30 Years of Hope and Healing
Breast and GYN Health Project

Fall 2026 Newsletter
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YOU Were Our First Thought When Opportunity Knocked

By Rose Gale-Zoellick, BGHP Executive Director

Big changes are happening for BGHP – we've moved! We are now at 2715 Hubbard Lane, Eureka.

It's taken many years to make this decision and it has always been guided by the same question: "How do we best serve local people facing breast or gyn cancer concerns?"

We have all loved and appreciated BGHP's longtime, comfortable house on 8th and J in Arcata.

However, for more than 10 years, the board and staff's strategic planning sessions have identified the need for a larger building with private spaces to meet with clients as a top priority.

When BGHP was flooded in early 2024 and 2025, we urgently needed to relocate so flood repairs could be made.

Open Door Community Health Centers and Mad River Community Hospital kindly provided a temporary home for BGHP much of last year.

We knew we needed a new permanent home, so we started looking for a new space to rent.

That's when we found 2715 Hubbard Lane in Eureka - former home of Myrtle Avenue Veterinary Hospital.

Not only was this building much larger than our Arcata location, it was very close to the medical area of Eureka, more centrally located in the county, had plenty of parking, and was on the bus line.

Patient Navigator Allie and Patient Navigation Director Brenda work with a client in the "sacred space" in the new building.

This met most of the criteria we were looking for in a new building designed to better serve more people facing cancer in our community.

We had not been looking to buy, but opportunity knocked! The building was for sale and had been on the market for over a year. It felt like the stars aligned to make this all possible.

BGHP's board of directors made this decision with great care, and decided to invest in our clients and our organization's future.

What helped make it possible was this: two kind and generous people left BGHP in their estate plans and we had invested their generous gifts for a rainy day.

Given all the flooding, the "rainy day" had certainly come!

To ensure this investment didn't overextend our small nonprofit, it was important to run a capital campaign to help ensure our longterm financial stability.

Because our business model is that services are free of charge to all clients. This means that we can't raise more money by selling things, or providing more services so that insurances can pay for things.

You, our grassroots supporters, are the secret sauce that has kept BGHP's services available for nearly 30 years!

Like most capital campaigns, a large part of the funds will help cover the building-related costs.

More importantly, however, this campaign embraces the staff and board's vision for the organization, and lays the foundation to expand what we offer to our clients.

We're looking ahead to more healthy survivorship programs, dedicated services for Spanish-speaking clients, and improved access to resources through the addition of a social worker on staff.

You will hear more about the capital campaign in the coming months. We are so excited!

I hope you will stay tuned and participate in this exciting moment, while the future of expanded services for local people facing cancer and cancer survivorship evolves.

We will offer open houses in the fall. We would absolutely love to show you the future of our work in Eureka!

Local Resources for People with Cancer & Concerns

We're pleased to share these new whole-person care programs offered at Providence St. Joseph Hospital for local cancer patients.

For more information about any of these programs, call (707) 445-8121 x6320

Oncology Patient Food Pantry

The oncology department has opened a food pantry for current patients in need of food. This service is available to current patients receiving cancer treatment.

Let an oncology caregiver know you are interested and a designated shopper will prepare a bag for you to take home.

Support Group - People with Any Cancer

Connect with others who understand the cancer journey. These confidential meetings offer emotional support, shared experiences and insights from professionals.

When: Every first and third Thursday 3:00-4:00 p.m. at the General Hospital Campus

Oncology Tailored Exercise Class

Led by physical therapist, Molly Cloutier, this class supports oncology patients through safe, guided exercises that promote strength, mobility and overall wellness during and after treatment.

When: Every Tuesday, 3:15-3:45 p.m. at the General Hospital Campus

Restorative Chair Yoga

Practice gentle movements led by Linda Rasmussen, RN. Clinical benefits include reduced anxiety, improved sleep and better breathing.

When: Third Wednesday, 2:00-3:00 p.m. at the General Hospital Campus

FREE Mammograms and Ultrasounds

National Breast Cancer Foundation grant-funded program at Mad River Hospital

Free 3D screening or diagnostic mammograms and ultrasounds are now available for people who are uninsured or uninsured, and who are income-eligible. You will need a health care provider referral.

For more information, call Mad River Community Hospital Radiology to find out more at (707) 822-3621 x7266

Client Services Drop-In Hours:
Monday – Friday
9:00 AM - 5:00 PM
Appointments are encouraged. Much of our support services are done by phone.

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Find us online!
Don't miss a moment!
Website: http://bghp.org
Instagram: @breastandgynhealthproject
Facebook: @breastandgynhealthproject

Fall 2026 News & Events!

Congratulations to our 2026 Vacation Raffle winners!

- Beckie McCanless (Ferndale) chose 7 nights at a Kauai, Hawaii resort, with airfare for 2
- Debra Jones (Oakland) chose 7 nights at a Victoria, BC resort, with airfare for 2
- Amy Uyeki (Arcata) chose the electric bicycle
- Becca Gustaveson (Eureka) chose a 7 night stay in Eagle Crest, OR
- Marylou Avanzino (San Jose) is delighted to go to Ripple Creek Cabins, in Trinity Center, CA

Blue Lake Fire Department will once again hold October Breast Cancer Awareness Month activities, including a community bake sale to support BGHP!

Watch Blue Lake Fire Department and BGHP's social media for more information.

There will be no online auction this year so that we can all focus on a successful capital campaign. There will be so many fun special events created by community members, maybe even you! Thank you for your love and support - it ripples through the organization directly to our clients!

City of Eureka Party in Pink Zumbathon

Event organizer Michaele Whiteley & 2025 Zumbathon teachers

Adorni Center, Eureka
Saturday, October 17th
2:00-4:00 PM

It's exercise in disguise to benefit BGHP! Raffle and fun local Zumba teachers! Follow BGHP & City of Eureka for more details!

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

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

ShopSmart Ray's Food Place

23rd Annual *Sales for Survivors* Kicks Off October 1st!

When you shop or dine with a Sales for Survivors business in October, your purchase will help raise funds for local cancer patients!

Check bghp.org for the calendar of participating businesses, and follow BGHP's social media for special activities all month long!

More than 50 local businesses have already signed up to participate!

Thank you to ALL of our participating local businesses and shoppers!

Special Thanks to Our Newsletter Underwriting Sponsors!

Special Thanks to Our 2026 Core Business Sponsors!

We Are Forever Grateful for You

Thank you to over 1,828 individuals and businesses who generously donated since March 1, 2026! Newsletter space allows for a partial listing of foundation, business and event supporters, but every donation to BGHP means the world to us and to our clients. ♡

- Access Humboldt for BOLD Day of Giving support & supporters who donated
- All longtime and first-time donors!
- All of our amazing, talented volunteers!
- Andree Wagner Peace Trust
- Arcata Bay Self Storage
- Atalanta Race Sponsors, participants, & Six Rivers Running Club for your partnership
- Bertha Russ Lytel Foundation for capital campaign support
- BGHP staff for your teamwork during this year of transition
- Board of Directors for all the time and care you put into moving BGHP's mission forward
- California Cancer Crushers for generous donations and support for local cancer patients
- Chemo Hat knitters
- ChemoKit painters
- C&K Markets (Ray's Food Place and Shop Smart) Access Rewards Shopper Donations
- Coast Central Credit Union for Warmline telephone expansion grant
- Core business partners
- Drs. Cobb and Mahoney for supporting the Project in so many ways
- Eureka Natural Foods for bamboo utensil sets
- Facebook Fundraisers – thank you all!
- Furniture Design Center
- Garden and lawn-mowing volunteers at 8th Street and now Hubbard Lane
- Give Every Monthly (GEM) donors and quarterly donors
- Handle It Junk Removal for carefully hauling valuable items, as well as doing junk removal
- Healthcare providers
- Holly Yashi for the beautiful line of cancer awareness jewelry all year 'round
- Humboldt Herbals for "I Love Me" Tea
- Humboldt Redwood Company for the Medical Record Binder grant
- Integrative Wellness Fund donors and participating providers (and Jessie Hunt, fund manager and passionate fundraiser)
- Lymphoma & Blood Cancers' Support Group volunteer facilitators, Mandy Devons & Sally Coyne
- Mad River Community Hospital helping local income-eligible women get mammograms and ultrasounds
- Mary Scott Angel Fund donors – your gifts directly help clients
- Matching Program employers/employees: Apple, Bank of America, PG&E, ServiceNow, and Walmart
- National Breast Cancer Foundation for the patient navigation grant
- OLLI Sponsorship donor
- Richard & Emily Levin Foundation
- Patricia D. & William B. Smullin Foundation for capital campaign and operations support
- People who brought housewarming gifts to BGHP's new home
- People who donate in memory or in honor of a loved one
- Premier Financial for providing an outstanding "Financial Peace of Mind" Workshop for BGHP supporters
- People who have put BGHP in their estate plans
- Redwood River Resort
- Rose Perenin Foundation for capital campaign grant support
- Safeway Foundation for cancer early detection grant & Safeway customers for register donations
- Scrapper's Edge for printing support
- See's Community Fund for your support of local people with cancer, including our clients
- Shady Lady for window covering help
- Six Rivers Running Club for your partnership for the Atalanta Race, and your donations
- Soroptimist International of Del Norte for the grant to assist Del Norte clients
- Soroptimist International of Humboldt Bay for grant support for young women with cancer
- Sue Mossman, volunteer facilitator of the Advanced Support Group (and more!)
- Trisha Atwood, BGHP's longtime landlady, for all your support and extensive post-flood repairs
- United Way donors
- Vehicle donations via C.A.R.S. (Charitable Adult Rides & Services) – thank you!
- Yarn & "knitted knockers" knitters
- Volunteers who helped us move, pack, and unpack
- VGS Landscaping
- Our beloved Warmline volunteers!