Give Thanks

Read this short article to learn the benefits of showing gratitude. As challenging as it may be sometimes, the benefit is worth the challenge!

Social Work Corner

Free beanies donated by patients and friends are available in the chemo suites. Local support group information is on this page.

Eat & Laugh

Another scrumptious seasonal recipe provided by our own Oncology Dietitian for you to try. Comedy Corner is sure to make you chuckle!

Be Aware!

November is Lung Cancer Awareness Month. Be aware and show your support with the symbolic white/pearl ribbon. Ask your doctor how to get saved by the scan!
Our friend Josephine Silva has donated hand-made beanies for our patients to wear this winter. If you are a current or past chemotherapy patient, ask any of the chemo staff if you’d like to take a look at all of your wonderful choices of free beanies!

Thank you so much for helping keep everyone warm, Josephine!

Support our local Breast and GYN Health Project

Hope and Holidays in Humboldt Bidding for Good Online Auction 2019

Event Date and Time:
Friday, November 8, 2019 – 7:00am to Sunday, November 17, 2019 - 7:00pm

Our 8th Annual Hope & Holidays in Humboldt On-Line Auction begins Friday, November 8th at 7:00 a.m.

It only runs for 10 Days – so check it out ASAP. The Auction closes at 7:00 pm on Sunday, November 17th.

We are continuing to look for items for the on-line auction. Our goal is to raise $8,000 this year. Contact Rose at 707-825-8345 x-110 or rosegz@hcbhp.org if you would like to contribute items.

Link to go to our Bidding for Good Only-Line Auction http://www.biddingforgood.com/BGHP to preview the auction as it is being put together! Sign up so you are ready when it launches on Friday, November 8th!

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\text{Glazed Apple Cookies}
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**INGREDIENTS:**
- Makes 18 Servings
- 1/2 cup shortening
- 1 1/3 cups packed brown sugar
- 1 egg
- 2 cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1 cup chopped walnuts (optional)
- 1 cup apples, diced
- 1/4 cup milk
- 1 1/2 cups powdered sugar
- 1 tablespoon butter
- 1/2 teaspoon vanilla extract
- 2 1/2 tablespoons half and half cream

**INSTRUCTIONS:**
2. In a separate bowl mix together flour, baking soda, salt, cinnamon, cloves and nutmeg.
3. Stir half of the dry ingredients into the creamed mixture. Stir in nuts and apple, then stir in remaining half of dry ingredients and milk. Mix well.
4. Gently grease a baking sheet and drop cookie dough from tablespoon about 1 1/2 inches apart. Bake in a preheated 400 degree oven for 10-12 minutes.
5. While baking, make the glaze as follows: Combine powdered sugar, butter, vanilla and half and half cream. Beat until smooth. Spread over cookies after removing them from oven.

**Nutrition Facts per Serving**
- Calories: 289
- Total Fat: 11.4 g
- Saturated Fat: 3 g
- Cholesterol: 13 mg
- Sodium: 151 mg
- Total Carbohydrates: 45.7 g
- Sugars: 32 g
- Dietary Fiber: 1.4 g
- Protein: 3.3 g

Keep Warm and Look Fabulous This Winter!!

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