



Local Services, Local Support.

Care & Share Newsletter May 2018



Cindy Feist
Executive Director

WELCOME SPRING

What exciting programs we have in store for our survivors and everyone on Delmarva this spring! We are pleased to be able to provide our first ever “Your Healthiest You” Conference. There are extraordinary speakers presenting the most updated topics on integrated health and wellness. The information presented during the conference and vendors participating are there to help you stay as healthy as possible and help you make informed decisions about your healthcare.

Can’t make the conference? Join us for our monthly “Healing Through the Arts” program. In May, we will be doing a glass fusion class in Cambridge and in June, a journaling class in Salisbury. The staff works very hard throughout the year to research grant opportunities to allow WSW to offer these programs at low or no cost. Take a look inside this month’s newsletter to learn the details on both and call the office to register.

We are also in the midst of Bras for a Cause. Check out the amazing bras at The Centre at Salisbury, across from Children’s Place, during the month of May. It’s a dollar a vote which may be paid at the Centre or online through our website using the FirstGiving link. Celebrate and honor the creativity of the bra designers. Sign up for our Business After Hours on Tuesday, May 1st to kick off this major FUNdraiser. Events such as this enable WSW to continue our mission.

From the staff and myself, we send a great big THANK YOU to all the volunteers who help us with our programs and events. We build on your enthusiasm and thrive on your positive spirit.

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SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, May 3th — 6:30PM

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kathy Pisani

Ocean City (Worcester)

Wednesday, May 16th — 1:00PM

Atlantic Health Center

9714 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Dr. Deborah Conran

Osteopathic Manipulative Medicine

Facilitators: Cindy Elliot and Bev Ward, RNs

Pocomoke (Worcester)

May Meeting Canceled

Pocomoke Community Center

1410 Market Street

410.548.7880

Facilitator: Virginia Schneider

NEW!! Onancock, VA (Accomack)

Thursday, May 17 — 6:00PM

Holy Trinity Episcopal Church

66 Market St

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

Ocean Pines (Worcester)

Thursday, May 10th — 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, May 22 — 6:30PM

Christ Episcopal Church

601 Church St

410.463.0946

Speaker/Topic: Open Forum

Facilitator: Sue Todd

SURVIVOR STORY

By: Comeshia Williams



I had cancer but cancer never had me! I thank God for sending an excruciating pain through my right breast on July 19, 2016, six months after having a normal mammogram. The pain was so sharp that it woke me and I immediately did a self-exam. After finding a lump, I made an appointment with my doctor.

On August 5, 2016, at the age of 39, I received a call at work telling me I had infiltrating ductal carcinoma in my right breast. I was terrified but also

felt blessed that it was found and steps were taken to get rid of it. I made the decision to have a bilateral mastectomy followed by chemotherapy. I also decided to remain FLAT. I did not have reconstructive surgery. I had treatments every other Thursday from October 6th through January 12, 2017.

Prior to starting chemo, I was empowered to shave my head. Shaving my head was my way of telling cancer that I was in charge of my healing. I was blessed to have family, friends, and a wonderful staff at West Cancer Center cheering me on. Cancer taught me so much. I know now that I am strong and a fighter. I learned the importance of listening to my body and focusing on what's really important in life.

Since being diagnosed, a double mastectomy, and chemotherapy, I have become a Reach to Recovery mentor so that I could help other women who are faced with breast cancer. I had cancer. Cancer NEVER had me!

To read more articles like this one go to: <https://ww5.komen.org/Breast-Cancer-Stories>



MEDICAL UPDATE

A LOOK AT COMMON AND UNCOMMON TYPES OF BREAST CANCER

Did you know there are many different types of breast cancer? From pre-cancerous breast disease to breast cancer in men, different types of cancer impact your treatment options and outcomes.

Making sense of the words and terms associated with a cancer diagnosis can help you to be a more informed patient. Here's a look at the common – and not so common – types of breast cancer.

Common Types of Breast Cancer

Breast cancer starts when normal cells in the breast begin to change and grow uncontrollably, forming a mass called a tumor. The most common types of breast cancer start in the milk duct of the breast. Most breast tumors – about 85 to 90 percent – are considered to be ductal carcinoma. If the tumor is well contained, it is called ductal carcinoma in situ (DCIS), which means the cells haven't spread or grown out of the breast ducts into surrounding tissue. DCIS is considered pre-cancerous, and typically can be successfully treated. It is often found during a mammogram or as part of a routine breast cancer screening. If left untreated, DCIS can lead to cancer.

If ductal carcinoma has broken or spread into nearby breast tissue, it is called invasive carcinoma. Recommended treatments may include a mastectomy and chemotherapy. Other forms of breast cancer start in the lobes or glands that are deeper inside the breast, under the ducts. This accounts for about 8 to 10 percent of breast cancers. If the cancer is lobular carcinoma in situ, the cancer has not spread and may be removed during a lumpectomy. Those that are capable of spreading – invasive lobular carcinoma – may require a mastectomy and chemotherapy. Lobular breast cancer tends to occur later in life. Some research suggests the use of hormone replacement therapy during and after menopause can increase the risk of invasive lobular carcinoma.

Less Common Types of Breast Cancer

Medullary carcinoma, tubular carcinoma, mucinous carcinoma and Paget disease of the nipple are less common types of breast cancer that affect a small percentage of people.

Inflammatory breast cancer is a rare but aggressive type of breast cancer that can be difficult to diagnose. A lump may not be detected in an exam or mammogram, and dense breast tissue can make it more difficult to detect. It is called inflammatory because the breast often looks swollen, red or inflamed.

Breast Cancer in Men

Less than one percent of all breast cancer cases occur in men. Male breast cancer occurs when hormones are out of sync and stimulate the growth of male breast tissue. Warning signs may include a lump, hard knot or thickening in the breast, chest or underarm area. Any changes in the breast or nipple should be checked by a physician.

Metastatic Breast Cancer

This is not a specific type of breast cancer, but rather the most advanced stage of breast cancer in which the cancer has spread beyond the breast to other organs in the body, most often the bones, lungs, liver or brain. Precision medicine is helping clinicians choose effective therapies for patients with metastatic breast cancer, including a research study, co-authored by a scientist from Northwestern Medicine. There are many other clinical trials underway that are working to find new ways to treat cancer.

Breast cancer remains a leading cause of cancer death in women, second only to lung cancer. Early detection is key to catching breast cancer when it's most treatable, and when it's possible to create your own road map to navigate your breast health.

To read more articles like this go to www.nmbreakthroughs.org

COMPLEMENTARY CARE

3 WAYS WELLNESS CAN HELP YOU COPE WITH CANCER

A cancer diagnosis is never easy. Patients, friends and family will react in individual ways and may turn to different sources of comfort and support. The community of a wellness center can offer structure and support in your journey.

If you or someone you love is diagnosed with cancer, consider a wellness approach in these three areas of your life.

1. Prepare Well

Everything may feel a little out of control when you or a loved one first receives a cancer diagnosis. If you're facing this journey, consider how much detail you want to know from your doctors and how involved you want to be in treatment decisions. Let your medical team know your wishes and try to express your feelings as honestly as possible.

You will also need to decide who and how you tell the people in your life. You may wish to bring a friend or family member to your early appointments to help you retain all the information you receive.

Cancer can change your life in many ways. Prepare yourself as best you can for financial or lifestyle shifts.

2. Live Well

After diagnosis, try to maintain your routine as much as possible, staying involved with your usual work and recreation if you can. Living a healthy lifestyle and following a nutritious diet with adequate rest can help improve your energy levels and manage the stress of cancer and treatment.

3. Communicate Well

Your doctors will be your primary resource, but look also to your loved ones, other patients and survivors for support. You may be overwhelmed by your feelings and experiences, so learning to share as well as to find support in a community can benefit you.

Cancer wellness centers help patients and their loved ones cope and live with cancer. They are a gathering place and community that provides company, information, hope and empowerment. Centers offer support groups, education workshops, nutrition classes and exercise and stress reduction programs to promote living well with cancer. Counseling, survivorship, bereavement and family services are also offered.



NUTRITIONAL INFORMATION

How To Ask the Right Questions at a Farmers Market

By: Lydia Noyes

Though farmers markets have a reputation for selling locally and sustainably grown food, “green washing” is still common. Some sellers buy industrial produce at wholesale prices to pass off as homegrown, and unregulated terms, such as “natural” and “no-spray,” imply more than they mean. While purchasing only Certified Organic products avoids this problem, many farmers markets don’t have Certified Organic sellers.

To cut through the confusion, The Cornucopia Institute, a farm - and food-policy research group, has developed a comprehensive guide that equips shoppers to do a background check on vendors. The guide provides a list of key questions to ask vendors about their farming philosophies and daily practices, inspired by the questions asked by organic-certifying agents during their inspections. The questions are designed to unearth detailed information about market goods. Cornucopia hopes to educate shoppers on how to avoid farmers market fraud while also increasing their comfort level in discussing food directly with farmers.



The questions in the guide fall into **THREE** main categories:

- ⌘ Where the food came from
- ⌘ How it was grown
- ⌘ How it was raised

In one example, shoppers are encouraged to ask vendors how they control for pests, weeds, and disease, as well as what kinds of fertilizer they use. Sustainability minded shoppers should also ask about cover crops, hand weeding, crop rotations, and other evidence that a farm is positively managing soil fertility. If a vendor struggles to answer these questions, Cornucopia suggests buying from a different booth.

Cornucopia’s guide also references appropriate questions for identifying sustainably raised meat, another food that’s assigned many obfuscating terms.

While small-scale farms are often passionate about sustainability, they frequently forgo the expense and burden of certification. Cornucopia hopes to provide tools to identify and financially support farmers who prioritize environmental sustainability at every level of the food industry.

To view the full guide visit www.mothernews.com. A pocket guide is available at <http://goo.gl/xx5dPa>.

COMMUNITY SUPPORT



Everyone enjoyed WSW's Stretch and Sip class that was held on April 4th at Jimmie & Sook's in Cambridge. It was a fun filled night of yoga, relaxation, and a glass of wine. If you are interested in WSW's events like this go to our website's event page to find out when we've scheduled other such events.



Samantha Layfield, a Salisbury University student, presented WSW Event Coordinator, Kerrie Bunting, with a check from their Zumbathon. The event was held on April 9th at Salisbury University as part of an Event Management class.



WSW's 2018 nutrition class was held every Saturday in April at Shore Appliance Connection. Our participants enjoyed learning new recipes and their health benefits.



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

FUN FACTS:



This Month brings us
Mothers Day and
Memorial Day

Birthstone: Emerald

Flower: Lilly of the
Valley, Hawthorn

Zodiac Signs: Taurus
and Gemini

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

Healing Through the Arts—Glass Fusion

Come to Jimmie & Sook's in Cambridge May 7 from 5:30PM-7PM and create your own fused glass masterpiece. This event is \$25 and will include one beverage and light appetizers.

Shorebirds Pink Hat Night

The first 1,000 fans through the gates will receive a pink Delmarva Shorebirds hat, sponsored by Spicer Brother's Construction.(in conjunction with Women Supporting Women) The Shorebirds begin a series with the Hagerstown Suns (affiliate of the Washington Nationals) at 7:05 PM on Thursday, May 17th. Gates open at 6PM.

Healing Through the Arts—Journaling

On Tuesday June 12, from 5:30PM-7PM, come to the CFES conference room and enjoy a free class on journaling. The CFES conference room is located at 1324 Belmont Ave Suite 401, Salisbury MD

14th Annual Ride for Awareness

Our 14th Annual Motorcycle Poker Run will be held Saturday, July 14 at the Salisbury American Legion.

25th Anniversary Ribbon Cutting & Open House

Come Support Women Supporting Women's 25th year. Thursday, July 26 at 4:30PM we will have our ribbon cutting and open house at our office, 1320 Belmont Avenue, Suite 402 Salisbury, MD.

WSW NEWS AND HAPPENINGS

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

Conference funding provided
by a grant from:



MENTORING MINUTE

Geese Offer Us Wonderful Lessons

Geese can give us some wonderful lessons. They support each other in a way that human beings cannot imagine.

As each goose flaps its wings it creates an “uplift” for the birds that follow. By flying in a “V” formation, the whole flock adds 71% greater flying range than if each bird flew alone. People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it. If we had as much sense as a goose, we would stay in formation with those headed where we want to go. We would be willing to accept their help and give our help to others.

When the lead goose tires, it rotates back into the formation and another goose flies to the point position. It pays to take turns doing the hard tasks and sharing leadership.

As with geese, people are interdependent on each other’s skills, capabilities and unique arrangements of gifts, talents or resources.

The geese flying in formation honk to encourage those up front to keep up their speed. We need to make sure our honking is encouraging.

In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one’s heart or core value and encourage the heart and core of others) is the quality of honking we seek.

When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then they launch out with another formation or catch up with the flock.

We should stand by each other in difficult times as well as when we are strong.

Author Unknown



Did you know you can ride in style while supporting Women Supporting Women at the same time? How? Simply purchase our organizational license plate for \$50; \$25 goes directly to WSW and is tax deductible. Forms are at the WSW Office.

DONOR THANKS

Individual

Kevin Hughes
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Judy and E.D. Herman
Clytie Taylor
Charlotte Haberstroh

Civic

Parkside High School
E. S. Field Hockey Officials Association
Republicans Club

In Memory Of:

Jeanne Schaeffer
Judy and E.D. Herman
Gladys Briles
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Nina Hoegar
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Ruth Culver
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SPONSORS

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\$10,000 +
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Peninsula Plastic Surgery
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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
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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

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