



Cheerful Heart Newsletter

“A cheerful heart is good medicine...” Proverbs 17:22

Volume 23 Issue 1

Lake County Montana

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Donor Profile

Marcia Richwine Moen lives to serve

Cheerful Heart operates totally on donations. This is the first in a series of profiles of donors who have made sizable donations to Cheerful Heart. When deciding to feature donors in the newsletter, Marcia Richwine Moen seemed like a good place to begin.

Marcia is welcoming and open to serving, and not just hamburgers. Marcia has a huge heart full of a giving spirit, especially for those who are touched by cancer. She knows the pain and loss of a cancer diagnoses. Three of her family members have been diagnosed with cancer, proving fatal for two.



MARCIA RICHWINE MOEN

“Burgers, Fries and Family Ties,” is a title given to a film created by David W. King in 2019. Cancer could be added to the title as it has affected the Richwine family deeply. Marcia’s brother, Shane, died in 2009 and her mother, Lucy, died in 2015.

In 2010 Marcia started the Bernie Berger Fund in honor of her brother Shane whose nickname was “Bernie Burger.” With the purchase of a Bernie Burger, a cheese deluxe with ham, a portion of the sale is dropped into a bag. At the end of the year whatever is in the bag is donated to the American Cancer

Society, or to community members who are currently fighting cancer or to a family affected by cancer.

A variety of Marcia quotes perfectly describe how she lives her life... “My job is be a servant by being a helping hand ... Our job as human beings is to take care of one another. If I can help someone in need monetarily then that’s what I’m here for... It’s important to take care of the people who take care of you. Everyday is a gift ... unwrap it. I am blessed that I GET to come to work at my family’s restaurant .”

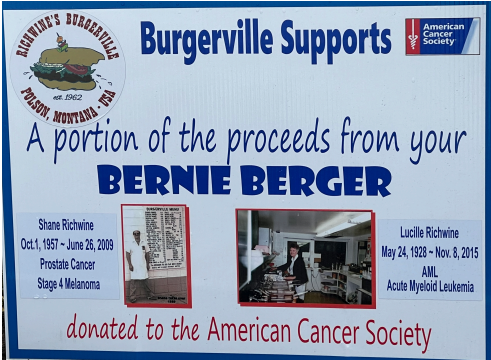
Marcia imbues the Richwine spirit of working hard, being loyal to family and community, showing empathy and kindness to all. She believes that being a role model and teaching young employees a strong work ethic and good customer skills will help them lead a successful life. It seems that everything Marcia does is based on “what can I do to make a difference.”

Marcia’s parents Enoch and Lucy Richwine purchased a small burger hut in 1962 when Marcia was born premature and the family incurred huge medical bills. Enoch bought the property that it currently sits on in 1965. The Richwine’s had four kids, three boys, Mason, Corey and Shane, and one daughter, Marcia. The entire family worked at Burgerville. Enoch retired in 1985 and Lucy in 1989 but both kept their fingers in the business. Shane took over in 1989 until his death in 2009. Marcia retired from her job as a district manager for Western Montana H&R Block after 26 years to take over when Shane needed help during his cancer struggle. Marcia began operating Burgerville in 2010.



It was Marcia’s goal to keep the restaurant in the family which allowed her mother to keep coming in until she passed. Family members have continued to step up but as of yet no one is willing or able to give themselves to the tough job of keeping Burgerville thriving. Another Marcia quote in a recent feature article: “As much as I love this place, and am so emotionally attached to it, and would love to operate it until the day I die, my body is tired.”

Thank you, Marcia and the Richwine family, for 62 years of love and service to your hometown ... and to cancer patients.



Cancer Support Group

noon to 1 p.m. ~ 2nd & 4th Wednesdays

The Chapel ~ St. Joseph Medical Center

Matthew Connally leads the group ~ all those touched by cancer are welcome !!

Cheerful Heart is a 501(c)3 nonprofit that benefits people with cancer in Lake County.



Benefits of breath work for cancer patients

by Sharon McGuire, 500 RYT

(Registered Yoga Teacher with 500+ hours of yoga training)

As a follow-up on my previous article (*Cheerful Heart Newsletter* August 2022) about the benefits of yoga for cancer patients, I would like to discuss the benefits of breath work for cancer patients. Breath work is an integral part of yoga, but even if you do not have a personal yoga practice, you can still benefit from the powerful healing energy of the breath. When the breath is exercised, it will move the body into deeper states of relaxation allowing the body’s natural healing abilities to arise; it will calm the mind and reduce anxiety; it will lower cortisol levels, the stress producing hormone; it will assist with falling asleep; and lastly, it will help minimize the discomfort of pain.

Many people take the act of breathing for granted. Since it is part of the autonomic system of the body (meaning it occurs involuntarily or spontaneously), we do not have to “think” about breathing. The key to using the breath to our benefit is to become aware of the breath as it moves in and out of the body. I’m going to talk you through a couple of beginning exercises to start you on your journey of exploring the power of breath that we have right in our own bodies.

- Start with a simple exercise to bring your awareness to the breath. To begin, find a comfortable position for the body (either sitting up or laying down), you can also do this first thing in the morning when you wake up.
- Bring your attention to the breath, observing the chest and abdomen rise and fall with each inhale and exhale. Not trying to control your breath, just witness it in its natural state. Notice if the breath is fast or slow, shallow or deep, or if there are any hitches or congestion in the breath.
- Notice what you may be thinking about the breath, and just accept the breath as it is in this moment without judgement.



- Stay focused on your breath for at least three minutes working your way up to five as you get more comfortable and I would encourage you to do this several times throughout the day.

Once you become comfortable witnessing the breath, you can add-on the following exercise of extending the exhalation that will activate the parasympathetic nervous system.



- Begin by emptying the lungs completely and inhale with a count of two.
- Pausing briefly before you begin to exhale with a count of four. You can also repeat a word instead of counting (i.e. inhale saying peace, peace; exhale saying peace, peace, peace, peace).
- Continue to breathe following this pattern for two minutes. As you get accustomed to this exercise, you can deepen your breath by increasing the count, maintaining a 1:2 ratio (i.e. inhale for four, exhale for eight).
- Notice how the body begins to relax and let go of tension. If you are feeling restless, this helps the body relax and will assist you to fall asleep, it is also beneficial for reducing anxiety.

I use this exercise to help minimize the discomfort of pain by focusing on the pain during my exhalation. It is the nature of the mind to wander, so if you find you have lost your focus, just gently bring your attention back to the breath without judgement.

Our breath is a powerful healing aid that we have available to us 24 hours a day. If you are interested in deepening your knowledge and practice of breath work, I am available to assist you.

Sharon McGuire...cell 812-345-0639

Cheerful Heart, Inc. offers free non-medical services to Lake County cancer patients currently in treatment by using dedicated volunteers. Cheerful Heart is funded by donations from individuals, organizations and businesses. All funds are used in Lake County. We need your support, both monetarily and as a volunteer. To help us, clip and mail the form below to Cheerful Heart.

Cheerful Heart Support

Name _____ Telephone _____

Mailing address _____

Email _____

Receive an electronic newsletter by sending your email address to valindy@centurytel.net

Donation amount _____

I would like to be a Cheerful Heart volunteer. Please mark volunteer services that interest you.

Transporting ___ Serving Soup at clinic on Tuesdays ___ Meal preparation ___ Running errands ___
Light house and yard work ___ Other _____

Remove me from the mailing list _____

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