



Local Services, Local Support.

# Care & Share

## Newsletter

### April 2017



Cindy Feist  
Executive Director

### **Spring, It's Official!**

It has been a very interesting weather pattern that we have been experiencing here on the Eastern Shore. Hopefully, now with the time change and warmer weather, we will begin to see flowers blooming and be able to enjoy our evenings out a little more in the sun. This season of the year usually brightens most people's mood, but not everyone is always cheerful...

Be aware that this is also the season of the year that many people have trouble with depression. It is hard to

understand what is going on when everyone else seems to be happy and that is just not how you are feeling. Some people may just feel down for a couple of weeks. Others who have chronic depression may find this a more difficult time and may need to engage someone to get outside help.

If you find that these feelings last for a longer period of time, please seek counseling. Dealing with breast cancer, surgery, and often chemotherapy changes your internal chemistry, and finding someone to talk to, whether it is a counselor, minister, or even a good friend, may be very helpful. Remember too, Women Supporting Women can engage our mentoring program to find someone in similar circumstance with whom you can share. We are here for you. You're never alone.

As always, Be Healthy, Be Well and enjoy Spring!

Cindy

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*Donation Slip on Back*

# SUPPORT GROUP MEETINGS

<p><b>SALISBURY</b></p> <p><b>April 6 - 6:30 pm</b> <b>Thursday</b></p> <p>1320 Belmont Ave 410-548-7880</p> <p>Topic: Open</p> <p>Facilitator: Kyle Beebe</p>	<p><b>POCOMOKE</b></p> <p><b>April 20 - 5:30 pm</b> <b>Thursday</b></p> <p>Pocomoke Com. Center 410-548-7880</p> <p>Topic: The Mediterranean Diet</p> <p>Facilitator: Virginia Schneider</p>	<p><b>OCEAN CITY</b></p> <p><b>April 19 - 1:00 pm</b> <b>Wednesday</b></p> <p>Atlantic Health Center</p> <p>Topic: Open</p> <p>Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.</p>	<p><b>CAMBRIDGE</b></p> <p><b>April 25 - 6:30 pm</b> <b>Tuesday</b></p> <p>Christ Episcopal Church 410-563-0946</p> <p>Topic: Open</p> <p>Facilitator: Sue Todd</p>
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# SURVIVOR STORY

## *To Finish, or Not To Finish*

By Laurie Davies



After having three surgeries in six months, I was done with the whole breast cancer diagnosis and reconstruction process. To have nipples at this point was not important to me and frankly, it was exhausting to think about it. It all started in January of 2016 when I had my yearly mammogram. At almost age 47, this was something that I had been doing for probably ten years. Many times I had been called back to get another mammogram or to get a compression mammo. One year I had to get a sonogram and another year, I had an MRI with contrast that burned my entire arm for a week. These tests always came back negative and my lumpy, bumpy breasts were always fine. I seriously debated skipping that January mammogram, but I didn't. After a call back, I could see the tiny white dots on my film that were not there the year before. A stereotactic

biopsy revealed that I had DCIS (ductal carcinoma in situ), which was the "best" kind of breast cancer out there. It seemed that a lumpectomy and radiation would be the answer and in March I had the surgery. Sadly the results came back with no clear margins as cancer cells were found all around the lump that was taken.

More decision making followed and I traveled across the bridge to Mercy Hospital to consult the breast center experts. I decided there was no reason to take any more chances and opted for a bilateral mastectomy. The next decision was to determine the right reconstruction for me. After much research and sleepless nights, I knew I wanted a DIEP flap that would take my stomach fat to rebuild my breasts. Unfortunately, the doctors informed me this would not work in my case. My only choice was saline or gel implants after tissue expanders for months. In April, I underwent this surgery and spent weeks recovering. Family, friends, and colleagues were so supportive, loving, and giving during these weeks and finally I was getting back to normal.

Of course, I still had to face another surgery in August to exchange the expanders for the implants. It felt like I was taking another step backwards as once again I had to endure pain, limitations, and the emotional rollercoaster. After all of that, I didn't care that my breasts looked like "someone without eyebrows" because I did not want nipple reconstruction done. The idea of my nipples always being out was not appealing and the thought of more pain, surgery, and potential problems was definitely not something I wanted. I was done. Done thinking about breast cancer. Done with surgeries. Done. I wanted to move on, but I knew there was another option.

My surgeons had told me early on about 3D nipple tattooing. This was a permanent decision and it scared me. I decided to order temporary nipple tattoos online and after trying the too large, too pink nipples, I could still immediately tell I felt better about how I looked. After hours of research (again!), I contacted Pam Winnie at ArtistreeLLC and found another survivor who had turned her passion into helping women like myself. Pam took her time working to make my nipples look realistic. She had me come back after six weeks to do touch ups on the artwork and to make sure I was completely happy with the results. Thanks to this last step, I am finished and once again whole from the inside out.



### **SAVE THE DATE!**

Laurie and Pam Winnie will be the guest speakers at the May 4th Support Group Meeting at the Salisbury office. Pam will talk about the nipple tattooing process and Laurie is willing to take part in a show and tell for anyone who has wondered if they are interested in this step of the healing process.

## Integrative Oncology

### Bridging the Gap between Ancient Healing and Modern Medicine

by Shelly LatteNaor, MD, and Jun J. Mao, MD, MSCE

Claire was diagnosed with breast cancer while in her early 50s. In the months following her diagnosis, she underwent surgery, radiation therapy, and chemotherapy. While battling the physical, psychological, and social side effects of her treatment, she diligently followed her doctor's instructions and her nurse's advice. She asked questions at every appointment and stayed informed through various online patient resources. However, during the course of her treatment and in the months that followed, she found herself increasingly faced with questions that did not seem to have easy answers.

While Claire and her oncologist were content with the successful completion of her cancer treatment, Claire was left with many physical side effects that, while hardly as dangerous to her health as the cancer was, still significantly affected her ability to return to her normal life. Since beginning treatment, she had faced persistent fatigue and was still unable to sleep through the night. She also found herself worrying about the future, dreading the thought of a potential cancer recurrence.

She questioned her lifestyle and every detail of her diet, fearful of not doing "the right thing" to stay healthy. When looking for answers and relief, she became overwhelmed with well intentioned advice from friends and family, who were constantly sending her information about natural supplements and alternative treatment options. While Claire was curious about ancient healing practices, she didn't want to embark on a quest of trial and error to find something that helped. She wished she had someone to guide her as she explored these complementary and alternative treatments.

Claire's story is shared by many cancer survivors who eventually find their way to

integrative medicine. They come at all stages of their treatment looking for tools to address the symptoms of their cancer, help managing the side effects of their treatment, and advise on how to reduce their risk of cancer recurrence. Many are looking for someone to help them navigate the plethora of supplements, diets, and health regimens that seduce with promises of a "natural" cure.

The field of integrative oncology, while still young, has entered the mainstream of cancer care and is represented at most National Cancer Institute designated cancer centers. One of the aims of this field of medicine is to clearly delineate the distinction between alternative therapies and integrative or complementary therapies. One clear distinguishing factor is that integrative medicine provides supportive care that goes hand in hand with conventional cancer care. There is no promise of a cure, rather a focus on widening the angle of what "care" means in the cancer setting. This includes aspects of health that are rarely addressed in our highly specialized medical system, such as cancer related fatigue, fear of recurrence, and the psychological impact of stress. The recommendations of integrative oncology specialists are based on the best available scientific evidence, and we put safety first.

Alternative medicine, on the other hand, often rejects conventional care and lures people with promises of an easy and natural way to cure cancer. Very often, these promises are not based on sound scientific findings, but on ominous, unexamined theories and a variety of miraculous sounding anecdotes that spark tremendous hope in anyone who hears about them.

Meanwhile, integrative medicine centers, like our service at Memorial Sloan Kettering Cancer Center in New York, NY, are busy researching traditional healing methods, as well as natural products, for their potential role in cancer care. Through ongoing studies, we are examining the role of acupuncture in the treatment of chemotherapy induced neuropathy and of insomnia, two very common problems for cancer survivors. We are also comparing strenuous yoga with restorative yoga to

pinpoint which aspects of these practices offer the greatest benefits for cancer survivors.

There is increasing evidence to support the use of complementary treatments for a variety of cancer related symptoms and side effects – treatments that can help people like Claire. For example, the *Journal of Clinical Oncology* recently published a study demonstrating that a six week mindfulness meditation class decreased fear of recurrence, as well as fatigue, in breast cancer survivors. Similarly, mindfulness based cancer recovery, a psychosocial intervention using principles of mindfulness, has been found to have a long lasting beneficial effect on the psychological wellbeing of breast cancer survivors. Additionally, in women with breast cancer, acupuncture was found to alleviate symptoms, such as joint pain and hot flashes, specifically related to the use of hormone treatment.

Complementary therapies may provide relief at every stage of treatment across the cancer spectrum. People undergoing active chemotherapy can benefit from acupuncture for reducing nausea and vomiting. When facing or recovering from a surgical procedure, massage therapy can alleviate pain and anxiety related to surgery. A recently published study shows that prostate cancer survivors who experienced insomnia during their radiation treatment found relief in the ancient meditative martial arts form Tai Chi.

Integrative oncology specialists can help you supplement your cancer treatment or recovery with safe, noninvasive complementary treatments. They can help you vet the abundance of health related information you encounter and work with you to come up with a treatment plan that aligns with your health philosophy while also following your oncologist's regimen. In short, integrative oncology effectively bridges ancient, traditional healing methods and state of the art cancer treatments, ensuring that cancer survivors are able to benefit from the best of both worlds.

[Coping with Cancer Magazine Jan/Feb 2017](#)

# Advice for Newly Diagnosed Breast Cancer Patients

By Jessica Gruno

When you first discover you have breast cancer, the world stops and spins about a million times.

Nothing can, or will ever, prepare you for hearing anyone say: “I’m sorry to tell you, but we found cancer in your biopsy.” Or how my oncologist put it: “We found a little bit of cancer.”

That is like saying you’re a little bit pregnant. You either are, or you aren’t — there isn’t a happy medium.

Even if you are the strongest, healthiest, prettiest, and most emotionally healthy woman who ever walked the Earth, hearing that you have breast cancer will make you feel things you never felt before. I actually beat myself up for how I reacted to my phone call. I cried, shook, and couldn’t speak to anyone about it for several hours. I thought to myself, “Come on, you can handle this. You handle everything else.”

But, listen, when you learn you have cancer, it is OK to feel whatever you need to feel, and act however you need to act, on the first day. Unfortunately, sooner or later, you will need to tell your family and friends. I know you don’t want to, because you don’t want to ruin their day. But trust me, they want and need to know so they can do a better job of helping you.

I’m sure you’ll hear people say, “You can fight this.” As you will understand soon, cancer is not a fair fight. I never saw myself as fighting cancer, but fighting to find the right treatment, the right doctor, the right hospital and the right support services.

Radiation, chemotherapy, other medications, and mastectomies are all ways to fight the cancer. But you must make it happen.

After you find out you have cancer, it is important not to panic and not to think in terms of the worst-case scenario. Treatments, doctors, facilities and research are ever evolving.

You probably won’t know the type of cancer or stage until your appointment. You can try to learn more over the telephone, but medical professionals often won’t agree to that. Chances are they will give you some indication of what you are dealing with, but not all the details.

You should feel good that you took the steps you needed to discover the cancer. Waiting for a diagnosis would only have made things worse. Give yourself credit that you made it to the let’s-tackle-the-problem stage.

After I learned I had breast cancer, I discovered that taking control helped a lot. At first you feel you have no control. But there are things you can take control of — and doing so gives you the power and not the cancer.

Listen to all of the options, get a second opinion, let well-meaning but off-the-mark advice from friends roll off your back, and keep calm.

I thought it would be harder than it was to have my children be part of the process. My daughter was 9 at the time, and I found that being honest and open helped everyone. I promised her I would be honest, and keep her in the loop. Yes, we had our emotional moments, and things were hard, but we did it.

Allow family and friends to be there for you. I was surprised that when I went to my oncologist, my husband, sister and mother all came with me. It meant so much, and made hearing both the news and the options easier. Let people help even if you feel you can go it alone. Enjoy the joys that make you smile. Cancer has a way of reminding you of what is really important in life.

# NUTRITIONAL INFORMATION

## Understanding the Food Groups

### FRUITS AND VEGETABLES

A diet rich in fruits and vegetables is recommended by cancer experts as well as registered dietitians. The American Cancer Society and the American Institute for Cancer Research recommend eating 5 or more servings of a variety of vegetables and fruits each day to ensure that your cancer risk is as low as it can be. The United States Department of Agriculture (USDA) 2015-20 Dietary Guidelines for Americans recommends about 3 cups of vegetables per day and 2 cups of fruit per day for women (for men the recommendations are 4 cups of vegetables and 2.5 cups of fruit).

Nutrition experts say that variety is key, because different fruits and vegetables have different nutrients. Plus, if you eat too much of one thing, you might get bored. One way to eat a variety of fruits and vegetables is to eat foods with all the colors of the rainbow. Green is broccoli. Red is peppers. Yellow is a banana. Purple is an eggplant. Orange is an orange. Or try to eat dark green vegetables (think spinach, collard greens, or kale) at one meal, and orange (carrots, sweet potatoes, or squash) the next. Cut up an apple into your morning cereal and have a peach with your lunch. Frozen raspberries or blackberries are a yummy dessert. Be creative!

### WHOLE GRAINS

USDA guidelines recommend 3 to 4 ounces or more of whole grains per day for women (3 to 5 ounces for men). Whole grains still have the bran and the germ (the core of the grain kernel) attached and have more fiber, minerals, and vitamins than refined grains. The refining process removes the bran and germ from the grain.

You can't tell if a food is made from whole grain by looking at its color — you have to read the label. The ingredients should say "whole" or "whole grain" before the grain's name, "whole grain wheat," for example. Brown rice, bulgur, oatmeal, and barley are examples of whole grains that are eaten on their own. Both the American Institute for Cancer Research and the American Cancer Society recommend choosing whole grains over refined grains. To be considered high in whole grains, bread must have 2 to 3 grams of fiber per slice, and cereals must have at least 6 or more grams of fiber per serving. Some examples are Multi-Bran Chex cereal by General Mills (7 grams of fiber per serving) and Flax and Fiber Crunch cereal by Back to Nature (9 grams of fiber per serving).

### PROTEIN FOODS (MEAT, FISH, POULTRY, EGGS, BEANS)

Meat is a good source of the protein and fatty acids you need for energy and health. Red meat also contains iron, which is especially important for women. USDA guidelines recommend eating 7 ounces of protein foods per day. If you do eat meat, poultry, or fish, try to choose lean cuts and opt for chicken or

fish most of the time. If you don't eat meat, you may need to add nuts, seeds, beans, or soy products to your diet to ensure that you're getting enough protein and iron.

Eggs are also included in this category. One egg equals a 1-ounce serving of meat.

### MILK AND DAIRY

The USDA recommends that you eat 3 cup equivalents of dairy foods every day. That could be:

- 3 cups of milk, fortified soy milk, or yogurt (that's a little more than three 6-ounce containers of yogurt)
- 4.5 ounces of natural cheese, such as cheddar (about four slices)

The USDA also recommends choosing fat-free or low-fat versions of dairy products.

If you don't like or can't drink milk or milk products, make sure you get enough phosphorus, vitamin A, calcium, and vitamin D from other food sources. Examples include carrots, sweet potatoes, winter squashes, broccoli, dark green leafy vegetables, salmon, sardines, and fortified cereals.

If you are lactose intolerant, you might want to try lactase supplements or lactose-free milk. You also can opt for soy or almond milk.

### FATS AND OILS

You need some fat in your diet, but not very much. The USDA guidelines recommend consuming about 30 grams of fat per day. The guidelines also recommend that you get no more than 10% of your daily calories from saturated fat.

There are three main types of fats:

- **Saturated** fats are found in animal products such as whole milk, cheese, ice cream, fatty meats, and some vegetable oils, such as palm and coconut oils. Saturated fat also includes trans fat, found in shortening, stick (or hard) margarine, cookies, crackers, snack foods, fried foods, doughnuts, pastries, baked goods, and other processed foods made with or fried in partially hydrogenated oils.
- **Monounsaturated** fat and **polyunsaturated** fats are found in fish and many foods from plants such as vegetables, nuts, and grains, as well as oils made from these nuts and grains (canola, corn, soybean).

These five food groups can supply you with all the nutrients your body needs to stay healthy and strong. You may be wondering where chocolate and some of your other favorite treats fit. Don't worry, they do. You just have to be mindful of when you eat them and how much of them you eat.



# "Cooking for the new Me!"

a FREE nutrition class for cancer survivors and caregivers.

**Saturday, April 1st, 8th, 22nd & 29th  
11am - 1pm at Shore Appliance Connection**

#### Class Topics Include:

Immune system  
Anti-Oxidants  
Healthy Weight  
Energy



Funding provided by:  
Maryland Agricultural Education and Rural Development Assistance Fund (MAERDAF)

*You will learn how to use healthy fats and vegetables and become familiar with several sources of protein and the healthiest way to prepare familiar ingredients and ingredients new to you.*

**Thank you to the following businesses:**



Please call Women Supporting Women  
to register for the **free** classes at  
**410-548-7880**

# 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

## Upcoming Events

**Knitting Group**  
Salisbury Office  
March 1st, 12 pm

**Reign Fundraiser/Guest  
Bartender**  
March 30th  
4-9pm

**Bras for a Cause**  
The Centre at Salisbury  
May 1-31st

Spring has sprung! While we take in the beauty the earth gifts us with every day, let us be mindful that Earth Day and Arbor Day are both celebrated this month. It is important to remember that there is no "plan"et B! As quoted by Dr. Seuss' The Lorax,

*"Unless someone like you cares a whole awful lot. Nothing is going to get better. It's not."*

**Bras for a Cause** entries are due on Monday, April 24th and we are extremely excited to see what the creative minds of our participants come up with this year. This is a great opportunity to get a group of friends, your kids, co-workers, your business or just you as an individual who enjoys being crafty and showing it off while also a spreading breast cancer awareness. Remember to turn in an entry form with your bra, register and fundraise through our Firstgiving site. Make sure to share it with as many people as you can to up your chances of winning one of the coveted trophies. (See flyer on page 8, entry form on page 9.)

Calling all Lacrosse fans!! SU Women's Lacrosse's annual **Pink Game** is Saturday **April 1st** at 1pm at Salisbury University. All monies raised during the event are being donated to WSW.

Have you ever been to a roller derby before?? If not, you should save the date for **Saturday, April 8th**. The **Salisbury Roller Girls** have chosen to donate a portion of the ticket sales and raffle earnings to WSW. Doors open at 4 pm and the whistle blows at 4:30 pm. This will be held at the old Skateland and current Mitchell's Martial Arts on South Division Street.

Happy Easter! Tassia

## FUN FACT:

Never underestimate the importance of recycling: if every newspaper was recycled, we could save about 250,000,000 trees each year. Unfortunately only 27% of all American newspapers are recycled.

Do you do your part throughout the year? Remember to reduce, reuse and recycle as often as possible!

## Wicomico County Chapter Staff Members

**Cindy Feist**  
Executive Director

**Emily Rantz**  
PR & Marketing Director

**Natassia Feather**  
Office Manager

**Brandy Braxton**  
Event Coordinator

**Sue Revelle**  
Mentoring Coordinator  
Co-Founder



Mike Eline sold 50/50 tickets to the crowd



Dream Team, Dodger and Ellen Adkins, help sell raffle tickets

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Joann Crain, Jeanne Tajvar and Board President Penny Bradford worked hard in the kitchen



Morgan Riley, Brenda Shockley, Georgeann Niles and Sue Revelle helped sell baked goods

# Bras for a Cause

2017  Women Supporting Women

*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 "Nursery Rhymes"), title it, and enter a fun competition to help Women Supporting Women (WSW), your grass-roots local non-profit breast cancer support organization.

**WHEN:** Registration and Submission Deadline  
**Monday, April 24, by 4:00 PM**  
 Grand Revealing Party (for all participants)  
**Tuesday, May 2, 6:00 PM**

Public Viewing and Voting  
**Monday, May 1 through Wed, May 31**  
 Awards Ceremony (for all participants)  
**Thursday, June 1, 6:00 PM**

**WHERE:** Centre at Salisbury

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 Theme/Nursery Rhyme  
 Best Use of Materials  
 Best Overall Creative Design  
 The Centre at Salisbury Choice

To register, go to [WomenSupportingWomen.org](http://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!

Submission forms are also available to print through the website, and at the WSW office.



*Entry form on next page*





# 2017 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 Monday, April 24th**  
**This official entry form must accompany your submission.**

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

Are you doing a "Nursery Rhyme" 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 Monday, April 24.
- 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 28 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: \_\_\_\_\_

# *Mentoring Minute with Sue*

## **Individual Nutritional Wellness Teaching Offered**

Come out for information that is tailored to the individual.

Talk about your concerns and/or issues: stress, weight loss, nutritional information. For one hour discuss topics like: salt in-take, weight loss, reading nutrition labels, differences between a probiotic and prebiotic, importance of Vitamin D and Calcium, etc.

Call WSW to schedule your one-on-one time with our Wellness Navigator for Mon., Tues., or Wed. from 9-3. Funding for this program is provided by a grant through MAERDAF.



Also available is a monthly group session for one hour. This allows you to share ways that you have used to change your life style and suggest ideas that could help others.

The next group session is scheduled for March 29<sup>th</sup> at 10:30.



# DONOR THANKS

## Individual

Ruth Culver  
Terri Jones  
Kevin Hughes  
Laura Maulsby-Kline  
Pat Stang  
Wendy West  
Eunice McKinley  
Russell Baiocco Sr.  
Leslie Nixon  
Dr. & Mrs. J Spicer Bell

## In Memory Of:

### Antoinette Shelton McClain

Jennifer Spicer

### Mary Henderson

Susan Revelle

### Delores Jones

Diane Kern  
Eleanor Dickerson

## In-Kind

Karen Baker  
Morgan Family

## In Honor Of:

### Jeanne Tajvar

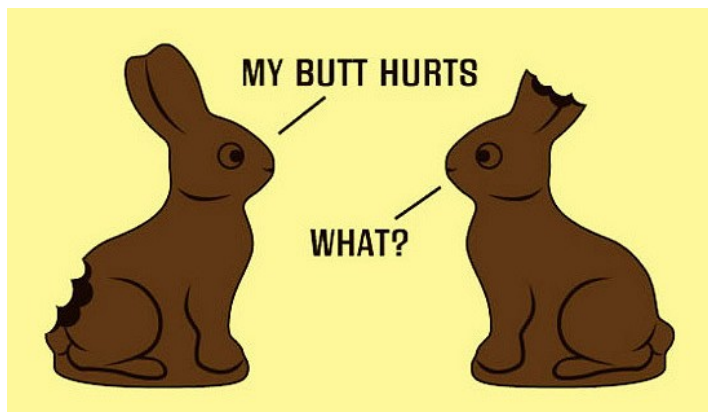
Mr. and Mrs. Baldi

## Civic

American Legion Unit #166  
OC Lioness

## Business

TD Digital Printers



# Joke of the Month

A fellow walked into a bank in New York City asking for a loan for \$4000 dollars. "Well, before we lend you the money we are going to need some kind of security" the bank teller said. "No problem" the man responded here are the keys to my car "you'll see it, it's a black Porsche parked in the back of the parking lot." A few weeks later the man returned to pay off his loan. While he was paying it off, along with the interest of \$11 dollars, the manager came over, "sir, we are very happy to have you're business, but if you don't mind me asking, after you left we looked into you and found out that you are a millionaire, why would you need to borrow \$4000 dollars?" "Well, the fellow responded it's quite simple, where else can I park my car for three weeks in New York for \$11 dollars?"

# **SPONSORS**

## **Courage**

\$5,000 +

**Center for Women's Health**  
**FurnitureLand**  
**Midway GM/Toyota**  
**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**  
**Sharp Energy**



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

Tassia@womensupportingwomen.org



## Women Supporting Women 2017 Board of Directors

Penny Bradford, President

Colleen Brewington, Secretary

Pam Heying, Treasurer

Billye Sarbanes, Past President

Susan Revelle, Co-founder

Melodie Carter

Lynn Creasy

Judy Herman

Jeanne Kenkel-Tajvar

Mike Liang

Julie McKamey

Jenni Pastusak

Karri Todd

Cathy Townsend

Pam Wulff

*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: \_\_\_\_\_ CVV# \_\_\_\_\_

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 \_\_\_\_\_