



Local Services, Local Support.

# Care & Share

## Newsletter

### August 2017



Cindy Feist  
Executive Director

#### Happy Anniversary Women Supporting Women

*Last month, Women Supporting Women started our twenty-fourth year of helping local breast cancer survivors, their families, and friends. This is an amazing time for our organization. With wonderful volunteers and energized, new employees, we are looking forward to the future. A lot of brainstorming is happening behind closed doors, but still keeping the organization honest and true to our mission. Be prepared Delmarva! Moving forward, we are looking at adding additional services, planning the latest educational programs, and new, fun, and unique fundraising events. As the Executive Director for this great organization, I am excited and can't wait to see what comes next. Stay tuned.....*

Next Year WSW turns 25!

Enjoy the remainder of your summer and be safe.

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<i>Donation Slip on Back</i>	

## SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
<b>NO MEETING FOR AUGUST</b>	<b>NO MEETING FOR AUGUST</b>	<b>August 16th - 1:00 pm Wednesday</b>	<b>NO MEETING FOR AUGUST</b>
1320 Belmont Ave 410-548-7880 Facilitator: Kyle Beebe	Facilitator: Virginia Schneider	Atlantic Health Center 9714 Healthway Dr 410-548-7880  Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	Christ Episcopal Church 410-563-0946  Facilitator: Sue Todd

# SURVIVOR STORY

## By Peter Botros

January 2017

I am living my dream at the moment.

Born in 1986, I was heavily into and excelled in sports from the age of five. I also always loved cooking with my mom and grandmother.

Throughout my entire childhood I remember my mom always being sick. She died of breast cancer when I was 14. This was a very difficult time for my older brother, father and I. For me, I took comfort in sports and work.

Right after my mom passed away, I started working in a local pizzeria, which also did catering. I quickly fell in love with the food/restaurant business. By 16 I was managing the booming pizzeria while being a standout high school athlete. I was 1<sup>st</sup> Team All City in baseball and one of the top 10 baseball players in New York City. I received an athletic scholarship to Fairleigh Dickinson University in NJ where I earned a bachelor's degree in entrepreneurial studies as well as a double major MBA in marketing and finance. I kept playing baseball too. I also always watched the Food Network and any cooking shows I could find.

While in my sophomore year in college, I bought a failing pizzeria with a family friend and was able to turn the restaurant around in a short period of time. I wanted to drop out of college to pursue opening more locations, but my father advised against leaving school. I obeyed his wishes and continued finishing my education and sold my share of the business.

While in school I worked all possible positions in the "front of the house" in some high-end restaurants. My passion for cooking and food continued to grow. After graduating with an MBA, I waited tables, much to the disapproval of my father. He would sarcastically ask me, "Are you still waitressing?" He felt as though I should be putting my higher education to better use. To appease him, I decided to pursue mortgage banking while I continued to wait tables. After about six months, I was doing phenomenally well as a mortgage banker and decided to take a break from the food business.

Then, at the age of 26, I had a bloody discharge from my left nipple. My girlfriend at the time was doing some laundry before our weeklong vacation down at the shore. She noticed a little blood on my t-shirt where my breast would be. I was in the shower at the time, so when she came to tell me what she found, I checked my breast. I didn't see anything, but when I was drying off, I pushed on my chest and a little blood came out.

Like most people, she went on the Internet for some research where you read if you stub your toe, it might be cancer! She wanted me to go to the ER, but I was focused on vacation. She told me if I didn't get checked out, I'd be going on vacation without her. I compromised and called a family friend who happened to have been my pediatrician. This doctor knew about my mom, and also had breast cancer herself. She sent me for a mammogram immediately after I saw her. Nothing showed up on the mammogram, but during my sonogram, the techni-

cian kept snapping photos and more photos. The doctor came in and ordered a needle biopsy on the spot. My family friend was with me too. We were told it would take a few days to get the results, so I left for vacation.

When my friend called me, she asked if I wanted to come home for the results or hear the news over the phone. I was diagnosed with breast cancer on August 25, 2012. I tried to hide the news from my friends while we were away, but I guess I didn't do such a good job.

At first, I also tried to hide my diagnosis from my father, but everything backfired when my insurance company decided to drop my coverage. I had scheduled my surgery at Memorial Sloan Kettering, but three days later I got a call canceling the procedure because my insurance had retroactively canceled my policy. Since I was 26 at the time, I had been on my father's plan instead of the insurance offered at my mortgage job. I never received notification from the insurance company stating I had reached the maximum age for coverage under my father's plan. Everything was eventually resolved, and covered, but it meant my father would need to know what was happening.

When I told my father about everything going on, he was incredibly sad and angry at the same time. He wanted to punch me in the face for not telling him about my breast cancer. I just didn't want to put him through this again. I have however successfully kept this secret from grandmother, my mom's mother. I don't see any benefit in her hearing about me having breast cancer too.

Although I was negative for a BRCA mutation, I had a bilateral mastectomy. The doctors had explained my options for surgery, but all I kept thinking about was everything my mom had been through, all the side effects. I elected for the much harsher surgery, since I was told I wouldn't need any additional treatment right now.

I was always OK with my Stage 1 DCIS diagnosis. The people around me had a much harder time handling the news. My friends were very emotional, and that was the hardest part for me.

After kicking cancer's ass, I was left with a burning desire to get back to what I loved, the restaurant business. A few months after my surgery, a friend told me about an amazing opportunity where I could be part of a restaurant in the center of Clove Lakes Park in Staten Island. I did everything in my power to make sure I could get the deal done and buy the restaurant of my dreams.

Since buying The Stone House at Clove Lakes, with the help of my incredible staff, we have become the top restaurant and event venue on Staten Island. I have also opened a restaurant within the restaurant called Chef's Loft. We provide an intimate 16 seat dining experience featuring a five-course wine pairing dinner, which changes every month. A chef, usually me, prepares the entire meal in view of the guests. Plus, we have a Himalayan sea salt wall!

I am truly living my dream. I'm at my restaurant seven days a week. My doctors check me every six months. I have never had a doubt I would beat cancer!

[malebreastcancercoalition.org](http://malebreastcancercoalition.org)

*I am always looking for local survivors to share their story. This can be cathartic for you as a survivor as well as provide information, insight and a sense of not being alone in someone else's journey. If you are willing to share your story please email me at [tassia@womensupportingwomen.org](mailto:tassia@womensupportingwomen.org) or call me at 410-548-7880. Tassia*

## Depression and Anxiety

Reviewed By:

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It's normal to feel a range of emotions during treatment, including sadness or anxiety. You could find yourself feeling overwhelmed and unable to cope. You might have constant concerns about cancer, treatments, your survival or your family. Or, you might think the same thoughts over and over, finding it hard to concentrate or sleep.

As you move forward, uncomfortable feelings will probably come and go, then lessen and, at some point, should go away. This may not always be the case, so it's important for you to recognize when your reactions are normal and when they may be more intense than you might expect. Depression and anxiety are often serious medical conditions that can be treated effectively.

### What is anxiety?

If you feel very anxious, your worries about breast cancer might intrude on other areas of your life that feel unrelated.

With an anxiety disorder, you may experience these symptoms:

- You feel as if you are in a constant state of tension or worry.
- Your worries shift from one problem to another.
- You have trouble managing your worries and concerns.
- You feel restless, "keyed up" or edgy.
- You feel fatigued or become tired easily.
- You have trouble concentrating.
- You feel irritable.
- You have trouble falling or staying asleep or wake up feeling as if you have not slept well.

You don't have to have all of these symptoms to be diagnosed with an anxiety disorder.

### What is depression?

It's understandable for you to feel sadness over cancer and cancer treatment. You may feel you will always be "stuck" where you are, that certain parts of breast cancer and treatment will be constants in your life. You may have trouble sleeping, or find yourself sleeping too much. In day-to-day life, you might be irri-

table, impatient or, on the other hand, numb and slow to react to emotional situations.

Not all people who feel sad are depressed, but if your thoughts and feelings of sadness begin to interfere with your daily life, a trained mental health provider might diagnose depression.

Some people have major depression during the course of treatment. Different from a few days of feeling "down" or "blue," major depression means your sadness lasts for weeks or months. It can interfere severely with your daily living and quality of life. If you are feeling this way, talk with your doctor or a therapist to find out if counseling or medicine to help your mood and functioning may be right for you.

Symptoms of depression include:

- Continued sadness, depressed mood or crying
- Trouble getting motivated
- Loss of interest in favorite activities
- Feeling guilty, hopeless, helpless or worthless
- Inability to feel pleasure or have fun
- Fatigue
- Sleeping too much or too little, or trouble falling or staying asleep
- Lack of energy
- Change in appetite
- Less interest in sex or intimacy
- Problems with concentration
- Thoughts of death or suicide

Keep in mind that you don't have to have all or most of these symptoms to be diagnosed with depression.

### How can you manage anxiety and/or depression?

If you feel anxious or depressed, the most important first step is to let your healthcare team know how you feel. They can help you get the treatment you need to help with anxiety, depression, or both. Some of the approaches they might recommend include:

- Talking to a mental health professional
- Medicines for emotional health
- Support groups
- Connecting online or by phone with others who have breast cancer, who are having experiences similar to yours

[LBBC.org](http://LBBC.org)

*Please keep in mind that we at WSW are here for you to talk to or even just come in and get a hug!*

# COMPLEMENTARY CARE

## Yoga Helped Me Heal!



Practicing yoga daily through chemotherapy helped Tari stay strong during her breast cancer fight. Now she's helping others enjoy the benefits, too.

At age 50, Tari Prinster was looking for a way to address menopausal symptoms, so she signed up for a yoga class. "I didn't want to look or feel like an old woman," she admits. Little did she know that just five years later, she'd have her own yoga studio—and be turning to the practice to help her get through treatment for Stage IIb breast cancer.

Just two weeks after her lumpectomy incision healed, she resumed her daily yoga sessions. And she kept at it through eight months of chemo...and then radiation. "Yoga helped me keep my immune system strong. It also gave me emotional support and spiritual comfort."

It didn't take long for Tari to realize...other people need this, too! So she created Yoga4Cancer ([y4c.com](http://y4c.com)), where she offers classes geared to cancer patients and survivors. Yoga does more than just help ease the side effects of chemo, says Tari: "The strongest benefit of yoga is empowerment: the ability to do something self-affirming. It's part of a self-prescribed action plan for a healthy future."

Here are poses from her book, *Yoga for Cancer: A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors* (due in Nov. 2014). Alert: Clear all exercise with your health team first.

### **Beat stress & fatigue**

Restorative fish: This pose activates the parasympathetic nervous system—the calming nerve response that counteracts the "fight or flight" reaction and promotes a relaxed body and mind.

1. Grab two blocks. Place one at the top of the mat, and the other about 12 inches down. Set two folded blankets at the side of the mat.
2. Sit in the middle of the mat with the blocks behind you. Bend your knees, placing feet flat on the floor. Using your arms, lower your upper body onto the blocks: Rest the bottom tips of your shoulder blades on the lower block (do not rest your waist, back of neck or upper shoulders on this block). Support your head with the higher block.
3. Extend your legs. Place your arms on the blankets and close your eyes, resting for at least 5 minutes.
4. Lower back hurts? Bend your knees and place a bolster or rolled-up blanket under them.
5. Head uncomfortable? Put a blanket or towel over the block.

### **Boost flexibility & bone mass**

Downward dog with chair: Along with stretching your whole body, this move provides resistance, which can build bone strength and help counteract bone loss due to chemo and other treatments.

To start: Stand facing the chair, feet hip-width apart. Place hands shoulder-width apart on the chair. Walk your feet away from the chair and bend forward at the hips. Keep your head straight so your ears are between your upper arms.

Step 1. Inhale: Bend knees and elbows slightly. Lift your chest and look toward the back of the chair.

Step 2. Exhale: Straighten your arms and legs and return your head and neck to the start position. Press your palms into the chair and root your feet into the floor. Feel your lower belly engage, lifting toward your spine. Repeat 5 times, bending and straightening legs and arms with your breath.

**Tight hips or legs?** Keep your knees slightly bent throughout the sequence.

### **In treatment? These yoga tips are for you!**

1. Bring your own gear. "You're more susceptible to infection during chemo," says Tari. So bring your own mats, blocks and blankets.
2. Tell the teacher if you have a chemo port. "If the teacher is making adjustments, [his or her touch] could be painful," says Tari. "Your teacher needs to be aware."
3. Work with a yoga teacher who is trained to work with cancer patients. He or she will understand your needs and challenge.

# NUTRITIONAL INFORMATION

## Good Fat, Bad Fat, Low Fat

Focus on the type of fat, rather than the amount of fat, for good health.

By Densie Webb, PhD, RD

The fortunes of dietary fat have not followed a straight line. As a nutrient, it has been vilified, forgiven and, in some cases, even glorified. What we know about this essential nutrient is further complicated by the fact that not all fats are created equal. Under the very large umbrella of “fats” there are saturated, monounsaturated, polyunsaturated, and trans fats, and within each of these categories are several subgroups of fat. In addition, neither foods nor oils are composed of single types of fat.

While the Dietary Guidelines for Americans have recommended limiting total fat intake to less than 30 percent of calories for years, that recommendation no longer stands. The most recent 2015-2020 Dietary Guidelines makes no recommendation about total fat intake. Instead, it suggests limiting only saturated fat (to less than 10 percent of calories) and trans fat (to less than one percent of calories). For the average person (eating 2,000 calories per day), that translates to less than 22 grams (g) of saturated fat per day and less than 2g a day of trans fats.

As a nutrient, fat has long been accused of being the main perpetrator in weight gain and cardiovascular disease. However, the evidence suggests otherwise.

Healthful fats include those from avocado, fish, nuts, seeds, and olives.

### Low-Fat Diets and Weight

Low-fat diets have been examined over and over again as a way to lose weight, and they have repeatedly failed to show long-lasting results. A review and analysis of a large number of studies, by researchers from Harvard Medical School, didn't find low-fat diets to be any more effective than higher fat diets. Another analysis of several clinical trials by researchers from Tulane University, found that both high-fat and low-fat diets were equally effective at reducing body weight and waist measurements.

### Low-Fat Diets and Cardiovascular Disease

Researcher Dariush Mozaffarian, MD, MPH of the Friedman School of Nutrition Science and Policy at Tufts University, stated in a recent issue of *Circulation*, “The lack of cardiometabolic benefit of low-fat diets has been convincingly demonstrated.” A large review and analysis of several studies published in *The Journal of the Academy of Nutrition and Dietetics* in 2013, found that low-fat diets actually increased triglycerides (an established risk factor for cardiovascular disease) and decreased HDL (“good”) cholesterol compared to high-fat diets.

When fat is reduced, carbohydrates typically increase, and that increase often comes from refined carbohydrates, like sugar and refined flour. Increasingly, research shows that refined carbohydrates can raise triglycerides, thus increasing risk of cardiovascular disease.

### What to Do?

In the end, it's the type of fat that may be more important than the *amount*. One tried-and-true diet pattern worth emulating is the Mediterranean-style diet, which was highlighted in the 2015-2020 U.S. Dietary Guidelines as a healthy eating pattern. The Mediterranean diet recommends higher-than-typical intakes of oils, such as monounsaturated and polyunsaturated oils, as well as an increased intake of foods that naturally contain oils, such as seafood and nuts.

“If we focus on the foods themselves rather than fat, then we may be better off in terms of both body weight and overall health,” said Deirdre K. Tobias, ScD, Associate Epidemiologist at Harvard Medical School, Division of Preventive Medicine. In other words, choose healthful foods, create a healthful diet, and the healthful fats will take care of themselves.

### Fats 101

Here's the rundown on the major types of fat:

#### Polyunsaturated Fats:

These are found in the greatest amounts in corn, soybean, and cottonseed oils; walnuts, pine nuts; and sesame, pumpkin, and flax seeds. Only small amounts of polyunsaturated fats are found in most animal fats. Omega-3 fats (EPA and DHA) are a type of polyunsaturated fats found in seafood, such as salmon, trout, herring, tuna and mackerel and in flax seeds and walnuts.

#### Monounsaturated Fats:

These are found in greatest amounts in olive, canola, peanut, sunflower and safflower oils; avocados, peanut butter, and most tree nuts. They are also part of most animal fats, such as that in chicken, pork, beef, and wild game.

#### Saturated Fats:

These are found in the greatest amounts in coconut, palm, and palm kernel oils; butter, and beef fats. They also are found in other animal fats, such as pork and chicken.

#### Trans Fats:

These are unsaturated fats found primarily in partially hydrogenated vegetable oils and foods containing these oils. They are structurally different from unsaturated fats that occur naturally in plant foods and so differ in their health effects.



Do yoga.

# *Pint & Pose*

Drink beer.

**Where:** Evo's Barrel Room

**When:** Wed, August 23, 2017 5:15pm - 7pm

**Fee:** \$25 if registered prior to Aug 16, \$30 if after.

To reserve your space, register on [Firstgiving.com](http://Firstgiving.com)  
Search Women Supporting Women

**Come in yoga appropriate attire. Bring your mat!**

**Will have a limited number available.**

**Must be 21 yrs or older.**





## Upcoming Events

### **Knitting Group**

Contact Elise at  
410-430-0103

**August 23**

### **Pint & Pose**

Evolution Brewing co.  
5:15 pm

**September 11**

### **Ladies Day to Play Golf Clinic**

River Marsh Golf Club  
9am

### **IN OCTOBER:**

Cycle for a Cause, Sea Gull  
Century  
Walk for Awareness  
Autumn Wine Festival  
Light the River  
Midway Walk

# 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**

Mother Nature sure played on a trick on those of us who thought the temperatures were pretty mild this year! According to LiveScience.com heat-related illnesses that strike during a sport or recreational activity send nearly 6,000 people in the U.S. to emergency rooms every year, according to a report released July 28th by the Centers for Disease Control and Prevention. The most common activities leading to these ER visits were football (24.7%), and exercise such as walking, jogging and calisthenics (20.4%). However, among those over 45, the most common activity that led to heat illness was golf. If you are going through treatment, the risk of heat-related illness is much higher. So keep cool, hydrated and stay indoors or in the shade as much as possible!

Before we know it October will be here and there is A LOT going on!! Make sure to take a look to the left and mark your calendars for all of WSW's upcoming events. There will be a multitude of third party events to attend as well so keep your eyes and ears open.

If you haven't started getting your teams together for the **16th Annual Walk for Awareness** now is the time to do it!! Get your family, friends, co-workers, and doggies on board to join you. We have team packets available for pick up in the office and Firstgiving is up and running for fundraising and registration. Below you can find tips and suggestions on how to claim the trophy for Top Individual Fundraiser and/or Top Team Fundraiser.

## **FUN FACT:**

The "dog days of summer" refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

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??!

## Wicomico County Chapter Staff Members

### **Cindy Feist**

*Executive Director*

### **Natassia Feather**

*Office Manager*

### **Kerrie Bunting**

*Event Coordinator*

### **Amanda Smith**

*PR & Marketing*

### **Sue Revelle & Kathy Pisani**

*Mentoring Coordinator*

## SAVE THE DATE

**September 11th from 9 am - 1 pm**

Ladies Golf Clinic & Lunch at the River Marsh Golf Club located at Hyatt Regency Chesapeake Bay.

\$75 per person which includes a 1 hour clinic with LPGA Teaching Pro, Abby Messick and other members of the River Marsh teaching staff, followed by a 9 hole, par 3 outing and conclude with a delicious lunch at the clubhouse.

Registration available at [Firstgiving.com](http://Firstgiving.com).



CHESAPEAKE BAY GOLF  
RESORT, SPA AND  
MARINA

Chesapeake Bay Golf  
Resort, Spa and  
Marina

# Mentoring Minute with Sue

## Nourishing Your Emotional Health During Breast Cancer

The emotional journey for breast cancer survivors can be particularly emotional and sometimes feels like a roller coaster. Your sense of well being can be threatened by sadness, fear, and grief that at times can seem overwhelming. During this time, it is important to remember that your emotional health requires as much care and nourishment as your physical health.

**Knowledge** is power and because information comes at a very fast pace – things that you need to understand and make decisions about, can be daunting. Finding your voice can be the first step in gaining control, so don't be afraid to speak up. Ask many questions since you need to gain a full understanding – ask many times if needed. Asking questions and getting the answers helps to ease the anxiety that comes with the diagnosis.

**Writing** can help keep you centered during these emotional times. You can provide a safe space for your fears and concerns by creating a journal. This may be a vehicle by which you can record your goals, track your progress, and note achievements. You actually put your thoughts into words which can assist you in making decisions, evaluate your questions and to see things more clearly.

**Movement** has the power to heal. There are few things in life as powerful as exercise. You don't need to do hours at a gym. A short walk around the neighborhood can offer a boost to your physical and mental health. Yoga or meditation may help you to relax and focus. It is important to make time in your schedule for physical activity.

**Quiet Moments** can offer a time-out especially when negative emotions arise. Reading can offer a get-away when you are going through the eternal waiting – for test results, your therapist, chemotherapy to start. Inspirational stories often help.

**Support** systems are vital to your emotional well-being to remind you that you are NOT alone on the sometimes bumpy journey. Please let others help you manage everyday tasks. Your family, friends, and co-workers welcome the opportunity to do something for you – anything during this time. Ask casual acquaintances to send a card, family & friends to help with chores, meals, laundry, & attending treatments with you. Come to Women Supporting Women's monthly support group (see front page for meeting dates & locations). This can connect you with other survivors, offer information, and actually your presence can help another person going through this same journey.

Parts taken from Coping Magazine May/June 2017

## SPONSOR SPOTLIGHT

A key component to our ability to provide the community with free services is directly linked to the generosity of our yearly sponsors.

We would like to take the opportunity to thank Midway of Pocomoke for helping us fulfill our mission by hosting their annual "Drive Out Breast Cancer" walk each year, raising upwards of \$15,000!!



**Midway Chevrolet Buick Cadillac**  
1337 Ocean Hwy, Pocomoke City, MD 21851

## FREE WALK-IN CLINIC

PRMC and McCready Health are partnering to bring you care at the clinic on board the PRMC **Wagner Wellness Van.**

**No appointment needed.**

**1st & 3rd Wednesday** of each month at

**Church of God**

134 Maryland Ave

Crisfield, MD

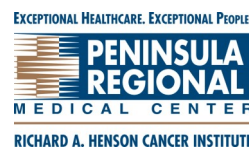
Deb Hanson at 410-968-9638

**2nd & 4th Thursday** of each month at:  
**Somerset County Recovery and Re-Entry Center**

11545 Somerset Ave

Princess Anne, MD

Pat Landon at 410-621-5739





## DONOR THANKS

### Individual

Kevin Hughes  
Ruth Culver  
Martha Yates  
Suzanne Szymanski  
Gloria Calvano  
Gloria & William Lau

### In Memory Of:

Judy Shockley  
Debbie, Gail, Sherrie

### In Honor Of:

### In-Kind

Donna Katz  
Kathie Bushman  
Toby Rubin

### Business

### Civic

James M Bennett High School  
Washington High School

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### HOW CAN YOU DONATE?

#### Monetary

- ⌘ Our Website
- ⌘ Over the Phone
- ⌘ Mail - in (donation slip on back)
- ⌘ In Honor or Memory of
- ⌘ 3rd Party Fundraiser

#### In-Kind (Non-Monetary)

- ⌘ Wigs
- ⌘ Bras
- ⌘ All types of head coverings
- ⌘ Prostheses
- ⌘ Paper, cardstock, etc.

## **SPONSORS**

### **Courage**

\$5,000 +

**FurnitureLand**

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**Spicer Bros. Construction Inc.**

### **Hope**

\$2,500 +

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**Peninsula Plastic Surgery**

**Richard A. Henson**

**Cancer Institute**

Peninsula Regional Medical Center

### **Pink Ribbon**

\$1,500 +

**Airport Self Storage**

**Pepsi Bottling Ventures**

**Sharp Energy**

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## *Joke of the Month*

An Amish girl and her mother were visiting a mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and back together again. The girl asked, "Mother, what is this?" The mother, never having seen an elevator, responded, "I have never seen anything like this in my life. I don't know what it is." While the girl and her mother watched with amazement, an old man in a wheelchair rolled up to the moving walls and pressed a button. The walls opened and the man rolled between them into a small room. The walls closed and the girl and her mother watched the small numbers above the walls light up sequentially. They continued to watch until the last number was reached, and they watched some more as the numbers began to light in reverse order. The walls opened up again and a hunky young man stepped out. The mother, not taking her eyes off the young man, said quietly to her daughter, "Go get your father."



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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

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Mike Liang

Julie McKamey

Jenni Pastusak

Karri Todd

Cathy Townsend

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*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 \_\_\_\_\_