September 2026

September is Gynecologic Cancer Awareness Month

Taking proactive measures can reduce your risk of developing some gynecologic cancers. Regular pap smears, genetic testing if there is a family history of certain cancers, and HPV vaccination are all important ways to mitigate risk.

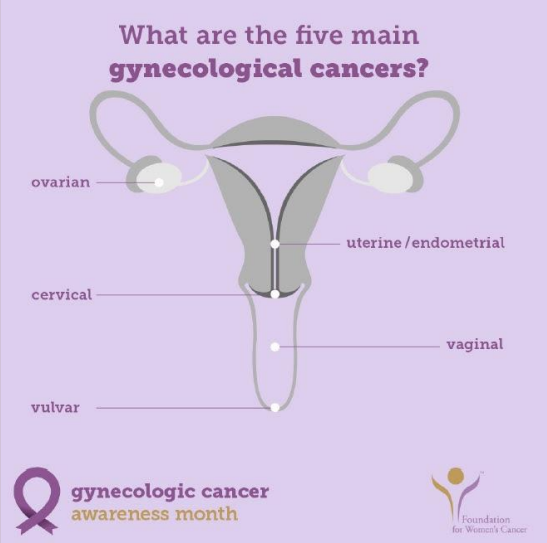
A Snapshot: The 5 Gynecologic Cancers

Cervical cancer can often be prevented through regular screenings like pap smears and HPV vaccination. Symptoms include vaginal discharge, abnormal vaginal bleeding, vaginal odor, and pain.

Ovarian cancer is the 7th most common cancer of those with ovaries. Symptoms are often vague. There are many categories of ovarian cancer, with epithelial ovarian cancer being the most common.

Uterine cancer primarily affects postmenopausal women, but a growing number of young people are being diagnosed. Uterine Cancer is often associated with hormonal imbalances and is often marked by abnormal vaginal bleeding. **Endometrial cancer** is a type of uterine cancer that originates in the uterus lining.

Vulvar cancer is a rare disease that can be associated with smoking, HPV infections, or other conditions of the vulva associated with chronic irritation and inflammation.



Vaginal cancer is one of the rarest gynecologic cancers, as oftentimes cancer cells found in the vagina originate from the uterus, vulva or other organs.

Resources for You from Other Organizations

The Living Beyond Breast Cancer Summit is an invitation to set aside time for yourself to get trusted information on topics that matter and to connect with people who get it.

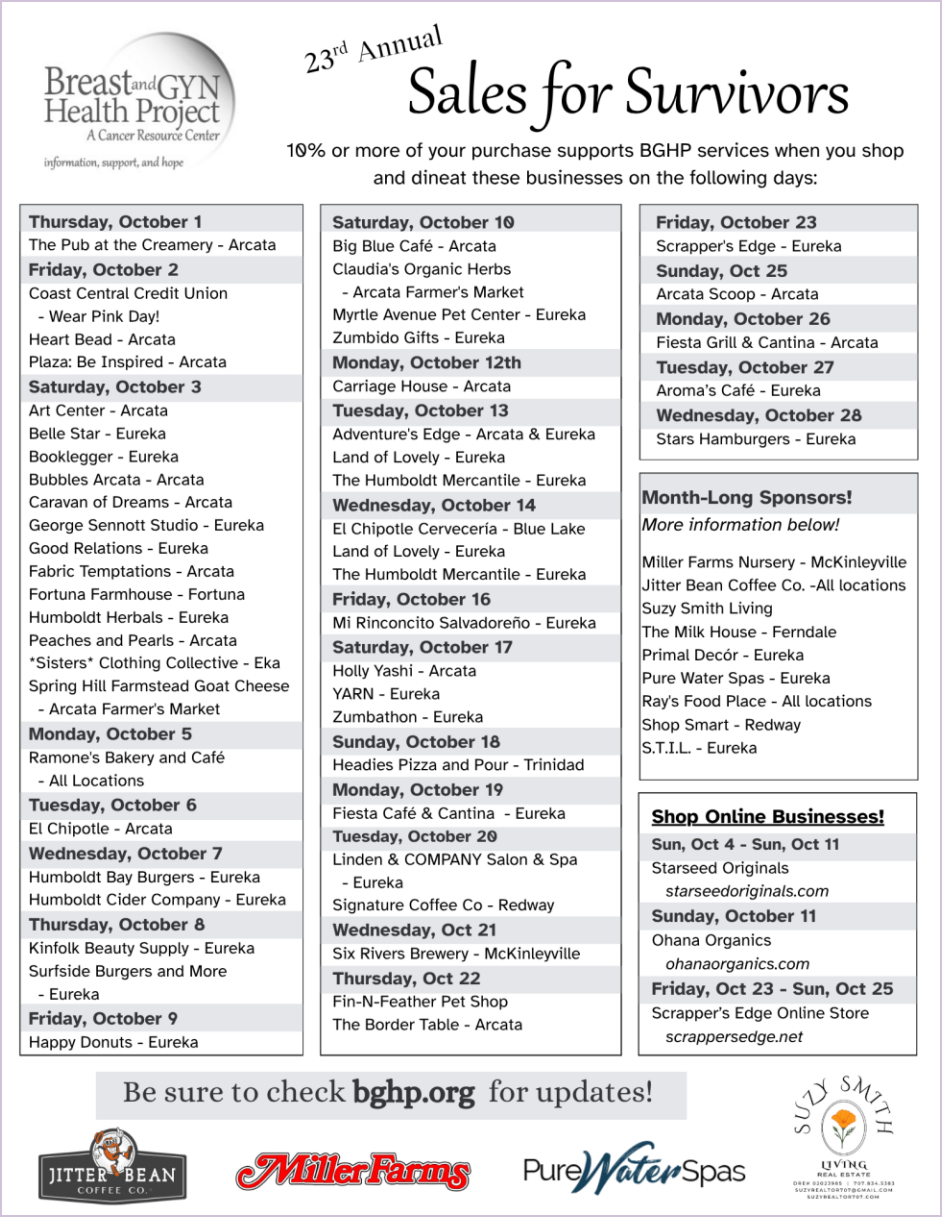
On Saturday, Oct. 3, select keynote sessions and breakouts from the Summit will be available by livestream through Flourish. Register for FREE Here

The Living Beyond Breast Cancer website is filled with practical resources for coping, managing, living with breast cancer.

Navigating Menopause After Cancer podcast is created and hosted by Dani Binnington. Every week, she sits down with leading medical experts and people with lived experience to explore the questions that matter after a cancer diagnosis - from treatment options and symptom management to mental health, sexual wellbeing, relationships, exercise, nutrition and rebuilding life after cancer. LISTEN HERE.

The Menopause and Cancer website brings together a community of experts with our community of patients to connect, share and educate.

Sales for Survivors is Next Month!



Special Activities

The Pub at the Creamery

Thursday, October 1st from 4-9pm

Month-Long Supporters

Pure Water Spas

A portion of your purchase benefits BGHP!

Ray's Food Place and Shop Smart

Pints for Nonprofits: $1 from every beverage (except bottles/cans) will be donated to BGHP!

Coast Central Credit Union

Friday, October 2nd

Wear Pink Day! Employees and customers are encouraged to wear pink in honor of Breast Cancer Awareness Month.

Humboldt Cider Company

Wednesday, October 7th from 4-8pm

Pints for Nonprofits: 20% of sales will be donated to BGHP! **Humboldt Bay Burgers** food truck will also donate a portion of their sales.

Zumbathon at the Adorni Center

Party in Pink! - Saturday, October 17th at 2pm

Dance, raffle, and laughs! Exercise in disguise to support BGHP and local cancer patients. Remember - wear pink!

Linden & COMPANY Salon & Spa

Tuesday, October 20th

100% of all services donated to BGHP. Make your appointment now!

Six Rivers Brewery

Wednesday, October 21st - All Day

Pints for Nonprofits: $1 from every draft drink will be donated to BGHP!

Blue Lake Volunteer Fire Department

5th Annual Breast Cancer Awareness Bake Sale. Date TBD.

Round-up at the register for BGHP

at Ray's in Arcata, Fortuna, Garberville, and Willow Creek or Shop Smart in Redway.

Primal Decór Tattoo & Body Piercing Studio

$5 donated from every nipple piercing and merchandise purchase!

S.T.I.L

100% of Boobie Bath Bomb sales will benefit BGHP!

Eureka Police Department

Proceeds from their 2026 Pink Patch Project sticker will be donated to BGHP.

Humboldt County Sheriff's Office

Proceeds from their 2026 Pink Patch Project sticker and patch will be donated to BGHP.

Miller Farms Nursery

Jitter Bean Coffee Co.

Suzy Smith Living ~ Suzy Smith, Realtor

The Milk House

Calling all Knitters and Crocheters!

Are you looking for ways to use your craft to benefit others? You can knit Chemo Hats for BGHP clients from soft, washable yarn! Our friends at YARN in Eureka recommend using Malabrigo Rios (pictured) or Berroco Vintage yarns because they don't irritate sensitive skin.

Volunteer Opportunities & Appreciations

Jessie, Lisa, and Erica biked all the way to UCSF to raise funds for BGHP's Integrative Wellness Fund! Thank you to these incredible ladies for making it easier for our clients to try alternative healing modalities.

There are many ways to help in the coming months! You can volunteer at our home in Eureka or help with events in the community:

Fold Donation Envelopes: Sept 11th from 9am-5pm at BGHP. Help for 30 minutes or all day - drop in when it's convenient for you!

Fall Newsletter Bulk Mailing: Sept 14th & 15th from 9am-5pm at BGHP. Help for 30 minutes or all day - whatever works for you. We'll be stuffing and labeling envelopes (Sept 16th from 11am-1pm if needed).

Pints for Nonprofits Event Tabling: Oct 1st at The Pub at the Creamery, Oct 7th at Humboldt Cider Company, and Oct 21st at Six Rivers Brewery. 1-2 people to table at each event and talk with folks about BGHP's mission and services.

Party in Pink! Zumbathon: Oct 17th at the Adorni Center in Eureka from noon to 5pm. MANY volunteers needed to set up for the event, help with the raffle, clean up, and provide encouragement for participants. Zumbathon takes place from 2pm-4pm.

*To volunteer for any of these tasks, please email ***volunteer@hcbhp.org*** or **call 707-825-8345**.*

BGHP extends our heartfelt appreciation to:

- **Shady Lady Window Coverings & Design** for your exceptional and speedy help with our new blinds.
- **Furniture Design Center** for your help selecting new furniture.
- **Ryan Damm** from RS Metalworks for your skill in repairing the gate at our former Arcata home.
- **Humboldt Moving and Storage** for moving our final pieces of bulky furniture, picnic table, and more!
- **YARN** for giving advice and encouragement to volunteer knitters.
- **Myrtle Avenue Pet Center** for letting us use their bathroom while ours were temporarily out of commission. What a relief to have such great neighbors!
- **Bojan Ingle and Jenifer Pace** for eagle-eyed editing of our Fall Newsletter.
- **Victor Garcia and the VG Landscape crew** for kindly sprucing up our "front yard" with wood chips and doing more clean-up work.
- **Jes Karper, Contractor**, for patiently building our new shed and reinforcing its platform.
- **Ingrid and Gavin** for dismantling our old shed to make room for the new one!
- **Mir de Silva** for designing our first outdoor mural!
- **Ingrid Bailey** for moving the garden shed from the 8th Street yard.
- **Sara Ramirez** for your invaluable Spanish translation for our clients.
- **Diane Lonn** for your detail-oriented data entry skills.
- **Tera Mar, Kate Manley, Sarah Manley, and Debby Darsey** for creating beautiful ChemoBags for our clients.
- **Genia Garibaldi** for restocking our Medical Records Binder supply.

BGHP recognizes the continued support of:

Board of Directors: Priscilla Lynn (President), Elizabeth Wardell (Secretary), Keri Furtado (Treasurer), Celena Donahue, Carla Diaz, Betty Cortes Garcia, Becky Giacomini, Michelle Hasting, Lancey Johnston, Spencer Peña, Brady Shamp, Deanna Franklin, and Harriet Watson

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Services & Office Support: Eva Laevastu (Salesforce & Website)

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