



Cindy Feist
Executive Director

BREAST CANCER AWARENESS MONTH

And, so it begins... Here at WSW (Women Supporting Women) we are in full swing for Breast Cancer Awareness Month. During the month of October, we are called and asked to speak throughout the surrounding communities on the topic of breast cancer and to explain how WSW helps those in need as well as the services we provide. Our mission to provide awareness, education, and support to all those affected by breast cancer gets talked about a lot this month. We enjoy getting out and talking about everything we provide to survivors, caregivers, and others touched by breast cancer. It is amazing as we visit the different communities to find that in our 25th year there are still those that have not heard about WSW. In some fashion, that is a good thing. That means our support and services have not been needed within your circle. The downfall is that should someone need our services, they may not know where to turn. October is our opportunity to promote WSW showing all we provide.

That being said, it is also our time to raise the much-needed funding to keep our doors open all year round. If you don't know what we do, you may also not know that we are the only grass-roots, LOCAL, breast cancer nonprofit where all funding stays right here on the Eastern Shore. As long as there are men and women in our communities being diagnosed with breast cancer, WSW's office doors will be open.

This October join us! Whether that is registering for our Walk for Awareness on October 13th, having lunch with us at Outback on October 17th in West Ocean City, or just stopping into our office to see exactly what we provide throughout the year. We would love to meet you.

Remember, October is Breast Cancer Awareness Month, but breast cancer doesn't discriminate. People get diagnosed all year long. For now let us all take a second to appreciate the possibilities that come with celebrating October and the first day of fall on a weekend.

Stay calm and happy by imagining all of the pumpkins, the apples, and the fall activities that are yet to come. Autumn, although extremely busy, to me is the best time of the year. There are so many activities!

Join us as we celebrate October

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SUPPORT GROUP MEETINGS

LOCAL *services & support*

Salisbury (Wicomico)

Thursday, October 4th — 6:30PM
Women Supporting Women's Office
1320 Belmont Avenue
410.548.7880
Speaker/Topic: Open Forum
Facilitator: Kyle Beebe

Ocean City (Worcester)

Canceled for this month
Regional Cancer Care Center
10231 Old Ocean City Blvd , Berlin
410.548.7880
Speaker: Open Forum
Facilitators: Cindy Elliot and Bev Ward, RNs

Pocomoke (Worcester)

Thursday, October 11th — 5:30PM
Pocomoke Community Center
1410 Market St
410.548.7880
Speaker/Topic: Breast Cancer statistics and
Strides in Cancer Treatments
Facilitator: Virginia Schneider

Onancock, VA (Accomack)

Thursday, October 18th — 6:00PM
Holy Trinity Episcopal Church
66 Market St
757.787.4430
Speaker/Topic: Open Forum
Facilitator: Nicole Ayres

Ocean Pines (Worcester)

Thursday, October 11th — 6:30pm
Richard A. Henson Cancer Center
11105 Cathage Rd., Ocean Pines
410.548.7880
Speaker/Topic: Laura Stearman from
Harmony Wellness Spa and Light Fare
Facilitator: Kathy Pisani

Cambridge (Dorchester)

Tuesday, October 23rd — 6:30PM
Christ Episcopal Church
601 Church St
410.463.0946
Speaker/Topic: Jennifer Grier, Pharmacist with
The Drug store/ Medications and Supplements
Facilitator: Sue Todd

SURVIVOR STORY

Kathy's Story: Walk Tall

By: Kathy M.

A sore back was the first sign that something was wrong. Kathy wrote it off as the aches and pains of growing older—that is, until she became physically unable to walk and she asked her husband to take her to the chiropractor.

Kathy's chiropractor took one look at her X-ray and told her and her husband to go directly to the emergency room. After a few tests, Kathy met her future oncologist for the first time, who told her: "Kathy, you have stage IV breast cancer, but you're going to be okay and we're going to take good care of you."

The cancer had spread to Kathy's spine, which was causing her back pain. Kathy was admitted straight from the emergency room to the hospital, where she began radiation and chemotherapy.

"My spine healed on its own, without major surgery. I'm amazed every day my body was able to do that."

Kathy stayed in the hospital for two weeks getting treatment. After that, she went to a rehabilitation center for five weeks where she had to learn how to walk again. During her rehabilitation, Kathy's spine specialist recommended a major operation. Her oncologist advised her to wait, recover and see what happened.

Over the next eight months at home, Kathy went from a wheelchair to a walker to nothing. Her spine healed on its own and her cancer stabilized. Today, she walks unassisted. She hasn't felt any discomfort in more than a year and a half. "I feel like a million bucks."

Kathy's doctor and her staff call her their "miracle patient." Many days, Kathy forgets she has stage IV cancer. But every day, she is thankful and pays it forward.

"I really believe I'm still here because I'm meant to help and encourage people going through the same thing."

Today, friends and family of Kathy help connect her with other people with cancer who may be feeling overwhelmed by a diagnosis. Kathy's story is so well-known that locals instantly know to call her when someone needs a few words of encouragement. Kathy is able to reach out to complete strangers, giving them hope when they need it most. Kathy encourages people who are living with cancer to ask for help when the need it. She also stresses the importance of having a great doctor by your side. "If you don't love and trust your doctor, find another one."

Kathy feels grateful for the oncologist who walked into her room on that fateful day four years ago and gave her hope. She knows her doctor's caring and optimism made a difference and helped set the tone for Kathy's own bright outlook. She also credits her extended family and friends for their constant support and love throughout her recovery

"If you can encourage just one person, it's all worth it."



To find more information on this article go to: <https://www.thisislivingwithcancer.com/inspiration/kathy>

MEDICAL UPDATE

A Roadmap to Breast Health

Many women may only think about their breast health after hearing news of a breast cancer diagnosis—breast cancer is, after all, the most common type of cancer among American women. Early Detection is key to catching breast cancer when it's most treatable. Understanding your options for your own health can provide you with a road map to know what to do.

Here are five things to know to navigate your breast health.

1. You Can Control Some Risk Factors

You can't change your age, personal or family history, including inherited genes and gender, but you can manage other risk factors that contribute to the disease. Maintaining a healthy body weight and following a healthy diet with lots of fruits and veggies to boost your immune system helps keep your body the healthiest it can be. It also means not smoking or quitting and limiting your alcohol consumption and managing stress levels with a regular exercise program.

2. Genealogy Has an Impact

About 13 percent of all women diagnosed with cancer have a mother, sister or daughter who has also been diagnosed with breast cancer. Women who have close blood relatives with breast/ovarian cancer are at higher risk—and with every additional family member diagnosed before menopause, this risk increases. If this is the case in your family, consult with your physician about your plan—and consider getting a baseline mammogram at least 10 years before the age your family member was diagnosed. For example, if your mother was 40, your baseline should be at 30. Mammograms are not recommended before the age of 30.

3. Detection is in Your Hands

You know your body best, so breast self-awareness is an important part of your health. Whether in the shower, in front of a mirror, or lying down, be aware of skin changes of the breast or nipple region, lumps or swelling in the breast or armpits, nipple discoloration/discharge, or changes in the shape, size or position of your breast. Report any changes to your physician. The best time for evaluating your breasts and to schedule a mammogram is the week after your period ends, when your breasts are more pliable.

4. Screenings Still Save Lives

Screening with mammography is an essential part of your breast health. The American Cancer Society recommends that women at average risk for developing breast cancer get yearly mammograms starting at age 45. However, depending on your personal or family history, your physician may recommend you start screening at the age of 40. There are many diagnostic tools available, but many consider digital breast tomosynthesis, also known as 3D mammography, to be the new standard of care. Research shows that by using X-ray technology, 3D mammography provides a more detailed view of the breast tissue—and fewer false positives.

5. Women With Dense Breast Have it Harder

About more than 50% of women have dense breasts, which can mask abnormalities on a standard digital mammogram, making it more difficult to screen. Dense breast tissue is also an independent risk factor for developing breast cancer. The FDA-approved automated breast ultrasound screening exam (ABUS) is designed to supplement the yearly mammogram to detect cancer in women with dense breasts.

To find more about this article go to: <http://www.nmbreakthroughs.org/health-library/a-roadmap-to-breast-health>

COMPLEMENTARY CARE

5 benefits of meditation for breast cancer sufferers and survivors



Meditation may be self-guided, or shared in a group, and involves concentrating on mindful and gentle thinking while focusing on your breath. It works by exercising your brain. It can be done anytime and anywhere, provided you are someplace comfortable where you can relax. It may take some time to clear the mind of random thoughts. Our minds race these days, especially in this electronic age and especially after a diagnosis of cancer. But, with practice, meditation teaches us to acknowledge these thoughts and move on. With practice, the mindfulness of meditation can be integrated into our everyday lives and provides a myriad of mental health benefits including reducing anxiety and depression. Enduring treatment is not only unpleasant, but time-consuming and expensive. Meditation is one method that can be extremely beneficial throughout the healing process. Like many illnesses, breast cancer can be worsened by stress. Meditation can help you reduce stress levels throughout the day.

Here we explore some of the benefits of meditation for those affected by breast cancer.

1. Meditation is a natural boost for wellness.

Meditation can be used in conjunction with your medication. (Of course, always consult with your professional health care provider). There are absolutely no negative side effects to meditation and it's completely safe. It works by simply calming the centers of your brain. Meditation has been used for thousands of years and its benefits don't stop when your session ends.

2. Meditation can be done anywhere and at any time.

Provided you are comfortable and in a location where you can relax, you can meditate. There is no need to go to the hospital or doctor's office for sessions. You can practice in the safety of your own home or with a like-minded group. You can also take the mindfulness you gain from

meditation practice and apply it while in the hospital to help you through your stay, tests, doctors' appointments and treatment.

3. Meditation works on your mind-body connection.

Meditation and guided-meditation can provide emotional recovery and relaxation. A reduction in stress, anxiety, depression, fatigue, and fear of recurrence can be greatly reduced through meditation. Meditation can also help with pain and difficulty sleeping. Mindfulness meditation works on calming your thoughts and its effects are immediate.

4. Meditation can help with those nasty hot flashes.

Attacks of intense warmth that may leave you sweaty and uncomfortable can be a side effect of hormone therapy for breast cancer. Meditation may provide help, especially when other methods fail. Specific meditation techniques such as paced respiration directly target the unpleasant symptoms associated with hot flashes. Paced respiration is a slow, controlled rhythmic breathing that is sustained for a specific period of time at the start of a hot flash.

5. Meditation has physical benefits, too.

Researchers in Canada have found evidence to suggest that meditation can alter cellular activity of cancer survivors. Telomeres are proteins at the end of chromosomes that naturally become shorter over time. Research suggests that longer telomeres are associated with the likelihood of surviving several diseases. Stress is known to accelerate the shortening process. Meditation may lessen stress, influence cortisol levels, and therefore help to preserve a cancer survivor's telomere length.

It's worth mentioning that the benefits of meditation extend beyond those fighting illness, which is why it's an amazing practice to cultivate at any stage in your life. I've been practicing and studying meditation intensively for about a year now and see directly how beneficial a daily practice can be in terms of decreasing anxiety and increasing patience. In times of stress and illness these mental benefits are exacerbated, but the benefits extend to regular old work days too.

written by Laura Sage, Chill Co-Founder / The Lynn Sage Foundation Co-Founder

To read more go to: <https://www.chillchicago.com/blog/5-benefits-of-meditation-for-breast-cancer-sufferers-and-survivors>

NUTRITIONAL INFORMATION

Mushrooms

Why they're good for you: Mushrooms are a rich source of ergothioneine, an antioxidant may help fight cancer. Mushrooms are also a source of riboflavin, a vitamin that supports the body's natural detoxification mechanisms. They are the highest vegan source of vitamin D.

Recipe from *Cooking Light*: Penne with Sage and Mushrooms

Ingredients

1 whole garlic head
2 tablespoons plus 1 teaspoon olive oil
2 1/2 cups boiling water, divided
1/2 ounce dried wild mushroom blend (about 3/4 cup)
8 ounces uncooked 100 percent whole-grain penne pasta
1/4 cup fresh sage leaves
2 1/2 cups sliced cremini mushrooms (about 6 ounces)
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 cup fat-free, lower-sodium chicken broth
2 ounces fresh Parmigiano-Reggiano cheese, divided



Preparation

Preheat oven to 400°.

Cut top off garlic head. Place in a small baking dish, and drizzle with 1 teaspoon oil; cover with foil, and bake at 400° for 45 minutes. Remove dish from oven. Add 1/2 cup boiling water to dish; cover and let stand 30 minutes. Separate cloves; squeeze to extract garlic pulp into water. Discard skins. Mash garlic pulp mixture with a fork, and set aside.

Combine remaining 2 cups boiling water and dried mushrooms in a bowl; cover and let stand 30 minutes. Rinse mushrooms; drain well, and roughly chop. Set aside.

Cook pasta according to package directions, omitting salt and fat.

Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add sage to pan; sauté 1 minute or until crisp and browned. Remove from pan using a slotted spoon; set aside. Add cremini mushrooms, salt, and pepper to pan; sauté 4 minutes. Add garlic mixture, chopped mushrooms, and broth to pan; cook 5 minutes or until liquid is reduced by about half. Grate 1 1/2 ounces cheese. Stir pasta and grated cheese into pan; cover and let stand 5 minutes. Thinly shave remaining 1/2 ounce cheese; top each serving evenly with cheese shavings and sage leaves.

To read more go to <http://time.com/3724505/healthy-recipes-healthiest-foods/>

MENTORING MINUTE

Are you wasting your time?

Here we are at October and 10 months have already flown by! Make sure to end 2018 like you would start any year off- with a BANG!



- ⌘ **Make Goals:** for your life and work
- ⌘ **Keep Track of Your Time:** note how long it takes to do simple tasks to help manage your time
- ⌘ **Prioritize:** put to-do's in a 4-category group of 1. Urgent and Important, 2. Not Urgent but Important, 3. Urgent but Not Important, 4. Neither Urgent or Important
- ⌘ **Schedule Your Day:** be flexible; do what works best for you and don't be afraid to change things up.
- ⌘ **Do the Hard Stuff First:** Maybe it's something that'll take a long time to do or something that's hard to do- do it first
- ⌘ **Write it Down:** To keep you on track and not to forget anything!
- ⌘ **Is It Worth Your Time?** Remember your big-picture goals. Will this help you get to them?
- ⌘ **Just Start It:** sometimes you may find it easy to push things off for a later time or be discouraged but push past that and the smallest progress is better than none
- ⌘ **Schedule Good Stuff:** bettering your time starts with doing the things you love like traveling, exercising, reading, time spent with family/friends. So, make time for that!



PENINSULA
REGIONAL HEALTH SYSTEM

Save the Date! The 14th Annual Breast Cancer Conference

"Where Did You Get Your Genes?" will be held on Wednesday, October 3, 2018 at the Wicomico Youth and Civic Center.

Enjoy a free dinner, door prizes, and an evening learning more about your genetics.

Registration is required for this event. To register go to www.peninsula.org/breastconference

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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:



National Breast Cancer
Awareness Month

Birthstone: Opal and
Tourmaline

Flower: Marigolds

Zodiac Signs: Libra and
Scorpio

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&

Kathy Pisani

Mentoring Coordinators

UPCOMING EVENTS:

WSW has a very full calendar this month! Throughout this newsletter you will find flyers and information on everything going on. If you have any questions please just give us a call, 410-548-7880.

9/26 - 10/31 - Tanger Outlets "Pink Style" - Shop. Save. SUPPORT! Purchase a Pink Savings card for \$10 at Tanger Outlets Ocean City and get 25% OFF a single item at participating stores. Pink Savings Card is unlimited use and proceeds benefit WSW!!

10/5 - Tanger Outlets Car Show - 50/50 proceeds come to WSW

10/6 - High Heel Race - Come to the Maui Jack Waterpark Saturday, October 6th starting at noon and enjoy a fun-filled day participating and/or watching our High Heel Race. Preregistration is \$20 and the Day of is \$25.

10/6 - Peninsula Dressage presents 10th Annual Dressage Schooling Show at WinAway Farm, Willards, MD.

10/6-10/7 - USSSA "Save Second Base" Softball Tournament at Henry S. Parker Athletic Complex

10/13 - 17th Annual Walk For Awareness at Winter Place Park. Registrations are open! There is still time to fundraise in order to claim the title of Top Fundraiser for either Individual or Team. Team and fundraising packets are available for pick-up in our office. See page 9-10 for full details.

10/17 - Tanger Outlets "Pink Party Luncheon" - Join us at Outback Steakhouse in West Ocean City from 11:00 am to 3:00 pm. There will be prizes, giveaways and More! Tickets are available for \$15.00 at Tanger Shopper Services and Women Supporting Women. See page 7 for more details.

10/20-10/21 - Autumn Wine Festival at Pemberton Park - Wicomico Tourism has once again chosen to turn the festival PINK and allow WSW exclusive areas to set up fun activities for all to enjoy! Go to www.autumnwinefestival.org for more information.

10/26 - Light the River at the Salisbury Park - This beautiful event honors all of those who have fought the fight while taking in the serenity of dedicated wish lanterns making their way down the river.

11/2 - 25th Anniversary Gala - This event will be held at the Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina in Cambridge, MD. Doors will open at 6:00 pm. There are plenty of opportunities for business participation. Come join us as WSW ends 2018 celebrating 25 years of helping those within our community who have been touched by breast cancer. Visit our website for full details and registration; <http://womensupportingwomen.org/25th-anniversary-gala/>

Can we just take a minute to talk about how excited we are for this year's **17th Annual Walk for Awareness** at Winterplace Park!!! It is truly an inspirational day filled with love for all of our Survivors. To see hundreds of people gathered in support, the energy is just amazing! We at WSW are looking forward to seeing you all there.

COMMUNITY SUPPORT

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Peninsula Imaging is the premier imaging center for the Eastern Shore. Peninsula Imaging brings the latest technology, convenience and superior customer service to the local medical community. Their skilled and compassionate staff will expertly care for you and your family.

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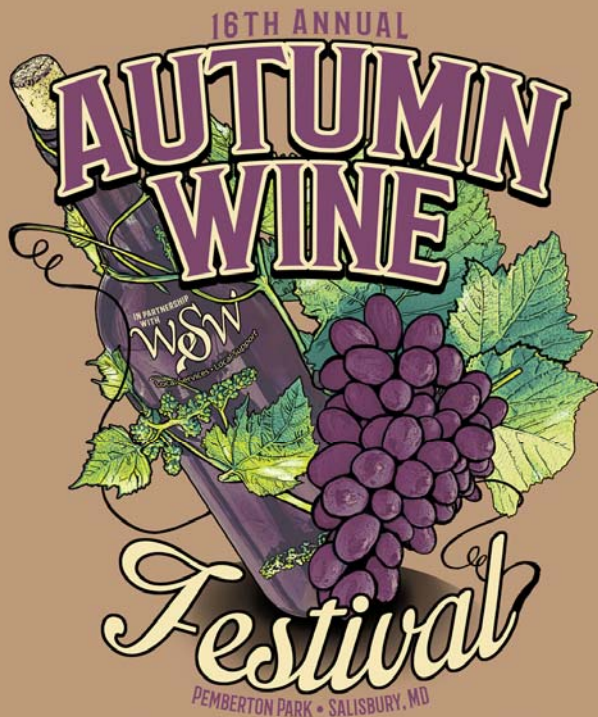
Located at:

404A N. Fruitland Blvd., Salisbury, MD 21801
1210 Naticoke Rd., Unit 11, Salisbury, MD 21801
314 Franklin Ave., Suite 600, Berlin, MD 21811

September 18, 2018 was Team, "Girls Just Want to Have Fun" in their first Men's League Volleyball game where they looked great wearing our Women Supporting Women Walk for Awareness Shirts. We are so happy to help out and have this team represent WSW in the Men's Volleyball League.



MARK YOUR CALENDAR!



WSW is a proud partner of the Autumn Wine Festival! Come see us at Pemberton Park on 10.20 & 10.21!

FRIDAY - OCTOBER 26 - 5:30-7:00 PM

Light the River

FREE EVENT - SALISBURY CITY PARK

Join us for a night of remembrance and togetherness as we honor those who have fought the battle of breast cancer and those whom we have lost.

We encourage all breast cancer survivors, supporters, friends and family to attend.

Luminaries available for \$5 each.

25th Anniversary Gala

NOVEMBER 2, 2018

HYATT REGENCY CHESAPEAKE BAY

TICKETS AVAILABLE NOW

Discounted rooms are available through WSW.
Contact the office for more information. First come, first serve.
410.548.7880 || events@womensupportingwomen.org

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Joke Of the Month

Three Brothers Age 92, 94 and 96 Live Together

One night the 96 year old draws a bath, puts his foot in and pauses. He yells down the stairs, "Was I getting in or out of the bath?"

The 94 year old yells back, "I don't know, I'll come up and see." He starts up the stairs and pauses, then he yells, "Was I going up the stairs or coming down?"

The 92 year old was sitting at the kitchen table having coffee listening to his brothers. He shakes his head and says, "I sure hope I never get that forgetful." He knocks on wood for good luck.

He then yells, "I'll come up and help both of you as soon as I see who's at the door."

Source: <https://www.sunnyskyz.com/funny-jokes/249/Three-Brothers-Age-92-94-And-96-Live-Together>

Tips for fundraising success

1. Start early
2. Set a challenging but attainable goal
3. Contact EVERYONE you know
4. Customize your emails
5. Create an email schedule
6. Ask, ask, and ask again!
7. Set up a fundraising page online
8. Share the fundraising page on social media
9. Find creative ways to raise \$ (bake sale, car wash, penny drive, donation box in your office, etc)
10. Join a team
11. Did we mention to contact and ask everyone??!



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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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