

—Nancy Matlock (1948-1994)

“Hopefully, with community support, WomenCARE can begin to mobilize the activist energy that exists in Santa Cruz to take a stand against the nation’s number one killer.”

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Women’s Cancer Advocacy, Resources & Education  
P.O. BOX 944 · SANTA CRUZ, CA 95061 · 457-2273

# WomenCARE

## WomenCARE’s Statement of Philosophy

WomenCARE is a community of women which provides advocacy, resources, education and support to all women with cancer, their families, friends, and health practitioners throughout diagnosis, healing, surviving, or dying.

WomenCARE is directed and led primarily by women with cancer or a cancer history.

WomenCARE respects and depends upon the wisdom that comes from a diversity of culture, economic background, age, sexual orientation, and physical ability and thus strives to be an organization embracing the widest diversity of women.

Cancer weaves innumerable changes—small and profound—into women’s lives. We acknowledge cancer as a complicated disease that can strike any woman. We believe that no woman is to blame for getting cancer. WomenCARE honors the unique relationship each individual has to cancer.

WomenCARE helps women to explore diagnostic and treatment choices from worldwide and multicultural options using information and common sense. We honor and respect a woman’s individual decisions, including choosing not to begin or not to continue treatment.

In coalition with other organizations, WomenCARE is committed to uncovering and challenging the current politics of cancer. We strive to rectify the insufficient funding for prevention, education, treatment, and research of women’s cancers as well as the inequitable access to medical and alternative treatments and quality support services.

WomenCARE understands the necessity of, and is committed to, creating an organizational structure and process which promotes the health and well-being of all women involved in WomenCARE.

WomenCARE’s services are provided FREE to women with cancer (or a cancer history) and their families and friends. For more information, call 457-CARE (457-2273).

# FALL 2004 Women CARE

Women's Cancer Advocacy, Resources & Education

FREE SUPPORTIVE SERVICES FOR WOMEN WITH CANCER

JOIN US FOR WOMENCARE'S 8TH ANNUAL BOWLING BENEFIT

## Strike Out Against Cancer

**Saturday Afternoon,  
October 23rd**

**The Boardwalk Bowl, Santa Cruz**

You may ask, *Why bowl?* WomenCARE asked that question, too. But we only asked once, and following our 1st event in 1997, we were certain of the answer:

We bowl because it's fun, it's easy, and it's profitable!!!

Many of our bowlers return year after year, anxious to play, eager to sign up more teams, and inspired to raise more money. These enthusiastic members of our community participate for many different reasons...but, what they all share is a deep commitment to WomenCARE and our wide range of services for Santa Cruz County women living with cancer, their families and their caretakers.

You may ask again, *Why bowl?* Well, we spoke to a couple of our devoted captains and here is what they said:

**Kathy Pearson** (Mom & Public School Art Teacher)

*"The Strike Out Against Cancer event provides me with a unique opportunity to help other women - local women. We are all friends and families, together in our community, and we need to support and care for each other."*

*"When my close friend Cindy died, I found a way to honor and memorialize her through my participation with WomenCARE. Last year I put together 3 teams, 15 bowlers (see photo). This October I plan to have more...I'll simply invite my friends to join in and help this important organization...WomenCARE provides crucial support at a difficult time in people's lives."*

**Michele Hobbs** (former WomenCARE Board Chair and member, Graphic Artist)

*"The first year that I participated in the Strike-out-Against Cancer bowling*



*benefit for WomenCARE, I realized that instead of simply asking four friends to join my team, I could ask those four friends if they'd be willing to organize a team. That meant we brought in five times the amount we would have otherwise...and we had a great time doing it!"*

*Michele, who has organized several teams each year, adds: "I always host a little post-bowling event for all my teams. It doesn't have to be expensive - sometimes just pizza or a little gathering at my place - but it's become a way of thanking them for their time and effort on behalf of WomenCARE, while at the same time making the benefit a day for family and friends to get together and catch up."*

WomenCARE thanks Kathy and Michele, and all of our other team captains, their dedicated team members and their contributors, as well as our generous sponsors, prize donators, and volunteers.

*Talk it up with your friends, family, co-workers...everyone!*

*Call today to register a team or yourself. 831-426-6387*

STRIKE OUT AGAINST CANCER is co-sponsored by Donald Richards, Seagate Technology, Brinks Trophy Shoppe, George Ow Family Properties, Robert Taren Attorney at Law, Boardwalk Bowl, Toyota of Santa Cruz, and Subaru of Santa Cruz.

## DIRECTOR'S MESSAGE

WomenCARE has been challenged over the past year to maintain its grass-roots nature while responding to multiple demands for mature growth strategies. In an atmosphere of county and state budget cuts we are, like many other social service agencies, having to face difficult decisions in order to maintain a healthy budget. Fortunately our reputation for providing reliable and much needed services has earned us recent grant awards from The California Wellness Foundation and The Community Foundation of Santa Cruz County. These grants totaling \$140,000 over three years are designed to help us support core operation expenses while we assess just where we are at this pivotal time in our development, and how best to strengthen our organizational base to support a successful future.

In this issue you will read about the vital services provided by our Entre Nosotras staff, using a highly personalized, culturally appropriate outreach model for Spanish speaking women with cancer. You will read about an exciting new outreach tool—*Further to Fly* a short film designed to meet the needs of newly diagnosed women in various healthcare settings. We expect to have this video widely distributed throughout the country by January 2005.

When cancer strikes mothers of young children, it's a tremendous blow. Debra Houston, MFT offers guidance for families where children have to worry about how their mother's cancer will affect their lives.

It is always through the generous support of community donors and volunteers that WomenCARE remains strong and vital. Featured in this newsletter is our beloved office volunteer, Vicki Blanchette. Jeni Brill pays tribute to the phenomenal work of The Santa Cruz County Cancer Benefit Group.

As we bid a fond farewell to Jeni Brill, we are very happy to welcome our incoming administrative assistant, Allison Titley, whose lifelong commitment to supporting the health and wellbeing of women and children, qualify her to assuming the multiple challenges at WomenCARE.



**Connie Batten,  
Director**

## BOOKS FOR CHILDREN

**THE HOPE TREE - KIDS TALK ABOUT BREAST CANCER** by Laura Numeroff and Wendy Harpham, M.D. This book is written from the child's view about what it is like to have a mom with cancer. Provides insights, advice and hope.

**WHEN SOMEONE HAS A VERY SERIOUS ILLNESS** by Marge Heegaard. A workbook for kids that facilitates the expression of feelings and teaches coping skills.

**WHEN MOMMY IS SICK** by Ferne Sherkin-Langer. The story of a young girl facing her concerns and feelings related to her mother's illness.

**SAMMY'S MOMMY HAS CANCER** by Sherry Kohlenberg. A sensitive story that addresses the changes in a child's life when mother is diagnosed with cancer.

## BOOKS FOR ADULTS

**WHEN A PARENT HAS CANCER** by Wendy Schlessel Harpham. A guidebook to help parents raise children while they have a life threatening illness.

**HOW TO HELP CHILDREN THROUGH A PARENT'S SERIOUS ILLNESS** by Kathleen McCue. A book that helps parents support children and gain resilience.

**PREPARING THE CHILDREN - INFORMATION AND IDEAS FOR FAMILIES FACING TERMINAL ILLNESS AND DEATH** by Kathy Nussbaum. Gives insight and information into the needs of children and creative ways to meet their needs.

Children and youth who are living with someone with a serious illness can receive support through the grief and loss program of Hospice Caring Project @ 688-7684.

# When a Mother Has Cancer

*Debra Houston*

*Children's Grief Coordinator, Hospice Caring Project*

A new life journey is shaped the moment a cancer diagnosis is given. Like hiking in the wilderness, you have been traveling life's trail with your trusty backpack of food, clothes, a compass and a book as your companion. Then, abruptly, you are startled to discover uncharted territory: a valley without a path, a mountain seemingly too steep to climb, an incoming storm. Will your resources and provisions be adequate to meet this new challenge?

A diagnosis of cancer puts women into unknown territory, where the routes are confusing and the directions are unclear. For a mother the path can be even more daunting. Does she tell her children about this very serious illness? If so, how? What words does she use? What does she tell her children as treatment begins and physical changes occur? How does she support their emotional needs? How does she help them continue their lives while she sorts through her own feelings? There are no easy answers, but there are some guidelines to ease the complexity.

Honesty and openness with children during this time are guiding principles, though not easy ones to follow. Being honest can be painful. It is natural to want to protect children from hearing information that will disturb them and deeply impact their lives—yet honesty is incredibly important. Without honesty, children can feel forgotten. Without honesty, children can make up their own scary stories about what is happening. Without honesty, children can feel lied to.

Being honest doesn't always mean telling everything that you know. Younger children need less information with fewer details, while older children may want to know more about surgery or other treatments.

Here are some essential guidelines for a mother living with cancer: As a general rule, tell children that you are seriously ill, tell them the name of your cancer and tell them what may happen, to the best of your understanding. Let your child take the lead about how many details to share. Listen carefully to his or her questions and then answer with age-appropriate honesty.

There are three common questions that children ask when they are living with someone with cancer. They may not directly ask these questions, but the queries are probably in their hearts and need to be addressed. The first is "Did I cause this?" It's a common question, because, developmentally, children believe that whatever happens around them is because of them. A six year old boy believed that he caused his aunt to get cancer because he had a tendency to be angry and hit others. His thinking was, "She didn't like it when I was angry. My anger made her get cancer." Children need to be reassured that their actions did not cause the illness.

The second question is "Can this happen to me?" In response, children need to hear that your cancer is not something that they could "catch," that it is not a contagious disease. Of course, some children do struggle with cancer.



# Further to Fly: WomenCARE's Exciting Video Nears Debut

Surely one of the most difficult sentences a physician ever has to utter is, "Test results indicate that you have cancer." Anyone who has received this news knows the swirl of sudden disbelief and fear that descends at that moment.

It has long been a goal of WomenCARE's board of directors to help create a short, easily accessible film that would help decrease the sense of isolation, disorientation and fear at such a time. We envisioned a film in which women would speak honestly about their own experiences, showing others how they had found their way through the uncharted terrain of their individual cancer journeys.

While it was clear that such a film would be a valuable asset to a newly diagnosed woman who might not have the concentration to read a pamphlet, or the energy to get on the internet, or the courage to call a friend, it wasn't clear how we would raise the necessary funds—a minimum of \$10,000 for the quality of film we had in mind. Then one day last fall serendipity brought Linda Cicada and Oma Richmond to our door. Owners of independent film company, Worldwind Enterprise, these two women had been inspired by WomenCARE's work in the community. They wanted to make a film very similar to the one we had envisioned. They offered to get started collecting footage while we worked on fundraising. All of us set to work. We compared notes, we honed our intentions, we moved forward.

Boardmember Diane Grunes and her husband Howard challenged WomenCARE to match their \$5000 donation. Production and fundraising began in earnest.

Linda and Oma have sought and received permission from the artists to incorporate Holly Near's rendering of Paul Simon's song, *Further to Fly* as the underlying musical theme, and as the source for the title of this encouraging message from women with cancer to women with cancer. They have filmed and transcribed 25 hours of interviews with 15 WomenCARE support group participants and facilitators, board members, and physicians. They have selected and distilled the essence of these interviews, weaving them together with day to day comings and goings at the WomenCARE office, with images from nature and with original music by Steven Walters and Gwendolyn Watson. They are nearing completion of a deeply moving, and compelling film.



~

*There may come a  
time when you'll  
be tired,  
tired as a dream  
that wants to die  
Further to fly,  
further to fly.*

*Please consider becoming a Further to Fly sponsor. All donors will be invited to meet the filmmakers and those who appear in the film at a wine and cheese reception for the premiere showing of this film this fall.*

## YES! I WANT TO SEE WOMENCARE'S FURTHER TO FLY VIDEO LIFT OFF!

Here's my donation to help the video reach doctors' offices Countywide.

- \_\_\_\_\_ \$1000 or more Gold Wings
- \_\_\_\_\_ \$500 – \$999 Silver Wings
- \_\_\_\_\_ \$250 – \$499 Lavender Wings
- \_\_\_\_\_ \$100 – 249 Magenta Wings
- \_\_\_\_\_ \$25 – \$99 Crimson Wings

Please send me an invitation for the Premiere showing and reception.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Donors will be acknowledged at the Premiere

Mark your donation 'For Video,' and Mail with this form to:

WomenCARE  
PO Box 944  
Santa Cruz, CA 95061



## WOMENCARE

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LaVerne Coleman

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The WomenCARE Newsletter is brought to you through the countless volunteer hours of those listed below. Input, ideas and sponsorship of future issues are welcome and needed. Enjoy!

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Articles printed reflect the authors' opinions and are not necessarily those of WomenCARE. Editorials are not intended as medical advice, and publisher disclaims any liability for use of medical information and results thereof.

## Volunteer



Vicki Blanchette is clearly a woman who knows how to make a commitment. She married twice, once for 19 years and currently for 20. She jokes that she and her youngest child started school together and it took her 27 years to graduate. Or retire, as the case may be, from the Soquel school district where she worked as a dedicated staff member for nearly three decades. As Vicki approaches her second anniversary with WomenCARE, we're hoping for the same kind of long term relationship with her.

Vicki is our Wednesday morning wonder woman. As an office volunteer she responds to phone calls with knowledge and compassion. She handles new client intakes with great sensitivity. She loves doing data entry and keeps our Resources and Free Services binders updated. She handles our mailing requests and various and sundry other tasks. And, she's always pleasant! Our office manager, Allison Titley, says, "Vicki brings a real grounding to things. She's a clear thinker who always knows what she needs to do when she walks in."

When asked why she chose to bring her volunteer talents to WomenCARE, she quickly names three reasons. "One, I like the family of women. I wanted to keep my community of women after I retired. Two, I feel I can make a difference when interacting with clients. Three, I like to do office work!" She insists that volunteering is self serving. "That adage is true: I get more out of it than I give."

As a woman who herself has walked the cancer path, Vicki knows she has something to offer. In addition to her role in the office, she has given peer support to two newly diagnosed women. She was a Navigator in WomenCARE's Peer Navigator Project (a clinical trial for women with breast cancer), and says that positive experience later led her to join the agency's Sisters Offering Support program, which provides peer support to women with any type of cancer.

Meaningful relating seems to be a theme in this woman's life. So much of her work at WomenCARE is about quality relationships, and so it is when Vicki speaks of her passion for travel. In Egypt, just after 9-11, she found herself alone with a young native man watching the sun rise over Mount Sinai. In talking with him she realized they both wanted the same basic things in life, mainly peace for the world. In China it wasn't the Great Wall she detailed but rather a visit



# Highlight

By LaVerne Coleman

to People's Park in Beijing and having dinner with a Chinese family she and her husband met there.

Vicki was born in Richmond, California. She moved to Santa Cruz when she was three and never left—except for her extensive travel adventures. In her passport one would find stamps from Europe, Southeast Asia, and Mexico in addition to Egypt and China. There was no need for a passport as she and her husband traversed the U.S. in a VW van for 3 months.

When asked, love it as she might, travel was not named as Vicki's first passion, but rather, "My grandkids, of course," she stated with no hesitation. With a sparkle in her eyes, she spoke of her Monday tea parties with the six and a half year old and of Little League and basketball games with the older ones. And, there's the one year old in Pacifica who she visits frequently because "I want her to know me."

When this busy retired woman was asked if she had any unfulfilled dreams she smiled and said, "To be a figure skater." Vicki explained that she never had the nerve nor the drive to skate competitively but would like it for her own enjoyment. She sees it as a complete expression of music which 'touches [her] in a way nothing else does.' When asked about her favorite music genre she rather shyly confessed, "In the car I listen to country and western

*"Vicki brings a real grounding to things. She's a clear thinker who always knows what she needs to do when she walks in."*

because I like the story."

This woman who enjoys adventures and the stories that relationships offer—near and far, young and old—says cancer offered her greatest life learning. "I got it that I'm stronger than I ever thought," she shared. "I just dealt with it; I never felt sorry for myself, but I did have incredible support from family and friends."

Expressions of love in myriad ways were the most important support she received, though practical help was great, too. She still uses and treasures a quilt that coworkers made. Each person contributed a panel which, when pieced together, made a quilt that could be folded neatly into a pillow and taken to chemotherapy with her.

Her advice to women on the cancer journey: accept all the support offered. WomenCARE's advice to the community: may you all live as well and give as generously as Vicki Blanchette.



## VOLUNTEER OPPORTUNITIES

- **Office Assistance:** (3 hours a week minimum)Volunteers provide phone counseling and resource referral for clients, work on special projects, help with general maintenance of services.
- **Sisters Offering Support (SOS):** Trained cancer survivors offer one on one peer support to a newly diagnosed woman with any kind of cancer.
- **Practical Support:** (1-3 hours weekly) Volunteers provide meals, child care, transportation,light house-cleaning, etc. for women who are receiving cancer treatment.
- **Support Group Facilitation:** (4-8 hours a month) Professional and peer volunteers to provide structure and guidance for groups where women with cancer and their families explore their feelings and receive understanding support.
- **Peer Navigator Project (PNP):** This is a clinical trial for women living with breast cancer. Survivors offer one on one peer support to a newly diagnosed woman.
- **Certified Bodywork & Body Care Practitioners:** Massage, energy work, acupuncture, yoga, etc.
- **Special Events and Special Projects:** Time limited help with tasks related to special WomenCARE events.
- **Website Maintenance**

## UPCOMING EVENTS & BENEFITS

Call 457-2273 for information

**September 11th & 12th 2004**

### *Healing Journeys*

Memorial Auditorium, Sacramento. Cancer as a Turning Point from Surviving to Thriving, a FREE two-day event for anyone touched by cancer – patients, survivors, friends, family & healthcare providers. Pre-registration is necessary. For on-line registration and information go to [www.healingjourneys.org](http://www.healingjourneys.org). To receive a brochure, call 1-800-423-9882.

**October 3rd 2004**

### *Harvest Food and Wine Festival*

Aptos Park, Aptos. Come graze on local organic foods prepared by Santa Cruz chefs. Regional wines, beers and juices. Local entertainers. More information in “Angels in the Wing” column.

**October 13th 2004, 2-6 pm**

### *2nd Annual Women's Expo*

Cocoanut Grove, Santa Cruz  
Sponsored by The Santa Cruz Sentinel, The Women's Expo is designed as a networking event to bring the community of women together. Proceeds benefit local women's charities, including WomenCARE. For information call 429-2434

**October 23rd 2004**

### *WomenCARE's 8th Annual Strike Out Against Cancer*

Don't miss this opportunity to get together with friends to bowl, have fun, raise money and awareness. See front cover and flyer insert for details. To register call Diane Grunes at 426-6387.

## Recipes for Health

### **GINGER-SESAME SALMON**

This is a perfect combination of healthy ingredients. Ginger helps calm the stomach and increase appetite, sesame and salmon are excellent sources of essential fatty acids providing energy and health in one delicious entrée. Enjoy this at lunch or in the evening, hot or cold.

- 4 salmon steaks (about 2 pounds total wt.)
- 1 tablespoon fresh minced ginger root
- 1 teaspoon fresh lemon juice
- 2 green onions, cut in strips
- 1 cup water
- 1 clove crushed garlic
- 2 teaspoons soy sauce
- 1 tablespoon sesame oil
- 2 teaspoons rice vinegar

Place the water and fresh lemon juice in a deep non-stick sauté pan or skillet.

Bring to a boil. Place the salmon steaks in the water and cover the pan. Reduce the heat and simmer very gently for 6-8 minutes until the fish is opaque in color. Arrange the salmon on a warm serving dish. Mix the soy sauce, rice vinegar and ginger together and spoon over the salmon. Cut the green onions into thin strips and scatter over the top of the fish. In a small pan combine the garlic and sesame oil. Warm the mixture until it browns and drizzle over the top of the fish. Serve hot.

**Notes:** Excellent source of Vitamin C, B6, B12, B1, Folate and Niacin. Good source of Vitamin B2, Iron and Zinc.

Serves: 4	Prep Time: 0:20
Calories 254	Carbohydrate 6g
Cholesterol 88mg	Protein 36g
Fat 9g	Dietary Fiber 2g
% Calories from fat 33%	



### **PHYTOMINERAL SOUP**

This provides a wide variety of essential minerals and trace elements useful in maintaining optimal health. Make this soup in bulk and freeze individual serving sizes. I have seen people who say that years after recovering from cancer they still eat this soup on a regular basis because they love it.

- 1 medium chopped onion
- 1/2 cup firm tofu
- 2 sticks chopped celery
- 2 cups spinach leaves, chopped fine
- 4 cloves crushed garlic
- 1/2 cup chopped parsley
- 1 teaspoon curry powder
- 1 teaspoon thyme
- 2 medium sliced carrots
- 1/2 teaspoon rosemary
- 1/2 cup corn
- 1 tablespoon olive oil
- 1 15 ounce can tomatoes
- 5 cups water
- 1 packet vegetable bouillon cube
- pinch salt

- 1 cup frozen peas
- 1/4 teaspoon black pepper, fresh ground

Heat the oil in a large non-stick skillet. Sauté the onions and garlic for 3-5 minutes. Add the celery and carrots and sauté for a further 2 minutes. Add the corn, tomatoes, parsley, thyme, rosemary and sage. Dissolve the packet of vegetable broth in a cup of boiling water. Add to the pan with 4 more cups of water. Bring to a boil, cover and reduce the heat. Simmer for 20 minutes. Add the peas, tofu and spinach. Season to taste and simmer for 5 more minutes.

**Notes:** Excellent source of Vitamin C, A, B6, Folate and Iron. Good source of Vitamin B1, B2, Niacin, Calcium and Zinc.

Serves: 6	Prep Time: 0:30
Calories 153	Carbohydrate 23g
Cholesterol 0mg	Protein 7g
Fat 4g	Dietary Fiber 4g
% Calories from fat 24%	

# Overview of Nutrition in Cancer Care

Tumors may produce chemicals that change the way the body uses certain nutrients. The body's use of protein, carbohydrates, and fat may be affected, especially by tumors of the stomach or intestines. A patient may appear to be eating enough, but the body may not be able to absorb all the nutrients from the food. Diets higher in protein and calories can help correct this. That is why, it is important to monitor nutrition from the beginning of the illness.

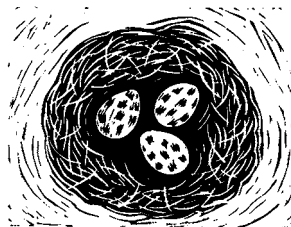
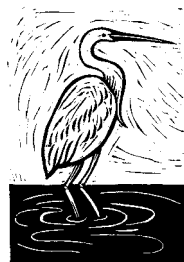
Cancer and cancer treatments may cause nutrition-related side effects.

The diet is an important part of cancer treatment. Eating the right kinds of foods before, during, and after treatment can help the patient feel better and stay stronger. To ensure proper nutrition, a person has to eat and drink enough of the foods that contain key nutrients (vitamins, minerals, protein, carbohydrates, fat, and water). For many patients, however, some side effects of cancer and cancer treatments make it difficult to eat well. Appetite, taste, and the ability to eat enough food or absorb the nutrients from food may be affected. Malnutrition (lack of key nutrients) can result, causing the patient to be weak, tired, and unable to resist infections or withstand cancer therapies. Eating too little protein and calories is the most common nutrition problem facing many cancer patients. Protein and calories are important for healing, fighting infection, and providing energy.

Good eating habits during cancer care help the patient cope with the effects of the cancer and its treatment.

Nutrition therapy can help cancer patients get the nutrients needed to maintain body weight and strength, prevent body tissue from breaking down, rebuild tissue, and fight infection. Eating guidelines for cancer patients can be very different from the usual suggestions for healthful eating. Nutrition recommendations for cancer patients are designed to help the patient cope with the effects of the cancer and its treatment. Some cancer treatments are more effective if the patient is well nourished and getting enough calories and protein in the diet. People who eat well during cancer treatment may even be able to handle higher doses of certain treatments. Talk to your doctor about what diet is most convenient for you. Remember that people's systems are different and unique.

**(ADAPTED FROM THE ARTICLE "EFFECT OF CANCER TREATMENT ON NUTRITION"  
PUBLISHED BY THE NATIONAL CANCER INSTITUTE.)**



## WOMENCARE'S SUPPORT GROUPS

**TO REGISTER PLEASE CALL  
WOMENCARE 457-2273.  
ADVANCE REGISTRATION IS REQUIRED.**

### *Drop-In Group for Women with Cancer*

- Alternate Tuesdays  
12:30-2:00pm.
- Open to women with all types of cancer from diagnosis through treatment and the healing process.

### *Friends & Family Group*

- Alternate Mondays  
6:30-8:00pm
- Open to all friends and loved ones of people with cancer.
- A place to meet others who understand.

### *Entre Nosotras Group*

- Open to Spanish speaking women with all types of cancer from diagnosis through treatment and the healing process.
- Call 761-3973

### *Post Treatment Group*

- Designed for women who have finished conventional treatments for cancer.
- Call for details.

### *Metastatic Group Group*

- Every Monday  
1:30-3pm
- Open to women who are living with metastatic or advanced cancer or have experienced a recurrence.

## GET INVOLVED WITH ENTRE NOSOTRAS

If you would like to help or get involved, please call our office at 761-3973. Donate an item in good condition for the garage sale, please let us know. You may also send any monetary contributions to: Entre Nosotras Office  
406 Main Street, Suite 309  
Watsonville, CA 95076  
Att'n: Maribel Valencia Castillo

## ENTRE NOSOTRAS THANKS YOU!!!

Our deepest gratitude will always be to *Dr. Tal Pomeroy* for his unconditional support and to the *Knights of Columbus* in Watsonville for their continuous generosity. Thank you to the Rotary Club for their direct contribution to help three clients with their basic needs. Finally, our sincere appreciation to our friends in the community who have contributed with time, in-kind, and other donations, in particular, Ciel Benedetto, La Plazita Medical Clinic—Dr. Jeff Solinas and Dora Solinas, ACS—Nancy Valdez, Amie Forest, Watsonville Community Hospital—Beth Copeland, Christina Cuevas, Defensa de Mujeres—Celia Organista, Planned Parenthood—Teresa Ontiveros, Jacob's Heart, Zoe Neves, Cathy JoDiaz, Diabetes Center—Teresa Martinez, Paola Bruni, Bruce Hobson, Cabrillo College, Shirley Flores, Carmen Robles, Fruteria Quetzal, Popo's Restaurant, and many others whose names would fill this page. To all of you, THANK YOU!!

## Dear Friends

By Maribel Valencia Castillo

Dear Friends,

On behalf of my coworkers Maribel Cuervo and Chila Correa, I would like to thank you for all your support to our Entre Nosotras Program. Entre Nosotras has operated in Santa Cruz County since 1998 thanks to your generosity. Although we lack many operational resources, we continue to deliver much needed services in our community and do not turn anyone away.

As you know, many Latino families in our community are touched by cancer. Latinas with cancer deal with fear and anxiety just like other women in mainstream society. However, they are also burdened with many additional concerns as they find out they have this illness. Imagine being in the middle of China, knowing that you are ill, wanting to get help, but because of your limited ability with the language and the medical system you are simply lost. Most of our clients go through an experience like this. Over 90% of our clients are farm workers with Limited English Proficiency (LEP) and with hardly any knowledge of the healthcare system here in the United States.

With your care and contributions Entre Nosotras is able to assist many of these women with coordination of services, access to information in Spanish, psychosocial support and, in many cases, transportation. Let me share Olga's story.

*Olga is in her thirties and the mother of five children. She came with her husband to this country three years ago. All this time she has managed to work in the fields along with her husband and her two eldest children, Juan, 14, and Pedro, 16. Her youngest children stay home with a neighbor. One day she went to a mobile clinic and found that she had ovarian cancer. Not knowing what to do or where to go, she did not tell anyone, not even her husband. She continued like that for over a month until she decided to tell her husband. He took her to the hospital.*

*Because she did not speak English, the hospital called our office to ask us to be present during her next appointment. Chila, our outreach worker, called her and found out that Olga did not want her children to know and was overwhelmed thinking she could die and that her children would suffer with her gone. She was worried that she would not be able to bring a second income home and they would be unable to pay rent or buy food. She was also worried that the hospital would call "la migra" (immigration patrol) and she would be deported along with her family.*

*Chila took it upon herself to interpret and translate for Olga while helping her navigate the healthcare system. She also connected Olga with many community services which provided her with food, emergency insurance and transportation. Most importantly, by being at her bedside before and after Olga's hysterectomy, Chila provided much needed psychosocial support. She later invited Olga to come to one of the three Entre Nosotras support groups in Watsonville.*

Your support of our program makes it possible for us to continue helping women like Olga and her family. We always accept donations and continue to search for ways to cover our operating costs. This year we are planning various fundraising efforts including a garage sale. Our immediate goal is to raise \$10,000 to be able to cover rent and utilities for a bigger office. We need a larger place where the support groups can meet and where our clients can come to talk to others informally, learn about services in the community and find ways to navigate the health system, in addition to receiving information about how to obtain wigs, hats and how to participate in self-help workshops.

Thank you for your kind attention. Please don't hesitate to call us if you have any questions or if you'd like to volunteer with us.

Much Regards, Maribel Valencia Castillo, MTS

# Apreciables amigas y amigos

By Maribel Valencia Castillo

En nombre de mis compañeras y mío, agradezco de antemano su apoyo a nuestro programa. Gracias a su apoyo Entre Nosotras ha continuado su labor en Watsonville y en el Condado de Santa Cruz. Los recursos con los que contamos son limitados pero no el entusiasmo que nos dirige.

Muchas familias Latinas enfrentan la incertidumbre de tener a un familiar con cáncer. Hombres, mujeres, jóvenes y niños padecen de cáncer en nuestra comunidad. Entre Nosotras se enfoca en asistir a mujeres con todo tipo de cáncer. Y quiero recalcar la palabra "todo", ya que por lo general se considera que programas como el nuestro sólo ayudan a mujeres con cáncer de seno. La realidad es que muchas Latinas enfrentan diferentes tipos de cáncer y Entre Nosotras les brinda apoyo a todas por igual.

Sabemos que cuando una mujer se entera de que tiene ésta enfermedad, la incertidumbre y el miedo se apoderan de ella. Más del 90% de nuestras clientas no hablan inglés, ni conocen a fondo el sistema médico estadounidense. El programa Entre Nosotras les ayuda a coordinar importantes servicios y les brinda acceso a información en español. Permítanme compartir la siguiente historia:

*\*Olga vino a este país hace tres años junto con su esposo y sus cinco hijos. Al lado de su esposo y sus dos hijos mayores Juan 14 y Pedro 16, Olga trabaja en el campo. Sus hijos mas chicos se quedan al cuidado de una vecina. Hace poco Olga fue a una clínica para que la revisaran pues había tenido problemas con su regla. Al cabo de unos días se entero que tenía cáncer en la matriz. Confundida y sin saber que hacer decidió no decirle nada a su esposo. Así siguió por mas de un mes, hasta que finalmente le dijo a su esposo lo que pasaba y éste la llevo al hospital.*

*El hospital llamó a nuestras oficinas para solicitar asistencia traduciendo durante la siguiente cita de Olga, ya que ella no habla inglés. Chila, la trabajadora comunitaria, atendió el llamado y se puso en contacto con Olga antes de su cita. De ese modo Chila se entero que Olga estaba muy preocupada, pues no quería que sus hijos se enteraran de su enfermedad. Ella no quería que ellos sufrieran por su culpa. También se entero que a Olga le preocupaba la idea de que no iba a poder trabajar y que pasarían hambre. Además, le horrorizaba pensar que el hospital le pudiera denunciar a la migra y que terminaran deportando a toda la familia, después de todo lo que habían pasado para cruzar la frontera.*

*Al hablar con Olga, Chila pudo contestar sus preguntas y le ayudo a aminorar algunos de sus miedos. Además, le informó sobre los tipos de servicios disponibles para ella y su familia, incluyendo comida, transportación y seguro médico. Pero en lo que Chila más ayudo fue al estar con Olga antes y después de su operación. El apoyo moral le sirvió mucho a Olga para salir adelante. Ahora Olga va a uno de los grupos de apoyo que se reúnen en Watsonville.*

El apoyo que ustedes nos brindan nos ayuda a seguir asistiendo a mujeres como Olga. Las donaciones monetarias son siempre bienvenidas, ya que siempre estamos buscando maneras de salir adelante económicamente. Estamos planeando varios eventos para recaudar fondos para lo que resta de este año. Nuestra meta es reunir por lo menos \$10,000 para solventar gastos y de personal y de poder rentar una oficina más grande. Necesitamos un espacio más grande para poder dar cabida en nuestros grupos de apoyo a mujeres como Olga. Los grupos de apoyo permiten que nuestra clientas se reúnan para compartir ideas e información, además de brindarse el apoyo emocional que sólo ellas saben darse.

Gracias por su amable atención y por favor, no dude en llamarnos si podemos contestar alguna pregunta. Hasta pronto.

Atentamente su servidora, Maribel Valencia Castillo, MTS

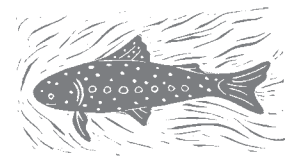
## ¿CÓMO AYUDARNOS?

Si usted quiere ayudarnos, por favor llámenos al 761-3973. Si tiene algún mueble o algún artículo en buen estado que desee donar para una venta de garaje, avísenos al mismo numero. O si prefiere mandarnos una donación monetaria deducible de impuestos, favor de enviarla a:

Entre Nosotras Program  
406 Main Street, Suite 309,  
Watsonville, CA 95076  
Att'n: Maribel Valencia Castillo

## ¡MIL GRACIAS!

Vaya nuestro más sincero y profundo agradecimiento para el Doctor Tal Pomeroy, por su apoyo incondicional, así como a los Knights of Columbus (Watsonville) por su gran generosidad. Gracias al Rotary Club por su generosa contribución para cubrir las necesidades básicas de tres de nuestras clientas. Finalmente, todo nuestro aprecio e infinita gratitud a todas aquellas personas que han contribuido con su talento y trabajo para que nuestro programa siga adelante. En especial queremos agradecerle a: Ciel Benedetto; La Plazita Medical Clinic - Dr. Jeff y Dora Solinas; ACS - Nancy Valdez; Amie Forest, Watsonville Community Hospital; Beth Copeland; Christina Cuevas; Defensa de Mujeres - Celia Organista; Planned Parenthood Watsonville - Teresa Ontiveros; Jacob's Heart; Zoe Neves; Cathy JoDiaz; Diabetes Center - Teresa Martínez; Paola Bruni; Bruce Hobson; Cabrillo College - Shirley Flores; Carmen Robles; Frutería Quetzal; Popo's Restaurant; y a todos ustedes amables lectores. Gracias.



# Aspectos generales de la nutrición en el tratamiento del cáncer

*Adaptado del artículo "La Nutrición en el Tratamiento del Cáncer" publicado por el Instituto Nacional de Cáncer.*

Los tumores pueden producir sustancias químicas que modifican la manera en que el cuerpo utiliza ciertas sustancias nutritivas. Esto puede afectar la manera en que el cuerpo utiliza las proteínas, carbohidratos y grasas, especialmente por parte de tumores del estómago o los intestinos. El paciente aparentemente ingiere alimentos suficientes pero el cuerpo no puede absorber todas las sustancias nutritivas de estos. Los regímenes alimenticios con contenido más alto de proteínas y calorías contribuyen a corregir esto. Por ello, es importante estar pendiente de la nutrición desde el comienzo de la enfermedad.

## **El cáncer y el tratamiento del cáncer pueden producir efectos secundarios relacionados con la nutrición.**

El régimen alimenticio es una parte importante del tratamiento del cáncer. El consumo de los tipos adecuados de alimentos antes, durante y después del tratamiento puede ayudar al paciente a sentirse mejor y conservar su fortaleza. A fin de garantizar una nutrición adecuada, el individuo debe comer y beber suficientes alimentos que contienen sustancias nutritivas fundamentales (vitaminas, minerales, proteínas, carbohidratos, grasas y agua). No obstante, en el caso de muchos pacientes, algunos efectos secundarios del cáncer y sus tratamientos dificultan la ingestión adecuada de alimentos. Se observan repercusiones en el apetito, el gusto y la capacidad de comer los suficientes alimentos o absorber las sustancias nutritivas de los alimentos. La desnutrición (falta de sustancias nutritivas clave) es una consecuencia probable,

con lo cual el paciente se siente débil, cansado e incapaz de resistir las infecciones o tolerar los tratamientos del cáncer. El consumo de cantidades insuficientes de proteínas y calorías es el problema de nutrición más común al que se enfrentan muchos pacientes de cáncer. Las proteínas y las calorías son importantes para la curación, la lucha contra la infección y el suministro de energía.

## **Buenos hábitos alimenticios durante el tratamiento del cáncer pueden ayudar al paciente a hacer frente a los efectos del cáncer y su tratamiento.**

La terapia de nutrición puede ayudar a los pacientes con cáncer a obtener las sustancias nutritivas que necesitan a fin de mantener el peso corporal y la fortaleza, evitar las lesiones en el tejido corporal, reconstruir tejido y combatir infecciones. Las pautas para el consumo de alimentos para los pacientes con cáncer pueden ser muy diferentes a las sugerencias usuales para el consumo saludable de alimentos. Las recomendaciones sobre nutrición para los pacientes con cáncer están diseñadas a fin de ayudarlos a tolerar los efectos del cáncer y su tratamiento. Algunos tratamientos del cáncer son más eficaces si el paciente está bien alimentado y consume las calorías y las proteínas necesarias en el régimen alimenticio. Las personas que comen bien durante el tratamiento pueden incluso tolerar dosis más altas de ciertos tratamientos. Hable con su doctor sobre cuál es la dieta más conveniente para usted. Recuerde que todos los organismos son diferentes y únicos.



*Si Dios te lleva a una situación,  
El te ayudará a salir.  
En momentos felices, alaba a Dios.  
En momentos difíciles, busca a Dios.  
En el silencio, venera a Dios.  
En momentos de dolor, confía en Dios.  
A cada momento, da gracias a Dios.*

## Excerpts from SURVIVING

By Brittany Romero (1966 – 2004)

For me—  
looking back on the years before my illness,  
I try to remember everything that was—  
including me.  
the way my hair fell on my shoulders,  
the way my parents seemed so carefree,  
the way my friends and I giggled,  
because up until then, everything in life was  
free.



And it's quite ironic, to me at least,  
that these three little words,  
would test all that I was, all that I am and all  
that I ever will be:  
“You have CANCER.”

### WHEN A MOTHER HAS CANCER

Continued from page 2

However, this is not the time for your children to learn that information. They need to be reassured that they will be safe.

Finally, kids often wonder, “Who will continue to take care of me now that Mom is sick? Who will do the things that Mom always did? Who will drive me to school or take me to my friends’ houses?” While living with a serious illness always involves changes in routine, it is important to reassure your children that you will maintain their schedule to the best of your abilities. Be sure to give them details about how this may happen. This is a place where friends can lend a hand.

The wilderness you and your children enter after a diagnosis can be challenging. Remember that your backpack holds a wealth of provisions that have served you in the past and will do so through your illness. Remind yourself of your resourcefulness and resiliency through other challenges you have faced. Reach out to other hikers who can share their survival skills with you. Honesty and openness are your guides as you traverse this difficult landscape.

## WOMENCARE'S HEALING CIRCLE

**OUR CURRENT LIST OF EDUCATIONAL  
AND EXPERIENTIAL GROUPS FOR  
WOMEN WITH CANCER. To SIGN UP,  
CALL WOMENCARE 831-457-2273.**

### *The Writing Circle*

**Meets 2nd and 4th Saturday  
each month, 10am - noon**

Open to the writer in each of us, this group allows for creative exploration in a supportive space right where you are. Each session is a surprise, our creations prompted by writing activities and the stories of our lives—bring your notebook, invite your muse. (Led by MaryBeth Varcados and guest writers)

### *Art for Healing*

**Meets 3rd Saturday  
each month, 10am - noon**

In a safe and encouraging atmosphere we paint, draw, glitter, glue, cut, tear, and use pastels, clay, natural and other materials to explore and express our deepest selves. No art experience necessary, just a willingness to play with art materials and listen tenderly to ourselves. (Led by Wendy Traber)

### *Spiritual Care Counseling*

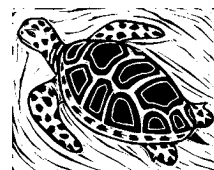
**Individual sessions available**

Honoring all pathways, spiritual counseling is individualized according to the needs and beliefs of each woman. Paulette holds the space for women to share, pray, sit in silence, channel spirit, or whatever moves them. (Led by Interfaith Minister, Paulette Forest)

### *Complementary Treatment Group*

**Meets 3rd Wednesday  
each month, 7 - 9pm**

An educational and collaborative group for women who want a safe place to gather, sort through, and share information about the many complementary cancer treatments available to them. (Led by Susan Beck, LAc, and Connie Batten, MFT)



# Angels in the Wings

*"In the Wake of Sadness"*

**A Tribute to the Santa Cruz Cancer Benefit Group**

**By Jeni Brill**

For many of us, feelings of frustration and helplessness in having a loved one living with or dying of cancer have become a part of our daily lives. I was personally touched when my own father died of liver and colon cancer 5 days after his 59th birthday. For the past several years it has been a great comfort for me to be involved with a group of people who have created a productive outlet for these feelings.

Nine years ago a small group of people, inspired by the loss of loved ones, formed what has now become a non-profit organization, The Santa Cruz Cancer Benefit Group (SCCBG). In 1995, this dedicated group initiated a successful fundraising event, the **Spring Forward Against Cancer Gala**, a benefit dinner and auction, held at the Chaminade of Santa Cruz when the clocks "spring forward." The Gala has become a way to honor our loved ones and raise funds for local organizations providing cancer care services. I first attended three years ago as a representative for WomenCARE and was amazed to be in a room of 300 people who shared my feelings. I haven't missed a Gala since!

The SCCBG has raised over \$300,000 in the past nine

years, giving 100% of profits to several beneficiaries. WomenCARE has been a grateful recipient for 5 years, receiving a total of \$37,500. In 2004, the group donated \$10,000 to WomenCARE's general fund, which is its largest contribution yet.

As if the Gala weren't enough for a small group to organize, the SCCBG is producing an additional event this fall. On **Sunday October 3, 2004**, it will launch the first annual **Harvest Food & Wine Festival** at Aptos Park. The Festival will be a casual affair where guests will "graze" on local and/or organic foods prepared by several of Santa Cruz's most talented chefs. The dishes will be complemented by regional wines, beers and juices. Local entertainers will create a leisurely mood for a Sunday afternoon in the park. If you are interested in attending, you may call 462-2106 for advance tickets.

Cheers! to the Santa Cruz Cancer Benefit Group for their tireless efforts and for giving us a positive path through the sorrow that cancer leaves in its wake. I want to personally thank the group members for their passion and, on behalf of WomenCARE, I thank them for their generous financial support over the years.



## THANKS TO WEST MARINE PRODUCTS

West Marine Products community outreach committee designated WomenCARE as the beneficiary of one of its in-house fundraisers. Headed by Skippy Comins, marketing, a bake sale was held and raised over \$790, a sum that was matched by the company.



# We Thank the Following for Their Generous Financial Support

Deborah Abbott, Joyce Angell, Susan Archibald, Patricia Benedetto, Cheri Bianchini, The Healthy Way, Cathy Bramanti, Pedro Carrillo, Marilyn Cahn, Jenny Carless, Penny & Chris Carless, Ann Chapin, Camille Chase, Shirley Chasen & Curt Coleman, Marge Davies, Lucille Des Jardins, Kirsten Commons, Elizabeth Darling, Karen Darocy, Florence Dobrin, Lynne Domhoff, Judy Dudley, Catherine Ellis, Mary Evans South, Kathy Ferraro, Hasanna Fletcher Ryan, Lane Forman, Susan Forrest, Bonnie Friedmann, Sandra Garland, Ginger Gerhardt, Sirleen Ghileri, Lynn Gordon, Diane and Howard Grunes, Julie Hawkins, Kristin Hayward, Nancy Heischman, Patricia & Lisa Herkins, Julie Hersch, MD, Henry Joa, Latino Chamber, El Chino Restaurant, Madelyn Keller, Carolyn & Steve Kessler, Francine Lapides, Joan Levine, Camouflauge, Janna Malizia, Jamama, Inc. dba: Curves, Moira & Gerald Malone, Joan Skewes-Cox Malone, Emily Martin, Kathy Martin, Carol Maynard, Dennis Maynez, Christine McGuire, Janet Merrick, Marilyn Mickelwait, Lesli Min, Helen Mitchell, Anne Murphy, Elisa Nelson, Martina Nicholson, MD, Brenda Nolen, Randy Nordstrom, Kathy Oismonson, Paradise Surfshop, Catherine Parry, Toni Parry, Lucille & Martin Pine, Alyce Prudden, Mary Repetti, Sandy Rice, Donald Richards, Eleanor Rosenast, Wayne Ross, Santa Cruz Cancer Benefit Group, Joan Schatz, Jane Schwamberger, Cathy Jo Seitchik Diaz, Bettianne Shoney Sien, Sybil & Harry Sokol, Claudia Stefani, Joan Schatz, Jane Schwamberger, Adrienne & Jack Stein, Claudia Sternbach, Jeff Thompson, Andy Todd, Clove Tsindle, Marita Trobough, The Next Step, Lorraine Washington, Phyllis Wasserstrom, West Marine Products Inc., Nancy Wilcox, Margaret Ysselstein, Joan Zimmerman

## Thanks to those who have donated time and services

Mariposa Bernstein, Torri Quintero, Kate Avraham, Denise Ryan, Kristiana Jourgensen, Jeni Brill, Path Star, Maggie Tranchina, Vicki Blanchette, Sylvia Brown, Ellie Gagnon, Maya Sapper, Lila Adair, Hue-thanh Bergevin, Toni Crossen, Christina Ensminger, Joyce Mangouney, The Flower Shack, Mary Ann Kaplan and her Soroptomist helpers, Kathleen Flowers, Carol Housner, Sandia Belgrade, Robin Lopez-Lysne, Magdalena Zschokke, Maggie Paul, Maribel Cuervo, Denise Lee, Diane Adams, Aunt Nettie's, Deborah Wine, Peggy Casper, Cindy Meyer, Alicia Keene, Ginger Gerhardt, Laurie Goldstein, Kathy Sund, Delia Farquhar, Marge Davies, Susan Hancey, Stacey Naman Grant, Wendy Traber, Elizabeth Skolnik, Michele Allen, Staci Sambol, and Zoe Neves

*Donations from January to August 2002. We apologize for any unintended omissions.*

## DONATIONS RECEIVED IN MEMORY OF

Linda Gerhardt  
Jane Stevens  
Sally Schwartz  
Catherine Macleod  
Orville Rackley Jr.  
Eva Blackwood  
Christian Hamel  
Viola Yule

## DONATIONS RECEIVED IN HONOR OF

Joyce Nordquist  
Matt O'Brien  
Sue McDonald  
Jeni Brill



## WISHLIST

- Computer genius knowledgeable in both Mac and PC for occasional consultation
- Small microwave oven
- Small refrigerator

# When Death Comes

When death comes  
like the hungry bear in autumn;  
when death comes and takes all the bright coins out of his purse

to buy me, and snaps the purse shut;  
when death comes like the measles-pox;

when death comes  
like an iceberg between the shoulder blades,

I want to step through the door full of curiosity, wondering:  
what is it going to be like, that cottage of darkness?

And therefore I look upon everything  
as a brotherhood and a sisterhood,  
and I look upon time as no more than an idea,  
and I consider eternity as another possibility,

and I think of each life as a flower, as common  
as a field daisy, and as singular,

and each name a comfortable music in the mouth,  
tending, as all music does, toward silence,

and each body a lion of courage, and something  
precious to the earth.

When it's over, I want to say: all my life  
I was a bride married to amazement.  
I was the bridegroom, taking the world into my arms.

When it's over, I don't want to wonder  
if I have made of my life something particular, and real.  
I don't want to find myself sighing and frightened,  
or full of argument.

I don't want to end up simply having visited this world.

—MARY OLIVER

# *In Memoriam*

**SOME PEOPLE COME INTO OUR LIVES AND QUICKLY GO...  
SOME PEOPLE STAY AWHILE AND LEAVE FOOTPRINTS ON OUR HEARTS...  
AND, WE ARE NEVER THE SAME!**



WomenCARE wishes to acknowledge and honor those women who have gone ahead of us this year, yet stay always in our hearts:

Pat Atlansky

Hermelinda Contreras

Georgia Derber

Guadalupe Espinoza

Robin London

Jeannie Parker

Ellen Schuck

Pamela Seward

Jane Stevens

Maria Vasquez

*Fresh bouquets of exquisite flowers greet our visitors and support group members at the WomenCARE office each week. Many thanks to The Flower Shack for this ongoing donation.*