



Cindy Feist
Executive Director

End of Summer

Well, I don't know about you, but summer certainly did fly by. Like every other year, the first day of fall happens on the Autumnal equinox, also known as the September equinox. The Autumnal equinox is the astronomical beginning of fall in the Northern Hemisphere. While it doesn't happen on the same exact date every single year, it happens around the same date each year. For 2018, the first day of fall is September 22nd.

We still have a couple more weeks of summer to enjoy yet. So, before the vacations are over, the kids head back to school, and the leaves start to turn, end summer on a high note. Make a really big deal out of your last cookout with your family. Serve your favorite summer recipes with a final flourish. Linger in the twilight, watch the sun go down, and bid summer a fond farewell until next year.

Here at WSW, we are gearing up and have a lot in store for you this fall. Check out our upcoming events on pages 8 and 9. You'll find our regular events and some we are resurrecting with new business partnerships. Mark your calendars for those events you don't want to miss.

Hope to see you out and about this fall!

Regular Features

Support Group Dates.....	2
Survivor Story.....	3
Medical Update.....	4
Complementary Care.....	5
Nutritional Info.....	6
Community Support.....	7
Upcoming Event.....	8-9
WSW New Staff.....	10
Donor Thanks.....	11
<i>Donation Slip Back Page</i>	

Attention All Walkers! Mark Your Calendars!

Our 17th Annual Walk for Awareness is just around the corner and there is still time to register and Fundraise for your team. Look on page 10 or go to our website at womensupportingwomen.org/events for more information on how to get started.



SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, September 6th — 6:30PM

Women Supporting Women's Office

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

Ocean City (Worcester)

Wednesday, September 19th — 1:00PM

Regional Cancer Care Center

10231 Old Ocean City Blvd , Berlin

410.548.7880

Speaker: Gail Mansell, FAPA, BCCC, BCPC
Director Supportive Care Services

Topic: Advance Directives/ Living Wills

Facilitators: Cindy Elliot and Bev Ward, RNs

Pocomoke (Worcester)

Thursday, September 13th — 5:30PM

Pocomoke Community Center

1410 Market St

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Virginia Schneider

Onancock, VA (Accomack)

Thursday, September 20th — 6:00PM

Holy Trinity Episcopal Church

66 Market St

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

Ocean Pines (Worcester)

Thursday, September 13th — 6:30pm

Richard A. Henson Cancer Center

11105 Cathage Rd., Ocean Pines

410.548.7880

Speaker/Topic: Laura Stearman from
Harmony Wellness Spa with Light Fare

Facilitator: Kathy Pisani

Cambridge (Dorchester)

Tuesday, September 25th — 6:30PM

Christ Episcopal Church

601 Church St

410.463.0946

Speaker/Topic: Open Forum

Facilitator: Sue Todd

SURVIVOR STORY

I Felt Empowered By Choosing Not to Have a Reconstruction

Juliet, from Hertfordshire, explains how she had thought that a breast reconstruction was inevitable, and how realizing it wasn't was a huge relief.

I Felt So Well

My breast cancer was picked up on my second routine screening in January 2016. I hadn't felt a lump or seen other signs, so it was a major shock. I had felt so well, I wasn't expecting it at all. After a biopsy and scans I was told I had a tumor in my left breast, that I would need a lumpectomy and radiotherapy.

I Knew Nothing About Breast Cancer

I had never known anyone who had been diagnosed. I felt clueless and panicked. I started searching around on the internet and came across Breast Cancer Care's information. I called their Helpline, who were amazingly helpful, and listened to all of my concerns.

Having a mastectomy Floored Me

After surgery I was told that I would need to have another operation, this time a mastectomy—the second biggest shock of my life, after my diagnosis. I was devastated.

I was given a lot of information around the surgery and shown a series of photos of what my body might look like after the mastectomy and then after a breast reconstruction. But I was in shock and didn't absorb it properly. I just remember flicking through a gallery of photos of different people's chests.

It Was Assumed I'd Have a Reconstruction

I was large breasted, and one option was to have a DIEP flap. The nurse explained how it would work, taking fat from my stomach to help rebuild my left breast. Everything was spoken about as though it was next step in my treatment, as though it was inevitable.

It was recommended not to have immediate reconstruction at the same time as the mastectomy because I would have radiotherapy soon after, but they said they'd make the appointment with the plastic surgeon and a year later I'd have my 'lovely new breast'.

I knew no different — I didn't know anyone who'd had a reconstruction or even breast cancer, and I had got so used to following what the medical professionals told me to do.

I came away thinking 'Ok, I don't want to do this, but it's what I have to do.'

I Realized I Had a Choice

After a few days I started thinking more about the situation. I'd always been a bit worried about the very long operation. I didn't like the idea of any surgery at all, so it concerned me quite a lot.

I then started thinking, what if I don't have one? What would that be like, or look like? Ideas and thoughts started going around my head. One day I Googled, 'not having a reconstruction after breast cancer'. I found blogs and stories, and a group called Flat Friends. I suddenly realized I didn't have to have a reconstruction.

A lightbulb went on in my head, 'I don't have to go through with it.' It wasn't inevitable. I spoke to my husband about what he thought,

and he was brilliant. He said, 'what you decide is right for you, and that's fine for me.'

How Would I Feel Without a Breast?

I realized I wouldn't know until it happened. I went to see the plastic surgeon anyway to talk through my options. But in my pre-surgery consultation before my mastectomy I proposed the idea of not having a reconstruction, and removing both breasts. I thought if one was going, I could have the other side removed too.

However, it's not straightforward having a mastectomy on the other side if there is no evidence of cancer there, or you don't have a significantly increased risk of developing breast cancer on their side. There are lots of things to consider for both the surgeon and the patient. In my case, after lots of discussion and because of my individual circumstances, the surgeon agreed, and the following year I had my other breast removed.

I Felt a Huge Relief

After my breast were removed I didn't feel happy, as I was still losing my breast, but I was definitely relieved. I had been able to make the decision around my own body. Once that happened I felt a lot happier, and my head was a lot clearer.

Two years ago I would never have thought I would feel happy or at ease with myself without having breasts. I feel for me, I've made the best of a bad situation. I feel happy and confident in my own body.

I Feel Empowered by My Decision

I've drawn a lot of strength and empowerment from my decision. I think I'm now a more positive 'me', and feel so much more like myself after the rocky road through treatment.

Juliet's top tips if you're thinking about breast reconstruction

1. **Take All the Time You Need**—don't let yourself be rushed into making a decision. It can be difficult to see clearly when you're in the midst of diagnosis and active treatment.
2. **Ask for Advice**—there are many trusted sources who can talk through your options with you, including Breast Cancer Care's nurses or people who have had different experiences of reconstruction
3. **Be True to Yourself**—Don't let others influence what you want to do. At the end of the day, it's your body that will be affected.



MEDICAL UPDATE

Why is Your Breast Cancer Pathology Report So Important?

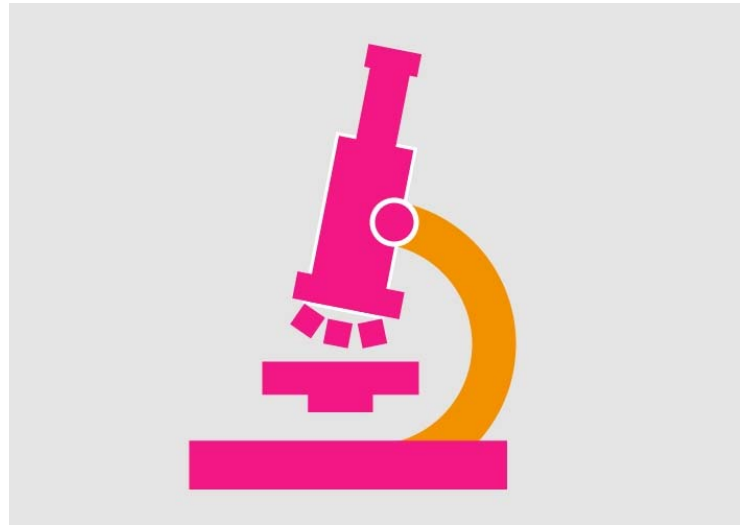
What is Pathology?

Pathology relates to the branch of medicine that looks at how disease affects the body's cells and tissues. Tissue is looked at under a microscope and may have tests performed on it. The results are given in a pathology report.

Why are Pathology Results Important in Breast Cancer?

If you have a biopsy or tissue removed during breast surgery, this is examined by pathologist. Through Various tests the pathology results can tell you:

- ✂ The type of breast cancer
- ✂ The size of the breast cancer
- ✂ The grade of the breast cancer (how different the breast cancer cells are to normal cells and how quickly they are growing)
- ✂ If the breast cancer has been completely removed (if there is a clear margin of healthy tissue around it)
- ✂ If the breast cancer has broken through the networks of lymph and blood vessels (lympho-vascular invasion)
- ✂ If there are any breast cancer cells in the lymph nodes under the arm
- ✂ If the breast cancer is estrogen receptor positive (ER+)
- ✂ If the breast cancer is HER2 positive (Human Epidermal Growth Factor Receptor 2)



What the Different Results Can Mean?

If someone has grade 3 breast cancer which means the breast cancer cells look least like normal cells and are growing quickly, that person is more likely to be offered chemotherapy to help destroy any cancer cells that may have spread.

Someone who has hormone receptor negative breast cancer (so their breast cancer isn't stimulated to grow by oestrogen) won't be recommended hormone therapy as it would have no effect. So taking something like tamoxifen would be of no benefit.

A clear margin of healthy tissue around the breast cancer means that further surgery can be avoided.

Some people will also have tests to look at groups of genes found in the breast cancer. These are known as gene assays. They help identify who is most likely to benefit from chemotherapy and how likely the cancer is to return (recurrence). The results will be considered alongside other pathology results to help decide what treatments to recommend. The Oncotype DX test is probably the most widely known of these sorts of tests.

The Right Treatment For You

All this information is used to make decisions about the best treatment. Other matters are also then taken into consideration like your overall health, any other health conditions you have and you personal preferences.

When someone with breast cancer wonders why their treatment differs to someone else with the same type of breast cancer as them, it can be down to their individual pathology results.

To read more on this article go to <https://www.breastcancercare.org.uk/about-us/news-personal-stories/why-your-breast-cancer-pathology-report-so-important>

COMPLEMENTARY CARE

5 Simple Ways to Manage Fatigue with Breast Cancer

Fatigue caused by breast cancer and its treatments can make a big difference to how you cope with daily life.

We all find it hard to keep on top of things sometimes. But if you have cancer-related fatigue, even simple tasks might seem impossible. Use these methods to manage extreme tiredness every day and learn to make the most of the energy you have.



1. Make Deposits in Your Energy Bank

Fatigue is one of the main side effects of breast cancer treatment. Although you may want to carry on as usual, it's important to know your limits and not to expect too much of yourself.

Think of your energy reserves as your 'energy bank'. Whenever you do an activity you make a withdrawal. And when you rest you make a deposit.

It's important to balance withdrawals with deposits. If you keep doing too much whenever you feel like you have energy, you'll run out completely and not have any left for the things that are important.

- ✚ Whether you're at work or at home, plan regular breaks and be careful not to 'push on' or you'll make your fatigue worse.
- ✚ Stress can have a negative effect on your energy levels, so try doing a stress-reducing activity such as listening to music or using a mindfulness app.
- ✚ If you're very low on energy, have a nap, but limit the number of naps you take to keep them to less than an hour so you still sleep at night.
- ✚ Try to do some regular moderate exercise like walking or swimming, and eat healthy meals or snacks whenever your appetite is good.
- ✚ Finally, try to get a good night's sleep.

2. Keep a Breast Cancer Fatigue Diary

Planning is key when you have fatigue. Keeping a fatigue diary—where you score your fatigue each day on a scale from 1 to 10, and

record your activities—can help you think about patterns in your energy levels. This can make it easier to plan your activities for the times when you have more energy.

You could also try writing a 'To Do' list and being strict about what can wait until tomorrow or next week. Only do the things that absolutely have to be done each day. Allow lots of time for each task and spread them out throughout the day so you have plenty of time for rest.

3. Be Cost-Effective with Your Energy

Before you start any task, think about how you can do it in the most efficient way. Plan out what you'll need and think about how to do everything in the fewest trips and with the least carrying.

Sit down whenever you can for chores to save energy. And break up bigger tasks into smaller stages with breaks in between.

Think of ways to make life easier for yourself, for example by buying ready meals or choosing meals that are easier to prepare. You might want to hire a cleaner temporarily, or social services may be able to help (if eligible).

4. Make Adjustments at Work

If you're finding it difficult to manage fatigue at work following a breast cancer diagnosis, your employer is required to make reasonable adjustments for you. Talk to your employer about reducing your hours or reassigning physically demanding tasks. You can also ask about working from home, changing your hours to avoid travelling at rush hour or parking nearer work.

There are other practical things you can do to help with fatigue at work. Think about adjusting your work environment—things like noise, temperature and lighting can make you more tired. Sit down to work if you can, and make sure your chair is set up so you're not uncomfortable or slumping. Take regular breaks, and ask for and accept help from your colleagues.

Don't feel like you have to continue working if you're struggling with fatigue. You can find out more about work and cancer, including your employment rights, on the Macmillan Cancer Support Website

5. Accept Help

Many of us like to do everything ourselves, but if you have fatigue this isn't always possible.

Don't feel guilty about letting other people do things for you, whether it's carrying out more strenuous activities, lifting or helping with your workload.

Often people want to help but don't know what you need. But people also have their own commitments, so it's best to plan ahead and give them as much notice as possible.

To read more of this article go to <https://www.breastcancercare.org.uk/about-us/news-personal-stories/5-simple-ways-manage-fatigue-breast-cancer>

NUTRITIONAL INFORMATION

Benefits of Beets

1. Many Nutrients in Few Calories
2. Helps Keep Blood Pressure in Check
3. May Help Fight Inflammation
4. May Improve Digestive Health
5. May Help Support Brain Health
6. May Have Some Anti-Cancer Properties
7. May Help You Lose Weight
8. Delicious and Easy to Include in Your Diet



The Bottom Line

Beets provide some impressive health benefits. Not to mention, they are low in calories and a great source of nutrients, including fiber, folate and vitamin C. Beets also contain nitrates and pigments that may help lower blood pressure and improve athletic performance. Lastly, beets are delicious and versatile, fitting well into a healthy and balanced diet.

For More information on the Benefits of Beets go to <https://www.healthline.com/nutrition/benefits-of-beets#section10>. If you would like a Delicious Recipe for a Beetroot Chocolate Cake (photographed above) go to: <https://www.breastcancercare.org.uk/about-us/news-personal-stories/beetroot-chocolate-cake-recipe-self-care-real-world>

MENTORING MINUTE

Becoming storm ready-

With August, September, and October, our most active hurricane months, we wanted to inform you all with some storm ready tips:

- | | |
|---|---|
| ⌘ Water- at least 3-day supply | ⌘ Sanitation and personal hygiene items |
| ⌘ Food- at least 3-day supply | ⌘ Copies of personal documents |
| ⌘ Flashlight | ⌘ Cell phone chargers |
| ⌘ Battery powered radio or lantern | ⌘ Family emergency contact info. |
| ⌘ Extra batteries | ⌘ Extra clothing |
| ⌘ First Aid kit | ⌘ Emergency blanket |
| ⌘ Medications (7-day supply) and medical items (hearing aid extra batteries, glasses, contact lenses, syringes, cane) | ⌘ Insect repellant and sunscreen |

COMMUNITY SUPPORT

Women Supporting Women was pleased to be able to provide a Volunteer Appreciation Luncheon on Thursday, July 26, 2018. We would like to thank all those who were in attendance for not only joining us for the event, but for all their time, talents, and support over the years. Without all their volunteer hours and support, Women Supporting Women would not be where we are today. Thank you all so much! Funding for this Luncheon was provided by *The Women's Fund*.



July 26th was an extremely busy day for Women Supporting Women. This year marks our 25th Anniversary. To celebrate this milestone, a Ribbon Cutting and Open House were held at 1320 Belmont Avenue in Salisbury. Women Supporting Women asked Sue Revelle, Co-founder of WSW to help unveil the new logo that will move the organization forward in the years to come. Attendees at this event included Chamber Members, sponsors, survivors, their family members and volunteers. WSW was pleased and honored to receive Official Citations from the Maryland State Governor, State Senators and Proclamation from Wicomico County Council. Thank you all so much for the recognition of the support and services provided by Women Supporting Women.



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:



The Autumn Equinox, which is the traditional transition from Summer to Fall, takes place within the month of September

Birthstone: Sapphire

Flower: Aster and Morning Glory

Zodiac Signs: Virgo and Libra

Office Staff Members

Cindy Feist

Executive Director

Lucy Francis

Administrative Assistant

Sarah McGarity

PR & Marketing

Shelby Moore

Event Coordinator

Cerah Edsall

&

Kathy Pisani

Mentoring Coordinators

UPCOMING EVENTS:

9/26/18-10/31/18- Pink Style at Tanger Outlets

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 9/26-10/31/18. Pink Savings Card is unlimited use and proceeds benefit WSW!!

10/6/18 - High Heel Race

Come to the Maui Jack Waterpark Saturday, October 6th starting at noon and enjoy a fun-fill day participating and/or watching our High Heel Race.

Preregistration is \$20 and the Day of is \$25. Please call Shelby at

410-548-7880 or email

Events@womensupportingwomen.org with any question or to sign up.

10/13/18 - 17th Annual Walk For Awareness

Saturday, October 13th at the Winter Place Park.

There is still time to start fundraising to claim the title of Top Fundraiser for either Individual or Team. Team and fundraising packets are available for pick-up in our office.

10/20/18-10/21/18 - Autumn Wine Festival at Pemberton Park

Wicomico Tourism has once again chosen to turn the festival PINK and partner with WSW to set up fun activities for all to enjoy!

11/2/18 - 25th Anniversary Gala—SAVE THE DATE!

Women Supporting Women will be celebrating their 25th anniversary with the Hope Gala on Friday, November 2 at 6PM. This event will be held at the Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina in Cambridge, MD

Join us online!

Are you having trouble making it to a support group but would like to talk to other breast cancer survivors? We have an online support group on Facebook called "Boobs, Sweat, and Tears-WSW".



WSW
Local Services • Local Support

Peninsula Dressage presents:

The Tenth Annual Dressage Schooling Show To Benefit Women Supporting Women

- ⊖ Saturday October 6, 2018
- ⊖ WinAway Farm, Willards, MD
- ⊖ All Riders & Horses Welcome: Any age/Any Breed/Any Level!
- ⊖ Riders & Horses are Encouraged to Wear Pink; Formal Show Attire not Required!

Sponsor the show & get your business name out to the community!

Get Your Name/Business Name in:

- ⊖ The Show Program
- ⊖ Peninsula Dressage Newsletter
- ⊖ Women Supporting Women Newsletter

Sponsorship Levels

- ⊖ Prix St. Georges - \$25
- ⊖ Intermediate - \$26 to \$100
- ⊖ Grand Prix - \$100 + - includes a business card ad (monetary donations only) in Peninsula Dressage Club Newsletter!

Prize for individual raising the most money!

Bring your horse and join us in the show, or just come out to support the riders and this important cause

For more information about donations contact: Amy Schine, amys@geried.com
410-430-8267

For show information contact: Jenny Mlyniec, odeon_tamuro@yahoo.com
(443) 880-8439

Whinnies Ninnies

Trail Ride, Saturday, September 29th, 2018 at
Tall Pines Harbor Campground
8107 Tall Pines Lane, Temperanceville, VA 23442

For more information Call: 757-824-0777

Starts at 10:00 AM

(Registration begins at 9:00 am)

Donation/Cost

\$20.00 Adults/\$10.00 Children

(Lunch included following ride)

CYCLE FOR A CAUSE
Seagull Century
SALISBURY UNIVERSITY | 10.06.2018
WWW.SEAGULLCENTURY.ORG

Join Our Team!
RIDE FOR AWARENESS, SERVICES & SUPPORT!

WSW
Local Services • Local Support

CONTACT SHELBY MOORE FOR MORE INFO:
EVENTS@WOMENSUPPORTINGWOMEN.ORG
410.548.7880



RACE BACK TO
Chincoteague
CHINCOTEAGUE ISLAND, VA

WSW
Local Services • Local Support

high heel race | 10.06.2018 | maui jack's waterpark

WSW ANNOUNCES NEW STAFF

Shelby Moore interned at WSW in the summer of 2015. Ultimately, she received a bachelor's degree in Health Education and began a career with Peninsula Regional Medical Center from 2015 to 2017. Now taking on her new role as the Event Coordinator, duties will include planning annual events, organizing fundraising opportunities with local community members, assisting at health fairs and fulfilling WSW's mission of providing awareness, education and support to all those affected by breast cancer on Delmarva.



WSW is excited to welcome Shelby as a full-time employee and looks forward to many successful events and fundraising opportunities for the future.

Sarah is an eastern shore native who grew up in Sharptown, Maryland area. As PR & Marketing Director at Women Supporting Women, Sarah brings an extensive professional background in graphic design, social media marketing, and photography. Outside of the office, you'll likely find her photographing families and weddings across Delmarva. Regarding her new role at WSW, Sarah says, "Some of my best work experiences have been the ones where I've been able to help someone who didn't think it was possible. I am so excited to join WSW, not only because I love the type of work I'm doing, but because I can do something I love while helping others." Sarah is a proud aunt to her niece Madelyn, and lives in Salisbury with her family + fur babies.



WSW
Local Services.
Local Support.



17th Annual
WALK FOR
Awareness
10.13.2018

Winterplace Park, Salisbury, MD

Local Vendors || Dove Release || Selfie Stations
registration is open now! contact Shelby Moore for details:
410.548.7880 || events@womensupportingwomen.org

DONOR THANKS

Individual

John Valenzano
Coleen Mister
Kevin Hughes
Candy Pitts
Dorothy Butler

Civic

Lioness Club of Berlin
Queen City Elks Lodge #1051

In-Kind

Sandra LeCompte
Robert Reed
Janet Cyrus

In Honor Of:

Holly Murphy
Pamela Berman

In Memory Of:

Marlene Rossing
Mary Loeloff
Ms. Delores Waters
Snow Hill: Ebenezer Charge
Charlotte Daugherty
Rick and Melody Nelson
Charlotte Daugherty
Mr. and Mrs. Ralph Kraft

SPONSORS

Courage

\$5,000 +

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



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

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
Erika Forsythe
Ginger Donovan

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 _____