



Care & Share

Newsletter

April 2016

Local Services, Local Support



Alaina Van Gelder
Executive Director

It's that time of year when the weather is getting warmer, flowers are blooming, and here at Women Supporting Women we are kicking off our events! I want to send a big thank you to the Delmarva Community for helping us to have a record breaking Pink Ribbon Bingo event on March 10, 2016. Tickets sold out, the food was tasty (as always), and the baskets were overflowing with themed goodies. It was surely an event to remember! If you weren't able to make it to Pink Ribbon Bingo, not to worry there are plenty of upcoming events to attend and participate in to show your support for WSW survivors. From our Bras for a Cause, Motorcycle Ride - Poker Run, to the Walk for Awareness, or our Hope Dinner, and more, there is sure to be an event that will be perfect for you.

It is with your support from our local community that we are able to continue our free services for all of our breast cancer survivors and their families. There are so many ways to give back to WSW and all the survivors it has helped over the years. Whether you can volunteer time or make a monetary donation, it all stays local to help those going through this life changing journey.

To find out more about upcoming events or ways that you can help, contact us at:

410-548-7880 (office)

Or by email:

Alaina@WomensupportingWomen.org

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Attention Survivors!!

We would love to hear your story and be given the opportunity to share it with other women, men, and families that are going or have gone through a similar journey. Stories of survivorship can remind someone else that they are not alone, alleviate fear and isolation or pass along useful tips. If you are willing to share your story please contact me at the office by phone (410-548-7880) or Tassia@womensupportingwomen.org.

We're fools whether we dance or not, so we might as well dance.

~Japanese Proverb

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SURVIVOR SUPPORT GROUP MEETINGS

Salisbury Office

1320 Belmont Avenue, Suite 402
Salisbury, 410-548-7880

*6:30 pm, Thursday
April 7th*

Topic/Speaker: Open Forum

Facilitator: Kyle Beebe

Pocomoke Community Center

1410 Market Street - Maryland Room
Pocomoke, 202-247-7526

*5:30 pm, Thursday
April 21st*

Topic/Speaker: Open Forum

Facilitator: Virginia Schneider

***PLEASE NOTE PERMANENT DAY OF THE MONTH CHANGE**

Crisfield

If you would like to talk to someone or be mentored
please call for an appointment 410-548-7880

Facilitator: Monique Welch, RN

Atlantic Health Center Conference Room

9714 Healthway Dr - Berlin, MD
Ocean City, 410-213-1177

*1:00 pm, Wednesday
April 20th*

Topic/Speaker: Open Forum

Facilitator: WSW and Atlantic General
Hospital staff

***Lunch provided at ALL meetings...thank you AGH!**

Christ Episcopal Church

601 Church Street
Cambridge, 410-463-0946

*5:30 pm, Monday
April 25th*

Topic/Speaker: Julianna Pax, Nutritionist
**Healthy Meal Included*

Facilitator: Sue Todd, LCSW-C

***PLEASE NOTE ONETIME DATE CHANGE**

SURVIVOR STORY

Partners in Survival - When a Woman You Love Has Breast Cancer

by Marc Heyison



“Your mother has breast cancer.” These frightening words were spoken to me in 1992. Today my mom has been cancer-free for almost 22 years. Her courage inspired me to become an advocate in the fight against breast cancer, with a mission to educate and empower men to be effective caregivers when breast cancer strikes a loved one.

I want to offer you some tips on how to support the woman in your life who is going through her own battle with breast cancer, whether she be your mother, sister, or significant other. While I can't give you the answers to all the questions flooding your mind, I *can* offer the insights I have gathered from my own experience and from men I've spoken to across the country who are in similar situations as you.

Stand by her side.

Each family's situation is unique. What works for one family may not work for yours. Your family dynamics will dictate your path and how best to navigate it. The first step is making sure your loved one with breast cancer knows that you are by her side. She needs to know that you love her, you love her, and you love her some more. Show her that you are navigating this crisis with her the whole way through. Your support will improve her quality of life and give you both a semblance of control over an uncontrollable situation.

Have conversations with your loved one early on, and continue to have them often to find out how you can support her as her needs change.

Maintain open and honest communication.

A big part of supporting the woman in your life who is battling breast cancer is being open and honest with her. This allows you to connect with her and reinforces that you are there for her. The two of you are partners in the breast cancer journey. And any good partnership requires effective communication. I encourage you to start sharing your feelings with one another, even your fears, which are normal and valid. Have conversations with your loved one early on, and continue to have them often to find out how you can support her as her needs change. Ask her how you're doing as a caregiver, and ask what else you can do to provide support. Don't be afraid to let her know your needs, too, in an open, honest, and appropriate manner. After all, you can't help each other if you don't know what the other needs.

Don't forget to take care of yourself.

While you're caring for your loved one with breast cancer, be sure to continue taking care of your own physical and emotional health. Exercise, eat right, and above all, find a healthy way to express your emotions. Just as you would go to the doctor to fix a broken bone, it's important to reach out to talk to someone if you're struggling emotionally. This is a sign of strength, not weakness.

Guys, I know that this is scary stuff. But committing to do whatever it takes to support the woman you love through breast cancer reinforces that you are in this together and you're not going anywhere.

Marc Heyison is the president and founder of the nonprofit organization Men Against Breast Cancer and author of It's Not Rocket Science: A Guy's Blueprint to Caregiving.

This article was published in Coping® with Cancer magazine, March/April 2014.

Breast Cancers Are Not All the Same

While breast cancer is often thought of as a single disease, increasing evidence suggests that there are multiple subtypes of breast cancer that occur at different rates in different groups, respond to different kinds of treatment, are more or less aggressive, and have varied long-term survival rates. In addition, risk factors may vary for each different subtype of breast cancer.

Overview of Breast Cancer Subtypes

Breast cancer is not a single disease, and diagnostic and prognostic descriptions of subtypes of breast cancer have become increasingly sophisticated over the past decades. There are three basic groupings:

- 1) site of the tumor's origin (ductal or lobular cancer);
- 2) whether the tumor is in situ (contained within the walls of the ducts or lobes) or invasive (extending beyond the walls); and
- 3) the reproductive status (pre-menopausal or post-menopausal) of the woman in whom the cancer has been found.

Age at diagnosis is also recorded, and often age 50 is used as a proxy for post-menopausal status. If the tumor is invasive, the number and location of lymph nodes that might be affected is recorded, as is information about whether or not the cancer has metastasized beyond the mammary and **lymph systems**. These factors form the basis of the TNM (Tumor, Nodes, Metastasis) system of staging breast tumors.

Based on a number of biological markers (proteins found in cells that have been associated with mechanisms underlying breast cancer), a newer set of breast cancer classifications has been established: basal, HER-2 over-expression, luminal A, luminal B, and unclassified (Perou, 2000; Sorlie, 2003; Aizart et al., 2012). As new technologies allow for easier descriptions of genetic, epigenetic and environmental chemical exposure profiles of individual tumors, the number and specificity of tumor classifications will inevitably increase substantially.

Basal (Triple Negative) Breast Cancer

The basal subtype is also called "triple negative" cancer, because the cells are negative for three common markers: receptors (ER), progesterin receptors (PR), and human epidermal growth factor receptor-2 (HER-2). Although the basal subtype is only found in about 15 percent of breast cancer diagnoses, it has been shown to be aggressive, unresponsive to treatment and, ultimately, indicative of a poor prognosis (Perou, 2000; Rakka et al., 2008). Basal-type breast cancer is diagnosed more often in African American women than in European-American women in the United States (Amend, 2006).

HER-2 Over-expression Breast Cancer

As the name suggests, HER-2 over-expression tumors have extra copies of the HER-2 gene and over-produce the resulting growth-enhancing protein. These tumors tend to grow quickly but are responsive to targeted drug treatment with compounds like Herceptin.

Luminal A and B Breast Cancers

Luminal A and B subtypes are both estrogen-receptor-positive (ER+) and low-grade, with luminal A tumors growing very slowly and luminal B tumors growing more quickly. Luminal A tumors have the best prognosis.

Interactions of Breast Cancer Subtypes and Risk Factors

Different cancer subtypes may be associated with different traditional risk factors. For example, one recent study indicated that incidence of luminal B breast cancer may be increased in women who gain substantial weight after age 18 (Tamimi et al., 2012).

Menopausal status may also interact with other factors in altering risk for developing particular subtypes of breast cancer. For example, more than five years of Hormone Replacement Therapy (HRT) is associated with higher incidence of HER-2 over-expressing cancers in postmenopausal women. On the other hand, for premenopausal women, being significantly overweight or obese increased risk for more aggressive triple negative breast cancer, while decreasing the risk for luminal cancers (Turkoz et al., 2013).

Genomics and Breast Cancer Subtypes

In the past couple of years, as the field of **genomics** has expanded, there has been an increase in the number of reports that have examined variations in gene (DNA) sequences and their protein products that might be associated with subtypes of breast cancers. Performing this kind of screening in large numbers of tumors with different markers (see above) is made possible by the development of **high-throughput assays** that allow scientists to examine the structure or function of thousands of genes and their products in a single experiment (Sims, 2009). In the largest study to date, researchers analyzed almost 2,000 breast tumor samples and determined that 10 separate subtypes of breast cancer could be identified, based on clusters of genes that were either **expressed** or not, in particular patterns (Curtis et al., 2012).

Yet even with these complex new ways of viewing the many subtypes of breast cancer, we do not yet have the tools to understand how they are related to the many environmental factors that increase the risk for breast cancer. That is one of the greatest challenges of the research agenda for the near future.

COMPLEMENTARY CARE

Top 5 Journaling Myths Busted!

by Sharon K. Swanson, MFA, MPA



Don't let these common myths keep you from experiencing the joy and emotional healing that can happen when you journal through cancer.

As a writer working in a hospital, I have seen first-hand how intimidating a cancer survivor's list of "shoulds" can be. That's why I prefer to offer journal-ing as a

comfort or a distraction during and after cancer treatment, not as one more thing you "should" be doing as a cancer survivor.

I believe that journaling – the simple act of filling a page – can be a pleasurable experience, like listening to music or coloring with crayons. In fact, I often think of a child's coloring pages as a sort of visual diary. I would love to see adults experience the same kind of contentment and focus in their journals that children exhibit when they are coloring.

However, there are some common myths about journaling that often keep people from experiencing the joy and emotional healing that can happen when you journal. Here's a look at my top five journaling myths – busted.

Myth #1: I need a fancy schmancy new journal to show I am serious about this journaling stuff.

Actually, a plain composition note-book in a favorite color and in a size that fits your lifestyle is more likely to be used than an expensive journal. You may find that a bound journal kept on a bedside table works best for you, while another person may be happy with a small notebook that slips easily into a purse.

Myth #2: I should write for twenty minutes at the same time every single day.

Unless you're the kind of person who thrives on routine and structure, anything goes here too. Some people find that writing in their journal first thing in the morning can focus their minds for the day ahead. Others enjoy looking back over their day by journaling just before bed, clearing the decks for a good night's sleep. I tend to write whenever I have something on my mind. I may go days or weeks without writing. Other times, I may grab my journal several times a day as thoughts pop into my head that I want to jot down. I always keep a pen and paper handy, but others may prefer a computer or smartphone.

A journal can be so much more than a daily diary.

Myth #3: I should be documenting my illness. Certainly, some survivors find comfort, distraction, and a

measure of control in documenting their cancer experience. However, a journal can be so much more than a daily diary.

Your journal can include:

- ✂ A gratitude list
- ✂ A doodle pad
- ✂ A scrapbook of photos, cartoons, or inspiring quotes
- ✂ A list of questions to ask your doctor
- ✂ To-do lists
- ✂ Poetry or scripture
- ✂ Funny family stories or jokes
- ✂ Letters to family and friends who are far away
- ✂ A guestbook
- ✂ A dreamcatcher

Your options are endless.

Myth #4: I should write about my emotions on difficult days.

Sure, it can sometimes help to write through difficult issues. I often find that I reach an understanding of my own feelings while I am writing about them. However, sometimes it may be helpful to write about something that distracts you from those issues until you are ready to address them. Instead, you can write about a special time or place that represents happiness to you, using all your senses to take you back to that moment. Maybe these are the emotions you want to write about today.

Myth #5: I should write to document my experience for others.

The journaling program at Duke University Hospital is called "Write for You." And that's what I would encourage you to do – write only for yourself. You always have the option to share your writing if you choose. However, you could look at your journal as a safe container, a box in which you can discard painful experiences and a treasure chest where you store precious moments so you can revisit them time and again.

What are you waiting for?

Pick up a pen, a pencil, or a crayon, and write your name in your journal. Put today's date at the top of your first page. You have begun.

Sharon Swanson, an award-winning essayist and documentary film producer, is the manager of Arts & Health and Volunteer Services at Duke University Hospital in Durham, NC.

This article was published in Coping® with Cancer magazine, November/December 2015.

NUTRITIONAL INFORMATION

Eating Well during Cancer Treatment

by Carolyn Katzin, MS, CNS

“What should I eat now?” After a cancer diagnosis, most people want to know what changes they should make in their diet. After all, eating is one of the few areas that cancer survivors can exercise control over once a diagnosis has been made and treatment begins.

The 80/20 Rule

When it comes to eating well during cancer treatment, a simple rule of thumb to remember is the 80/20 rule. Eat food that is nutri-ent rich (contains protein, vitamins, minerals, and other useful components for building new cells) 80 percent of the time, and eat purely for pleasure 20 percent of the time.

It’s easy to be confused about the difference between eating for cancer prevention and eating during cancer treatment. Let’s clarify. Foods that may be associated with an increased incidence of certain types of cancer are generally best restricted. These include meats cooked at high temperatures and processed meats (those containing nitrites and other heterocyclic amines). During treatment, however, eating a small quantity of processed meats may help stimulate appetite, as they tend to be more flavorful. Thus, these might fall into the 20 percent category and be enjoyed occasionally. Marinades can help reduce the formation of potential carcinogens during cooking, as well as enhance flavor.

Understanding Glycemic Index and Glycemic Load

Some foods provide very rapid energy to the body and brain. If these foods contain few nutrients, then you may soon find yourself “running on empty,” or you may simply be overfed and undernourished. A healthy and balanced diet contains a mixture of high glycemic index and low glycemic index foods, with an emphasis on beans, whole grains, vegetables, and fruit – in other words, plant-based foods.

What is glycemic index?

It is a measure of how fast the carbohydrate of a particular food is converted to glucose and enters the blood. The numbers are percentages with respect to a reference food.

How is glycemic index determined?

A reference food (white bread in our list) is given a rating of 100, and all other foods are tested as to how they affect a person’s blood sugar, insulin, and lipid levels compared to the reference food. For example, with white bread as a reference food, beans would have a glycemic index of about 60.

What does it all mean?

Put simply, the more glucose that reaches the blood in the first three hours after consuming a food, the higher its glycemic index.

What is glycemic load?

Glycemic load is a more relevant concept, as it is an indicator of how much a certain food will raise a person’s blood glucose level after eating it. Glycemic load accounts for how much carbohydrate is in the food, in addition to how much each gram of carbohydrate in the food raises blood glucose levels. Thus, some foods may have a high glycemic index but a low glycemic load. Foods with more dietary fiber tend to have a lower glycemic load than foods with less dietary fiber.

It’s important to keep in mind that glycemic index and glycemic load can be valuable in modifying your diet, but only when seen in the context of your whole day’s intake of food – not just one food item or one meal. Remember, a healthy and balanced diet contains a mixture of both high glycemic index and low glycemic index foods.

High Glycemic Index Foods (not good)

Ice cream
Pretzels, chips
White bread
Plain bagels
Cornflakes
Mashed potatoes

Low Glycemic Index Foods (good)

Whole grains
Oatmeal
Brown rice
Whole grain pasta
Fruit (berries especially)
Beans, seeds, nuts

It is especially important to limit foods high in added sugars during chemotherapy, as most infusion cocktails include steroids that affect glucose and insulin dynamics. A low glycemic load diet is recommended during chemotherapy to help regulate blood sugar levels. (See the sidebar on the next page to learn more about glycemic load.)

Nutrition and Treatment Side Effects

Treatment for cancer may include all or some of these protocols: surgery, chemotherapy, immunotherapy, and radiation. Each of these can affect appetite, digestion, and bowel functions. Let’s look at some of the common side effects of treatments and how modifying your diet may be helpful.

Fatigue is a common side effect of all cancer treatments. Dehydration can worsen fatigue, and may even be a primary cause, so it’s important to make sure you drink sufficient fluids each day. Soups and broths are valuable ways to provide electrolyte-rich and tasty fluids. You may also want to switch to decaffeinated tea or coffee. An herbal alternative would be Rooibos, a popular South African tea that is low in tannins and caffeine. Ashwagandha is another plant that is recommended to help fight fatigue; the root can be made into a tea. As with many herbal products, however, these may interact with some medications, as they can affect liver enzyme activity. Tell your doctor about any herbal products you consume, either as teas or as supplements, so they can alert you to any unwanted side effects.

UPCOMING EVENT



2016 Bras for a Cause

A creative fundraiser to promote breast cancer awareness

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

WHAT: Decorate a themed bra (special theme this year is "Through the Decades"), title it, and enter a fun competition to benefit Women Supporting Women (WSW), your grass-roots local non-profit breast cancer support organization.

WHEN: Registration and Submission Deadline (submit bras to WSW office)
Friday, April 22, by 4:00 PM

Grand Revealing Party (for all participants)
Tuesday, April 26, 6:00 PM

Public Viewing and Voting (online, or at the Centre at Salisbury \$1 = 1 vote)
Sunday, May 1 through Tuesday, May 31

Awards Ceremony (for all participants)
Thursday, June 2, 6:00 PM

THE CENTRE
at Salisbury

WHERE: The Centre at Salisbury

WHY: Trophies will be awarded for the following categories:

As determined by \$1.00 votes:

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

As determined by a panel of judges:

Best Decade
Best Use of Materials
Best Overall Creative Design
The Centre at Salisbury Choice

HOW: To register, go to WomenSupportingWomen.org
Under Bras for a Cause, click on "Register Online". (You will be taken to a new site.)
Follow the prompts to create your bra fundraising page on First Giving.
Share your page on Facebook and through email to encourage others to vote for your bra!





2016 Bras for a Cause

*A creative fundraiser to promote
breast cancer awareness*

All entries must be submitted to a WSW office by 4:00 PM Friday, April 22

This official entry form must accompany your submission.

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

Are you doing a "Through The Decades" themed bra design? NO YES

Bra Title: _____

Business, Individual or Team Name: _____

Team Captain: Name: _____

Address: _____

Phone: _____

Email: _____

Team Members: _____

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

OFFICIAL RULES:

- Contest entry is FREE. We do ask that you secure 100 votes at \$1.00 per vote.
- Entries must be received at a WSW office no later than 4:00 PM Friday, April 22.
- Entries must be accompanied by a signed entry form.
- Any bra size or type is eligible.
- All entries must be on pink hangers. Pink hangers are available at WSW offices if needed.
- WSW may reject any entry deemed inappropriate
- All entries must be available for display at the Centre at Salisbury from April 26 to June 2.
- Winners will remain on display for an additional two weeks.
- Entries and photos thereof may be used for promotional and other purposes as WSW deems appropriate.

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

Wicomico County Chapter

1320 Belmont Avenue, Suite 402 Phone: 410-548-7880
Salisbury, MD 21804 Fax: 410-548-7535

Monday—Friday, 9:00—4:00

Tassia@WomenSupportingWomen.org

Upcoming Events

Knitting Group
Salisbury Office
March 2nd, 12 pm

May
Bras for a Cause
All Month

July 16th
Poker Run - Ride for Awareness
Texas Roadhouse 9am

October 8th
Sea Gull Century
Ongoing Recruitment

WICOMICO COUNTY CHAPTER NEWS

1320 BELMONT AVENUE, SUITE 402
SALISBURY, MARYLAND 21804
410-548-7880

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

The days are warmer, lasting longer and the sun is shining; what a glorious time of year! While we take in the beauty of the greening trees and blooming flowers we should be reminded that while **Earth Day is on April 22nd**, we should be mindful of the importance of recycling and keeping our planet healthy!

Bras for a Cause is almost here and we are really excited to see what your creative minds come up with this year. Please remember that the **turn in date** for the finished designs is Friday, **April 22nd**. Please fill out the entry form on the adjacent page or fill one out when you drop your bra off. Raise as many votes as possible by creating a fundraising page on **Firstgiving.com**, sharing it through your email and on Facebook, or urging all of our friends and family to take a trip out to the Centre at Salisbury to turn in votes there. *(Flyer on page 7)*

Team WSW for the Sea Gull Century is looking for cyclists of all skill levels who are interested in riding this year. We are also looking for anyone who would be willing to head the team in training sessions and rides. Please contact Cindy at the office or via email at Cindy@womensupportingwomen.org for more information.

FUN FACT!

On the very first Earth Day, April 22, 1970, 20 million people gathered in the streets of America to protest the industrial revolution. An environmental movement was born as a result.

Wicomico County Chapter Staff Members

Alaina Van Gelder
Executive Director

Cindy Feist
Director of Fund Development

Emily Rantz
Director of Community Relations

Natassia Feather
Office Manager

Sue Revelle
Mentoring Coordinator



WSW STAFF SPOTLIGHT...MEET CINDY

All of our services are offered free to our survivors and Cindy plays a huge part in that. She is Director of Fund Development, which means she is responsible for sponsorships, writing grants, and coordinating our events, among many other things. Event planning is not an easy task, especially when you are a non-profit. Cindy is extremely detail oriented and organized, which helps our events run close to flawlessly. We joke in the office that if it takes a lot to see Cindy flustered. She is the Queen of keeping cool. She is an integral part of this organization, and her love for WSW shows in her amazing work ethic. Next time you attend one of our events, find Cindy and give her a high five!

Upcoming Events

Survivor Meeting

April 20th

Atlantic Health Center @ AGH
(see below for address)

WORCESTER COUNTY HAPPENINGS

410-213-1177

WORCESTER@WOMENSUPPORTINGWOMEN.ORG

We had our support group meeting at the Atlantic Health Center Conference room on the Atlantic General Hospital campus in March where we talked about some ideas survivors would like to see for future support groups. Some of the topics to be discussed in future groups cover prescription medication interactions, medical living will, lingering treatment side effects, and more. Bring a friend and come connect at our next support group meeting in Worcester County.

Atlantic Health Center Conference Room

9714 Healthway Dr - Berlin, MD
Ocean City, 410-213-1177

1:00 pm, Wednesday

April 20th

Lunch provided at each meeting.

MENTORING MINUTE

Cancer Can't Rob Me

(second of a two part series)

You certainly didn't choose to have cancer, but you can choose how you are going to respond and what you plan to do with each day. Today is yours to make choices and can be a new beginning for you, if you choose.

- ☯ Today is the time:*
- ☯ To face your fears with a plan for steps of action against them*
- ☯ To look for the blessings in the events of today instead of focusing on losses.*
- ☯ To add to your life the things you have always wanted to do but postponed until the right time*
- ☯ To let go of anger, bitterness and resentments, which only slows down your recovery*
- ☯ To see your cancer experience as a new tool for personal growth*
- ☯ To offer your support and share what I'm learning with others who may need my help*
- ☯ Therefore choose for today:*
 - Peace and not anxiety*
 - Good and not evil*
 - Love and not hate*
 - Gain and not loss*

When today becomes tomorrow, this day will be gone forever, leaving in its place what you choose today. You, alone, can choose to use today wisely –

Taken from "Breast Cancer Treatment Handbook" by Judy Kneee, RN, OCN

Sue Revelle - Mentoring Coordinator



JOIN

THE 2016 SEA GULL CENTURY



Team Women Supporting Women AND CYCLE FOR A CAUSE!

For the sixth year, we invite cyclists of all ages & abilities to ride the Sea Gull Century for Women Supporting Women. Whether you're a novice or seasoned cyclist, there is a place for you on Team WSW!

WHEN: Saturday, October 8, 2016
WHERE: Salisbury University in Salisbury, Maryland
WHY: Raise funds for Women Supporting Women, a local nonprofit agency that provides breast cancer awareness, education and support.
COST: WSW asks each rider to raise \$300 by September 14th

- Ride alone, with your friends, or join **Team WSW**.
- **Team WSW** Groups will be formed to ride both the Metric and English Century routes.
- Each rider must register for the event separately at www.seagullcentury.org.
- All riders will receive an originally designed Women Supporting Women cycling jersey.

For more information or to register contact: Cindy Feist (410)548-7880 or Email: cindy@womensupportingwomen.org or visit: www.womensupportingwomen.org

We thank World Gym (Salisbury) for being our Official Team Indoor Training Site!



DONOR THANKS

Individual

Leah Gore
Robin & Steve Wilkinson
Julie Gibbs
Anne Simpson
Barbara Higgins
Patricia Williams
Janyce Adams

Civic

Classy Lassies of
Delmarva-Red Hats
Christ United Methodist Church

In Honor Of:

Betty Jo Smith

Beverly Gordy
Lorna Lyster
Rosetta Dennis
Rev. Dale & Anita Vroman

In-Kind

Anne Simpson
Kay Bukindine
Lisa Dorr
Ladies of Friendship Church
United Methodist & Community
Church of Ocean Pines
Linda Langville

Business

The Parsons Group
Taylor Bank of OC

In Memory Of:

Carolyn Cole

Judy Herman

How Can You Donate?

Monetary

- ⌘ WomenSupportingWomen.org
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory
- ⌘ Endowment Fund

In-Kind

- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthesis
- ⌘ Hats
- ⌘ Scarves

SPONSORS

Journey

\$10,000+

Midway GM/Toyota

Courage

\$5,000 +

Apple Discount Drugs
Aquacare Physical Therapy
Center for Women's Health
FurnitureLand
Sharp Energy

Hope

\$2,500 +

Airport Self Storage
Kitty's Flowers
Peninsula Imaging
Peninsula Plastic Surgery
Richard A. Henson
Cancer Institute
Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Austin Cox Home Services
Pepsi Bottling Ventures
Rommel Harley Davidson

JOKES

A woman goes to the veterinarian with her pig that appears to be sleeping. The woman waits as the vet inspects the pig. Then the vet comes out and tells the woman, "I'm sorry... But your pig is dead."

The woman, shocked, yells at the vet, "Are you serious?! Did you run tests? He could just be in a coma or something."

The vet sighs and heads back to here office with the woman. The vet leaves the room and returns with a dog. The dog approaches the pig and slowly sniffs him from head to toe. He looks up at the woman with sad eyes and walks out.

The vet leaves and returns with a cat. The cat approaches the pig and stares at him for a solid 5 minutes. It then meows loudly and slowly exits the room.

The vet tells the woman, "See, your pig has definitely passed on." The vet walks to the register and hands the woman a bill for \$300.

The woman is again outraged, "\$300 just so you could tell me my little piggy died?"

The vet replies, "It was only \$40 until you made me get a Lab Report and a Cat Scan."



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

Tassia@womensupportingwomen.org

Women Supporting Women 2015 Board of Directors

Penny Bradford, President

Colleen Brewington, Secretary

Pam Heying, Treasurer

Billye Sarbanes, Past President

Alaina Van Gelder, Executive Director

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