation goes directly to the Breast and GYN Health Project! Thank you, generous shoppers and enthusiastic store employees! You rock!
Bulk Mailing
Volunteers needed for our upcoming bulk mailing and will be working from home!

Sept. 1st-3rd:
Help fold envelopes

Sept. 8th-12th:
Newsletter bulk mail

25th Anniversary Workgroups
What suits your talents and interests?
~ Swag/Branded Materials
~ Branded Media (yearlong)
~ Fun, Educational Event for Clients in Active Treatment
~ Provider Office Thank You & BGHP Promotion (Mid-April)
~ 6RRC’s Atalanta’s Victory Walk & Run (Mother’s Day-May 8th)
~ Anniversary Event at HUUF (July 23rd 2-5pm)
~ Fall Concert (Late Sept.)
~ Event to Honor/Remember People with Cancer

Help With Zumbathon in the Park!
Saturday, October 9th at 2:00pm

~ Prepare raffle items
~ Raffle set up and ticket sales
~ October 7th: Prepare raffle items (in-person at BGHP)
~ October 9th: Prepare raffle and sell tickets (Noon-2pm)
~ October 9th: Help sell tickets and close down raffle (3pm-4pm)

If you can help, email volunteer@hcbhp.org or call 707-825-8345 x-120
I was so excited to get a book that’s hot off the press, which this is. And as I first skimmed through it I realized that it’s also a valuable addition to our library. The author, Kim Thiboldeaux, served as CEO of the Cancer Support Community for more than 20 years, leading a global nonprofit network that operates at 175 locations. She has met with thousands of cancer patients around the world, and has found common threads through each person’s narrative. She has designed this book to plot out the journey from start to finish, from Just Diagnosed to Active Treatment to After Treatment is Done. Kim describes her intention for this book in this way: “It includes instructions for navigating detours and warning signs...tips to take in the scenery along the way...and also points out roadblocks, which can be discouraging and frustrating. Ultimately this book is intended to shine a light and give you the tools and resources to find your way. My hope is that you use the tools to become more resilient and more empowered as you face cancer”. And as it states in the forward, “I hope this book reminds you that you are not alone”.

If you’ve read a book from our Lending Library and would like to share your thoughts with others, email volunteer@hcbhp.org to submit a book review.
Physical Therapist, Sarah Landis, has specialized training which can be very helpful for cancer patients and others. She helps people of all ages with pelvic floor dysfunction, pelvic pain, sexual dysfunction, incontinence, and more.

To learn more, call St. Joseph Hospital Outpatient Rehabilitation Center at 707-444-4454 or click here -> https://www.providence.org/locations/norcal/st-joseph-hospital-eureka/outpatient-rehabilitation-center

18TH ANNUAL VIRTUAL CANCER CONFERENCE

Join the Bay Area Cancer Connections’ 18th Annual Virtual Cancer Conference. The first 300 people to register will receive a goody bag in the mail! Their program is for those in-treatment or post-treatment for breast or ovarian cancer, as well as for medical professionals, therapists, health educators, and families. Speakers include Dale Larson, Ph.D., Donald Abrams, M.D., Stacey Kennedy M.P.H., RD, CSO, LDN, CPT, and more.

Click below to register now! https://www.eventbrite.com/e/baccs-18th-annual-virtual-cancer-conference-tickets-166867401891?aff=
**Cancer Support Groups**

**BGHP Support Groups**

*All Groups meet via Zoom and are available through teleconferencing and/or phone. For registration and questions, call BGHP at 707-825-8345.*

- **Leukemia & Lymphoma (Blood Cancers) Support Group**
  1st Tuesday of each month
  4:00-5:30 PM

- **Breast Cancer Support Group**
  2nd & 4th Thursdays of the month
  4:30-6:00 PM

- **Young Women's Support Group**
  1st Wednesday of the month
  3rd Thursday of the month
  5:00-6:30 PM

- **Gynecologic Cancer Support Group**
  2nd & 4th Tuesdays of the month
  3:00-4:30 PM

- **Advanced Disease Support Group**
  Call BGHP at 707-825-8345 for Virtual Schedule

- **Write/Heal/Live Writers Group**
  1st Friday of the month
  3:00-5:00 PM

- **Latina Breast Cancer Spanish Speaking Support Group**
  Via Facebook
  4th Thursday, 5-6:30pm

**Community Support Groups**

- **Redbird Survivors**
  Southern Humboldt Breast Cancer Support Group
  Call September at 707-223-1325

- **Cancer Support Group For All Cancers**
  For more information call Peggy Annis 707-443-9522

- **Hospice of Humboldt Grief Support Groups**
  For more information call 707-269-9801
For every Cancer Awareness Ribbon piece of jewelry sold throughout the year, $5 will go toward providing services and support directly to those in need through the Breast & GYN Health Project.

As anyone who has been touched by this disease knows, cancer doesn’t discriminate. When I was diagnosed with breast cancer I prayed for hope and healing, strength and encouragement. I created these ribbons as symbols of hope. Whether you received this as a gift or purchased it for yourself, you are making a difference. Thank you for your help.

~ Holly Hosterman
Creative Director and Co-Founder