

You helped Jessica & Her Family

By Rose Gale-Zoellick and Jessica Halley



Around Thanksgiving 2018, 32 year old Jessica learned she had breast cancer. She recently had a friend go through the diagnosis of breast cancer, and she introduced her to the Breast and GYN Health Project (BGHP). She had found out previously that she had a genetic mutation (ATM gene) and needed to know more about this and the need to see a specialist. At BGHP, she met with staff who understood her situation. BGHP's Medical Consultant, Mary Meengs, MD, helped provide an objective perspective on how she might proceed. She felt so rushed and overwhelmed, Mary gave her a place she could sit, calmly talk about what the future may hold, and make sense of the medical decisions that she was so unfamiliar with. The medical record binder she received helped her keep all the information organized and in one place. She learned BGHP's services are free of charge thanks to donors like you.

Jessica's husband, both their parents, and three young children jumped in to support her. They got information from BGHP about how to talk to children of specific ages about cancer to help them understand. Also BGHP's lending supplied amazingly helpful children's books. After surgery, Jessica started chemotherapy. The chemokit she got from BGHP helped her feel prepared. Because she knew she would lose her hair during chemo, she shaved her head. Her husband, son, and a dear friend shaved their heads with her. Because she had treatment locally and out of the area, she learned about options for lodging for cancer patients and families in the Bay Area.

Your support meant that Jessica was able to get compassionate information and assistance throughout her cancer journey. Each week, Jessica's warmline volunteer stayed in touch to see how she was doing. Jessica attended the Young Women's Support Group, where she found the support and understanding of people in similar situations. During this time of COVID-19, the group met virtually by Zoom. She got ideas about self-care as well as for ways her family could be involved in taking care of their whole family during this challenging time. When she had a complicated treatment decision to make, she met again with Mary Meengs to help her sort things out.

Like you, Jessica and her family have contributed to BGHP's activities to help other cancer patients. When asked about her experience at BGHP, Jessica says the information and support she received from the Project was invaluable to her, a debt she could never repay. Jessica and her husband not only helped BGHP fundraise by selling vacation raffle tickets, but they also got friends and family to sell tickets too. In doing so, they shared information with the community about how BGHP had helped them. **Thanks to Jessica, her family and donors like you, local breast and gynecologic patients find resources at BGHP to help them along each step of their journeys even as they cope with the impacts of COVID-19.**

Newsletter postage/printing costs donated by Humboldt Independent Practice Association (IPA)

Volunteers – Your Calls Help Heal the Isolation of Cancer & COVID-19

By Rose Gale-Zoellick, Executive Director

BGHP's trained, dedicated Warmline Volunteers, under the supportive guidance of Co-Client Services Directors, Madelin Amir, RN, and Brenda Elvine-Kreis, MS, continue to support local cancer patients over the phone. In the first three weeks of sheltering-in-place, 202 people who were currently in cancer treatment, cancer survivors, or those with cancer concerns received calls. People are struggling in so many ways at this time. Warmliners and staff are doing what they can to help. Brenda Garcia, is one of the Warmline volunteers. One afternoon she shared a meaningful experience with me:



I love volunteering for BGHP! Talking to clients is so rewarding. For example, I talked to one of my clients today and she just sounded so happy because she got good news about some of her test results. She has radiation on Monday and then she is done with this cancer!! It warms my heart to hear these success stories. Ok-I think I am going to cry now, tears of happiness.

Brenda was a nursing student within weeks of graduating when COVID-19 stalled her ability to finish the clinical portion of her program. She's making a huge difference as she calls local people with cancer or cancer concerns. As a young breast cancer survivor and a Latina, her experience and support transforms her clients' cancer experience by knowing they are not alone and so isolated.

Thank you for all the ways BGHP volunteers make a difference. During this time of COVID-19 shelter-in-place and social distancing, volunteer activity at our little office near the Arcata Co-op has stopped temporarily. We look forward to seeing everyone after the pandemic has passed, to sell vacation raffle tickets, help with bulk mailings, make medical records binders, and more. Thank you Brenda, all the Warmliners and all the volunteers for sharing your time and talents to help provide healing, health and hope in our community!

Here are ways YOU can help:



*You can **LIKE** and **Follow** the **Breast and GYN Health Project Facebook Page**, then “Like” and “Share” the posts*

*You can **follow** us on **Twitter and Instagram***

You make a difference as you spread the news by *retweeting* and *sharing* our posts. You can help local cancer patients, or people who are concerned they may have breast or gynecologic cancer, learn there's a place that cares and can help them.

By “Sharing” on social media, you may help save a life.

19th Annual Vacation Benefit Raffle

Four Destinations ~ Four Winners

NEW Drawing Date – August 1st – Need Not Be Present To Win

Drawing will be held in Old Town Eureka as part of Arts Alive!

Be part of the Breast and GYN Health Project's largest fundraiser of the year to help people with cancer



Resort on Waikiki Beach, Oahu, Hawaii

Seven-night stays with airfare for two to Cancun or Oahu



Resort on the beaches of Cancun, Mexico

OR



Vacation Home in Willow Creek, CA

Two-night stays at local Vacation Homes



Birdwatch Vacation Home, Bodega Bay, CA

More Information at www.bghp.org

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The **Breast and GYN Health Project (BGHP)** is a community resource of support and education for those facing a breast or gynecologic cancer concern. Please print and mail back to: **987 8th Street, Arcata, CA 95521**

I wish to purchase: ___ by Check ___ by Visa/MC

___ \$10 (1 ticket) ___ \$25 (3 tickets) ___ \$50 (7 tickets) ___ \$100 (15 tickets)

___ \$250 (40 tickets) ___ \$500 (100 tickets) ___ \$1,000 (225 tickets)

Name: _____

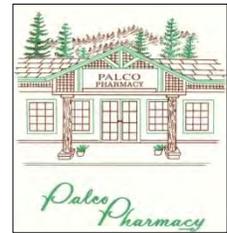
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Tickets will be mailed within 10 days.
For questions or to order by phone
call (707) 825-8345.



We are Forever Grateful to Our Contributors & Supporters

Thank you to over 830 individuals and businesses who generously donated since September. Space allows a partial listing of foundation, business and event supporters.

- All You Monthly Donors
- AmazonSmile shoppers
- Andree Wagner Peace Trust
- Arcata High for Volleyball, Cheer and Football event partnerships
- Terry Bean, volunteer, for the mindfulness meditation classes
- Behrens & Hitchcock for wine
- BiCoastal Media
- Bidding for Good item donors, sponsors and bidders
- Buddy's Auto Center's Pink Tow Truck in Arcata and Willow Creek
- California Cancer Crushers
- Cannabis Kickball League Tournament winners for choosing BGHP for donation
- City of Eureka's Department of Public Works' for organizing breast cancer awareness month donations
- City of Eureka-Party in Pink Zumbathon
- Donors to the Mary Scott Angel Fund & Integrative Wellness Fund
- Drs. Cobb and Mahoney for all the ways they support the Project
- Employees & Employers in Matching Programs- Apple, Inc., Bank of America, General Electric, PG&E, & Umpqua Bank
- Fall Concert Artists & Donors-Daniela Mineva for leadership & Charles Cunningham for the incredible reception
- Facebook Fundraisers – Thank You!
- Ferndale High School Cheer and Football event partnerships
- Fortuna High School Cheer and Football event partnerships
- Healthcare Providers
- Jennifer Hildreth, volunteer, for the Write/Heal/Live classes
- Holly Yashi for New line of awareness jewelry monthly donations
- Home is Where the heART is art donations, volunteers, Arcata House Partnership for partnering along with Julie Fulkerson, Alex Stillman & Jaffa Wahlberg for coordinating
- Hoopa High School Cheer and Football event partnerships
- HSU's Kappa Sigma Fraternity -Instagram Fundraiser
- Humboldt Health Foundation for the client services grant
- Humboldt Herbals for "I Love Me" Tea in ChemoKits
- Humboldt Redwood Company for the ChemoKit grant
- KHUM/Lost Coast Communications
- Laura Lamers Knit in Public event organizers and participants
- Mad River Radio Group for organizing Punt, Pass & Pink for a 7th year
- McKinleyville Lion's Club
- McKinleyville High Girls' Volleyball Teams for 4th Annual Dig Pink
- McKinleyville High for Cheer & Football event partnerships
- MikkiMoves Real Estate Non-Profit Collaboration
- National Breast Cancer Foundation for the client services grant
- Redwood Empire Quilters Guild
- Redwood River Resort
- Richard & Emily Levin Foundation
- Patricia D. & William B. Smullin Foundation for client services grant
- Sales for Survivors Sponsors & Participating Businesses
- Scrapper's Edge
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- St. Bernards High School Cheer and Football event partnerships
- South Fork High School Cheer and Football event partnerships
- The Central Office
- Times Standard for media support
- Vacation Raffle trip donors, sponsors, volunteers & ticket buyers
- Vehicle donations via C.A.R.S. (Charitable Adult Rides & Services)
- Wells Fargo Advisors - Ferndale