

WOMEN CARE

SPRING 2005

Women's Cancer Advocacy, Resources & Education

FREE SUPPORTIVE SERVICES FOR WOMEN WITH CANCER

DIRECTOR'S MESSAGE

After seven years in the dual roles of Director and Clinical Supervisor at WomenCARE it is time for me to move on. I have made this decision with great care, and have been making a slow transition over the past several months. Our board and staff have worked closely together to ensure that the continuity of our services to women living with cancer and their families remains strong. It has been a privilege to have stood hand in hand with the many dedicated volunteers who have given their time and talents over the years—facilitating support groups, offering peer counseling, answering phones, providing bodywork, serving on the board and much, much more. Their generosity, inspiration and vitality have been essential to the health and growth of WomenCARE. It has been an honor to have participated as part of the team that has earned for WomenCARE a place of trust and respect in our community.

As I leave, Deb Abbott, one of WomenCARE's first co-directors, steps into the role of Clinical Supervisor. She returns bringing with her the spirit with which WomenCARE was founded.

And, I am very pleased to join the board and staff in welcoming the very capable Cary Shapiro, who will be stepping into the Executive Director position at WomenCARE. Cary brings the substantial benefit of her experience as Director of the Human Care Alliance and the valuable, professional relationships she has built countywide in all sectors. She has also honed her skills at Cabrillo Music Festival, First Night Santa Cruz, The Crucible, Oberlin Dance Company and the City of Santa Cruz, directing the Social Services Program.

My heart has been changed, tempered and expanded by the individual women and their families whose lives have touched mine so deeply these past seven years; by the profound alterations that cancer brings; by the courage it calls forth; by the mystery of the healing process; by the raw moments of piercing love and loyalty that leap from heart to heart in the midst of immense uncertainty.



With gratitude,
Connie Batten

PLEASE JOIN US FOR WOMENCARE'S 4TH ANNUAL SPRING BENEFIT *Women's Voices: A Night of Comedy*



Saturday, May 7th, 7:30 pm
Mother's Day Weekend
Rio Theatre in Santa Cruz

Sharing the Rio stage will be local Funny Girls: our own Diane Grunes, the team of Clifford & Dixie, Nancy Aronson, Stephie Tucker & UmGee Um's Susan Boes. Plus more!

Tickets go on sale Friday, April 1st at Bookshop Santa Cruz, Bookworks in Aptos, Paradise Surf Shop on Portola at 41st, and Arrow Surf & Sport on Mission St.

- \$20 advance, \$22 at the door
- \$12 students (only at door, if available)
- \$50 Gold Circle front rows

Get your tickets early!

Women's Voices is sponsored by: Peter Meehan and Newman's Own Organics, Karen Cogswell's Network Mortgage, Gayle's Bakery & Rotisserie, The Healthy Way, and New Leaf Community Markets

It is often said that "laughter is the best medicine", and with that in mind, WomenCARE has planned a full evening of fun. What better way to unwind, relax and let go...

One Step at a Time

Five years ago when Isabelle Rosenlund made the decision to climb Mount Kilimanjaro, she was lying in bed, recovering from a mastectomy. "I was just thinking about what's coming ahead," she recalls. She could feel the possibility of becoming immobilized by what she thinks of as 'cancer fear.' "It's easy to get stuck in that depressed place where you feel overwhelmed trying to look at the whole picture. Finding your life again after cancer treatment can seem as impossible as climbing a mountain 19,000 feet high, to someone like me who has never been especially athletic." Now she is gathering the gear she will need for the ascent and making final arrangements for her journey to Africa in June—the month of her 60th birthday.

In setting herself the goal of building enough strength to consider climbing to the top of such a formidable mountain, Isabelle felt she had chosen an adequate symbol of her cancer journey. She knew she needed a sense of meaningful purpose and she

also knew she would have to be patient with herself, so as not to become discouraged, as she began taking her first walk around the block, and then her first short stroll in the woods near her home. Little by little her strength began to return and then to grow beyond anything she had ever experienced before. Last summer she climbed to the top of 14,300 foot White Mountain in the Eastern Sierra, just for practice. "It was the cells in my body that told me to plan this project and carry it out. I think I was listening to the life energy that wants to be vibrant. For me it was important to reconnect to that life source, and just let it spring out."

Expanding on her experience, with both cancer and with mountain climbing, she brings her valuable insights to her work as a peer counselor in WomenCARE's Sister



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FURTHER TO FLY HAS BEEN RELEASED

WomenCARE's *Further to Fly* video premiere showing and reception was a huge success. Filmmakers Oma Richmond and Linda Cicada, of Worldwind Enterprise, were on hand to receive overwhelming praise from those attending. *Further to Fly* is everything WomenCARE had hoped for – a short, accessible, highly crafted, intimate look at the essence of WomenCARE.

This deeply moving film honestly presents WomenCARE's work and sends out an encouraging message. We are in the process of placing this inspiring video in strategic locations countywide. FREE copies are being made available to any organization, business or agency that would like to assist in wider distribution. Call for details about how you can help spread the good word about WomenCARE's Video.

Copies may be obtained for a suggested donation of \$10 each. Any contribution above that amount will help fund the production of a linguistically and culturally appropriate video for WomenCARE's Entre Nosotras Program, which serves the Spanish speaking population of Santa Cruz County.

UPCOMING EVENTS

Thursday, July 28, all day
Community Day

New Leaf Community Markets
Pacific Avenue, Mission Street,
41st Avenue. 5% of all sales
benefit WomenCARE

Saturday, May 8, 7:30 pm

Women's Voices: A Night of Comedy
The Rio Theatre

Saturday, October 22, 12-5 pm

*9th Annual Strike Out Against
Cancer, Bowling Benefit*
The Boardwalk Bowl

For the past eight years, WomenCARE has devoted extraordinary efforts to developing and implementing culturally appropriate and effective services for monolingual Latinas with cancer, a population that comprises one third of our clients. What has resulted is the Entre Nosotras program, started in 1996 with a small grant, and now recognized as one of the most successful Latina-focused cancer support programs in the state, and a model for other communities to follow.

The success of WomenCARE's Entre Nosotras program is due to the dedicated work of two amazing women: Outreach Coordinator, Chila Correa and Support Group Facilitator, Maribel Cuervo. Together, their networking skills and personal contact improves the quality of life for our clients, reducing feelings of loneliness, isolation, fear, and powerlessness.

With over 35 years of experience in social service work, Chila Correa has developed a wide range of referral services and resources in the Watsonville community. Like a magical fairy, Chila helps locate transportation, navigates Medi Cal applications, finds wigs and prostheses, and obtains emergency funds for clients by contacting churches and service clubs.

When asked what brought her to Entre Nosotras, Chila says, "My mom had cervical cancer and I was with her right up to the day she died. We talked a lot, but I know she would have benefited so much from our program. I wish she could have had that support. My husband and Dad also have had cancer...and my sister. This is why I got involved"

Chila loves her work with Entre Nosotras. If you ask what inspires her, she instantly lights up and tells you, "I do outreach, case management, I run the office, I do everything. I love being here...working with these women...helping them, listening to their stories. I am inspired by them all... the gratitude and appreciation I feel from the women is what motivates me."

Maribel Cuervo brings many years of experience in counseling and crisis intervention. As a bicultural professional with strong bilingual skills, Maribel establishes a unique connection with those she works with. Extensive experience in direct services and group facilitation enables her to stay true to her mission, "...to inform, support and advocate for clients and their families."

When asked what brought her to Entre Nosotras, Maribel recalls, "In 1995 my mother was diagnosed with cancer for the first time. It was a very difficult situation for the family...I was still in the process of arranging my immigration status...it was impossible for me to travel to Mexico and support my mom. When the Latina Program Coordinator position opened at WomenCARE, I applied...it was a way to help and support women with cancer since I couldn't directly help my mom." There, Maribel formed the first WomenCARE Latina support group.

Following a leave of absence, Maribel returned as the Support Group Facilitator, and today she says, "What inspires me most are the courageous women we serve and their brave efforts to beat cancer. Knowing that I am able to make a difference in their lives is the incentive I use to continue my labor, with passion, dedication and love. Every time I assist a client or family member, I feel satisfied... they are now part of my family."

In response to the passing of her mother in August 2004, Maribel shares, "My mom's legacy is love, and her strength will stay with me forever; to continue helping women fight cancer."

As one Entre Nosotras client, a 36 year women with a brain tumor, married with two small children, expressed it, "If Entre Nosotras were not here I don't know what I would do. I can't imagine it. I think I would have no desire to go on."

WomenCARE and Entre Nosotras remain committed to improving access to support and treatment for Latinas with cancer in Santa Cruz County. Our goal is to connect Latinas with cancer to other women and families dealing with the disease. Thank you, to Chila and Maribel, two extraordinary women on staff who share their love and support so generously.



Nosotras

By Diane Grunes

Translated by Ana Detrimdad

Durante los últimos ocho años, WomenCARE ha hecho esfuerzos extraordinarios para formular y poner en práctica servicios eficaces, con sensibilidad cultural para latinas monolingües con cáncer, población que comprende una tercera parte de nuestra clientela. El resultado es el programa Entre Nosotras, que inició en 1996 con una pequeña beca. Este programa es reconocido hoy en día a nivel estatal como uno de los programas de apoyo de mayor éxito para latinas que padecen de cáncer y es un programa modelo a seguir por otras comunidades.

El éxito del programa Entre Nosotras de WomenCARE se debe al trabajo dedicado de dos mujeres extraordinarias: Chila Correa, Coordinadora de Servicios de Alcance, y Maribel Cuervo, Facilitadora de Grupos de Apoyo. Juntas, ellas mejoran la calidad de vida de nuestras clientes, una con su habili-

“WomenCARE and Entre Nosotras remain committed to improving access to support and treatment for Latinas with cancer in Santa Cruz County.”

dad para crear redes de contactos y otra con su trato personal. Así, ellas ayudan a disminuir los sentimientos de soledad, aislamiento, temor e impotencia en nuestras clientes.

Con más de 35 años de experiencia trabajando en servicios sociales, Chila Correa ha desarrollado una amplia gama de recursos y servicios para recomendar a las clientes en la comunidad de Watsonville. Como hada milagrosa, Chila localiza servicios de transportación, ayuda con las solicitudes de Medi Cal, encuentra pelucas y prótesis y consigue fondos de emergencia para clientes a través de contactos con iglesias y organizaciones civiles.

Cuando se le pregunta qué la trajo a Entre Nosotras, Chila dice, “Mi mamá tuvo cáncer del útero y yo estuve con ella hasta el día en que falleció. Platicamos mucho pero yo sé que nuestro programa le hubiera beneficiado mucho. Quisiera que ella hubiera tenido ese apoyo. Mi esposo, mi papá y mi hermana también han padecido de cáncer. Esta es la razón por la que participo activamente.”

A Chila le encanta su trabajo con Entre Nosotras. Si usted le pregunta qué es lo que la inspira, inmediatamente se le ilumina la cara y dice, “Soy coordinadora de servicios de alcance, administro casos, manejo la oficina, lo hago todo. Me fascina estar aquí trabajando con estas mujeres, ayudándolas, escuchando sus relatos. Todas ellas me inspiran. La gratitud y el aprecio que siento por parte de ellas es lo que me motiva.”

Maribel Cuervo cuenta con muchos años de experiencia en



Maribel and Chila

consejería e intervención de crisis. Su gran habilidad de expresión bilingüe y su calidad de profesional bicultural le permiten crear lazos únicos con quienes trabaja. Su amplia experiencia en servicios directos y en facilitación de grupos le permite mantenerse leal a su misión de “informar, apoyar y abogar por las clientes y sus familias.”

Cuando se le pregunta qué la trajo a Entre Nosotras, Maribel recuerda, “A mi mamá se le diagnosticó cáncer por primera vez en 1995. Fue una situación muy difícil para la familia. Yo todavía estaba en vías de regularizar mi situación migratoria, por eso me fue imposible viajar a México y apoyar a mi mamá. Cuando el puesto de Coordinadora del Programa para Latinas se abrió en WomenCARE, lo solicité. Para mí era una forma de ayudar y apoyar a mujeres con cáncer ya que no podía ayudar directamente a mi mamá.” Maribel formó entonces el primer grupo de apoyo para latinas de WomenCARE.

Después de un tiempo de ausencia, Maribel regresó para ser la Facilitadora de Grupos de Apoyo, y hoy dice, “Lo que más me inspira es la valentía de las mujeres a quienes servimos y su lucha tenaz para combatir el cáncer. El saber que tengo un impacto en sus vidas me dá ánimo para seguir con mi labor con pasión, dedicación y amor. Cada vez que ayudo a una cliente o algún miembro de su familia, me siento satisfecha; ellos forman ahora parte de mi familia.”

En respuesta al fallecimiento de su madre el pasado agosto, Maribel nos dice, “El legado de mi mamá es el amor y su fortaleza permanecerá siempre conmigo para seguir ayudando a mujeres en su lucha contra el cáncer.”

Como expresó una cliente de Entre Nosotras, una mujer de 36 años con un tumor en el cerebro, casada con dos hijos pequeños, “Si Entre Nosotras no estuviera aquí, yo no sé qué haría. No me lo puedo imaginar. Creo que no tendría deseos de seguir adelante.”

WomenCARE y Entre Nosotras siguen comprometidas a mejorar el acceso a apoyo y tratamiento para las latinas que padecen de cáncer en el Condado de Santa Cruz. Nuestro objetivo es poner en contacto a estas latinas con otras mujeres y familias que luchan contra el cáncer. Gracias a Chila y Maribel, dos mujeres extraordinarias de nuestro personal, quienes comparten su amor y apoyo tan generosamente.

Para más información sobre los grupos de apoyo favor de llamar al 761-3973.

WOMENCARE

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Diane Grunes

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!

PUBLISHER: WomenCARE Board of Directors

EDITORS: Connie Batten, Diane Grunes

DESIGNER: Slub Design

CONTRIBUTORS: LaVerne Coleman, Ana Detrinidad, Diane Grunes, Lynne Wittenberg, Janet Allinger, The Breast Cancer Fund, Connie Batten

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Are you looking for meaningful community service? WomenCARE is expanding our board of directors. Call if you are interested.
(831) 457-2273



How Safe Are Your Cosmetics?

Did you know that according to 2000 Food and Drug Administration statistics, 89% of the 10,500 ingredients used in personal care products have not been evaluated for safety? And that many of these substances-which are used as preservatives, foaming agents, plasticizers, and dyes-are also used in industrial manufacturing processes to grease gears, clean industrial equipment, stabilize pesticides and soft-en plastics?

It's no wonder public health, educational, religious, labor, women's, environmental and consumer groups, such as Breast Cancer Fund, Health Care Without Harm, Friends of the Earth, and National Black Environmental Justice Network, joined together to launch The Campaign for Safe Cosmetics. This campaign, which works to protect the health of consumers and workers by requiring the health and beauty industry to phase out the use of chemicals that are known or suspected to cause cancer, genetic mutation or reproductive harm, has been gaining momentum.

There is no need for the cosmetics and personal care product industry to make hair dyes that contain coal tar, lead acetate, or formaldehyde (all known or suspected carcinogens). Our nail polish and perfumes shouldn't contain phthalates-a known reproductive toxin and potential endocrine disruptor (i.e. a chemical that disrupts hormonal processes). We must encourage industry to use alternatives to these and other ingredients.

You can be a part of it by learning about the issues and getting involved. Start by going to www.ewg.org/reports/skindeep to use an interactive database that allows you to see how over 7,500 everyday cosmetics and personal care products rank for safety. We also need your help to spread the word. For ideas on how to get involved by hosting healthy cosmetics parties, signing the campaign petition, and other ways to get involved, go to www.breastcancerfund.org/safecosmetics.

Angels in the Wings

Throughout its history WomenCARE has been blessed with generous and quiet angels; rarely taking center stage, they are in the wings, supporting our programs by giving of their time, energy and resources. Their gifts are essential to the continued availability of free services to women with cancer.

Thank you to the following thoughtful individuals and businesses who have given so much these past months:

Soroptomists International of Santa Cruz \$750, **Surf Fest** sponsored by **Capitola Chamber of Commerce** - \$1400, **Paradise Surf Shop** - recommended WomenCARE as recipient of Surf Fest, **Ambiance** \$250, **Next Step Boutique** \$100, **Westcliff Foundation** \$1000, **Curves fundraiser** \$2400, **Tal Pomeroy** \$500 (for Entre Nosotras clients), **Stella Page Design Handbags** \$125, **Santa Cruz Medical Foundation**, an affiliate of Sutter "Jeans Day" \$1342, **Pacific Coast Volvo** fundraiser - \$475, **Santa Cruz Sentinel Women's Expo** - \$800, **Newman's Own** \$1,000 (for Entre Nosotras program), **Eleanor Gagnon** \$70 (10% proceeds from scarf sale), **Modern Life** donated new furniture, **Emerald Iguana** (proceeds from sales at bowling benefit), **Paul Newman** \$3000

Bowling Sponsors: **Donald Richards** \$2000, **Seagate Technology** \$1000, **Brinks Trophy Shoppe** \$500, **George Ow Family Properties** \$250, **Robert Taren Attorney at Law** \$500, **Toyota of Santa Cruz** \$500, **Subaru of Santa Cruz** \$500, & **Boardwalk Bowl**

To our readers: Please patronize these local businesses. They are the best!

Strike Out Against Cancer Bowling Benefit 2004

By Diane Grunes, event coordinator

Bigger than ever, WomenCARE's 8th Annual Bowling Benefit involved over 200 participants, 55 teams and raised \$61,500. Strike Out Against Cancer was sponsored by Donald Richards, Seagate Technology, Brinks Trophy Shoppe, George Ow Family Properties, Robert Taren Attorney at Law, Toyota of Santa Cruz, Subaru of Santa Cruz and Boardwalk Bowl. Over 45 local businesses also generously helped support the event. (see list on page 6)

The highest team pledge total of \$3,794 came, for the 2nd year in a row, from the team of Rachel Hawkins, age 16. For the 5th year she bowled in honor of her mother, Robin Hawkins, a WomenCARE volunteer and past client. Helping were Rachel's teammates: Hilary O'Neill, Jean Strelitz, Laina Copely, and Danielle Saporta who brought in the highest individual pledge of \$1,334 for session 3.

Vic Yanez won highest game with a score of 189, and highest total team score trophy went to the Aptos Lioness team of Lynn Louthen, with a total of 623. Lynn's team included Nikki Castro, Laura Fujii, Lisa and Laura Salvatore, and Cecilia Cooper.

Best Team Costume trophies went 1st session to WomenCARE board member, Vicki Boriack's team outfitted in full climbing gear. 2nd session was a tie between the two Spa Fitness teams: instructor Jacquie Peterson's girls from the 50's, and receptionist manager, Penny Cash's p.j. clad team. Jeni's Wahini's, headed by Jeni Brill, a WomenCARE volunteer, and Teresa Carley's team in pink jackets, shared honorable mention. 3rd session was a close tie between Rachel Hawkins team of satirical beauty queens, and the fairy godmother team of Heidi Brancatelli, in pink, with wands and sky-high wigs.

Special mention goes to team captains extraordinaire, Kathy Pearson, who, once again, put together 3 teams of Hawaiian Wahini's, and West Marine Products, Skippy Comins, who organized 4 teams of enthusiastic employees.

Special thanks to our dedicated committee and staff: Madeleine Crawford, prize coordinator, LaVerne Coleman, Volunteer Coordinator, and Allison Titley, office manager. A committed group of volunteers included: Howie Grunes, Robin Hawkins, Denice Ryan, Jeni Brill, Lise Bixler, Maya Sapper, Phyllis Wasserstrom, Wendy Romero, Ashley Green, Alicia Keen, and Sarah Friedman. Together, with our bowlers and contributors, we enjoyed another successful benefit.

This year's event was held in honor and memory of Brittany Romero and Carol Mendoza, two dedicated and enthusiastic Strike Out volunteers. We miss their smiles and warm hearts!

MARK YOUR CALENDARS. We bowl again on Saturday, October 22, 2005.



WOMENCARE'S SUPPORT GROUPS

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

Drop-In Group for Women with Cancer

**Daytime: Alternate Tuesdays
Please call for time.**

Open to women with all types of cancer from diagnosis through treatment and the healing process.

Friends & Family

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 Nosotros

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

Call (831) 761-3973

Post Treatment

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

Advanced Cancer Group

Every Monday 1:00-2:30pm

Open to women who are living with metastatic or advanced cancer or have experienced a recurrence.

PEER NAVIGATOR PROJECT/CLINICAL TRIAL

*Lynne Wittenberg, MPH,
Project Coordinator*

WomenCARE, in collaboration with Stanford University, continues to offer one-on-one peer counseling and support to women with newly diagnosed breast cancer through the Peer Navigator Clinical Trial. We are studying the impact of peer support in women who are just beginning to navigate these rough waters.

If you are newly diagnosed with breast cancer (within the past two months), or if you are a breast cancer survivor interested in becoming a Peer Navigator (must be at least one year post treatment), you may be eligible to participate in this study. For more information, please call WomenCARE at 457-2273.

ONE STEP AT A TIME CONTINUED FROM PAGE 1

Offering Support program. "I really try to help women who have been recently diagnosed to focus on one step at a time. It's so easy to become disheartened. But the task at hand, which is just the next step, seems always to be somehow manageable. What I can do tomorrow is manageable, or what I can do today, or what I can do this hour."

While she has every intention of reaching the top, she also knows that there are no certainties. "There is so much emphasis these days on accomplishments—being at the top—rather than on the process itself. It would be fun to get to the top, but it's more important to be fully engaged moment to moment. It's THIS step, and then THIS step. THIS breath, and then THIS breath. And, eventually, it takes you somewhere, but that's not the point. This is why climbing a mountain is such a good metaphor. I hope I will reach the top, but if I don't, the process of trying is what counts."

"WomenCARE was one of my lifelines," Isabelle says as she talks about her gratitude for the help she received through WomenCARE's Peer Navigator and Sisters Offering Support programs. As a way of giving back, she is inviting her friends to make donations to WomenCARE in honor of her Mount Kilimanjaro climb. If you would like to join Isabelle's friends by contributing, please use the enclosed envelope or make a credit card donation through WomenCARE's website (www.womencaresantacruz.org) and indicate that you are contributing to the Kilimanjaro Benefit Fund.

Thank You for Your Generous Financial Support

Virginia Bertoli, Dori Calby, Ardella Camarlinghi, Penelope Carless, Diane Goody, Susan Hancey, Gerta Katz, Louise Katz Sullivan, Francine Lapidés, Mary Susan Miller, Paul Newman, Kathleen O'Neill, Ardis Olurt, V. Orgel, Stella Page, Catherine Patterson, Cheri Price, Jean Ridenbaugh, Eleanor Rosenast, Debbie Rossi, Barbara Rowland, Linda Samples, Barbara Shatan, Berdell Spellman, Lonni Trykowski Video, Nick Vomvolakis, Diane Wells, Linda Wolf, Cynthia Adams, Jean Anderson, Judi Barton, James Beckett M.D., Cheri Bianchini, Elissa Bilek Wagner, Richard Bill, Jeanie Brown, Teresa Carley, Joan Cole, Eunice W. Cox, Robin Cunningham, Tom Dooley, Tree Dunbar, Ellen Edith, Marge Frantz, Hannah Goldstein, Susan Goldstein, Diane Goody, Shawn Gould, Paulette Green, Jane Gregorius, Ann Hagn, Barbara D. Johnson, Amy Katzenstein-Escobar, John & Kimlin Keith, Michelle Kern, David Kitchen, Nancy Krantz, Lor Larsen, Dale Levin, Nancy Machado, Joyce Mangouney, Lynda Marin, Mary Martin, Maura Matera, Carmelita Mcghee, Janet Merrick Spring, Laura Morris, Kathleen O'Brien, Lezli O'Hara, Paula Panelli, Ingrid Parker, Laura Partch, Al & Leslie Rosen the Rosen Family Trust, Janell Saber, Sarah Schuster, Shannon Seigle, Dora & Dr. Jeffrey Solinas, Shirley Spain, Peter Spofford, Claudia Stefani letter, Melanie Stern, Jill & Jessamyn Tardif, Cherie Thorne, Maggie Tranchina, Jacqueline & Michael Tuttle, Kim Tyler, Marybeth Varcados, Janet Volpe, Suzanne Walter, Connie Batten, Diane Lewis Chaney, Jennifer Choate MD, Majorie

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Thank You for Donating Time and Services

Vicki Boriack, Heidi Brancatelli, Pink Ladies, Jeni Brill, Team Hula Dianne Brumbach, Teresa Carley, Penny Cash, Spa'ettes, Marris Ley, Curves, Eileen Cavalier, Norma Caylin, Dr. Jennifer Choate, LaVerne Coleman, Leslie Dwyer, Karen Fry, Danielle Garland, Alley Cats, Lynn Graybill, Peer Navigator Project, Susan Gaspar, Watsonville Hospital, Rachel Hawkins, Regina Henderson, Noreen Hoover, Emerald Iguana, Polly Hughes, WomenRise, Kathy Isonio, Bayview Elementary, Jessica Fry & David Stein, Lorri Kletzer, Nancy Koenig, Julie Lorraine, Duncan Holbert School, Lynn Loutchen, Aptos Lioness', Marilyn Lucier, WILPF, Renae MacAulay, Janet Merrick, Watsonville Hospital, Kathy Pearson, Wahines, Jacquie Peterson, Spa'ettes, Cathy Dobyms Pomeroy, Katherine Prokop, Terri Ritchie, Sharon Saldavia, Vicki Shook, Darshan Siegman, Falcon Trading Co., Wendy Smith, Sherrie St. Clair, O.B.Gyn, Raven Stevens, Janet Sugihara, Skippy Comins, West Marine, Kris Boucher, Lark Young, Diana Elwin, Pat Adams, Phina Green, Heidi Dunson, Meg Herz & Don Harlor, Cathy & Bruno Casillas, Ashley Green, Chazz Hacking, Eva Meyer, Joyce Mangouney, Bay Montera, Denise Lee, Denise J. Lee, Grey Johnson, Sylvia Brown, Phyllis Wasserstrom, Diane Brumbach, Cathy Minuti, Sandia Belgrade,

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Donations from August 2004 to February 2005. We apologize for any unintended omissions.

Message from our Volunteer Coordinator

An Offering: If you are a client, or a family member of a client, there are 20+ certified practitioners (all interviewed by WomenCARE) who want to give you **FREE** services: massage, energy work, acupuncture, sound therapy or a facial. **Come by and check out the listings.**

An Invitation: If you are a woman who is at least a year out of your own diagnosis and treatment join our team of Sisters Offering Support. After training you will be matched with a newly diagnosed woman to offer one on one peer support. Call for details and to set up an interview: 457-2273

A Plea: WomenCARE's small library offers many valuable

titles and is totally based on the honor system. We receive many "thank yous" for the support and information these books provide. With no library budget we solicit donations of updated versions and new books you recommend and request. What we can't do is replace the dozens, yes dozens, of books that are missing from our shelves. Every missing book denies another woman the opportunity for succor and/or information uniquely provided by its contents.

If you have forgotten to return a book, please please please do it now!

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:

Josefina Carrillo	Petra Mendez
Yolanda Chavez	Carol Mendoza
Sharon Erspamer	Ann Mischley
Lolina Fernandez	Joyce Paullus
Floridalma Fuentes	Maria M. Rochas
Peggy Gillett	Maria O. Sanchez
Catherine Golden	Maria P. Sanchez
Sally Grant	Nancy Sanderson
Francesca R. Hernandez	Jane Loeffler Sasman
Laurelyn Lacaya	Jayne Urbani

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.

Haiku

from The Writing Circle
January 22, 2005

Flower scent unfolds
Sun warms every edge of the sky
Be silent my soul.

Every day to behold
Women caring for each life
Each moment singing.

Clock ticks on the wall
Sitting together, intuned
Confusion is gone

The bird outside squawks
Wanting more, wanting enough
Earth opens her heart.

Love so vast, the sky cannot contain!
How does all this fit within my heart?

– Rumi

DONATIONS RECEIVED IN MEMORY OF

Rita Collier-Micuda
Jane Loeffler-Sasman
Amy Cooperstein
Carol Ann Mendoza
Viola Yule
Robin London
Ann Mischley

DONATIONS RECEIVED IN HONOR OF

Rosalie Tapper's Birthday
Irene Pettit
Bess Greenberg



—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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Please help us save on the expense of our newsletter mailing. Let us know if you no longer want to receive WomenCARE mailings. Call our office: 457-2273.

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

WOMENCARE’S HEALING CIRCLE

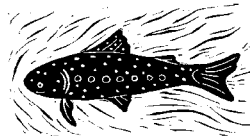
OUR CURRENT LIST OF EDUCATIONAL AND EXPERIENTIAL GROUPS FOR WOMEN WITH CANCER. TO SIGN UP, CALL WOMENCARE 831-457-2273.

Dream Workshop **Saturday, April 16 from 10:00 to 2:00 (bring bag lunch)**

Pre-registration required. After a brief introduction to collaborative dreamwork, we will share our dreams and explore the many levels of meaning, keeping in mind that dreams come in the service of health and wholeness. Open to women with cancer and their friends and family. (Facilitated by Marsha Hudson, Ph.D.)

The Writing Circle **Meets second and fourth Saturday mornings of each month, 10 am - 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 activi-



ties and the stories of our lives. Bring your notebook, invite your muse. (Led by Marybeth Varcados)

Art for Healing **Meets third Saturday of each month, 10 am - 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 Services **Sessions are scheduled individually**

Now available with Rev. Paulette Forest, an Interfaith Minister who honors 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.

Complementary Treatment Group **Meets third Wednesday evening of each month 7 - 9 pm**

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

NEW: Healing Chi-Gong and Meditation

**Meets first Wednesday of each month
2 - 3 pm, Land of Medicine Buddha**
Offered by Land of Medicine Buddha and WomenCARE. Tea and talk with teachers. Call WomenCARE to register and for more information.

WISHLIST

- Large umbrella for tabling in the sun
- Bi-lingual volunteer to provide transportation for Entre Nosotras clients
- A paper shredder
- Computer tech person for Mac and PC (occasional need)