



Local Services, Local Support.

# Care & Share Newsletter

## February 2017



**Cindy Feist**  
Executive Director

### Happy Valentine's Day!

During the month of February, the color red comes out full stride. In stores, offices and homes, we see an array of heart shaped balloons, candy boxes, stuffed animals with red bows and most importantly, those red roses. Everyone is sharing the love they have for that special someone.

Here at Women Supporting Women, it doesn't matter what month, our hearts always bleed "Pink". On a daily basis we try to share our love and support in whatever form our survivors may need; a friendly smile, help a survivor find the perfect wig, carrying a recliner to someone's car for their use after surgery

or just giving a big, loving hug. We see the strength and courage shown by not only survivors, but their families and friends alike. As important as medicine is in facing a diagnosis of breast cancer, we must not discount the other, non-medical forces that allow us to face such devastation - and triumph. A great part of a survivor's recovery is the love and support they receive.

Remember those you love and who love you, as you face each new day with its challenges. Consider where you would be without the courage and strength gleaned from those relationships. Appreciate and be thankful for them. You may be surprised at how much love surrounds you every day.

Women Supporting Women would not be thriving as an organization without the love of our donors, volunteers and staff. With your love and support for Women Supporting Women it has allowed us to keep our dream alive. Thank you!

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### *Donation Slip Back Page*

*"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."*

— Lucille Ball

# SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
February 2 - 6:30 pm Thursday	February 16 - 5:30 pm Thursday	February 15 - 1 pm Wednesday	February 28 - 6:30 pm Tuesday
1320 Belmont Ave 410-548-7880	Pocomoke Com. Cntr 410-548-7880	Atlantic Health Center	Christ Episcopal Church 410-563-0946
Topic: All About PET Scans	Topic: Open	Robin Rohlifing, Polysomnographer Insomnia in Women related to Sleep Apnea	Topic: Open
Facilitator: Sue Revelle, BSN	Facilitator: Virginia Schneider	Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	Facilitator: Sue Todd

# SURVIVOR STORY

## *My Story*

My journey of the “cancer demon” began back in March of 2014. I always made it a habit to do a self breast exam while showering. I still remember my first OB doctor expressing the importance of self checks, especially because cancer runs very high in my families genes. While showering I noticed a small lump on my left breast. With a routine ob appointment coming up I figured I would mention it then. I was sent to have an ultrasound and referred to a local surgeon. The diagnosis was a small fatty white mass and my husband & I were told I could have it biopsied or removed. We opted for removal and had the procedure done in May of 2014. At my follow up appointment I was informed it was a benign mass. I was in the clear and would have a follow up US in 6 months. We had two follow up ultrasounds after that and all came back well.

There was no way that I could possibly have cancer. Could I? I was 26, a newlywed, as well as a new mother, I exercised, ate well, and thought that I was doing everything right. After, being cleared, I continued to live life normally, almost forgetting about the possible scare I had in the months and years prior. Then in April of 2015, my family found out we were expanding from 3 to now a family of 4 with a little boy due in January of 2016. We were on cloud nine and so ready for the new journey in our lives. Little did we know it would be one of the most exciting yet scariest times of our lives.

A really strange bruise appears on my left breast in July, almost exactly where my scar was from the lumpectomy. I didn't think anything of it at first as I normally bruise easily, not to mention I have a 3 year old who loves to jump on his mommy. After a few weeks of this bruise not going away, I had mentioned it to my husband who thought it was a good idea to have it checked. I followed up with my surgeon who sent me for another US. This showed it to just be a “hematoma”. In the following weeks I decided to have a biopsy. Results later confirmed it was another benign mass but attached to the blood vessels. Due to being pregnant there wasn't much we could do besides keep a close eye on it. I was referred to John Hopkins just to confirm the findings and was told to come back after having our son to schedule another lumpectomy.

I had my son Feb 2<sup>nd</sup> attempted to breast feed as I had been cleared to do so, luckily I got to experience that wonderful experience for 3 weeks until I went back for my follow up. When, I met with the doctor the bruise was still there and had grown in diameter. We decided to have a “punch biopsy” done in the office that visit & was informed we would have the results in 2-3 days.

Well 2-3 days turned into 28 days. I called almost every day to see if my results had come back, after 2 weeks my gut told me “Something isn't right.” Again, I was naïve and still didn't think

it could possibly be cancer. On March 26<sup>th</sup>, I received a phone call I will never ever forget. It was my breast surgeon from Hopkins. As I was holding our 6 week old baby the doctor informs me I have “Angio Sarcoma” of the breast. He says it's not actually breast cancer but it just so happens in my case to be in the breast. I was informed I would need to have a total left mastectomy to determine how extensive the cancer was.

On April 4<sup>th</sup> I underwent surgery, received the amazing news they were able to get it all out and my lymph nodes were clear. I was informed I probably wouldn't need chemo just 4-6 weeks of radiation. As you can imagine this was a relief for my family and I. But then a few short weeks later was informed I would in fact need 4 months of chemo followed by 4 weeks of radiation. Being as this soft tissue “Angio Sarcoma” is so rare, there are no real treatment guidelines. However, the chemo and radiation are strongly recommended to help prevent the high recurrence rate.

I felt like I had been smacked in the face with a brick all over again. How do you explain this to a 3 year old, your husband, and your family and friends? Would they still love and accept me even though I wouldn't at times? Would I ever be the same mentally? Wondering every appointment and scan if it will come back? I was at a complete lost.

Everything happened so fast. Our lives had changed overnight. I can't sit here and say it was easy by any means. I was nauseated constantly, fatigued, and of course began losing my hair, eyelashes, & eyebrows. It took a huge toll on me mentally and emotionally, but physically I tried everything in my power to keep things as normal for our children as possible. I found myself towards the end, not wanting to go out of the house, avoiding family and friends because I was ashamed of how I looked & felt.

However, with an amazing family & friend support system, the help of Women Supporting Women, The American Cancer Society, Susan G. Komen, getting involved and speaking with other survivors even though we may have two different types of breast cancer, the process is the same for us all. I have learned to accept the new me, even if it's hard some days. I have officially finished my treatment plan as of the end of November 2016 and continue to pray and still get anxious when I have upcoming follow up appointments or scans. I have come to grips that this will be our new life and am learning to manage the anxiety and just focus on each day instead of what may lay ahead in the future.

I am slowly beginning to take control of my life again. I am back at work full time after being off almost a year. We are learning to embrace our story and share it with others.

Amanda Jarmon - Salisbury, MD

## *Emotions and Cancer*

by Kristin Kilbourn, PhD, MPH

A diagnosis of cancer can create a great deal of disruption in your life. You may experience multiple stressors, such as interruption of life tasks and goals, treatment side effects, financial difficulties, work- and family-related disruptions, changes in social networks, and uncertainty about the future. It is estimated that approximately one-third to one-half of all people diagnosed with cancer experience high levels of distress during their illness, and some may develop depression and anxiety disorders. Early identification of depression and anxiety is important so that you may receive timely treatment and minimize the potential long-term complications.

If you experience significant emotional or physical distress that does not improve over time, you may benefit from psychosocial intervention. Counseling provides a safe environment for you and your family to express your feelings without being judged or feeling as though you're burdening others with your problems. You can attend therapy sessions on a regular basis or as needed. Many cancer survivors benefit from just a few visits, during which they can express their fears, concerns, and negative emotions and review adaptive coping techniques.

Psychosocial interventions can also help you manage some of the adverse side effects of cancer treatment, including pain, cancer-related fatigue, and cognitive challenges associated with treatment, such as chemo brain. Structured group interventions can assist with your psychosocial adjustment because they allow you to connect with others who have had similar experiences.

You can also do a number of things on your own to improve or maintain your emotional health while undergoing cancer treatment, including managing daily stressors, utilizing adaptive coping techniques, connecting with friends and family, re-evaluating your goals and priorities, and engaging in positive health behaviors.

### **Stress Management**

Managing stress is an important component of good self-care because chronic stress can have a negative impact on physical and emotional well-being. Some activities that can alleviate or decrease the negative effects of stress include deep breathing, progressive muscle relaxation, imagery exercises, yoga, Tai Chi, walking and other forms of exercise, prayer or meditation, crafts and artistic endeavors, listening to soothing music, and regular engagement in pleasurable activities.

### **Coping Strategies**

Coping strategies play an important role in maintaining and improving your emotional and physical health. To determine the appropriate adaptive coping response for a situation, you need to first identify the controllable versus uncontrollable aspects of the stressor and then determine which coping response will be the most effective.

- ◆ Problem-focused coping works best when you are dealing with a stressor that is controllable and changeable, such as determining where you should go for your cancer treatment. Some adaptive problem-focused coping strategies include seeking information, decision-making, setting goals, and asking for help.
- ◆ Emotion-focused coping works well for stressors that are uncontrollable, such as the diagnosis of cancer. Examples of emotion-focused coping strategies include reframing your thoughts, exercising, journaling, and acceptance.

### **Your Social Support Network**

Individuals who engage in social activities and stay connected with family and friends tend to experience less distress. Social support is an important component of stress management and good mental health because it serves as a buffer for stressful life events, provides an outlet to talk about your feelings and emotions, and keeps you engaged in activities that serve as a diversion from your cancer experience.

### **Positive Benefits**

While the experience of going through cancer treatment is typified as negative, many cancer survivors ascribe some positive benefits to the experience. When confronted with your own mortality, you may re-evaluate what is most important to you and emerge with a greater appreciation of life. For many, this can be a time of productive inner growth.

### **A Healthy Lifestyle**

Maintaining good nutrition while undergoing cancer treatment can have a positive impact on both your physical and emotional health. Staying physically active can also help to decrease some of the side effects of cancer treatment. It's important to talk to your medical providers about dietary and exercise recommendations. Additionally, sleep is often disrupted during treatment, and you may find that you need to try out different strategies to improve your sleep.

*Dr. Kristin Kilbourn is an associate professor in the department of Psychology at the University of Colorado Denver. She is a member of the University of Colorado Comprehensive Cancer Center and an adjunct faculty member in the departments of Internal Medicine and Psychiatry on the University of Colorado Denver Medical Campus.*

# NUTRITIONAL INFORMATION

## *Fix it with Food*

The following tips will guide you through the right foods to eat to help ease common side effects of cancer treatment.

### **Mouth Sores**

Some survivors experience sore mouth symptoms about seven to ten days after certain chemotherapy treatments. A common remedy for preventing ulcers and alleviating mouth soreness is to rinse your mouth after each meal with a solution of one teaspoon of baking soda, combined with a teaspoon of salt, and mixed in a quart of water. You can make a fresh solution each morning and discard any left over at the end of the day.

If you have mouth sores, try eating soft or puréed foods, such as puddings, creamed soups, cooked cereals, mashed potatoes, and soft pastas. Cut food into smaller pieces, and try drinking liquids and puréed foods through a straw. This is also a good time to use plastic utensils, as metal flatware can leave a metallic taste in your mouth.

Many people find that chilled foods or foods served at room temperature are easier to handle when you have sore mouth symptoms. Conversely, raw foods tend to irritate a sore mouth and should be avoided. It's also best to avoid acidic foods and salty foods, including citrus fruits, tomatoes, crackers, and alcohol, as these may further irritate the mouth.

### **Nausea and Vomiting**

If you're experiencing chemo-induced nausea and vomiting, make sure to drink plenty of fluids to prevent dehydration. Sip water, or other clear liquids, throughout the day. Many people find that clear, cool liquids go down easier than drinks that are hot or icy. Once vomiting has stopped, ease into eating easy-to-digest foods such as clear liquids, plain crackers, gelatin, and plain toast.

### **Diarrhea**

Diarrhea can follow certain chemotherapy or radiation treatments. When diarrhea occurs, the first thing you should do is stop all intake of stool softeners, laxatives, and high-fiber foods (such as nuts, seeds, whole grains, legumes, dried fruit, and raw fruits and vegetables). Then, fast for two to four hours before starting clear liquids. Following your initial fast, be sure to sip fluids throughout the day to replace those lost by diarrhea and to prevent dehydration. Water, clear soup, broth, flat soda, and sports drinks are all good options. Once the diarrhea begins to subside a bit, and you feel ready to begin eating again, start by introducing bananas, rice, applesauce, and toast, also known as the BRAT diet.

### **Constipation**

Many people experience constipation throughout cancer treatment. A diet that is rich in fiber can help alleviate constipation. Try to make sure that every meal you eat contains at least three grams of fiber. You can do this by tossing veggies into soups, sauces, and casseroles, or by snacking on foods containing whole grains, such as oatmeal, popcorn, barley, and cereals.

*CopingMag.com*

## **Roasted Vegetable Pasta**

*Ingredients for 4 persons, you can use the veggies below, or just combine whatever you have.*

- 8 ounces pasta, uncooked, buy whole wheat or gluten free
- 1 large onion, sliced
- 1 large eggplant, cut and trimmed into 1 inch pieces
- 1 red bell pepper, cut into 1 inch slices
- 1 medium zucchini, halved and cut into 3/4 inch slices
- 1 yellow squash, halved and cut into 3/4 inch slices
- 1 small carrot, peeled and cut into half inch pieces
- 2 medium shallots, quartered
- 1 cup fresh spinach, roughly chopped
- 2 garlic cloves, chopped
- 1 Tbs dried basil
- 1 Tbs thyme
- 4 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar or 1 tablespoon red wine vinegar

### **DIRECTIONS:**

Preheat oven to 425

Slice all veggies and toss into a large mixing bowl

Add olive oil, vinegar, basil and thyme and mix into veggies

Spread mixture onto a cookie sheet and roast in oven for 30 minutes, or until tender, stirring occasionally

Meanwhile cook pasta, rinse in cold water; drain

Heat olive oil in large skillet. Lower heat slightly and cook garlic until soft. Add roasted vegetables and spinach and basil. There should be enough olive oil in pan to allow the vegetables not to stick. Cook until spinach is wilted.

Add pasta, toss and serve with parmesan cheese.

*Recipe courtesy of Habanera Farm, Whitehaven, MD*

## Getting a Good Night's Rest While Coping with Cancer

by Carol A. Enderlin, PhD, RN, FNGNA, Martha Kuhlmann, DNP, RN, PMHCNS-BC, FNP, APRN, and Ellyn Matthews, PhD, RN, CBSM, FAAN

Sleep is essential for our bodies to restore our energy and recharge to keep us going. Seldom is sleep more important than when coping with cancer, its treatment, and survivorship. Yet sleep is so connected to how we feel physically and mentally that cancer-related stress can often disturb our sleep quality and patterns. Getting a good night's sleep may be most elusive when we need it the most.

### **Sleep Basics**

Understanding how sleep works can give you insight into how to improve your sleep while coping with cancer. One of the ways we balance sleep and wakefulness is through the buildup of **sleep pressure** that occurs the longer we are awake. Sleep pressure is at its lowest after a full night's sleep when our sleep needs are met.

If sleep is too short or is disturbed by many awakenings, we don't get the deep, restorative sleep we need. This may lead you to take daytime naps to make up for poor nighttime sleep. However, if naps are too long or late in the evening, they may interfere with the normal "pressure" to sleep at night. Sleeping too much during the day may cause your days and nights to get mixed up. If you do need a nap, both the American Academy of Sleep Medicine and the National Sleep Foundation recommend taking short naps of about 30 minutes and avoiding naps too close to bedtime, so as not to interfere with nighttime sleep.

One of the most important sleep habits is having a regular sleep pattern – even after a poor night's sleep.

Light exposure is also important for good sleep patterns. Sunlight stimulates the daily production of **melatonin**, a hormone which peaks at bedtime and helps us fall asleep. If you stay indoors all day, you may not get the sunlight your body needs to sleep well at night. Taking a short walk during the day can help you sleep better at night.

### **Good Sleep Habits**

One of the most important sleep habits is having a regular sleep pattern – even after a poor night's sleep. Keeping a set bedtime and wake time helps your body know when to get ready for sleep and when to wake up. A regular sleep schedule can improve restful nighttime sleep and lessen daytime sleepiness. Moreover, reserving the bedroom for sleep and sex can help you become conditioned to fall asleep when in the bedroom. Activities like watching television or using your computer or cell phone in bed can condition you to stay awake.

Soothing routines, like taking a warm shower before bedtime, can help signal you to wind down for the day. Warm showers promote sleep by helping your muscles relax and decreasing your body temperature. Calming scents, such as lavender, may also promote sleep by reducing anxiety and helping you relax.

In addition, just as exposure to sunlight during the day improves night-time sleep, keeping your bedroom dark at night is better for sleeping. Light-blocking window coverings in sleeping areas are helpful. Conversely, television, computer, and cell phone screens

project very bright light, which interferes with deep sleep, and need to be turned off at night, or located out of view of the bedroom. Environmental noise may also interfere with falling asleep or reaching deep sleep. Using background noise from a sound machine, air purifier, or fan may block out unwanted sound. You can also try sleep masks and earplugs to lessen nighttime light and noise.

Worry or difficulty turning off your mind at bedtime may delay sleep. Using simple relaxation methods like slow, deep breathing, prayer or meditation, and music or guided imagery may help you relax and focus on more positive thoughts. Early in the day, set aside time to deal with demanding tasks, and avoid having emotionally charged conversations at bedtime.

Regular exercise early in the day promotes sleep. However, exercise, as well as nicotine and caffeine, should be avoided at least three hours before bedtime to prevent stimulation of wakefulness. Heavy or spicy meals, excessive fluids, and alcohol should also be avoided too close to bedtime. While alcohol may initially cause drowsiness, it results in early morning restlessness and awakening.

Lastly, many pets are like members of the family, but they may not share the same sleep-wake patterns as humans. Cats are nocturnal by nature, sleeping during the day and becoming active at night. And while dogs may adopt their owners' sleep routines, they also may awaken often at night to bark at environmental noise. Sleeping separately from pets may help improve your sleep.

### **Sleep Management**

Sleep disorders may be present before a diagnosis of cancer, or may develop or worsen during treatment. It's important to talk with your health-care provider right away if you are experiencing any nighttime snoring or gasping, daytime sleepiness that interferes with daily function, or uncomfortable leg sensations that worsen when sitting or lying down. You should also tell your doctor if you have difficulty falling asleep or staying asleep, or if you often awaken too early, especially if it interferes with daytime function or activities. Your doctor may prescribe medication to help treat any new or short-term sleep-related symptoms. He or she may also refer you to a sleep medicine specialist for further evaluation and long-term treatments, such as cognitive behavioral therapy for insomnia.

Developing good sleep habits is important for cancer survivors. A good night's sleep can help you stay healthier and cope well with cancer.

*Dr. Carol Enderlin is a clinical assistant professor of Nursing at the University of Arkansas for Medical Sciences College of Nursing in Little Rock, AR. Her areas of interest are sleep in older adults with cancer and evidence-based practice in nursing care. Dr. Martha Kuhlmann is a nurse practitioner in the General Mental Health Service at the Atlanta Department of Veterans Affairs in Atlanta, GA. Her areas of interest are veterans' insomnia and treatment preferences for anxiety and insomnia. Dr. Ellyn Matthews is an associate professor and Elizabeth Stanley Cooper Endowed Chair of Oncology Nursing at the University of Arkansas for Medical Sciences College of Nursing. Her research focus is sleep in cancer survivors.*

*Coping® with Cancer magazine, November/December 2016*

## Upcoming Events

**Knitting Group**  
Salisbury Office  
Feb. 1st, 12 pm

**Pink Ribbon BINGO**  
Salisbury Moose Lodge  
March 9th  
Doors open 5pm, Games start  
at 6:30pm

## *Fun Fact:*

There are enough candy hearts made each year to stretch from Valentine, Arizona to Rome, Italy, and back again. The number of these candy hearts produced is approximately 8 billion.



# WICOMICO COUNTY CHAPTER NEWS

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

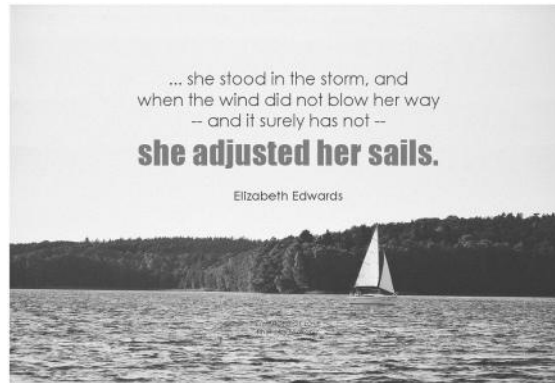
WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

*I have found that if you love life, life will love you back -  
Arthur Rubinstein.*

Words well quoted by Mr. Rubinstein and well worth living by in my humble opinion: I have witnessed that same thing about myself. If I allow myself to be in a bad mood or to look at things in a negative light then that sets the precedence for the rest of my day. If I take a moment and allow myself to smile and laugh at even the smallest, silliest thing, I have a brighter perspective from that moment forward. So share a smile and keep the love going!

March 9th is our **Annual Pink Ribbon BINGO!!!** It will be held at the Salisbury Moose lodge and prizes will include items for Thirty-One Gifts and The Pampered Chef, we will have a 50/50 and raffles, as well as delicious food for sale! Please note that everyone who comes through the door **must be 18 years of age or older.** (See pg. 8 for flyer)



This spring **Habanera Farm** will be hosting another set of **Nutrition Classes**. For those of you who have attended in the past you can surely attest to the fact that they are absolutely wonderful and not to be missed out on. They consist of a four part series held once a week. If you have interest please give us a call. We will have additional information in the near future.

Happy Valentines Day! Tassia

## 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

Alane Emerson (pictured left) and Terrin Reinhart (pictured right) of Tanger Outlets presented a check to Cindy in the amount of \$2,252.12 from their Pink Movement Campaign which raised funds from the sale of PinkStyle coupons during the month of October. Thank you Tanger Outlets for choosing WSW as one of your recipients each year during this campaign.



# Mentoring Minute

The nutritional labels are changing. Manufacturers will need to use the new label by July 26, 2018. However, manufacturers with less than \$10 million in annual food sales will have an additional year to comply.

See the new label below:

**NEW LABEL / WHAT'S DIFFERENT**

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes more realistic:

**FOOD SERVING SIZES GET A REALITY CHECK**

**Serving Size Changes**  
What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

**CURRENT SERVING SIZE** | **NEW SERVING SIZE**

**Packaging Affects Servings**  
Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

## OLD LABEL vs. NEW LABEL

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
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Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hope this comes in helpful and if you have any questions you may have please give me a call at 410-548-7880.

Thank you,

Sue

**WSW Group Nutrition Discussion**

**February 21st - 10:30 am call to RSVP or ask questions**

BINGO

# PINK RIBBON BINGO

MARCH 9, 2017

## Salisbury Moose Lodge

833 Snow Hill Road

**Doors open and food for sale at 5:00 p.m.**

**Games Start At 6:30 p.m.**

No one under the age of 18 will be admitted

Tickets \$20.00 in advance / \$25.00 at the door

Online registration: [www.womensupportingwomen.org](http://www.womensupportingwomen.org)

or in person at our office. For more information,

call (410) 548-7880



The Pampered Chef, Thirty One Gifts,  
All items filled with complementary goodies.



All proceeds benefit Women Supporting Women.





# DONOR THANKS

## Individual

Janis Nissen-Hawkins  
Carolyn Aurelio  
Russell Baiocco Sr.  
Rachelle Daigneault  
Taylor Hudson  
Wendy Hudson  
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Erica Joseph  
Cynthia Malament  
Kacey Martin  
Barbara Patey  
Irene Raber  
Debra Welsh  
Beth Moran  
Faith Bunting  
Stephanie Moses  
George Scott  
Elizabeth & Dan Harris  
Dotty Heintzelman

## In-Kind

Stan Martin  
Priscilla Davis

## In Memory Of:

### Cecil Bundick

William Webb  
Barbara & Norman Webster  
Lewis Riley  
Beverly Creighton  
Bryan & Harriet Pritchett  
Kenneth McAllister  
Nola & Joseph Arnold  
Angela & Lyne Bynum  
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### Holly Lynn Smith

Theresa Chabot

### Mary Henderson

Julie & Kevin McKamey  
Marilyn Adkins

### Pat Shepherd

Town of Ocean City  
Roy & Gail LeKites

## In Honor Of:

### Pam Wulff

Nancy Rubenson

### Jeanne Kenkel-Tojvar

Kate Kriynovich

### Vickie Benton

Judy Esham

## Business

Windy Way Horses  
5 Star PHC  
Roadie Joe's  
Johnny Jonasik  
Olde Towne Deli  
Delmarva Power  
Wicomico Co Dept of Corrections  
JanEL  
EVO

## Civic

Quilters by the Sea  
Sts. Mary Martha Guild of St.  
Francis de Sales Catholic Church

# **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**

# *Joke of the Month*

Karl and Milly were lying in bed one night. Carl was falling asleep but Milly was in a romantic mood and wanted to talk. She said, "You used to hold my hand when we were courting."

Wearily Karl reached across, held her hand for a second, and rolled over to try to fall asleep.

A few moments later she said, "Then you used to kiss me."

Mildly irritated, he leaned across, gave her a peck on the cheek and settled back down to sleep.

Thirty seconds later she said, "Then you used to bite my neck."

Angrily, he threw back the bed clothes and got out of bed.

"Where are you going?" she asked.

"To the bathroom to get my teeth," he replied.



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