



Care & Share Newsletter

August 2016

Local Services, Local Support



Cindy Feist
Executive Director

Well, it's summer. The "dog days" of summer that is, where days are so devastatingly hot that dogs just lie around panting all day, right?

Many people today use the phrase to mean something like that—but originally, the phrase actually had nothing to do with dogs, or even with the lazy days of summer. To the Greeks and Romans, the "dog days" occurred around the day when Sirius (Dog Star) appeared to rise just before the sun, in late July early August. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

As temperatures rise this month, catastrophe can happen. Remember that excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke. If you're at the beach on vacation or have to stay outside for long periods of time, be aware of these danger signs for yourself or others.

HEAT EXHAUSTION SIGNS

- ⌘ Cool, moist, pale or flushed skin
- ⌘ Heavy sweating
- ⌘ Nausea
- ⌘ Headache
- ⌘ Dizziness
- ⌘ Weakness
- ⌘ Exhaustion

- ⌘ Move them to a cooler place.
- ⌘ Remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin.
- ⌘ Fan the person.
- ⌘ If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly.
- ⌘ Watch for changes in condition.
- ⌘ If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

If someone is exhibiting signs of heat exhaustion, here are a few ways to help:

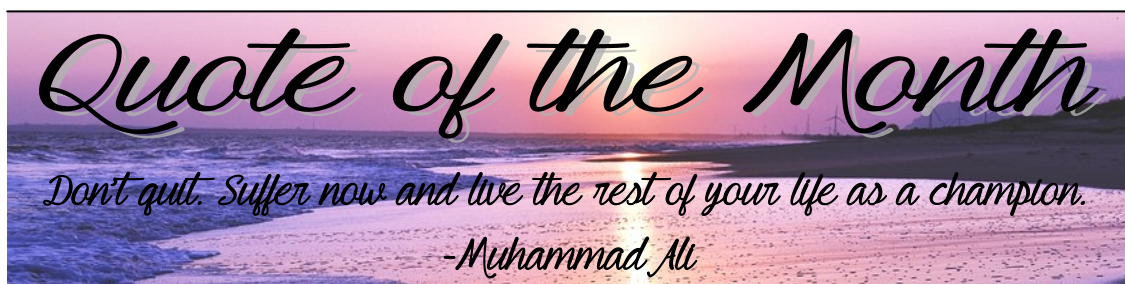
Please have fun this summer, but be aware, be safe and STAY COOL!

Cindy Feist
Executive Director

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Funding for this edition made possible by a donation from:



SURVIVOR SUPPORT GROUP MEETINGS

Salisbury Office

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

Topic/Speaker: Body Image

Facilitator: Sue Revelle

*6:30 pm, Thursday
August 4th*

Pocomoke Community Center

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

No meeting for the month of August

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: Elisa Lawson, Cert. Prosthesis
Specialist—Insurance Benefits for Post Surgical Needs

Facilitator: Cindy Elliott, RN, Nurse Navigator
Bev Ward, RN Breast Care Navigator

*1:00 pm, Wednesday
August 17th*

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

Christ Episcopal Church

601 Church Street
Cambridge, 410-463-0946

No Meeting for the month of August

SURVIVOR STORY

Breast Cancer Survivor



News icon shares stories of laughter and inspiration

*An outspoken, successful journalist, **Linda Ellerbee** has worked at NBC and ABC, owns her own production company and created the award-winning “Nick News with Linda Ellerbee,” a Nickelodeon news program for kids. As a veteran news-woman who has covered many topics over the years,*

she knew next to nothing about breast cancer—at least until her diagnosis in 1992 of Stage II disease.

At the time of her diagnosis at age 47, Linda had already found several benign lumps over the years that never turned into anything; in fact, she had stopped having annual mammograms. One day, however, she found a lump in her left breast that hurt when she pressed on it. Her doctor initially dismissed it, but the pain continued for six months. A mammogram and biopsy revealed a slow-growing tumor. Linda knew she needed to learn more about it.

“Journalists don’t actually know anything, they just know how to find out things,” she said.

So she got to it, researching, reading and talking to people. When it came time to find a surgeon, she wanted a specialist. But the first surgeon told her he hoped she wouldn’t annoy him with all of her questions, so Linda decided she needed someone new.

“I believe in being an informed patient,” she said. “Some women turn everything over to their doctor, and that’s their choice. But a good doctor is the difference between life and death, or disfigurement.”

Once she found a surgeon she trusted, they decided her options were a lumpectomy or a mastectomy. Because of a precancerous condition in her other breast, she opted to have a double mastectomy and made the very personal decision not to have reconstructive surgery.

“I traded my breasts for my life and have never regretted it,” she said.

After surgery came six months of chemotherapy, during which she lost her hair, eyebrows and even her toenails.

After six months of treatment, it took another six months before she felt normal again. She compared her treatment to a valley she had to get through.

“You just keep walking until one day you look up and you’re out,” she said. “It was a long, hard process and nobody tells you that it doesn’t all go away right after chemo ends. It got depressing at times, but to risk it and go through it is to say, ‘I believe in tomorrow.’”

Linda discovered how crucial a support system was late in her journey. She’d made two early mistakes: not seeking other survivors sooner and not asking her family for more help. When she was diagnosed, she simply didn’t consider the thousands of breast cancer survivors out there. Once she became aware, however, she discovered how helpful support groups really were. She also discovered how her family felt during her treatment. Looking back, she realized she hadn’t let them in as much as she should have.

“They loved me very much and would’ve felt better too if I’d only asked for more help,” she said. “They felt useless. If you love them, feel what you feel, say what you feel and let them help. Asking for help isn’t just for you.”

Laughter was also beneficial during treatment. One day while throwing a ball for her dog, she bent down to pick it up and her breast prosthesis fell out of her T-shirt.

“My dog grabbed it up and took off down the street,” she said. “I started running after him, yelling for him to give me back my breast!”

As soon as she realized what she was doing and how silly it all must’ve looked, she stopped, sat down and started laughing—and it felt good.

“You’ll cry throughout your journey,” she said, “but nothing says you can’t laugh, too.”

Although a good attitude is helpful, she pointed out, it’s not a cure. “You can’t always be strong,” she said, “and you shouldn’t have to be. Feel whatever you’re feeling and know that it’s OK. Nobody dies from cancer from a bad attitude.”

As she progressed into survivorship, Linda embraced breast cancer as part of her past, part of her present and part of her future.

“But it’s not who I am; it’s not who any of us is,” she said. “When you have cancer, don’t forget you’re still you.”

Now as a breast cancer survivor, Linda continues to share her story as an inspirational speaker—and continues to make a big noise about cancer.

Cancer Immunotherapy, Yesterday and Today

Immunotherapy is making a comeback in the treatment of cancer. What will that mean for breast cancer patients?

By Abdul Rashid Abdulai, Maneesh Kumar,
Margaret Flowers | July 8, 2016

As Cancer Immunotherapy Month passes, the Breast Cancer Research Foundation reviews the history of cancer immunotherapy, its recent advancements and its role in breast cancer treatment.

The immune system is the body's natural defense against foreign pathogens. Under normal conditions, the immune system works through a coordination of on and off switches that identify and destroy diseased and abnormal cells. Defects in the on/off switches can result in immune-related diseases where the immune system fails to recognize pathogens as foreign (e.g. HIV-AIDS) or where the immune system fails to recognize normal cells as "self" and launches an inappropriate attack on healthy systems (e.g. rheumatoid arthritis). Likewise, when normal cells mutate to become cancerous they may appear different from normal cells and activate an immune response. Conversely, cancer cells may disguise themselves and go undetected or deactivate the immune system to block an immune response.

What is Cancer Immunotherapy?

At its simplest, cancer immunotherapy involves harnessing a patient's immune system to attack cancer cells. Scientists have known for more than a century that the immune system can detect and kill cancer cells, but successful cancer immunotherapy has been elusive for patients. An explosion of research more recently has increased our understanding of immune- and tumor-cell biology and unveiled potential ways to unmask tumor cells and make them visible to the immune system. Major discoveries

in immune-targeted therapies are leading the way in a new era of cancer immunotherapy and clinical trials are ongoing in different cancer types including breast cancer.

Where is Cancer Immunotherapy Today?

There are several immune-based strategies being pursued as potential anti-cancer therapies. These include cancer vaccines, adoptive cell transfer, and drugs that modulate the immune system.

- **Cancer vaccines** are designed to prevent cancer from developing, or to strengthen the immune system to increase its efficacy in recognizing and killing cancer cells.

In 2010 the FDA approved the first cancer vaccine, Sipuleucel-T (Provenge) for treatment of advanced prostate cancer. The vaccine stimulates the immune system to target a protein expressed on prostate cancer cells.

Adoptive cell therapy involves removing immune cells from a patient, genetically or chemically re-engineering them to enhance their anti-tumor activity, and re-introducing them back into the patient.

A new trial is using advanced gene-editing technologies to modify T-cells to boost their anti-cancer killing efficiency of cancer in patients with myeloma, sarcoma, or melanoma who have stopped responding to existing treatments.

Immune checkpoint therapy restores the normal immune response by preventing tumor cells from shutting it down. Two targets of this therapy are:

PDL-1/ PD-1. Tumor cells increase these proteins to dampen immune response. Monoclonal antibodies to block PDL-1/ PD-1 interaction have shown success in lung cancer and other cancer types.

CTLA-4. This protein also acts to put the brakes on the immune system. Targeted anti-CTLA-4 therapies have shown promise in patients advanced melanoma.

Immunotherapy for Breast Cancer

The success of immunotherapy in melanoma, lung and other cancers has spurred interest in pursuing these strategies in breast cancer. In fact, some recent studies have demonstrated that in addition to blocking the HER2 receptor to prevent growth of cancer cells, trastuzumab (FDA approved in 1998 for the treatment of HER2+ breast cancer) also recruits immune cells to attack the cancer cells. BCRF investigator Sherene Loi has shown that a better immune response is associated with better outcomes. A new clinical trial co-chaired by Dr. Loi is currently underway. Other trials include:

A phase Ib/II trial (NCT02129556) evaluating the efficacy of targeting PD-1 with a new drug, MK-3475) in combination with trastuzumab in patients with trastuzumab-resistant, HER2-positive metastatic breast cancer. This study is currently recruiting patients and primary outcome results are expected by December 2017.

BCRF investigator, Leisha Emens is the principal investigator of a phase II study (NCT00399529) to assess the safety, clinical benefit, and bioactivity of the cancer vaccine GM-CSF in combination with other drugs in HER2-positive metastatic breast cancer. Study results published in 2014 showed a clinical benefit rate at six months and one year was 55 percent and 40 percent respectively. Median progression-free survival (PFS) and overall survival (OS) were 7 and 42 months respectively.

BCRF has been at the vanguard in breast cancer research since its founding 23 years ago and its commitment to fund innovative research. As a result, BCRF has played a role in every major clinical advancement in breast cancer. With the re-emergence of immunotherapy as a viable treatment for cancer, BCRF investigators are pursuing innovative research and clinical trials to explore its potential for breast cancer patients.

COMPLEMENTARY CARE

Tools for Transformation

5 tips for rebuilding body image

By DIANA PRICE

Coming to terms with the physical changes cancer can bring might be a challenge, but for many patients, the experience presents an opportunity for personal growth and positive transformation. According to Rachana Vettickal, MS, LSW, mind-body therapist at Cancer Treatment Centers of America® (CTCA) in Zion, Illinois, the following tips can help patients navigate this process:

Communicate. Open communication about body image concerns is an essential first step. Patients should ask questions about how treatment might affect their appearance and abilities from the beginning, Vettickal says. “Knowing what to expect and how to prepare can really ease anxiety.”

As part of this process, therapists will work with patients to help them understand their feelings are valid and their concerns are being heard.

Dialogue between patients and their caregivers should continue throughout treatment and beyond to allow patients to express feelings and work through changes. “Body image is really important to talk about. If you’re open, you’ll feel better about yourself and have a better quality of life, avoiding potential shame and embarrassment,” Vettickal says.

• **Grieve your “old self.”** Don’t be afraid to mourn for the losses and changes in body image you are experiencing. “Accepting the new you takes a lot of time, and it’s important to give yourself permission to grieve the ‘old self,’” Vettickal says.

• **Focus on strengths.** Moving forward often means focusing on strengths and emphasizing areas where people have control. Vettickal says she works with patients to set realistic goals that will provide a sense of control and accomplishment. “We ask, ‘What can we do?’ and help patients create opportunities for success within new parameters,” she says.

• **Strategize for success.** Coping strategies will help patients navigate with their body as it is now, gaining confidence to engage fully in their lives. This might include finding a stylish head covering or wig that will make it easier to be out in public or planning an outing that won’t be too physically demanding.

• **Seek support.** Opportunities include individual therapy and online or in-person support groups. “Support groups can be really important,” Vettickal says. “Though everyone will experience different changes to their bodies, many of the feelings are similar, and sharing those feelings can be really therapeutic.”

• **Express yourself.** Expressive activities, like music, dance and reflective writing, can also be effective therapeutic tools. “The arts, in general, can really help people share feelings that are hard to talk about,” Vettickal says.

Have you ever found that ‘pouring your heart out’ on paper leaves you feeling somehow refreshed? Or do you like to jot down your daily thoughts in a journal, scribble down a poem now and then, or write about your past experiences in memoir form?

No matter what form ... and whether it’s “good” or not ... writing really is beneficial for your health, both physically and emotionally. In fact, one study found that writing expressively for just 15-20 minutes three to five times in four months lead to health benefits. According to *Arts.Mic*:

“By writing about traumatic, stressful or emotional events, participants were significantly more likely to have fewer illnesses and be less affected by trauma. Participants ultimately spent less time in the hospital, enjoyed lower blood pressure and had better liver functionality than their counterparts.”

Other research has shown that writing about distressing events helps people to heal, reduce distress and make sense of the events. The study found that 76 percent of those who wrote about their recent biopsy for 20 minutes three days in a row (prior to the procedure) fully healed 11 days later, compared to just 42 percent of the control group.

There are benefits to writing for specific diseases, too. For instance:

- People with asthma who write have fewer asthma attacks
- AIDS patients who write have higher T-cell counts
- Cancer patients who write have more optimistic perspectives and improved quality of life

As for *why* writing is so beneficial, University of Texas researcher James Pennebaker explained that expressive writing helps you to evaluate your life and

focus on moving forward (rather than obsessing over an event in an unhealthy way). As you work through, and move past, certain events in your life, it lowers your stress levels, boosting your immune function and overall health.

Writers have even been found to sleep better, so if you’re looking for a simple way to boost your health in both the short *and* long term, get writing. It’s free and anyone can do it. Grab a journal, a notepad or even a piece of scratch paper and begin writing down your thoughts.

Don’t worry about the quality of your writing; it’s the act of writing itself, and expressing your emotions in a concrete way, that’s often cathartic. If you’re more of a computer person, you could even start a blog. In addition to providing the same health benefits as writing on paper, blogging triggers a feel-good dopamine release similar to what occurs when you exercise or listen to music.

NUTRITIONAL INFORMATION

Organic Food Goes Mainstream

Organic foods, once a small niche in the supermarket, are on the rise. The USDA reported an increase of U.S. certified operations by 12 percent between 2014 and 2015. And a 2016 survey conducted by the Organic Trade Association found that 35 percent of U.S. families make a great deal of effort to choose organic foods, a number that rises to 74 percent when you include families that make at least a minor effort to purchase organic foods. Additionally, one-third of parents list it among their top three priorities when buying food, though focusing on organics is less important than price, taste, and nutrition, overall.

Parents listed their top food priorities for buying organic: fruits and vegetables (89 percent), baby foods (84 percent), meat (83 percent), and dairy (81 percent). As shoppers work their way into the center of the store, focus on organics falls. More than one-third of shoppers said they would buy more organic products if more were available at their store. However, one-fourth said they don't understand the label, and 40 percent of those surveyed did not feel that food needs to be organic, as long as it is healthy. It's a good thing to support sustainable agriculture, but just remember—an organic junk food is still junk food.

—Sharon Palmer, RDN, EN Editor

Environmental Nutrition July 2016

Organic Milk and Meat Are Healthier

Milk and meat from organically farmed animals provide up to 50 percent more omega-3 fatty acids than that from conventionally farmed animals. Researchers from nine countries reviewed 196 studies on milk and 67 studies on meat. Organic meat also was found to have lower levels of saturated fat; organic milk and milk products, including yogurt, cheese, and butter had decreased levels of vitamin E, carotenoids, and conjugated linoleic acid, an omega-6 fatty acid linked with reduced risk of heart disease and certain types of cancer. A grass-based diet may be the key reason for these differences.

British Journal of Nutrition, February 2016

Green Bean Salad

Recipe by Jamie Deen

Yields: 4 to 6 servings

Ingredients

Kosher salt
1 pound slender green beans, ends trimmed
1 cup feta cheese crumbles
1 cup cherry tomatoes, sliced in half
2 tablespoons chopped red onion
1/2 cup slivered almonds
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1 large clove garlic, minced
Freshly ground black pepper

Directions

Boil a large pot of salted water. Add the green beans and cook until tender crisp, 1 to 2 minutes. Drain and move to a bowl of ice water. Drain well, pat dry and place the beans in a large bowl. Combine with the feta cheese, tomatoes and red onions.

Toast the almonds in a small skillet, 2 to 3 minutes. Remove to a plate.

Whisk together the olive oil, red wine vinegar, basil, garlic and some salt and pepper. Pour the dressing over the green beans and sprinkle with the toasted almonds. Let marinate in the refrigerator for 1 hour before serving.

Recipe courtesy of the FoodNetwork.com

Diet Advice Should Include Environment

Following recommended global dietary advice could help prevent over five million deaths per year, according to British researchers, but it would only cut carbon emissions by 29 percent (proceeding of the National Academy of Sciences, 2016). This may not be enough. The scientists found that if the world switched to vegetarian style diets, we could cut greenhouse emissions by 63 percent, as well as reduce deaths by 7.3 million.

US Lags Behind. The US Dietary Guidelines Advisory Committee made recommendations to reduce red meat consumption to help address the environmental impact of dietary choices, but these suggestions didn't make it into the final 2015 Dietary Guidelines released earlier this year. Other countries, in the meantime, are pushing forward with dietary recommendations that address carbon footprint. For example, the Netherlands updated their nutrition guidance to suggest cutting red meat intake by half.

Most people aren't going to become vegetarians, but reducing animal food intake and adding more whole plant food-pulses, nuts, seeds, whole grains, vegetable and fruits-is something most experts agree is the dietary prescription for optimal health; it happens to be the best diet for the health of the planet, too.

UPCOMING EVENTS

SAVE THE DATE!

Friday, Sept 16th



pink DRAG RACE

Downtown Salisbury 5:30-7pm

Join us for our very first PINK DRAG RACE! Men and women will race the street (in sneakers!) wearing drag. Walk Teams are encouraged to participate to raise money for this year's Walk for Awareness!

Call 410-548-7880 for more info!

WALK FOR
AWARENESS
2016



Sat, Oct 8th

Winter Place Park, Salisbury MD

Local Vendors • Dove Release • Lunch • Selfie Station

Human Registration - \$25/\$30 day of

Includes:

- Lunch from Texas Roadhouse
- Walk t-shirt
- Bottled Water

Doggie Registration - \$5

Includes:

- Goodie Bag
- Bandana
- AYCD (All you can drink) Water

Get your friends, family or co-workers together & form a team!

Call 410-548-7880 for more info
www.womensupportingwomen.org

Upcoming Events

Knitting Group
Salisbury Office
August 3rd, 12 pm

September 16th
Pink Drag Race
Downtown Salisbury
3rd Friday

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

Wow, have we been hit with a humidity heat-wave or what?? This is the time of year when the importance of staying hydrated is extremely important. According to Boston College two-thirds of Americans do not drink enough water, usually falling at least a quart short. Between two and three quarts of water per day can be used by the body for such important functions as regulating body temperature, nutrient metabolism, cushioning joints, organs and tissues. Use the guide to the right to figure out if you are drinking enough!

We have several upcoming events that are sure to be a blast, mark your calendars for the following:

WSW's 1st Pink Drag Race - Join us for 3rd Friday in September dressed in your most fun, glitzy, glammed out pink dresses, tutus or gowns, race your fellow drag racers in a 50 yard dash and go for the gold! *See page 7 for the save the date.*

Midway of Pocomoke's Drive Out Breast Cancer Walk - October at the dealership, more information and a flyer coming soon!

The **15th Annual Walk for Awareness** is quickly approaching! Now is the time to get your family, friends, co-workers and doggies on board to start fundraising. Team packets and registration forms are available at the office for pick-up. Need some ideas on how to raise the most money? Find our team captain page on Facebook: Walk for Awareness Teams, to exchange ideas and/or find new ones. Some fun examples are: yard sales, bake sales, car washes, restaurant fundraisers, casual days at work, etc.

BODY WEIGHT ÷ 2 =

Divide your body weight in half
THEN
divide by 8
to find the # of cups of
water
you should drink each day

÷ 8 =

FUN FACT!

The national animal of Scotland is the Unicorn.



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



Emily accepting a check from Gertie Kulp who presented us with a donation of \$1500 from the Pocomoke American Legion Post #93. Thank you for your continued support!



VOLUNTEER SPOTLIGHT

The lovely couple you see to the left is our wonderful volunteers Alton “Dodger” and Ellen Adkins. Ellen started volunteering for us in December of 2014 and we don’t know what we would do if she hadn’t! Dodger recently began assisting her in putting our Informational Totes together (Newly Diagnosed, Chemotherapy, Radiation) and they are an amazing team. Once a week or so, we can count on them to carefully piece together all of the goodies and information that goes into each of the different bags (and Ellen usually has to remind Tassia to water the plants). They also volunteer at pretty much any event we ask them to. Ellen and Dodger, you are a wonderful team together and we are extremely thankful to have you as a part of the WSW team as well.

Mentoring Minute

“I am done with my treatment – now what?”

Sometimes it is scary to realize that the treatments to fight the breast cancer are now over. What can be done now? There are areas of your life that can be addressed – areas that you can help to control: food intake, exercise, emotional state, and stress. All are of equal importance since we are a whole person (one being) – body, mind, & spirit - with systems that intertwine to keep us healthy and functioning. Our bodies are intricate and amazingly take a lot of abuse over the years and then we wonder why they breakdown. This happens mainly because we don’t understand how the body works, what is actually happening to us as our systems interact and how to make those changes to decrease the breakdown. The most important thing is to keep your immune system (system that fights diseases in your body) at peak performance. Wow, how do you do that? I will be addressing what can be done to help each of these areas that control our immune system in our upcoming issues; starting with food.

Sue Revelle - Mentoring Coordinator

ATTENTION SURVIVORS!! *We would love to hear your story!!*

Stories of survivorship can be a wonderful way to touch someone else going through a similar journey and possibly making a huge impact on their experience and help alleviate fear and isolation.

Please contact Tassia if you would be interested. Thank you!!

EVENT PICTURES - RIDE FOR AWARENESS POKER RUN



Event Chair, Jeff Merritt (left) of Minuteman Press.
Thank you for all of your hard work!!



Photos courtesy of Macey Holyack Photography - Thank you for donating your time and skills!

DONOR THANKS

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How Can You Donate?

Monetary

- ⌘ WomenSupportingWomen.org
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory
- ⌘ Endowment Fund

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- ⌘ Wigs
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Cancer Institute
Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Pepsi Bottling Ventures
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Sharp Energy

JOKE

A rough and tough cowboy finishes his drink at a bar and gets up to leave. A minute later, he comes back in saying with a mean look in his eye "I'm going to sit down and have one more drink, and if my horse isn't back where I left it, I'm gonna have to do what I done in Texas, And I really don't wanna have to do what I done back in Texas!"

True to his word, he sits down, orders another drink, sits in the [silent] bar and finishes his drink. He then gets up and walks outside and sure enough, his horse is back tied up where he left it. As he's just about to ride off, one of the other patrons timidly asks, "Mister? What was it you had to do in Texas?" The cowboy gets a far off look in his eyes and says sadly, "Walk."



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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

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