



## CARE & SHARE NEWSLETTER June 2018



Cindy Feist  
Executive Director

### **“Remember to Share the Love”**

Like many, Sunday morning comes and I find myself at 9:00 AM sitting in front of the TV with a cup of coffee waiting for CBS Sunday Morning to come on. It is my time of the week to relax and find out what else is happening in the world. Last month I watched the program in awe as a 4-year-old little boy was telling America what we all should be doing, “Remember to share the Love”. WOW! From the mouths of babes we can learn a lot. “Remember to Share the Love”. Five little words that mean so much and sad to say people need to be reminded to do.

Women Supporting Women has, in my eyes, done just that, shared the love. Where there was a community void of support for those diagnosed with breast cancer, WSW was created to reach out and help those individuals. Over the past 25 years, our organization has helped those newly diagnosed with breast cancer, survivors, their families and friends. If someone comes to us with another cancer diagnosis, we try to figure out a way we can help or find other organizations in our community who might be a better fit. WSW employees and its volunteers are committed to helping those men and women within our communities from beach to bay. If you need to talk to another survivor, are looking for comfort items like piggy pillows or recliner chair to help you through your journey, or just need a warm hug, we are here whenever you need. These are just a few small ways that we try to “Share the Love” with those who come to us.

Women Supporting Women looks forward to giving that helping hand and warm hug, to share our love and commitment throughout the surrounding communities. Thank you for allowing us to be a part of your journeys and lives.

Today and Always, “Remember to Share the Love”.

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Women Supporting Women will be closed on Thursday, June 7 for a staff day away.

# SUPPORT GROUP MEETINGS

## LOCAL services & support

### Salisbury (Wicomico)

Thursday, June 7th — 6:30PM

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

### Ocean City (Worcester)

Wednesday, June 20th — 1:00PM

Atlantic Health Center

9714 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Kirby Given B.S. CPT —  
Strength, Balance and Flexibility

Facilitators: Cindy Elliot and Bev Ward, RNs

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### Pocomoke (Worcester)

Thursday, June 14th — 5:30PM

Pocomoke Community Center

1410 Market Street

410.548.7880

Facilitator: Virginia Schneider

### NEW!! Onancock, VA (Accomack)

Thursday, June 21st — 6:00PM

Holy Trinity Episcopal Church

66 Market St

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

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### Ocean Pines (Worcester)

Thursday, June 14th — 6:30PM

Richard A. Henson Cancer Center

Ocean Pines 11105 Cathage Rd.

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kathy Pisani

### Cambridge (Dorchester)

Tuesday, June 26th — 6:30PM

Christ Episcopal Church

601 Church St

410.463.0946

Speaker/Topic: Julianna Pax—Nutrition

Facilitator: Sue Todd

# SURVIVOR STORY

**By Lucie Howe**

I was diagnosed with Stage 3 breast cancer at the age of 37 while 7 months pregnant with my third child. At diagnosis, I was shocked because I had never smoked, drank, had breastfed my other two kids and had always been active and eaten healthy. It seemed so unfair. At the time, I had a 3-year-old and a 7-year-old. My husband was a busy orthopedic surgeon at the University hospital and we had recently relocated to our new city, where we had some new friends, but no family. We began to solicit help, knowing that my treatments while pregnant, would make it difficult for me to care for our other two boys. Many ladies from a local bible study supported us, praying with us and bringing us meals. The next week, I began chemo while pregnant. We were so worried about the baby. However, the doctors assured us that they were giving me chemo drugs that were approved for pregnancy and that there was no placental transfer. I underwent broad based chemo for almost 3 months prior to having my baby. At 37 weeks, they delivered my third baby via C-section so that they could begin more aggressive, targeted chemo as soon as possible. I am so overwhelmingly grateful to report that my third baby boy was born happy and healthy, at a whopping 9 pounds 6 ounces! Two weeks later, I began targeted neoadjuvant chemo alongside the broad-based chemo. When my baby was two months old, I underwent a double mastectomy. The doctors gave me the best news after the surgery—that I was cancer free and that they had found no traces of cancer in the lymph nodes! Although I was so happy about the news—the recovery was hard enough as it was, but the most difficult part was that I could not pick up my baby for a month. Thankfully, friends and family flew in to help. My sister, my mom, my aunt and a close friend all came to hold the baby and we hired night nurses for a month. It was just so difficult not to be able to care for my baby and to be going through all of this at the same time. I was so happy when I finally began to regain strength.

After recovering from my surgery, I decided to undergo 6 weeks of radiation therapy based on the aggressiveness of my original tumor and young age. It was tough to go to the doctor every day and to know that the radiation was damaging healthy tissue alongside potential cancer cells. But I kept imagining myself in a boxing match with the cancer cells and I didn't want any of them getting back up. After all that I had been

through, I wanted to keep the disease away.

Finally, after radiation, I had to continue to receive the herceptin/perjeta treatments for another 8 months after having the baby. Thankfully the treatments were every 3 weeks and I had some time in between to recover. My sister and I spoke on the phone at one point after one of my radiation treatments and she just had a baby a few months after I had my baby. She said that her and her husband had been praying for me and that she didn't know how I was doing it with three kids and cancer treatments, because she was just exhausted with one baby. I told her, "Well, we've got grit around here!" and I never forget that. Every day of the treatments, I would flex my biceps, both physically and mentally and confirm my strength and ability to mother and care for my children, even when I was not at my best. Prayer gave me the strength to get through and my family all provided me with the support to get healthy!

My children continue to thrive and bring me joy and laughter. My 3-year-old continually asks about mommy's surgery and tells strangers at the park proudly that his mommy had surgery on her breasts, but now she is all better! (Face palm).

I have learned a great deal through battling cancer. Most importantly, I have learned how to remain positive and keep the faith in the face of adversity. My faith has been strengthened and every day I am grateful for the gifts that God has given me and my family. I hope to be able to pass on the generosity that has been shown to me to other women battling cancer. Thank you for listening to my story.



This article was found at: <https://ww5.komen.org/Breast-Cancer-Stories/Lucie-Howe.html>

# MEDICAL UPDATE

## **Lymphedema**

### **What is Lymphedema?**

During breast cancer surgery, some of the lymph nodes in the underarm may be removed. They are checked to see if they contain cancer cells.

When your underarm lymph nodes are removed during breast surgery or are treated with radiation therapy, some of the lymph vessels can become blocked. This may prevent lymph fluid from leaving the area.

Lymphedema occurs when lymph fluid collects in the area causing it to swell. The swelling may be so slight it's barely seen or felt. Or, it may be so great the arm becomes larger than the other, even if the change is small.

### **Who gets Lymphedema?**

Lymphedema is related to axillary (underarm) lymph node surgery and radiation therapy, but it's not clear why some people get lymphedema and others don't. Some factors that increase risk include:

- Having a large number of axillary lymph nodes removed
- Radiation therapy to the axillary lymph node area
- Having axillary lymph nodes removed plus radiation therapy to the axillary lymph node area
- Having a large number of axillary lymph nodes that contain cancer
- Infections in the area after breast surgery
- Being overweight or obese

### **Breast Reconstruction and Lymphedema**

Risk of lymphedema doesn't seem to be impacted by:

- Whether or not a woman has breast reconstruction after a mastectomy
- The type of breast reconstruction a woman chooses

### **How often does lymphedema occur?**

Today, most people don't get lymphedema since modern surgery removes fewer axillary lymph nodes than in the past. Typically, the cases that do occur now are less severe in terms of the impact on movement and the way the arm looks than cases that occurred in the past.

In the past, people almost always had a procedure called axillary dissection to remove axillary lymph nodes.

Now, most people have a less invasive procedure called sentinel node biopsy. This procedure removes fewer lymph nodes than axillary dissection, so there's less risk of lymphedema.

Women who have sentinel node biopsy are about 4 times less likely to develop lymphedema than those who have an axillary dissection.

One year after breast surgery:

- Fewer than 5 percent of women who had sentinel node biopsy have lymphedema
- 10-20 percent of women who had axillary dissection have lymphedema

### **When does Lymphedema occur?**

Lymphedema usually develops within 3 years of breast surgery. Sometimes, it occurs many years after treatment ends.

Although not common, if lymphedema occurs right after surgery, it can usually be reversed.

### **Screening and Diagnosis**

The most common way health care providers check for lymphedema is by measuring upper and lower arm widths.

Measurements may be taken before surgery to have a comparison for measures taken after surgery.

Other screening methods include pedometers, bioimpedance measures, water displacement, photography, asking patients about symptoms and special imaging called lymphoscintigraphy.

### **Treatment**

Although there's no cure for lymphedema, treatment can improve movement and reduce pain and swelling in the affected arm.

Standard lymphedema treatment includes complex decongestive therapy. This approach aims to decrease swelling and infection through a combination of:

- Skin and nail care
- Compression bandages or sleeves
- Exercises (closing and opening a fist for example)
- Manual Lymphatic drainage
- Physical therapy

To read more about this article go to: <https://ww5.komen.org/BreastCancer/Lymphedema.html>



# COMPLEMENTARY CARE

## Doing the ‘Write’ Thing

### A Cancer Survivor’s Guide to Expressive Writing

By: Judith Kelman

Cancer can seem all-consuming. But your story is far more complex. You’re a unique individual with a wealth of interests and ideas. Other people have touched and inspired you. Life has steered you to places you never expected to go. Writing offers a powerful way to tell your story and explore what’s on your mind. Getting things down can help you to tame jumbled thoughts and find greater clarity. As the great British writer E.M. Forster put it, “How do I know what I think until I see what I say?” Countless studies have tested the value of writing for people grappling with tough situations, including illness. People who wrote about challenging experiences felt less anxious, experienced greater well-being, and felt more in control.

#### How Writing Can Help You

In addition to the emotional benefits, writing offers several practical benefits.

- **Contact** - Keeping people informed one by one can be tiring. Instead, consider sending out a blast email or posting updates on social media. Starting a blog is another option. Popular sites like Blogger or WordPress will walk you through the process of setting up your own online journal. There are even blogging sites, like CaringBridge.org and MyLifeLine.org, that cater specifically to people facing health challenges like cancer.
- **Community** - You are not alone. Across the country and around the globe, others are confronting challenges like yours. Search for online groups in your areas of interest. Many offer a place for you to add your views. Sharing experiences can be comforting and empowering. You may help yourself and others by trading strategies that have served you well.
- **Accomplishment** - Always dreamed of penning a novel? Write the opening scene. Eager to unleash your inner poet? Write a story using three-word sentences. Enjoy storytelling but finding it physically difficult or exhausting to type things out? Current technology makes dictation simple. Options range from digital recorders to voice recognition software and digital personal assistants, like Apple’s Siri, that instantly show onscreen what you say aloud.

#### How to Get Started:

People have been swapping tales since the dawn of humanity, from early childhood on. Still, facing down a blank page or screen can be intimidating. Here are some tips and tricks to ease your way:

- **Practice** - Establish a routine. Write at the same time in the same place every day. Gather what you need to feel relaxed and comfortable. Maybe it’s a cozy chair, your beloved pet, or a favorite sweater. Shut down distractions like email and your phone.

#### Warm up - If you’re drawing a blank, try these exercises:

1 Set a timer for five minutes. At the top of a blank page, write the first thing that pops into your mind. And keep writing. Don’t worry about grammar, and don’t stop. If nothing comes, you can write something like “I’ll think of something” again and again until you do.

2 Use a prompt. A prompt is anything that gets you writing. An online search for “writing prompts” yields endless possibilities. Choose one that speaks to you and spend a few minutes writing your response.

- **Choose your own direction.** You’re in the driver’s seat. Follow your instincts. If a fresh idea strikes you, go with it. The most interesting writing often follows a flash of inspiration. Don’t hesitate to back up, change course, or take a tempting detour along the way.

- **Set reasonable goals.** If you’d like to pen a journal or blog, start with a single entry. For a memoir, describe one memorable event. The trick is to build confidence through small successes.

- **Be alert.** What you observe can be a rich source of material. So can things you hear about or read. Your imagination can transport you to any time and place (real or invented). Keep a notepad or smart-phone app handy to jot things down.

- **Enjoy the journey.** The same approach holds true for every writing project. Start with a single thought. Add another and another. You can always revise and rethink later. Be proud of what you accomplish. You’re flexing your creativity and finding your voice. You’re doing the “write” thing!



This article was published in Coping® with Cancer magazine, January/February 2018.

# NUTRITIONAL INFORMATION

## 4 Ingredients for Staying Well Nourished During Cancer Treatment

**By: Mary-Eve Brown, RD, LDN, CSO**

Good nutrition is an important part of every cancer survivor's treatment plan. Research has shown that people who are able to keep up their weight and strength during treatment are better able to handle treatment-related side effects and have an overall better quality of life. However, it's not always easy to get the nutrition you need during cancer treatment.

Many side effects of treatment can interfere with your ability to eat well. That's why you need a nutrition care plan. A nutrition care plan is a roadmap for navigating the treatment-related barriers to good nutrition. Your healthcare team or a dietitian can help you develop an individualized plan that meets your unique nutritional needs. However, there are a few fundamental strategies that work well for almost all cancer survivors. Let's have a look at the four basic ingredients for staying well nourished during cancer treatment.

### 1. Drink up.

Dehydration can make you feel weak, fatigued, dizzy, nauseated, and constipated. It can also cause dry mouth. To find out exactly how much fluid you need to stay hydrated, divide your body weight by 2.2. That number is how many ounces of liquid you need to drink each day. All caffeine- and alcohol-free fluids count as hydration. During cancer treatment, it's a smart idea to keep track of the amount you are drinking.

**Bonus tip:** If you're having trouble getting enough nutrients and calories from food, try drinking calorie-rich, nutrient-rich beverages. For example, vegetable juice, smoothies, nutrition shakes, bean-based soups, and milk. You'll get nutrition and hydration all in one.

### 2. Eat your protein.

Cancer treatments work by destroying cancer cells, but in the process, they can also damage healthy cells. To replace the healthy cells damaged by cancer treatment, your body needs protein. Some examples of high-protein foods are poultry, fish, seafood, beef, pork, lamb, nuts, lentils, beans, seeds, soy, and dairy.

**Bonus tip:** Sometimes, cancer treatments can make eating animal proteins unappealing – or you may be vegetarian or vegan. In that case, plant-based proteins are an excellent choice. Try peanut butter on toast, lentil soup, hummus and pita chips, or trail mix packed with nuts and seeds.

### 3. Keep up your weight.

Some cancer treatments can cause you to lose weight and strength very quickly. This happens for a variety of reasons – reduced appetite, taste changes, fatigue, nausea and vomiting, bowel issues, and sore mouth. Weight loss can also occur because your body is using more calories and protein than normal while fighting cancer. Try to eat small, frequent meals packed with calories and protein.

**Bonus tip:** It's easy to add extra calories to what you're already eating by tossing in some healthy fats, like vegetable oils or avocado. For example, blending half an avocado or a tablespoon of olive oil into a smoothie or shake can add about 100 calories without increasing the volume.

### 4. Take care of your gut.

Many cancer treatments can affect gut function, causing reflux, nausea, diarrhea, and constipation. To help with reflux, nausea, and diarrhea, eat small frequent meals consisting of foods that are easy to digest. Think foods that are bland, low-fat, low in fiber, and that don't give off strong odors. For example, yogurt, baked potatoes, broth, oatmeal, toast, sherbet, cold cereal with milk, milkshakes, and smoothies. For constipation, make sure you are drinking enough fluids.

**Bonus tip:** Prunes are a natural way to manage constipation. Try mixing three tablespoons of bran cereal with two tablespoons of applesauce and one tablespoon of prune juice, and eat one tablespoon of this mixture three times a day.

### Effortless Ways to Add More Nutrients to Your Diet.

While you are undergoing cancer treatment, you want the foods you eat to be as nutritious as possible. Here are a few simple tips for adding more nutrition to your meals and snacks.

- Top a baked potato or mashed potatoes with hummus or bean dip.
- Mix nuts and dried fruit into oatmeal.
- Add a slice of avocado or a smear of hummus to your sandwiches.
- Mix ricotta cheese into pasta.
- Add cheese and vegetables to an omelet.
- Top soups with sour cream and cheese.
- Add peanut butter to a protein shake.
- Top cooked vegetables, like broccoli, with melted cheese.
- Sprinkle some dried fruit and granola into your yogurt.

# COMMUNITY SUPPORT



Salisbury University Women's Lacrosse raised \$1,710 for Women Supporting Women during their pink game which took place in April.



Delmarva Republican Women's Club held a Love for America Fundraiser that raised \$470. Pictured from left to right is DRW, President Ellen Bethel, WSW Mentoring Coordinator Kathy Pisani, and DRW, Asst. Treasurer Carol Murphy.



Event Coordinator, Kerrie Bunting accepts a check for \$500 from the associates at ECI during their annual awards picnic.



L: Executive Director, Cindy Feist receives a monetary award at the Salisbury Soroptomist International annual awards banquet.

R: WSW staff took time to volunteer at Habitat for Humanity's Women's Build. They had a fun day outside helping with multiple different projects like landscaping and building the porch.



# WSW NEWS AND HAPPENINGS

1320 BELMONT AVENUE, SUITE 402

SALISBURY, MARYLAND 21804

410-548-7880

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

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## FUN FACTS:

This is the first month  
of the Summer season!



Birthstones: Pearl,  
Alexandrite and  
Moonstone

Flower: Rose

Zodiac Signs: Gemini  
and Cancer

### Office Staff Members

**Cindy Feist**

*Executive Director*

**Lucy Francis**

*Administrative Assistant*

**Kerrie Bunting**

*Event Coordinator*

**Amanda Smith**

*PR & Marketing*

**Cerah Edsall**

**&**

**Kathy Pisani**

*Mentoring Coordinators*

## UPCOMING EVENTS:

### **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 on 11105 Cathage Rd., Ocean Pines, MD 21811.

### **Bras For a Cause — Closing Ceremony**

Tuesday June 5, at 6PM at the Centre at Salisbury. We will announce our 2018 Winners. Come check out the winning creations!

### **Healing Through the Arts—Journaling**

Tuesday June 12, from 5:30PM-7PM, enjoy a free class on journaling in the CFES conference room which is located at 1324 Belmont Ave Suite 401, Salisbury MD (adjacent to the WSW Office)

### **14th Annual Ride for Awareness**

Our 14th Annual Motorcycle Poker Run will be held Saturday, July 14 at the Salisbury American Legion. More details found on page 10.

### **25th Anniversary Ribbon Cutting & Open House**

Women Supporting Women is celebrating 25 years of service. Thursday, July 26 at 4:30PM a ribbon cutting and open house will be held at our office.

### **Healing Through the Arts — Poetry**

Tuesday August 14, from 5:30PM-7:00PM, come to Pemberton Park and enjoy an evening learning more about poetry and writing your own poems.

### **17th Annual Walk for Awareness**

Calling all walk team captains! The time has come, lets start getting ready for our 17th Annual Walk for Awareness! The event will be held on Saturday, October 13th at Winterplace Park.



# WSW NEWS AND HAPPENINGS

Women Supporting Women hosted their first “Your Healthiest You” Conference on May 19 at the Wicomico Youth and Civic Center. The Rural Maryland Council grant funded event was a huge hit in the community and included topics like medical marijuana, reiki, guided imagery and even featured Dunkin the therapy donkey. Thank You to everyone who attended and planned this successful event.



## MENTORING MINUTE

**Caffeine:** With the hot summer months coming up, we all need to be aware of the amount of caffeine in many things that we consume on a daily basis. Caffeine can raise your blood pressure, disrupt your sleep, and dehydrate you.

Here are the caffeine amounts in many products:

Coffee – 130-180 mg

Espresso – 126 mg

Decaf. Coffee – 2-15mg

Ice tea – 25-48mg

Green tea – 28mg

Black tea – 47mg

Soda – (12oz.) – 34-54mg

Caffeinated gum – 20-100mg

Energy drinks – 140-350mg – be sure to read the label

Dark chocolate – 23mg/oz

Tylenol or Aspirin with caffeine – 130mg

Powdered caffeine – 1 tsp. = 28 cups of coffee AVOID as this is very dangerous

**liquids are for 8 oz. Daily amount should be less than 400mg/day**

# 14th Annual RIDE FOR AWARENESS & Poker Run

**BENEFITTING:**

**WSW**  
Local Services • Local Support



**SATURDAY,  
JULY 14th**

Bring a donation of  
personal hygiene items to be  
given to "Operation We Care"  
and receive \$2 off your  
BBQ chicken platter

**START & END:** American Legion Post 64

**Registration:** 8:30am. Last bike out 10am Return by 2pm

**\$25 per Driver, \$15 per Passenger**

Join us back at the Legion for BBQ chicken platters \$10/ea, cash bar, games and prizes. 1st, 2nd and 3rd prizes for best hands as well as worst hand announced at the after party when last rider arrives.

NEW! RJ Gibson and the "world's fastest darkroom" that he created out of a 1938 Harley-Davidson sidecar on his 1950 Panhead, \*Available on the day of to take authentic tintype photos of you and your ride. (\*Fee associated)

**MORE INFO: 410-548-7880 | [womensupportingwomen.org](http://womensupportingwomen.org)**



Thank you Courage Sponsors:

**FURNITURELAND**



## JOKE OF THE MONTH

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

# DONOR THANKS

## Individual

Elizabeth Esham  
Trish Solomon  
Candy Lawandowski  
Lynn Thomas

## In-Kind

Regina Dietz  
Heather Walker  
Carlene Williams  
Colleen Salvio  
Anna Morris

## In Honor Of:

## Civic

## In Memory Of:

### Our Mothers

Dallas and Jane Roach

### June Dashiell

Deborah Evereit

### June Dashiell

Charles T. Capute

### June Dashiell

Rick and Amy Wootten

### June Dashiell

The Dougherty Family

### June Dashiell

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**\$10,000 +**

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**\$5,000 +**

**FurnitureLand**

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### **Hope**

**\$2,500 +**

**Apple Discount Drugs**

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**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

Cindy Feist, Executive Director

Melodie Carter

Judy Herman

Jeanne Kenkel-Tajvar

Mike Liang

Julie McKamey

Jenni Pastusak

Pam Wulff

Karri Todd

Erika Forsythe

*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:*

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