



Care & Share

Newsletter

January 2016

Local Services, Local Support



Sue Revelle
Founder-Mentor

Happy New Year everyone! Women Supporting Women is going to start a new year and a new chapter in its history – a new director. After many resumes and interviews, **Alaina Van Gelder** (see picture below right) has been chosen to replace my position. I will remain with WSW in the mentoring roll, which I have been doing along with my full time director job for the past several years, and now look forward to only working 3 days per week and concentrating on the survivors. I know Alaina will be fantastic so please give her your support. Her first day will be January 4th so stop by and introduce yourself so she can get to know everyone.

I want to thank each person who has shared their life with me and by doing so has made my life richer through their friendship, support, kindness, hugs, and educating me about their breast cancer journey. I applaud each of you for your strength, love, and the growth you have accomplished during a difficult time.

Sue

Congratulations & Welcome Alaina!



Alaina Van Gelder
Executive Director

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Funding for this month's issue provided by:



“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

– By Carl Bard

SURVIVOR SUPPORT GROUP MEETINGS

Salisbury Office

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

6:30 pm, Thursday
January 7th

Topic/Speaker: Open Forum

Facilitator: Kyle Beebe

Pocomoke Community Center

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

5:30 pm, Thursday
January 21st

Topic/Speaker: Open Forum

Facilitator: Virginia Schneider

***PLEASE NOTE PERMANENT DAY OF THE
MONTH CHANGE**

Crisfield

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

Facilitator: Monique Welch, RN

Ocean City Office

12216 Ocean Gtwy Unit 1500
Ocean City, 410-213-1177

1:00 pm, Wednesday
January 20th

Topic/Speaker: Open Forum

Facilitator: Mary Henderson

Christ Episcopal Church

601 Church Street
Cambridge, 410-463-0946

5:30 pm, Tuesday
January 26th

Topic/Speaker: Open Forum

Facilitator: Sue Todd, LCSW-C

SURVIVOR STORY

Two-Time Cancer Survivor Shares Secrets for Overcoming Fear

By Rachael Bieschke

Fourteen years ago, Roxanne Waling walked around in a blur trying to do her Christmas shopping. The excitement of checking off gifts on her Christmas list had been replaced by a feeling of numbness. That December 2001, she had been diagnosed with breast cancer at the age of 49 and was engulfed by the fear of dying.

Years later, in November 2012, Roxanne was sent reeling once again when she received a second cancer diagnosis – this time pancreatic cancer. Her fears came flooding back, but faith, optimism and visualization saw her through some of her toughest moments. Today Roxanne, now a grandmother to two, is getting ready to celebrate another holiday season with her family.

“My Life as I Knew it Was Changed Forever”

When Roxanne was first diagnosed with breast cancer, it seemed like history was repeating itself. Her mother had died with lung cancer that had metastasized in the brain at the age of 48. But Roxanne, a healthy eater and regular exerciser, believed she would never get cancer.

When she first heard the words “you tested positive for breast cancer,” she felt like her entire life force left her body. In that moment, she said, “my life as I knew it was now changed forever.” Her breast cancer was found early, however, and chemotherapy was successful.

At the age of 60, when a biopsy came back positive for pancreatic cancer, she wasn’t surprised. She was now a seasoned veteran and had many family members with a history of cancer. “I had been down this road before,” she remembered, but knew this journey would be rockier than the first. Pancreatic cancer is among the most difficult to treat. In Roxanne’s case, the cancer was diagnosed as stage III and inoperable.

She started chemotherapy right away to see if it would shrink the tumor enough to make surgery possible, and this is where her eternal optimism became invaluable.

“I Still Had a Journey to Complete”

Roxanne, a self-described “longtime grandma wannabe,” had a 2.5-year-old granddaughter at the time of her pancreatic cancer diagnosis — and a grandson on the way. She had fearful moments., Yet, Roxanne believed she still had a journey to complete and focused on living to see her precious grandchildren have many memories with their grandmother.

She started chemo (Folfinrox), which she received every two weeks. After the initial course of six treatments, her tumor in the pancreas was completely gone with only signs of enlarged lymph nodes and her pancreatic tumor marker CA 19-9 was now in the normal range.

She received six more courses of chemo to shrink lymph nodes that were still showing cancer, with the last treatment taking place on June 25, 2013 – the day before her grandson, who she calls her “hope baby,” was born.

Three months later, Roxanne received the recommended surgery to remove portions of her pancreas, spleen, left adrenal gland, left ovary and fallopian tube and the covering of her stomach, the omentum. Due to being diagnosed with a BRCA 2 gene mutation, she’s also received a total hysterectomy, in which they found and removed a precancerous leiomyoma on her uterus. She also had a double mastectomy with reconstruction.

“I Always Stop to Smell the Roses”

Her battle against cancer has given Roxanne a new perspective on life. Though she was always an optimist, today she says she always stops to smell the roses and lives every day as stress free as possible.

“I don’t sweat the small things as I used to. After all, if it isn’t life threatening, it isn’t that important. And I thank God every day for my wonderful life, loving family and friends, and all the small things that make me smile and laugh,” she said.

During treatment, Roxanne relied on support from friends and family to get her through rough times. She talked to one of her sisters, who happened to also be going through chemotherapy at the same time, every evening, and they helped keep each other positive and upbeat.

She also “prayed lots” and used positive visualizations and affirmations. When she would receive treatment or feel anxiety, Roxanne would visualize a shield protecting her organs and stopping the cancer. She would use the affirmation, “Cancer, you can’t come in here, I’m protected.”

She also used a Pac-man visualization technique she learned from a psychologist at Cancer Treatment Centers of America® – imagining the video game character moving up and down her organs and eating up all the cancer cells. Acupuncture, which she received every two weeks during chemotherapy, further helped her with anxiety and stress.

Roxanne remains healthy and active – a key for cancer survivors. She walks and works out six days a week and does yoga on Fridays. She still feels anxiety before her check-up scans every four months, but chooses to live day by day and focus on the positive.

For those facing a cancer battle of their own, Roxanne had this to say: “As difficult as it is, have faith and optimism. Get help for mind-body techniques that will help you feel a sense of control over what your body and mind are going through ... It’s not how many times you get knocked down that matters; it’s how many times you get back up.”

MEDICAL UPDATE

Most BPA-Free Plastics Still Leach Toxic Chemicals

By Rachael Bieschke

Many health-conscious consumers have started buying only plastics labeled BPA-free, believing them to be safer than traditional plastics. BPA (or bisphenol-A), a component of epoxy resins and polycarbonate plastics, has shown reproductive, developmental, and systemic toxicity in animal studies, and there is growing concern about its impact on vulnerable populations, particularly pregnant women, infants and young children.

The problem is that even BPA-free plastic can leach chemicals with estrogenic activity into your food. According to one study in *Environmental Health Perspectives*, most plastic products release estrogenic chemicals, including BPA-free options:

“Almost all commercially available plastic products we sampled—independent of the type of resin, product, or retail source—leached chemicals having reliably detectable EA [estrogenic activity], including those advertised as BPA free. In some cases, BPA-free products released chemicals having more EA than did BPA-containing products.”

Mother Jones also reported on a study by the lab CertiChem, which tested 50 reusable BPA-free plastic containers, including baby bottles, sippy cups and water bottles.

They, too, found that some of the products leached hormone-altering chemicals even without being exposed to conditions known to increase chemical leaching (like exposure to heat from a dishwasher, microwave or ultraviolet (UV) rays, which are used to sterilize baby bottles). And most of the BPA-free plastics leached chemicals under certain conditions. According to Mother Jones:

“Many of the items ... are advertised as healthy alternatives to plastics containing BPA and the hormone-altering chemicals known as phthalates

... The news isn't all bad, though. CertiChem's study also names several products that are free of estrogenic activity, among them green Nalgene water bottles (the green dye apparently blocks the effects of UV rays) and reusable water bottles from Topas and Zeonor. CertiChem's founder ... cautions that even these products aren't guaranteed to be safe since minor change to the chemical formula can introduce estrogens.”

Unfortunately, plastics manufacturers may swap plastics in their products, leading to a less healthy product, without consumers' knowledge; even a tweak to the product's color can alter its toxic potential. So what's the best way to avoid exposure to these dangerous hormone-disrupting chemicals?

Store your food and beverages in glass containers as opposed to plastic and, if there's an option, choose glass jars over plastic containers for your food products (juice, vegetables, beans, etc.). Additionally, avoid plastic toys for children — choose those made from natural materials, such as wood or fabric, instead. Finally, be aware that liquid infant formula sold in cans, as well as many canned foods, may also contain hormone-disrupting chemicals due to the can liners.



COMPLEMENTARY CARE

11 Ways to Curb Chemo Fatigue

Is chemotherapy sapping your energy? These fatigue-busters can help.
By Susan Amoruso Jara

Imagine going to work, doing errands and still having enough energy for something you actually want to do. This might seem like the impossible dream if you're undergoing chemotherapy. In fact, up to 98% of people who are treated for cancer report energy-sapping fatigue, which can leave you with barely enough pep to lift a fork or brush your teeth.

The emotional distress, lack of sleep, poor nutrition, anemia and hormonal changes associated with chemotherapy can steal your get-up-and-go. Fatigue often peaks within a few days of chemotherapy and then improves until the next treatment, when the pattern begins again.

The good news: You can get your oomph back by experimenting with a few simple energy-boosters. Talk with your healthcare provider about the source of your fatigue, and try one of these tips to start feeling like yourself in no time:

Have a good breakfast. Of course this is easier said than done when challenges like appetite loss and nausea make it hard to eat. Yet when you're undergoing chemo, your appetite is often heartiest in the morning, so make this meal count with a combination of protein, fat and fiber. Go for some fruit with cottage cheese. If you prefer savory foods, try turkey bacon, chicken or even beef. The bottom line: Take advantage of those times when you feel hungry by giving your body power foods. Also consider asking your oncologist if you should take any supplements.

Start moving. It may sound counterintuitive, but a study published in *BMJ (British Medical Journal)* found that participating in aerobic exercise and strength training helps amp up the energy of chemo patients. A bonus: It may boost your mood. Ask your healthcare provider what exercises are right for you.

Book a massage. People undergoing chemotherapy feel more energetic after a 15-minute rubdown, according to research from the National Cancer Institute. Many spas offer discounts for people with cancer. Angie's Spa (no-follow link angiesspa.org) provides free sessions for people undergoing chemo at MD Anderson Cancer Center in Texas, Northridge Hospital Medical Center in California, Hartford Hospital in Connecticut and Southampton Hospital in New York. Many other area hospitals offer complimentary massages for cancer patients, so ask your oncologist or medical center.

Don't write off extreme fatigue as normal. Sure, some tiredness is to be expected when you're undergoing chemo. But if you feel dizzy, lightheaded and short of breath in addition to being extremely fatigued, tell your doctor. Chemo can lower levels of iron-rich red blood cells, causing anemia. Treating anemia can boost your energy levels.

Stay social with social media. All those phone calls can wear a person out. Instead, consider setting up a Caring-Bridge site (caringbridge.org), which makes it easy to keep family and friends up to date on your treatment and how you're feeling.

Be ready to make specific requests. When people offer their assistance, designate special tasks: Ask a friend to go grocery shopping for you. Or ask your neighbor can babysit your children while you're at a chemo appointment. Most people sincerely want to help but aren't sure what to do. Giving them a particular task allows them to feel good about their contribution.

Give guilt the heave-ho. Feel like you're imposing? Instead, think about how great you felt the last time *you* did a good deed. Folks love that "helpers' high," and by asking for an assist, you're giving them a feel-good fix.

Write it and forget it. Journaling is a great way to release your emotions, especially stress and anxiety, which are often linked to fatigue. It can even help people with cancer alter their feelings and thinking about the disease, according to a Georgetown University study. Try it: Grab a pen and a piece of paper, and write down every thought, feeling, sight and smell you experienced during chemotherapy. Or start a blog. Free blogging websites, such as wordpress.com or blogspot.com, make it easy.

Pace yourself. Cut an activity short while you still feel fine—say, after 20 minutes or so. Take a break, and if you feel okay later, resume what you were doing; pacing yourself will help keep energy levels high.

Get in a good guffaw. Feeling worn out? Watch a comedy, or phone a funny friend. Hearty laughter is a great energy booster because it releases mood-lifting endorphins that help you overcome tiring chemo-induced stress and depression.

Take an afternoon snooze. Next time you feel fatigued, try squeezing in a 20- to 30-minute midday nap. Although this won't compensate for poor-quality nighttime sleep, it can help you rejuvenate for the day ahead.

NUTRITIONAL INFORMATION

Healthy Eating During Chemo

Chemotherapy may have changed your appetite, but you can enjoy food again—and feel your best—with these healthy-eating strategies.

By Kathy Gilligan

Help! I've lost my appetite!" That's one of the most common complaints among folks being treated for cancer. Not to worry. You can regain your taste for food during treatment, says Jodi Buckman Weinstein, RD, author of *Tell Me What to Eat Before, During and After Cancer Treatment* (Career Press, 2010). And that's important because eating well will help you feel stronger and healthier and enable you to heal faster.

Here are Jodi's suggestions for getting past the most common cancer-treatment appetite busters.

Appetite buster: Your stomach is upset—nausea and vomiting make it difficult to keep food down.

Appetite enhancer: Try bland "breadly" foods like crackers, pretzels, bagels, dry cereals, white bread or unbuttered toast. Mild soups, applesauce, white rice and baked or boiled potatoes may also fit the bill.

Why it works: These foods are digested quickly—and the less time food sits in your stomach, the better your odds of side-stepping nausea.

Appetite buster: Your mouth is dry as cotton, which makes eating unpleasant.

Appetite enhancer: Try cold, creamy treats like milkshakes and ice cream. Other good options include fruits with lots of H₂O, such as watermelon, peaches, nectarines and 100% papaya or pineapple juice.

Why it works: Cold and creamy foods, beverages and juicy fruits moisten your mouth and throat, which makes eating and swallowing easier. Papaya and pineapple juice contain natural enzymes that help thin saliva and make eating more appealing.

Appetite buster: Mouth sores, a side effect of some cancer treatments, which make eating difficult and even painful.

Appetite enhancer: Try cream soups, stews, pasta with cream sauce, melted cheese, scrambled eggs, and cereals like Farina and Cream of Wheat. But make sure nothing is too hot or cold. Lukewarm is best.

Why it works: Soft foods are less likely to irritate your mouth.

Appetite buster: Foods you normally like smell or taste terrible.

Appetite enhancer: Mild-tasting sweetish foods, such as French toast or pancakes, may entice you to the table. Also, try marinating chicken, turkey and mild fish like tilapia in sweet sauces, such as a teriyaki or plum sauce. Use condiments with aromas that appeal to you—like ketchup, mayo and butter—and spices such as cinnamon and nutmeg.

Why it works: Cancer treatments, including chemo, radiation and surgery, can affect your taste buds and your sense of smell. As a result, foods with overpowering or bitter odors, like cabbage, Brussels sprouts and peppers, will often turn you off during treatment—even if you normally enjoy them.

Appetite buster: You're bone-tired—you don't have the energy to cook or eat.

Appetite enhancer: Snack on foods high in protein and fat that you don't have to prepare, like cheese cubes with whole-grain crackers. Also, try adding a high-fiber, complex-carb-rich food like granola to your favorite yogurt. For lunch or dinner, try a tuna or turkey sandwich with mayo on whole-wheat bread or high-fiber crackers. Drink at least eight cups of caffeine-free beverages every day (caffeine causes dehydration, which can contribute to fatigue). Water, diluted fruit juice and seltzer are also good choices.

Why it works: Not eating enough nutritious food robs your body of nutrients and leaves you feeling draggy. Right now, your body needs high-quality food to help rebuild tissues affected by cancer and cancer treatment.

THANK YOU



October was full of support from many valued people and organizations, pictured from top clockwise: Pam Wood from Ballroom Made Simple, Salisbury Career Fire Fighters Station 1, Bundles of Joy-Salisbury and Berlin Locations, Delmar Middle and Senior SGA, Women in Action 1st Baptist of Pocomoke, Robin Breasure from Bryan & Brittingham, and some of the Peninsula Imaging staff.



Upcoming Events

Knitting Group
Salisbury Office
January 6th, 12 pm

March 10th
Basket Bingo
Moose Lodge, Salisbury, MD

May
Bras for a Cause
All Month

July
Poker Run - Ride for
Awareness

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

It's that time of year when most of us reflect on the year passed and make promises to ourselves and/or others to improve upon different aspects of our lives we would like to change. Don't look back with regret or harsh judgment, but forward with the intent to be the best you can be one day at a time.

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential." ~Ellen Goodman

We would like to thank all of the amazing volunteers who have helped us throughout the year, not only at our events but at health-fairs, 3rd party events and in the office. We would not be able to function without each and every one of you.

2016 HAPPY NEW YEAR



Thank you to **Perdue Farms**, **Kitty's Flowers**, **Snow Hill Middle School** and **Pemberton Pharmacy** for decorating trees for the "Black & Bling" event held at **Evo** and to **Evo** for including us. What a wonderful evening!

Wicomico County Chapter Staff Members

Alaina Van Gelder
Executive Director

Cindy Feist
Director of Fund Development

Emily Rantz
Director of Community Relations

Natassia Feather
Office Manager

Sue Revelle
Mentor

Last but certainly not least, we would like to send a special thanks out to **Shore Appliance Connection** located in the Twilley Center in Salisbury for donating their kitchen space for our **Nutrition Classes**, **Dawn Schneider** for sewing handmade aprons for the survivors who attended the class, and **Henriette and Chris of Habanera Farms** for cooking for and teaching our survivors at the classes.

If you have not attended these classes then we urge you to keep an eye for the classes to be held in the spring. Everything from the recipes, the food and the company is absolutely amazing!



WORCESTER COUNTY CHAPTER NEWS

12216 OCEAN GATEWAY, UNIT 1500
OCEAN CITY, MARYLAND 21842
410-213-1177

WORCESTER@WOMENSUPPORTINGWOMEN.ORG

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

Upcoming Events

Survivor Meeting

January 20th
Office at 1pm

Happy Happy New Year Everyone!! Boy oh boy, that year certainly went quickly, so glad we made it through. Now the daunting task of how we are going to make this upcoming year the best ever. The best thing about the New Year is that we can start over fresh. That doesn't mean we totally forget all that we have been through but to use it to make improvements on our lives, health, attitude and how we impact others through our daily living. I hope everyone achieves whatever goals you set for yourselves and your families and that you all remain healthy.

Now is the perfect time to put your new calendar to use by marking down our upcoming events for the year. We all have such busy lives so if you mark it now then we have a greater chance of seeing you. We do tend to go overboard with the fun element but how can you not with the fun loving staff that we have. We can always find something to giggle about and make you glad you're part of such an awesome organization that is committed to helping the people right here in our community.

I have had people tell me they have family or friends in other states facing breast cancer and how can they get in touch with Women Supporting Women there. Unfortunately, you can't. Women Supporting Women is unique to only the Eastern Shore. I've not found any other organization like it that provides so many free services. We are very fortunate to have such an organization and the best way to keep it here is with your support. That is why we give advanced notice on our events so that through your participation, we are raising funds to always be of service to our community. I hope to see you all at our events throughout the year.

Wishing you all a wonderful year and thank you for being a part of mine. I leave you with this quote that certainly holds true:

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~ Maya Angelou

C U when I C U,

~Mary~



Ann Vito, the winner of the raffle held for this basket by Robin Walter Salon & Spa

Worcester County Chapter Staff Members

Mary Henderson
Worcester Coordinator

Madonna Brennon
Volunteer Office Assistant

Peninsula Dressage would like to extend a special thanks to their sponsors:



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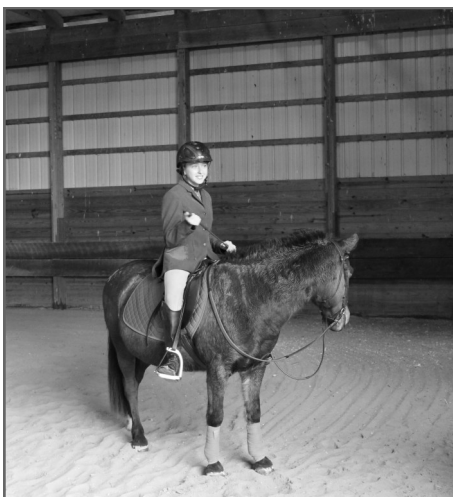
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Amie Blackwell, In Memory of Richard Smith &

With special thanks to our Judge, Gen Anderson, who donated her time to this important cause!



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Joke of the Month:

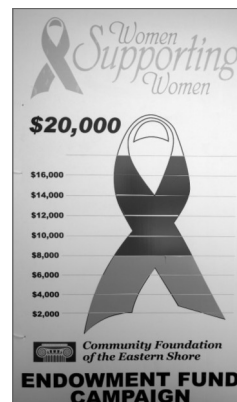
A man goes out with his friends for the night. Before he leaves he tells his wife, "I promise I will be home by midnight."

Midnight comes and goes. He finally arrives home at about 3 AM. As he walks in he realizes the cuckoo clock is about to go off. As it begins to go off he has a flash of genius and decides to coo another 9 times. He sneaks in to bed satisfied with himself.

The next morning he wakes up and his wife has breakfast made. She doesn't seem to be mad. Satisfied with himself he asks her, "You sleep okay last night?"

She replies, "Yeah, but we need a cuckoo clock."

He asks her why and she tells him, "Last night it cooed 3 times. Then it yelled, 'Crap!' It cooed another 6 times and giggled a little bit. Finally it cooed 3 more times, farted, and tripped on the carpet."



Our endowment through the Community Foundation of the Eastern Shore has grown to reach

\$18,224.74

If you wish to contribute, please contact our office.



WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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Please contact the office if you are not reading or if you no longer wish to receive our newsletter. We would like to save valuable resources as well as cut down on costs where possible. Thank you.

410-548-7880 or

Tassia@womensupportingwomen.org

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- ⌘ Online
- ⌘ Over the Phone
- ⌘ Mail-In
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- ⌘ Endowment Fund

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- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthesis
- ⌘ Hats
- ⌘ Scarves
- ⌘ Head coverings