



Local Services, Local Support

Care & Share

Newsletter

June 2016



Cindy Feist
Executive Director

There have been many changes over the past couple years here at Women Supporting Women and I have been privileged to be able to see the rewards of those changes. In the past two years, I have moved through several positions within the office the last being your Director of Fund Development. While in this position, I met many wonderful survivors, caregivers, supporters, vendors and the list goes on and on. I cannot express my thanks to all those who helped support and made our events such a success (and made me look good in the process).

I am truly humbled, at this point to have been asked to take on the Executive Director position. Under Sue Revelle's guidance, I will continue on her 23 year legacy at this outstanding, grass roots organization to provide free services and support to those affected by breast cancer. This is an awesome responsibility, which I won't take lightly. Surrounding myself with a truly wonderful, compassionate staff, we will continue providing our existing programs and look forward to implementing new programs, events, and services for the women, men and families which we serve.

On that note about events, a huge THANK YOU to everyone who entered a bra in our Bras for a Cause event in May. We have again this year had some amazingly designed bras to exhibit at the Centre of Salisbury. If you didn't get a chance to check them out previously, please join us at our Closing Ceremonies on Thursday, June 2nd. Hope to see you there and look forward to my next adventure at Women Supporting Women.

Cindy

cindy@womensupportingwomen.org

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Party on the Patio
Walk for Awareness 2016



GET THE SCOOP!

When: Wed, June 29th at 5:30pm

Where: Patio at the WSW office

Why: A fun party exclusively for **Walk Team Captains** to gear up for the Walk for Awareness. To show our appreciation for you!

How: RSVP by June 24th; 410-548-7880

*Goodie Bags • Food • Door-Prize
Team-Packet-Pickup!*

Funding for this edition made possible by a grant from:



**Community
Foundation**
of the Eastern Shore, Inc.

SURVIVOR SUPPORT GROUP MEETINGS

Salisbury Office

1320 Belmont Avenue, Suite 402
Salisbury, 410-548-7880

Topic/Speaker: Open Forum

Facilitator: Kyle Beebe

*6:30 pm, Thursday
June 2nd*

Pocomoke Community Center

1410 Market Street - Maryland Room
Pocomoke, 202-247-7526

Topic/Speaker: Open Forum

Facilitator: Virginia Schneider

*5:30 pm, Thursday
June 16th*

Crisfield

If you would like to talk to someone or be mentored
please call for an appointment 410-548-7880

Facilitator: Monique Welch, RN

Atlantic Health Center Conference Room

9714 Healthway Dr - Berlin, MD
Ocean City, 410-213-1177

Topic/Speaker: Open Forum

Facilitator: Cindy Elliott, AGH Staff

*1:00 pm, Wednesday
June 15th*

****Lunch provided at ALL meetings...thank you AGH!***

Christ Episcopal Church

601 Church Street
Cambridge, 410-463-0946

Topic/Speaker: Open Forum

Facilitator: Sue Todd, LCSW-C

*6:30 pm, Tuesday
June 28th*

SURVIVOR STORY

38DD Is Not Who I Am

I was diagnosed with breast cancer one week and the next week they were scheduling me for surgery. My world seemed to be spinning. Stage 4 invasive lymphoma growing in my left breast area.

I lost my best friend to cancer, her name was Sarah, she had just finished her chemo treatments and was scheduled to start radiation but she passed away. I was to start chemo and was hoping she would be there to tell me what to expect, knowing we are all different, but similar in many ways, what journey we are about to take.

Surgery Day: I'm being prepped, the waiting room is filled with my family, loved ones, friends, and the prayers of many. I knew God's grace and mercy would bring me out. The surgeon had done a full mastectomy on my left breast and removed six lymph nodes from under my arm.

Home from the hospital: It's time to go home from the hospital, here, reality sets in. My body is totally not the same; my mind is filled with emotions. I get home and there is welcoming party, my home filled to capacity with people expressing their love, care and support. Ok, the hype felt good but how long will it last, when all the people have left and all of my family have to go back to their lives and it's just me and my teenage daughter? Things were a little hard, my daughter had to become my nurse, my helper; running errands and learn the struggles and see the hurt and pain of this battle with cancer.

She began to worry about me and starting sleeping on the floor outside my room, not knowing if I would pass away in the night. The evasive chemo treatments made me sick, I couldn't hold down food or would

have no taste in my mouth, and my energy level was sometimes at level zero. When the hair loss came, that didn't bother me as much, we went wig shopping and I have two wigs named Sasha and Glamour.

The next step after chemo was radiation. I had to return to work right before the treatments started or I would be terminated. So I went to work in the morning and radiation in the afternoon. This went on for 2 entire months, the radiation eventually burning my skin pretty badly but I kept pushing on and praying.

I'm sure people were watching me and waiting for me to give up, breakdown, be depressed, sad or give up on life, but this began to make me stronger. My faith let me find positive in each day, push myself and never give up even when I don't feel good. I thank God that I am alive today, I am still here and don't look like what I have been through.

My next adventure with cancer after my body healed from the radiation was to have reconstructive surgery and a breast reduction on my right side. My skin was very thin and burned from the radiation treatments so the plastic surgeon used skin from my back and belly fat to make me a new breast. Being a large busted girl, it was hard to find a prosthesis in a 38DD size, which is why I wanted my right side reduced. With all of these cuts, scars and surgeries, healing time seemed to take forever. I started to feel like a burden to people, always needing help. So being strong headed, I took it upon myself and started lifting, pulling, moving, driving myself and mowing my own grass which just created more health problems. I now have 2 hernias. I don't plan to have surgery, I am trying to exercise more and eat healthier. I have to take a lot

of medicine for other health issues (high blood pressure, heart condition) as well as cancer medications. Each day I try to let me loved ones and family know we must make better choices in life.

I am a survivor of breast cancer for 3 ½ years now. I have been given a second chance on life.

In 2012 I started my breast cancer journey. I started walking with Women Supporting Women in 2013 and have done it every year since. This month I opened a exercise and fitness center for adults to come line dance and Zumba. But, most importantly, I want this place to be a safe haven for all people who have had to fight for one thing or another and need a place to laugh, socialize and meet others. Yes, it is a workout and you will get healthy too but having so much fun you don't even realize it! Fighting a battle against cancer is hard, you don't have to feel alone or depressed.

I can't fill my 38DD bras anymore, but I can fill my bra now with hope, faith, endurance and strength. Don't let what you look like on the outside define you, what you have on the inside will definitely carry you.

With Love, Cassandra Armwood



MEDICAL UPDATE

Infections Are Serious Threats for People with Cancer Learn How to Protect Yourself

by Linda Graviss, MT, CIC, and Roy Chemaly, MD, MPH, FIDSA, FACP

Did you know that your body's number-one defense against infections is often compromised when you have cancer? Both chemo-therapy and radiation therapy can weaken your immune system, lessening its ability to put up a good fight against the germs that cause infections. Moreover, surgery and other medical procedures break or damage the skin – your body's primary infection defense – increasing your risk for developing infection.

Your weakened immune system and damaged skin barrier, combined with increased exposure to healthcare settings during cancer treatment, also puts you at risk for acquiring nasty germs like *MRSA* and *C. diff* that can't easily be treated with common antibiotics. However, there is good news. You can take action to protect yourself.

The most effective way to prevent the spread of germs is also the simplest – good handwashing. It's important to wash your hands thoroughly and often. (See sidebar for an explanation of the proper technique.)

Be especially careful in the kitchen. It harbors more bacteria than any other room in the house.

You can also use an alcohol-based hand sanitizer gel to clean your hands when getting to a sink is inconvenient, such as during a doctor's office visit. Use a quarter-sized drop of the gel and rub your hands together (just as you would when washing with soap and water) until the gel is dry. It's a good idea to always carry a small container of hand sanitizer with you whenever you are away from home.

Protect Yourself at Home

No matter how often you clean your house, you won't be able to completely rid it of germs. So it's important to limit your exposure.

Wash your hands whenever they are dirty, before you eat or drink, and after blowing your nose, sneezing, or using the restroom. Always keep your hands away from your face. Germs on your hands can get directly into your system through the mucous membranes in your nose, eyes, and mouth. When you have to cough or sneeze, cover your mouth and nose with a clean tissue, or make a habit of coughing or sneezing into the crook of your arm. Also, don't share personal hygiene items like toothbrushes, towels, makeup, or creams.

Be especially careful in the kitchen. It harbors more bacteria than any other room in the house. Always wash your hands thoroughly before preparing foods, and be extra vigilant about washing them after handling raw meat. Never share eating utensils, dishes, or drinking glasses. Follow your doctor's orders about eating raw fruits and vegetables. If you are allowed to eat raw foods, make sure to wash them thoroughly.

Keep your home as clean as possible. Fix leaks and any water damage that occurs right away, as wet surfaces can be a

breeding ground for mold, mildew, and other germs. When you have visitors, remind them to cover their coughs and wash their hands upon entering your home.

Fight Germs by Washing Your Hands...the Right Way

Step 1: Start by wetting your hands with warm water.

Step 2: Apply enough soap to form a good lather.

Step 3: Rub your hands together for 15 to 30 seconds. The rubbing action helps to remove the germs from your skin.

Step 4: Make sure you scrub all your fingers, your thumbs, your palms, and the backs of your hands.

Step 5: Don't forget to scrub under your fingernails. That's where germs love to grow.

Step 6: Rinse your hands with warm water.

Step 7: Dry with a clean towel.

Protect Yourself in Public

If your white blood cell count is low, stay away from crowded places, and wear a mask over your nose and mouth when you do leave your home. Steer clear of construction areas where large amounts of dust and dirt may be in the air. Avoid contact with people who have symptoms of cold, flu, or other infections.

Protect Yourself in Healthcare Settings

A clean healthcare environment is important for all people, but especially for those who are undergoing cancer treatment. Germs can live on environmental surfaces and medical equipment in hospital rooms for a long period of time. In addition to the current standard disinfection practices, new technologies are being developed to decrease infection-causing germs in healthcare settings, which is good news for cancer survivors. However, it's still important to educate yourself about your hospital's disinfection policies and to ensure that any healthcare provider you encounter cleans their hands with soap and water or a waterless alcohol sanitizer before coming in contact with you.

Work with your doctor to create an infection defense strategy. Ask him or her how your treatment will affect your immune system, what activities you should avoid, and what you can do to protect yourself from infection. You are your own best defense against infection. Learn the steps to protect yourself – and follow them.

Dr. Chemaly is a professor of medicine, a fellow of the Infectious Diseases Society of America and the American College of Physicians, and the director of the Infection Control Section at The University of Texas MD Anderson Cancer Center in Houston, TX. Linda Graviss is the manager of the Infection Control Section at MD Anderson and is board certified in Infection Control.

This article was originally published in Coping® with Cancer magazine, September/October 2015.

COMPLEMENTARY CARE

Learning to Relax

Courtesy of Cancer.gov

Many people with cancer have found that doing relaxation or imagery exercises has helped them cope with pain and stress.

Take the time to learn helpful relaxation skills, such as the ones below, and practice them when you can. You can also take a class, buy a relaxation DVD or CD, or find other exercises online.

Getting Started

For each exercise, find a quiet place where you can rest undisturbed. Let others know you need time for yourself. Make the setting peaceful for you. For example, dim the lights and find a comfortable chair or couch.

You may find that your mind wanders, which is normal. When you notice yourself thinking of something else, gently direct your attention back to your body. Be sure to maintain your deep breathing.

Some people like to listen to slow, familiar music while they practice these exercises.

Breathing and Muscle Tensing

Get into a comfortable position where you can relax your muscles. Close your eyes and clear your mind of distractions. You can sit up or lie down. If you're lying down, you may want to put a small pillow under your neck and knees.

Breathe deeply, at a slow and relaxing pace. Concentrate on breathing deeply and slowly, raising your belly with each breath, rather than just your chest.

Next, go through each of your major muscle groups, tensing (squeezing) them for a few seconds and then letting go. Start at the top of your head and work your way down. Tense and relax your face and jaws, then shoulders and arms.

Continue tensing and relaxing each muscle group as you go down (chest, lower back, buttocks, legs), ending with your feet. Focus completely on releasing all the tension from your muscles and notice the differences you feel when they are relaxed.

When you are done, focus on the pleasant feeling of relaxation for as long as you like.

Slow Rhythmic Breathing

Stare at an object or shut your eyes and think of a peaceful scene. Take a slow, deep breath.

As you breathe in, tense your muscles. As you breathe out, relax your muscles and feel the tension leaving.

Remain relaxed and begin breathing slowly and comfortably, taking about 9 to 12 breaths a minute. To maintain a slow, even rhythm, you can silently say to yourself, "In, one, two. Out, one, two."

If you ever feel out of breath, take a deep breath, and continue the slow breathing.

Each time you breathe out, feel yourself relaxing and going limp. Continue the slow, rhythmic breathing for up to 10 minutes.

To end the session, count silently and slowly from one to three. Open your eyes. Say to yourself, "I feel alert and relaxed." Begin moving slowly.

Imagery

Imagery usually works best with your eyes closed. To begin, create an image in your mind. For example, you may want to think of a place or activity that made you happy in the past.

Explore this place or activity. Notice how calm you feel.

If you have severe pain, you may imagine yourself as a person without pain. In your image, cut the wires that send pain signals from one part of your body to another. Or you may want to imagine a ball of healing energy. Others have found the following exercise to be very helpful:

Close your eyes and breathe slowly. As you breathe in, say silently and slowly to yourself, "In, one, two," and as you breathe out, say "Out, one, two." Do this for a few minutes.

Imagine a ball of healing energy forming in your lungs or on your chest. Imagine it forming and taking shape.

When you're ready, imagine that the air you breathe in blows this ball of energy to the area where you feel pain.

Once there, the ball heals and relaxes you. You may imagine that the ball gets bigger and bigger as it takes away more of your discomfort.

As you breathe out, imagine the air blowing the ball away from your body. As it floats away, all of your pain goes with it.

Repeat the last two steps each time you breathe in and out. To end the imagery, count slowly to three, breathe in deeply, open your eyes, and say silently to yourself, "I feel alert and relaxed."

NUTRITIONAL INFORMATION

Why You Need Omega-3's . . . and How to Get Them

By Rachael Bieschke

Of the 20 different fatty acids your body needs for optimal health, all but two are manufactured in your body. Those two 'outsiders' — omega-3 Linolenic Acid (LNA) and omega-6 Linoleic Acid (LA) — are dubbed the essential fatty acids because you must get them via your diet.

Today we're focusing on omega-3, which consists of EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). These healthful essential fatty acids are known to support your heart, brain and skin health, as well as protecting against the physiological effects of stress and supporting healthy pregnancies and fetal development.

EPA and DHA are found in oily fish, such as salmon, sardines and anchovies, while ALA is found only in plant foods, such as flaxseeds, chia seeds and walnuts. While ALA is beneficial, it cannot be used directly by your body; it must be converted into EPA and DHA first.

Because the conversion of ALA to EPA and DHA is limited, you'll need to consume far more omega-3 from plant foods to maintain sufficient levels, as compared to EPA and DHA from fish or fish oil.

How Much Omega-3 is Enough?

How much omega-3 you need depends on its source, specifically if it's animal-based or plant-based. As reported by Supermarket Guru:

"The Food and Drug Administration has yet to set specific recommendations for Omega-3 intake, but the National Institute of Health recommends consuming at least 2.5 grams of Omega-3s daily. If you are on a plant-based diet, thus only

consuming ALAs, it is recommended to consume between 1.3-2.7 g ALA per day to ensure adequate amounts are being converted to EPA and DHA."

What does this mean for your diet? To get the recommended amount of omega-3, options include:

- One four-ounce serving of fish twice a week (salmon, scallops, sardines, shrimp, cod, tuna or mackerel) (try to consume wild-caught seafood, which is thought to contain more omega-3s than farm-raised due to their naturally omega-3-rich diets). While fish such as salmon, tuna, and halibut contain high levels of these healthy fats, they have also been reported by many federal agencies to contain environmental contaminants like mercury and other chemicals that are potentially harmful to your body. For those looking for a safer alternative, or those who do not eat much seafood, pure, high-quality omega-3 fish oil supplements can provide both EPA and DHA without the potential harm from environmental contaminants.
- One-quarter teaspoon of flaxseed oil or 2 tablespoons flaxseeds
- One-quarter cup of walnuts
- One cup of broccoli, Brussels sprouts, cauliflower, cabbage, winter squash or tofu will give you about 8-14 percent of the daily requirement

Omega-3 deficiency is thought to be widespread among Americans, with the majority *not* consuming adequate levels via diet alone. While the ideal daily dosage continues to be debated, the health benefits do not. For optimal health and wellness, make it a point to consume plenty of omega-3-rich foods, or take a high-quality fish oil supplement, regularly.

CancerFightersThrive.com

Simply Salmon Pasta recipe by Holly Clegg

Yields 6-8 servings

Ingredients

1 (9-ounce) package spinach tortellini
1 (12-ounce) package bow tie pasta
8 ounce salmon filets
Salt and pepper to taste
1/4 teaspoon sugar
1 cup fat-free chicken broth
2/3 cup evaporated skim milk
1 cup sugar snap peas
1/2 cup chopped green onions
1 teaspoon dried dill weed
1/3 cup grated Parmesan cheese

Directions

1. In large pot boiling water, add tortellini and cook about 10 minutes. To same pot, add bow tie pasta and continue cooking until pasta is done. Drain and set aside.
2. Season salmon with salt and pepper and sugar.
3. In skillet coated with nonstick cooking spray, cook salmon over medium heat. Turn and cook other side until done. Cut into chunks (remove skin), and set aside.
4. In same skillet, add broth and evaporated milk. Bring to a boil, reduce heat, and simmer until liquid reduces, about 5 minutes.
5. Add snap peas and green onions, cooking only until peas are crisp tender.
6. Add cooked pasta, dill, and cheese, tossing carefully. Carefully toss in salmon.

Nutrition

Calories 298, Protein (g) 18, Carbohydrate (g) 43, Fat (g) 5, Calories from fat (%) 16, Saturated Fat (g) 2, Dietary Fiber (g) 2, Cholesterol (mg) 60, Sodium (mg) 269, Diabetic Exchanges: 1 lean meat, 3 starch

CancerFightersThrive.com

UPCOMING EVENT

12th Annual

RIDE FOR AWARENESS

& Poker Run

Benefitting:
Women Supporting Women

**SATURDAY,
JULY 16th**



Donations of deodorant and/or body wash to be given to "Operation We Care" would be greatly appreciated.

NEW ROUTE!

START & END: Texas Roadhouse, Fruitland

Registration: 9am Last bike out 11am Return by 2pm

\$20 per Driver, \$10 per Passenger

T-Shirt given with driver registration,

available to passenger for \$10 (limited quantities).

1st, 2nd and 3rd prizes for best hands as well as WORST HAND announced at the restaurant after last rider arrives.

• 50/50 Raffle!

MORE INFO: 410-548-7880 | womensupportingwomen.org

Thank you Courage Sponsors:



Upcoming Events

Knitting Group
Salisbury Office
June 1st, 12 pm

July 16th
Poker Run - Ride for Awareness
Texas Roadhouse 9am

October 8th
Sea Gull Century
Ongoing Recruitment

October 8th
Walk for Awareness
Winterplace Park

WICOMICO COUNTY CHAPTER NEWS

1320 BELMONT AVENUE, SUITE 402
SALISBURY, MARYLAND 21804
410-548-7880

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

OFFICE HOURS: MONDAY - FRIDAY, 9:00 - 4:00

Summer begins with the solstice on June 20th. The summer solstice heralds the beginning of summer in the Northern Hemisphere. This means it is very important to remember your sunblock in the mornings and throughout the day as needed and to keep your head covered. Especially for those of you who are going through chemotherapy; your skin is extra sensitive!

Thank you to all of our Bras for a Cause participants for making this year another success. As always the designs were amazing and your fundraising efforts valiant and very much appreciated. Please keep an eye out for all of the winner pictures coming up in the next newsletter.

CALLING ALL MOTORCYCLE ENTHUSIASTS! Our 12th Annual Ride for Awareness and Poker Run is taking place on July 16th. We will start and end at Texas Roadhouse again; please note that there is a **NEW ROUTE** this year. We will have 1st, 2nd, and 3rd place prizes for the best hands as well as a prize for the worst hand! There will also be a chance to buy extra cards to better your hands and a 50/50 at the end of the ride. For more information please see the flyer on page 7 or call the office.

The **Sea Gull Century** team is looking for you...contact Amber at 410-548-7880 or Amber@womensupportingwomen.org to learn more.

FUN FACT!

In the underwater world of the seahorse, it's the male that gets to carry the eggs and birth the babies.



Wicomico County Chapter Staff Members

Cindy Feist
Executive Director

Amber King
Event Coordinator

Emily Rantz
PR & Marketing Director

Natassia Feather
Office Manager

Sue Revelle
Mentoring Coordinator/Co-Founder



WSW Staff Spotlight...

Meet Sue

It's because of this woman and two others that the vision of a non-profit helping local families affected by breast cancer eventually became the organization you know as Women Supporting Women. Sue saw the need for a breast cancer support group, and it grew from there. Now serving as our Mentoring Coordinator, Sue is an asset to the newly diagnosed; encouraging them and helping them along their journey. Anyone who has had the opportunity to talk to Sue, knows how knowledgeable she is about breast cancer and women's health. WSW is lucky to have her on our team!

MENTORING MINUTE



Worcester County Support Group and speakers which meets in the Atlantic Health Center Conference Room each month at AGH.

SUPPORT GROUPS

Support groups are a “safe” place to express your fears and have your cancer questions answered by those who truly understand. You may have loving support from your family and friends, but often they do not seem quite able to understand what you really feel. In a breast cancer support group, the shared experiences of other women help you adapt and resume your fighting spirit. It is helpful to see those who are months ahead of you living full, productive lives after mastering the crisis of breast cancer. They have many tips and lots of encouragement to share with you. Avail yourself of this source of strength and understanding.* Women Supporting Women have a group led by a licensed facilitator in each county: Wicomico, Worcester, Somerset, and Dorchester. Please call the office at 410-548-7880 for time and place.

*Taken from the Breast Cancer Treatment Handbook by Judy Kneese, RN, OCN

Sue Revelle - Mentoring Coordinator

HAPPY FATHER'S DAY

FATHER'S DAY HUMOUR

“Dad, are bugs good to eat?” asked the boy.

“Let’s not talk about such things at the dinner table, son,” his father replied.

After dinner the father inquired, “Now, son, what did you want to ask me?”

“Oh, nothing,” the boy said. “There was a bug in your soup, but now it’s gone.”

After putting their three-year-old child Brian in bed, his parents heard muffled sobs coming from his room one night. Rushing back in, they found that the child was crying hysterically when he saw them. He told his parents that he had accidentally swallowed a penny and was sure that he would die now. The father, in an attempt to sober him down, took out a penny from his pocket and pretended to pull it out from

We've been nominated for...



Vote For Us Now!

Go to CoastalStyleMag.com

COMMUNITY SUPPORT



Thank you to Eastern Correctional Institution for having Emily come out to speak to your employees about breast cancer awareness and Women Supporting Women's services. What a great day and group of people. The plaque and aprons that were handcrafted by the inmates were beautiful!



13 year old Ariana Ramsey presents a check to Emily with proceed from a spaghetti dinner she held to benefit WSW.



A huge thank you to Universal Mortgage for sponsoring the 2015 Sea Gull Century. *We are looking for cyclist for 2016 Team WSW



SU Women's Lacrosse team presents a check from their annual Pink Event.



The Women's Club of Ocean Pines chose WSW as one of their annual donation recipients.

DONOR THANKS

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Ariana Ramsey
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How Can You Donate?

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- ⌘ WomenSupportingWomen.org
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- ⌘ In Honor or In Memory
- ⌘ Endowment Fund

In-Kind

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- ⌘ Bras
- ⌘ Prosthesis
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JOKE

A woman in a supermarket is following a grandfather and his badly behaved 3 year-old grandson. It's obvious to her that he has his hands full with the child screaming for sweets in the sweet aisle, cookies in the cookie aisle; and for fruit, cereal and coke in the other aisles..

Meanwhile, Granddad is working his way around, saying in a controlled voice, "Easy William, we won't be long, easy, boy."

Another outburst, and she hears the granddad calmly say, "It's okay, William just a couple more minutes and we'll be out of here. Hang in there, boy."

At the checkout, the little terror is throwing items out of the

cart, and Granddad says again in a controlled voice, "William, William, relax mate, don't get upset. We'll be home in five minutes, stay cool, William."

Very impressed, the woman goes outside where the grandfather is loading his groceries and the boy into the car. She said to the elderly gentleman, "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time, you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandpa."

"Thanks," said the grandfather, "but I'm Williamthis little brat's name is Kevin."



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21801
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WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

Please contact the office if you are not reading
or if you no longer wish to receive our
newsletter. Thank you.

410-548-7880 or
Tassia@womensupportingwomen.org

Women Supporting Women 2016 Board of Directors

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