



CARE & SHARE NEWSLETTER

APRIL 2018



Cindy Feist
Executive Director

This is truly turning into a very exciting 25th Anniversary year for Women Supporting Women. Offering services from Beach to Bay, our mission remains the same throughout the entire Delmarva Peninsula. Sometimes, amidst all the joys, sorrows, and hard work that it takes to keep us going, we lose sight of that very important fact. For this reason, we are very excited to be introducing new opportunities FREE for supporters and survivors alike.

First, please take a look at pages 4 and 6, where you will find information about two new seminars. The Medication Management Seminar is available for you to visit with a pharmacist to reconcile your medications or ask any questions you may have. Then, our Food and Nutrition Education Program is back with WSW partnering with University of Maryland Extension to show us a twist on food shopping and safety.

Second, we are very excited to host our annual Bras for a Cause event. This year, the Centre at Salisbury will again be the venue to display all the bras from across Delmarva. If you need more information visit pages 8 and 9. Remember the theme this year is Super Heroes. Use your favorite super hero as inspiration for your bra design or create your own super hero!

Last, but certainly not least, we have an opportunity to present "Your Healthiest You" conference with funding from a grant provided by Rural Maryland Council. Breakout sessions are available, vendors and we have 250 seats available for lunch. Reserve your spot today before your seat gets taken.

So please, join Women Supporting Women as we embark into our 25th Anniversary year with more programs and support services all FREE. By providing all the programs above, WSW looks forward to continuing our mission to provide awareness, education and support to all those affected by breast cancer.

Hope to see you at one or more of these events. Have a great month!

INTERESTED IN MAKING A DONATION?

Million by May

As part of our "Million by May" campaign, local businesses around town have agreed to place collection jars on their counters to help raise one million pennies by May. Collecting from January 1 to May 1, 2008, it is our hope that this campaign will raise over \$10,000. Keep an eye out for our containers.

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SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, April 5th — 6:30PM

1320 Belmont Avenue

410.548.7880

Speaker/Topic: EVMS PA Student Krysten
Wolinski—Smartphone Apps for Meditation
and Breathing Exercises

Facilitator: Kyle Beebe

Ocean City (Worcester)

Wednesday, April 18th — 1:00PM

Atlantic Health Center

9714 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: : Jeanne Mills—Ocean Elements
Salt Spa & Float Center

Facilitators: Cindy Elliot, RN and Bev Ward, RN

Pocomoke (Worcester)

Thursday, April 12th — 5:30PM

Pocomoke Community Center

1410 Market St.

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Virginia Schneider

NEW!! Onancock, VA (Accomack)

Thursday, April 19th — 6:00PM

Holy Trinity Episcopal Church

66 Market St

757.787.4430

Speaker/Topic: Nicole Ayres—Survivorship

Facilitator: Nicole Ayres

Ocean Pines (Worcester)

Thursday, April 12th — 6:30PM

Richard A. Henson Cancer Center—Ocean
Pines 11105 Cathage Rd.

410.548.7880

Speaker/Topic: Kristin Hurley—Coping with
Cancer

Facilitator: Kathy Pisani

Cambridge (Dorchester)

Tuesday, April 24th — 6:30PM

Christ Episcopal Church

601 Church St

410.463.0946

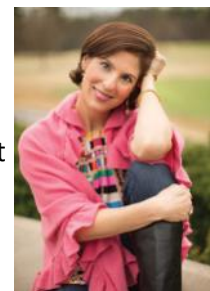
Speaker/Topic: Denise Seebode—Lymphedema

Facilitator: Sue Todd

SURVIVOR STORY

How to Find Gratitude and Hold on to it With Both Hands

By: Dara Kurtz



I've always been a polite person. I say "please," "thank you," and "you're welcome" on a regular basis. But just because I'm courteous doesn't mean I live with gratitude. In fact, living a life of gratitude wasn't something I ever thought about until I went through cancer. It was the hard days that taught me to be thankful for all the blessings in my life. Being able to recognize the good in your life, even when you're going through a challenging experience, is important. It's also something you get to decide. Living with gratitude is a choice.

When we're facing a challenge, it can be difficult to find something to be grateful for. If life seems overwhelming, the last thing you want to do is count your blessings. I understand, I've been there. But what I've learned from the hard times in my life is it actually feels good to count your blessings, even when you're struggling to get through the day. It's important to remember there is almost always at least one reason to give thanks.

Cancer helped me to understand how important it is to be grateful for all the wonderful things in my life. I learned to not take my life for granted. To stop assuming the blessings in my life would always be there. For the first time in my life, I started seeing all the good things in front of me. I recognized how lucky I was just to wake up each morning and be alive, to have people in my life who loved and cared for me. I started noticing what was around me – the beautiful sunset, the pretty flowers, the birds chirping in the morning. I stopped expecting the good in my life to always be there and instead felt blessed to have it.

It's easy to get a picture in your mind of how your life should be, but I don't know many people whose lives are exactly as they planned. It doesn't mean you don't have a great life; it just means there was a deviation in the plan, and that's OK. Instead of thinking about what didn't happen, what you don't have, or the hardships that have been tossed your way, look at all the positives. Focusing on what you feel is lacking can make you bitter and angry. You don't need that in your life. Remember, our thoughts have a significant impact on the way we feel. Spend your time and energy being grateful by focusing on all the good you have in your life. If you tend to forget or overlook the blessings, keep a daily list of what you're grateful for.

Even if you're dealing with cancer, there are things in your life you're fortunate to have. They might be hard to find, but they're there.

I like to write in my journal when my family is still sleeping and I'm drinking a cup of hot tea. I sit in my kitchen with my dog, Winnie, and scribble down all I'm thankful for in that moment. Sometimes I have a lot of things to write. Other times, if life is feeling complicated and I'm dealing with a difficult challenge, I might struggle to think of even a few. I usually try to come up with at least three things. Now, I've trained my mind to automatically notice the blessings in my life and the good things that have happened to me. I love this about myself, and it can happen to you too. It just takes time and patience.

I don't take it for granted that I'm here and able to watch my daughters grow up. I understand this isn't something every parent gets to do. In fact, I've met people who weren't as lucky as I am, and, in some ways, I feel I owe it to them to fully appreciate all the blessings in my life. Cancer showed me that just being with my family is a true blessing. Food tastes better, my interactions with people are more meaningful, and the conversations I have with others tend to be deeper and more authentic.

I've learned to live life as a grateful person, and that has made my life richer. As I was writing this, I decided to go back and look at my journal entries from when I was diagnosed through my treatment plan. I didn't live with a lot of gratitude back then. I had just started trying to learn how to live a life of thankfulness, and it was very difficult. Those were some of the hardest days of my life. Here's an example of the things I listed during that time:

- I'm grateful to have my family.
- I'm grateful to not be nauseous right now.
- I'm grateful for Netflix.

It's pretty obvious where I was and how much I was struggling. But I was learning how to be thankful, even in dark times. I was training myself to see the glass half full. I felt so unhappy and sorry for myself during that time, I struggled with finding gratitude. Looking at my list now, I can see a difference in my approach. This is a direct result of the changes I've experienced since I went through cancer. I've grown a lot over the past few years, and my list reflects it.

To read more of this article go to: <https://www.copingmag.com/coping-with-cancer/from-survivor-to-survivor-how-to-find-gratitude-and-hold-on-to-it-with-both-hands>

MEDICAL UPDATE

**Wellness is
more than the simple
absence of disease**



What Is Integrative Medicine?

Integrative medicine is the practice of medicine that focuses on the whole person and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing. It combines state-of-the-art, conventional medical treatments with other therapies that are carefully selected and shown to be effective and safe. The goal is to unite the best that conventional medicine has to offer with other healing systems and therapies derived from cultures and ideas both old and new.

✂ For more information on Integrative Medicine, go to:

<https://health.usnews.com/health-conditions/heart-health/integrative-medicine/overview>

YOUR HEALTHIEST YOU

INTEGRATED HEALTH AND WELLNESS
CONFERENCE



MAY 19, 2018

WICOMICO YOUTH AND CIVIC CENTER

Participate in a day of health and wellness education with a holistic approach. Admission is free - 9:00 AM to 3:00 PM. Pre-registration is suggested and can be done by visiting the event on our website.

- Breakout session speakers include topics on medical marijuana, preventative health, living a holistic lifestyle, relaxation and guided imagery
- Vendors from women's health, genetics, herbal teas, nutrition, reiki to acupuncture and more!
- Enjoy lunch while listening to guest speaker; cancer survivor, artist and author, Darryle Pollack
- Genetic testing, courtesy of Myriad (Fees may apply)

FOR FULL DETAILS, VISIT WOMENSUPPORTINGWOMEN.ORG



Medication Management Seminar



Attend this seminar to get more information about nutritional supplements, herbs, vitamins, prescriptions and their interactions with your current medications.



- April 10, 2018 at the Salisbury Chamber of Commerce
- 4:00 PM - 7:00 PM, Free to attend
- Bring your list of medications and talk with Apple Discount Drug Pharmacist, Matt Balish and UMES Pharmacy Students
- For more information, call Women Supporting Women at 410.548.7880



COMPLEMENTARY CARE

Chemotherapy and Your Nails

Just as chemotherapy affects your hair because of the rapidly dividing hair follicle cells, it also affects your nails. You may see a line in the nail related to the cycle of chemotherapy. This line is not permanent and grows out with the nail, usually in about six months. There may even be multiple lines and indentations reflecting the different cycles of chemotherapy.

Your nails may become pigmented or discolored. They may become more brittle, so they won't grow as long as they used to and may break more easily.

The area around the nail bed may become dry, and your cuticles may fray. Don't rip or peel off the frayed, loose cuticle. Cut it carefully with a CLEAN pair of nail scissors.

The nail may actually lift off the nail bed. While this, too, is reversible, you need to be very careful, for two reasons. First, the nail is more vulnerable and may fall off. Second, because the nail is not tightly bound to the nail bed, it can become a site for bacteria to enter. So be sure to practice excellent hygiene to avoid infection.

Nail care is first-line prevention for lymphedema, a condition that develops when lymph fluid accumulates in the soft tissues of the arm, causing it to swell. If you've had lymph nodes removed from under your arm during mastectomy or lumpectomy, you should be particularly careful of damage to the nail, such as hangnails or cuts or burns on the hands or fingers, which could lead to infection. Infection or injury to the same side of the body as breast cancer surgery can increase the risk of lymphedema. Read more about other ways to keep the risk of lymphedema as low as it can be.

TIPS FOR BETTER NAIL CARE

- ✂ Clip your nails short. Imperfections show up less in short nails.
- ✂ Don't cut your cuticles if they're not frayed. Use cuticle remover cream or gels and push your nails back gently.
- ✂ Don't bite your nails or cuticles, particularly on the hand on the same side as your affected breast. If you have a hard time stopping, consider wearing thin white cotton gloves around the house to help you break this habit.
- ✂ Massage cuticle cream into the cuticle area daily to prevent dryness, splitting, and hangnails.
- ✂ Wear gloves while doing chores, such as washing dishes. Excessive exposure to water can lead to fungal infections of the nail bed.
- ✂ If you'd like to wear nail polish, consider using a water-based polish. Conventional nail polishes may contain chemicals to harden and stabilize them that are considered toxic. If your nails are very dry or falling off, you might want to consider a nail moisturizer instead of polish.
- ✂ Dry nails can become weaker or more brittle during chemotherapy treatment. To take off polish, use a remover that doesn't contain acetone, ethyl acetate, or other harsh solvents. There are gentle removers specifically for water-based nail polish.
- ✂ Don't use acrylics or other nail wraps. Fake nails can trap bacteria that may cause infection.
- ✂ If you have a professional manicure, bring your own instruments, regardless of how the salon cleans theirs. Remember, your nails can look great with no polish at all. Ask the salon technician to buff them (bring your own buffer) to a beautiful shine.
- ✂ Ask a professional manicurist for more information on daily home care to keep your nails healthy and strong.
- ✂ Alert your doctor to any signs of inflammation or infection.



NUTRITIONAL INFORMATION



Expanded Food and Nutrition Education Program

a FREE nutrition class for cancer survivors and caregivers

Saturday, April 7th, 14th, 21st & 28th
11:30AM - 1:00PM at Shore Appliance Connection

*Breast cancer survivors and their families will learn how to create healthier meals & snacks, be smarter when food shopping, and practice food safety. Class will be lead by Emily Hitchcock, an UME-UMES Extension Nutrition Educator.
All classes are FREE with registration*

Thank you to the following businesses:



Please call Women Supporting Women
to register for the **free** classes at
410-548-7880

COMMUNITY SUPPORT



1. Jack Barry, Salisbury University student and baseball player presented a check to WSW for \$1,560 in honor of breast cancer survivor, Nicole Palenchar through the Homeruns That Help campaign. 2. Amanda Smith with WSW visited the Pocomoke Elks Lodge to receive a check for \$1,000 from Exalted Ruler, Ken Palmer and Treasurer Jenny McIntire.



A great time was had by all at our 17th Annual 2018 Pink Ribbon Bingo. Prizes were packed according to themes with goodies from Pampered Chef and Thirty-One . Thank you for all the volunteers, board members, staff and attendees for making it such a great event.



Our "Healing Through the Arts" sketching class was held at Adams Taphouse Grille where everyone enjoyed drinks and a two hour sketching class with Veronique Diriker.



Bras for a Cause

2018

Women Supporting Women

A creative fundraiser to promote breast cancer awareness

WHO: Gather your friends, family, neighbors, classmates, co-workers, fellow club members to make it a team effort... Or just go it alone. (Maximum of *two entries per team or individual, please.*)

WHAT: Decorate a themed bra (special theme this year is **"Super Heroes"**), title it, and submit it! Every year this fun competition helps Women Supporting Women (WSW), the Shore's only local non-profit breast cancer support organization.

WHEN: Registration and Submission Deadline
Monday, April 23, by 4:00 PM
Grand Reveal Party (for all participants)
Tuesday, May 1, 6:00 PM

Public Viewing and Voting
**Tuesday, May 1 through
Thursday, May 31**
Awards Ceremony (for all participants)
Tuesday, June 5, 6:00 PM

WHERE: The Centre at Salisbury

Trophies will be awarded for the following categories:

As determined by \$1.00 votes:

People's Choice—Business Entry
People's Choice—Group Entry
People's Choice—Individual Entry
People's Choice—Youth Entry
(18 & Under)

As determined by a panel of judges:

Best Super Hero Themed Bra
Best Use of Materials
Best Overall Creative Design
Best Breast Cancer Message
The Centre at Salisbury Choice

To register, visit WomenSupportingWomen.org and click on "About Us—Annual Events." Registering is also available in-person at the WSW office.

We welcome sharing this event and your creation on social media to encourage others to vote for your bra! Please be sure to tag Women Supporting Women - Twitter/Instagram: @WSWDelmarva or on Facebook: @WomenSupportingWomenDelmarva





2018 Bras for a Cause

*A creative fundraiser to promote
breast cancer awareness*

***All entries must be submitted to the WSW office by 4:00 PM Monday, April 23th
This official entry form must accompany your submission.***

Entry Type (please circle one): BUSINESS GROUP INDIVIDUAL YOUTH

Are you doing a "Super Heroes" themed bra design? NO YES

Bra Title: _____

Business, Individual or Team Name: _____

Team Captain: Name: _____

Address: _____

Phone: _____

Email: _____

Team Members: _____

Do you wish to have your entry returned following the contest? (please circle one): NO YES

OFFICIAL RULES:

- Contest entry is FREE. We do ask that you secure 100 votes at \$1.00 per vote.
- Entries must be received at a WSW office no later than 4:00 PM Monday, April 23.
- Entries must be accompanied by a signed entry form.
- NEW! Any bra size or type is eligible. However, your overall design is suggested to be no larger than 2' x 2' and must fit onto one hanger without being too heavy to hang securely
- All entries must be on pink hangers. Pink hangers are available at WSW offices if needed.
- WSW may reject any entry deemed inappropriate
- All entries must be available for display at the Centre at Salisbury from May 1 to June 5.
- Winners will remain on display for an additional two weeks.
- Entries and photos thereof may be used for promotional and other purposes as WSW deems appropriate.

I have read the official rules and agree to the terms. Signature: _____

***Celebrating 25 years as the Eastern Shore's only LOCAL breast
cancer survivor support nonprofit***

FUN FACTS:

April is known as the month of Humor, Global Child Nutrition and Mathematics Awareness.

Birthstone: Diamond

Flower: Sweet Pea or Daisy

Zodiac Signs: Aries and Taurus

Office Staff Members

Cindy Feist

Executive Director

Kerrie Bunting

Event Coordinator

Amanda Smith

PR & Marketing

Sue Revelle & Kathy Pisani

Mentoring Coordinators

UPCOMING EVENTS:

NEW! Stitch Therapy

Love to knit or want to learn how?

Attend the WSW Knitters group on the 2nd Monday of every month from 1PM-3PM. They meet at the new Richard A. Henson Cancer Institute in Ocean Pines at 11105 Cathage Rd. Ocean Pines, MD 21811.

Community Yard Sale!

Do some spring cleaning for the WSW community yard sale. To be held at St. Francis de Sales school parking lot on Saturday April 7, from 7:00AM-11:00AM. \$10 per person and \$20 per vendor for each space.

Healing Through the Arts—Mosaics

Come create a 10"x10" mosaic plaque - WSW office 1320 Belmont Ave Saturday April 14, at 9:00 AM. Tickets will be \$40 per person. Visit our website or call the office to register.

JOKE OF THE MONTH

John's mother was visiting from a nearby town. During dinner one evening, his mother couldn't help but notice how beautiful John's roommate was. Over the course of the evening, while watching the two interact, she started to wonder if there was more between John and the roommate than met the eye. Reading his mom's thought, John volunteered, "I know what you must be thinking, but I assure you, Julie and I are just roommates."

About a week later, Julie came to John and said, "Ever since your mother came to dinner, I've been unable to find the beautiful silver gravy ladle. You don't suppose she took it, do you?" John said, "Well, I doubt it, but I'll write her.

Dear Mother,

I'm not saying that you "did" take a gravy ladle from my house, and I'm not saying that you "did not" take a gravy ladle; but the fact remains, that one has been missing ever since you were here for dinner.

Love, John

Several days later, John received a letter from his mother which read:

Dear Son,

I'm not saying that you "do" sleep with Julie,, and I'm not saying that you "do not" sleep with Julie, but the fact remains, that if she were sleeping in her own bed, she would have found the gravy ladle by now.

Love, Mom



DONOR THANKS

Individual

Kevin Hughes
Shirley Gargen
Billye Jean Maddox
Ruth McCann

Civic

American Legion Post #64
Willards Elementary School

In Memory Of:

Dorothy Taylor
Mason-Dixon Classic Chevy Club
Janice Cornman Snyder
Laurie Cannon
Mrs. Bastian
Wayne Bastian

In-Kind

Cathy Jester
Louise Lassiter
Albert and Darlene Alexander

Business

Wicomico Nursing Home

In Honor Of:

Margaret Tarr
Vicki Hudson

SPONSORS

Journey

\$10,000 +
Midway GM/Toyota

Courage

\$5,000 +
FurnitureLand
Spicer Bros. Construction Inc.

Hope

\$2,500 +
Apple Discount Drugs
Kitty's Flowers
Peninsula Imaging
Peninsula Plastic Surgery
Richard A. Henson
Cancer Institute
Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +
Airport Self Storage
Pepsi Bottling Ventures

WANT TO GIVE TO WSW?

MONETARY Support

- ⌘ Donate online through our NEW website
- ⌘ Donate over the phone
- ⌘ Mail a check (form on back)
- ⌘ Donate In Honor or In Memory Of
- ⌘ Host a third Party Fundraiser

IN-KIND (NON-MONETARY) SUPPORT

- ⌘ Wigs
- ⌘ Bras
- ⌘ All types of head coverings
- ⌘ Prostheses
- ⌘ Paper, cardstock, etc...
- ⌘ Volunteer your time to make pink ribbons



NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146

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
Wicomico@womensupportingwomen.org

Women Supporting Women 2018 Board of Directors

Penny Bradford, President

Dr. Cathy Townsend, Vice President

Colleen Brewington, Secretary

Pam Heying, Treasurer

Billye Sarbanes, Past President

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All donations stay 100% local - WSW is not affiliated with any national organizations.

I would like to make a donation:

Please use this gift where it is most needed.

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email: _____

Enclosed is a check for \$_____ made payable to WSW

Charge my: ☐ Visa ☐ Mastercard

_____ Exp. Date: _____

Signature: _____

SPECIAL OCCASION GIVING:

This gift is made: ☐ In Memory of ☐ In Honor of

Please notify the following person of my gift:

Name: _____

Address: _____

City: _____ State _____ Zip _____