



Local Services, Local Support.

Care & Share

Newsletter

July 2017



Cindy Feist
Executive Director

Happy Independence Day!

Welcome summer! Now is when the weekends become our getaway to the beach. We have sand on our blankets, in between our toes and everywhere else imaginable. At home, the smell of barbecue grills firing up spread the wonderful aromas of ribs and chicken roasting, making our mouths water. It's that time of year for family reunions, backyard pool parties, gardening (or mowing the lawn) at some point, maybe just lounging. However you choose to bask in the summer sun, don't forget the sunscreen.

Here are a few tips from WebMD for protecting yourself and your family:

- * Only sunscreens labeled as both "Broad Spectrum" and "SPF 15" (or higher) can reduce the risk of skin cancer, and reduce the risk of early skin aging -- if they're used regularly, as directed, and in combination with other sun protection measures that will help prevent sunburn.
- * Clouds don't protect you from sun damage. According to the American Academy of Dermatology, up to 80% of the sun's UV rays can pass through clouds and damage your skin. You should wear sunscreen or protective clothing even on cloudy days.
- * UVB rays, which cause sunburns, can't penetrate glass, but UVA rays can. The American Academy of Dermatology recommends that you use a broad-spectrum, water-resistant sunscreen with an SPF of at least 30 year-round, even if you're going to be inside.
- * Along with chemotherapy, birth control pills, naproxyn and other NSAIDs can increase your risk of burning. Ask your doctor if any medicines you're taking might make you more sensitive to the sun.

From our family at Women Supporting Women - Have a Safe and Happy Fourth of July!

Regular Features

- | | |
|------------------------------|----|
| Survivor Story..... | 2 |
| Medical Update..... | 3 |
| Complementary..... | 4 |
| Nutritional Info..... | 5 |
| Upcoming Event..... | 6 |
| Wicomico News..... | 7 |
| Community Support.... | 8 |
| Bras for a Cause Pics.... | 9 |
| Mentoring Minute..... | 10 |
| Donor Thanks/Joke..... | 11 |
| <i>Donation Slip on Back</i> | |

SUPPORT GROUP MEETINGS

SALISBURY

July 6th - 6:30 pm
Thursday

1320 Belmont Ave
410-548-7880

Facilitator: Kyle Beebe

POCOMOKE

July 13th - 5:30 pm

PLEASE NOTE

This month's group will be held at a different location.

Call 410-548-7880 for more info.

Facilitator: Virginia Schneider

OCEAN CITY

July 19th - 1:00 pm
Wednesday

Atlantic Health Center

The Benefits of Therapeutic Yoga and Holistic Health Coaching for Cancer with Chantal Birch

Facilitators: Cindy Elliott, RN,
Nurse Nav.
Bev Ward, RN Breast Care Nav.

CAMBRIDGE

JULY MEETING CANCELLED

Christ Episcopal Church
410-563-0946

Facilitator: Sue Todd

SURVIVOR STORY

My Cancer Journey

Whenever my children had a crisis situation, I was the epitome of taking charge and handling things; from car accidents to stitches. When it came to my own crisis, Stage IV Breast Cancer, I fell apart: spiritually, physically, emotionally, and mentally. Today, 18 months later, I am doing great in all departments. I would like to share how I got there.

For me, the big "C" word was a death sentence. It claimed three of my family; I just knew I was next! My mom's breast cancer went to her bones and she died 8 months later. Of course, I just knew I was going to do the same! Those 8 months came and went. In fact, 18 months have come and gone and I am still here!

My road to surviving started at my first visit to the surgeon after my diagnosis. I was given a tote bag from Women Supporting Women. It contained several pamphlets and lots of goodies like lotion and a seatbelt pillow. But the very best was a book Breast Cancer Treatment Handbook. I am one that researches and must know as much information as possible. This was a "Bible" to me. It helped me understand everything I would need to know about tests, blood work, and treatments. That tote bag was the beginning of an amazing relationship with Women Supporting Women. Since then I have received surgical bras, been fitted for a wig, attended cooking classes, and met one-on-one for nutritional help. Sue Revelle is called a "mentor", and she certainly is mine. She is a good listener. She helped me through a meltdown and gave me tips to reduce my anxiety. She was the first to convince me I could cope.

I chose to stay local at PRMC for my surgeries and treatment. In 2016 I traveled to the hospital 52 times. I could not imagine traveling "up the road" that many times for tests, surgeries, and treatment. I can honestly say **every** doctor, nurse, aide, etc. was excellent on the job and caring in their attitude. Fears were addressed, questions answered, hands held.

Along the way I was introduced to the PRMC Cancer Support Services led by Lisa Barnes. I was offered six free counseling sessions to help with my anxiety and to develop a positive attitude. Through these services I have attended a "lunch bunch" to connect with other survivors, take sitting Yoga classes, and participated in special programs like visiting Peninsula Imaging and having a radiologist explain why different scans are used.

A partner program is the Cancer Support Program at the MAC Center, coordinated by Robin Ritchie. They, too, offer

several free programs that help me on my journey. I took a six week course "Cancer: Thriving and Surviving". I learned so much about cultivating a positive attitude, nutrition, setting goals, exercise, and overcoming treatment side effects. This class was one of the best things I did that helped me the most! In addition, there is a "healing garden". Participants can have their own plot or help with the larger garden and receive vegetables harvested weekly. The vegetables are organic and yummy! Through the Komen Foundation, a six month free membership to the MAC gym is offered for breast cancer survivors, which can include classes or individual work out.

MAC and PRMC groups work together on some programs. Cooking classes are fun and much needed when trying to change eating habits, and the Tai Chi exercise classes are so good for my balance. My balance was also addressed through a class "Stepping On". It gave me additional exercises for balance and preventing falls.

One additional activity that has helped me on my journey is meditation. I always prayed but during this time it was difficult for me to focus. I shied away from Church. This took its toll. I still tried to put God first by morning prayer but it was not working. I had times of despair, meltdowns; and remember, I was going to die in 8 months! Meditation was a life saver for me. I even used it once to get through a biopsy! I can now quiet most anxiety, keep my insomnia under control, pray and keep focus.

I am at a much better place physically, emotionally, mentally, and spiritually than I was 18 months ago. I owe all this to my doctors, PRMC hospital, Women Supporting Women, PRMC Cancer Support Services, MAC Cancer Survivors Program and my Meditation teacher.

So, when you or a loved one is diagnosed with Cancer, look and ask for help. There are wonderful groups and people who are ready to help on your journey just as they helped me on mine. Most are free and they are right here on the eastern shore.

Pamela Banks



MEDICAL UPDATE

How Radiation Works

Radiation therapy uses a special kind of high-energy beam to damage cancer cells. (Other types of energy beams include light and X-rays.) These high-energy beams, which are invisible to the human eye, damage a cell's DNA, the material that cells use to divide.

Over time, the radiation damages cells that are in the path of its beam — normal cells as well as cancer cells. But radiation affects cancer cells more than normal cells. Cancer cells are very busy growing and multiplying — 2 activities that can be slowed or stopped by radiation damage. And because cancer cells are less organized than healthy cells, it's harder for them to repair the damage done by radiation. So cancer cells are more easily destroyed by radiation, while healthy, normal cells are better able to repair themselves and survive the treatment.

There are two different ways to deliver radiation to the tissues to be treated:

- ☒ a machine called a linear accelerator that delivers radiation from outside the body
- ☒ pellets, or seeds, of material that give off radiation beams from inside the body

Tissues to be treated might include the breast area, lymph nodes, or another part of the body.

In some cases, your doctor may recommend hyperthermia be used in combination with radiation therapy. Hyperthermia (also called thermal therapy or thermotherapy) uses an energy source such as ultrasound or microwave to heat cancer cells to high temperatures, up to 113 degrees Fahrenheit. Early research has shown that hyperthermia may make some cancer cells more sensitive to radiation. Hyperthermia is still being studied in clinical trials and isn't available everywhere. Hyperthermia and radiation are usually given within an hour of each other.

Some people may fear radiation therapy. They may worry that therapeutic radiation may be dangerous like an atomic bomb or nuclear power plant. Stories about radiation side effects, some of them exaggerated, can circulate around hospital waiting rooms. It's important for you to know that there is NO connection between therapeutic radiation and the types of radiation in bombs and nuclear reactors. The radiation used in cancer treatment is highly focused, controllable, and generally safe.

Why radiation is necessary

Radiation is an important and often necessary form of anti-cancer therapy because it is able to reduce the risk of recurrence after surgery. Although it's quite possible that your surgeon removed all the cancer, breast cancer surgery cannot guarantee that every last cancer cell has been removed from your body.

Individual cancer cells are too small to be felt or seen during surgery or detected by testing. Any cells that remain after surgery can grow and eventually form a new lump or show up as an abnormality on a test such as a mammogram.

Research has shown that people who are treated with radiation after lumpectomy are more likely to live longer, and remain cancer-free longer, than those who don't get radiation. Research has shown that even women with very small cancers (1 centimeter or smaller) benefit from radiation after lumpectomy.

COMPLEMENTARY CARE

Bathing Suit Tips

Swimming — any time of the year — is a terrific way to get moderate exercise and strengthen your body before, during, and after breast cancer treatment. There's nothing like a cool swim on a hot day to relax your mind and refresh your spirit — just be sure to check with your doctor before starting any new exercise.

Before you start thinking about bathing suits, remember this comforting thought: most women are self-conscious in a bathing suit, whether they've been through breast cancer treatment or not. Still, we put up with them because they're part of the summer package that also includes swimming; a warm, relaxing environment; and outdoor fun.

Sure, there are some women who are completely at-ease in a bathing suit. But if you're having any feelings of insecurity, look up and down the beach or around the poolside. You'll see all kinds of bodies: small, medium, large, extra-large. They're all okay. Perfection doesn't exist. So don't waste your precious energy on feeling insecure. Instead, use it for pleasant and interesting thoughts, fun, and sharing time with friends and family.

If you've recently had surgery for breast cancer, you may be wondering what your options are for buying a bathing suit that's comfortable for you.

Several bathing suit brands are designed for women who have had breast cancer surgery (mastectomy or lumpectomy). These suits have higher necklines and armholes, to conceal scars. They also have built-in bra pockets for securing breast forms (prostheses) if you have not had reconstruction.

Amoena and It Figures are companies that make bathing suits designed for women who have had breast cancer surgery. Lands' End offers built-in pockets in many of their swimsuit styles.

Some suits have other features, such as figure-smoothing panels and skirts, that are popular with many women whether or not they've had breast surgery. And, yes, experts agree that dark solid colors are the most flattering.

You may not need a specially designed bathing suit. If you find standard swimwear that you like, the retailer might be able to add a breast form bra pocket to the inside of the suit. Some stores charge for this service, others don't.

"We can sew a pocket into any suit we sell at no charge," says Rose Tabile, women's active wear manager at Nordstrom's department store in King of Prussia, PA. Nordstrom stores also usually carry Amoena and It Figures suits.

If you have not had reconstruction and do use breast forms, you may consider getting a swim form, which is like a conventional breast form but much lighter. Although weighted forms are good for everyday use — to maintain balance and protect against back and neck pain — they may be uncomfortable or just downright heavy when swimming.

Swim forms are less dense and float better than weighted forms. Made from clear silicone, they're designed to allow water to flow naturally across the chest. Some attach into the bathing suit with fabric tabs, to prevent unexpected "pop-up" moments. Built-in pockets also hold them in successfully.

An ultralight swim form, made from whipped silicone, is practically weightless. It attaches directly to the skin of the chest with adhesive for a more natural line. "There's no gap when you lean over," says Cynthia Shafer, Nordstrom lingerie manager.

Chlorinated water, saltwater, heat, and sunlight won't damage silicone breast forms, but forms should be washed by hand and kept dry between uses. Learn more about prostheses in the Breast Reconstruction section.

BreastCancer.org

Are you looking for a swim form/prosthetic? WSW has some available! Give us a call to see if we have one in your size!

NUTRITIONAL INFORMATION

Eating When You Have Changes in Your Sense of Taste or Smell

Chemotherapy may cause changes in your taste and smell. Foods may taste bitter or rancid, and you may develop a dislike for certain foods. Many people report that their food tastes metallic. This happens because chemotherapy alters the receptor cells in your mouth that tell your brain what flavor you are tasting or what odor you are smelling. These symptoms can continue as long as you are under treatment. Your senses of taste and smell usually return to normal weeks to months after treatment has stopped. Learn more about the causes of changes in your sense of taste or smell and how to manage them.

How to eat if you have changes in your sense of taste and smell:

- **Try new foods.** If you find yourself disliking your favorite foods, try ones that are different from what you normally eat. Be sure to try new foods when you're feeling good so you don't develop more food dislikes.
- **Eat lightly and several hours before you receive chemotherapy.** This helps prevent food aversions caused by nausea or vomiting after chemotherapy.
- **Ask another person to cook for you, or rely on prepared foods from a store** if you can't stand the smell of food. You can also order take-out.
- **Try eating more cold foods** such as yogurt, cottage cheese, or a sandwich because cold food usually doesn't have a strong smell.
- **Try eating with plastic utensils** if your food tastes like metal.
- **Rinse your mouth** with tea, ginger ale, salted water, or baking soda dissolved in water before you eat to help clear your taste buds. Some women say that sucking on ice chips in between bites of food helps numb their taste buds so they can eat.
- **Don't force yourself** to eat foods that taste bad to you. Find substitutes that you can tolerate.
- **Eat small, frequent meals.** It may be easier to eat more that way.

Don't wait until you feel hungry to eat. If you have no appetite, think of eating as a necessary part of your treatment. Try to eat at least a little something at regularly scheduled times during the day.

What to eat if you have changes in your sense of taste and smell:

- **Eat other sources of protein if red meat doesn't taste right.** Try chicken, turkey, fish, or soy foods. You can also eat eggs to get protein. You may still like them even if meat doesn't taste good.
- **Eat fresh vegetables.** They may be more appealing to you than canned or frozen ones. Canned soups and vegetables may have a metallic taste.
- **Try fruit smoothies and frozen desserts.** They don't have a strong smell, and you may find them appealing.
- **Try peeled, sweet baby carrots** instead of large unpeeled carrots, which often taste extremely bitter to women who are having chemotherapy.

Have portable snacks handy if you're having trouble eating enough because of loss of appetite. Keep high-protein snacks close by so you can eat when you feel like it. Try cheese and crackers, muffins, peanut butter, granola bars, sliced lean turkey or chicken breast, and fruit. And take snacks with you when you go out.

13th Annual RIDE FOR AWARENESS & Poker Run



SATURDAY,
JULY 15th



featuring:
On the Edge

START & END: Salisbury Elks Lodge #817

Registration: 8:30am

Last bike out 11am Return by 2pm

\$25 per Driver, \$15 per Passenger

AFTER PARTY: Join us back at the Elks (1-5pm) for food (included), drinks and LIVE music by On the Edge!

1st, 2nd and 3rd prizes for best hands as well as WORST HAND announced at the after party when last rider arrives.

50/50 Raffle · Cornhole Raffle
Pool open for a fee

MORE INFO: 410-548-7880 | womensupportingwomen.org

Thank you Courage Sponsors:



Upcoming Events

Knitting Group
Contact Elise at
410-430-0103

Ride for Awareness-Poker Run

July 15th
Salisbury Elks Lodge #817
Reg. begins 8:30 am

IN OCTOBER:

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

FUN FACT:

Contrary to popular belief, only two Founding Fathers signed the Declaration of Independence on July 4, 1776. The majority of signers penned their signatures on August 2, 1776.

The original draft of the Declaration of Independence was lost.

The back of the Declaration of Independence says, "Original Declaration of Independence dated 4th July 1776."

Wicomico County Chapter

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Cindy Feist
Executive Director

Natassia Feather
Office Manager

Kerrie Bunting
Event Coordinator

Amanda Smith
PR & Marketing

Sue Revelle
Mentoring Coordinator

WICOMICO COUNTY CHAPTER NEWS

1320 BELMONT AVENUE, SUITE 402

SALISBURY, MARYLAND 21804

410-548-7880

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

The key word this time of year is: **HYDRATION!** It is important for everyone to stay hydrated with the rising temperatures. Making sure to keep your fluid intake at a good level is much easier than you may think. Other fluids, such as milk, juice and tea also count and many foods contain water and help replenish lost fluids. Choose foods like lettuce, watermelon, broccoli, cucumber, celery, tomatoes and more!!

REMINDER!! Our **Ride for Awareness and Poker Run** featuring "*On the Edge*" is on July 15th at the Salisbury Elks Lodge #817. Lunch is included for all motorcycle riders and passengers, we will have live music from 1-5pm, a 50/50, a gift bag from Seaford Rommel Harley Davidson raffle, and a cornhole board raffle. Ticket sales will be available for the show only as well.

Are you planning on riding in the **Sea Gull Century** this year? Are you interested in fundraising for WSW? Contact us for more information.

Walk for Awareness Team Captains, have you picked up your team packets yet? There are all kinds of useful materials in there to help keep your team organized and tips on how to be a successful fundraiser. If you start fundraising now imagine how quickly you could rise to the top of the fundraising ladder securing yourself for

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 or call me at 410-548-7880. Tassia





James M Bennett High School held a t-shirt fundraiser (t-shirt shown on right) for WSW and raised \$1000.00!



Cindy accepts a check from Gertie Kulp from the Pocomoke City American Legion in the amount of \$1000.00.

Community Support

Meet Mahlet



Women Supporting Women is pleased to announce the newest addition to the WSW team, Mahlet Yosef, as our Summer Intern. Mahlet is from the Washington, DC metropolitan area and recently graduated from Salisbury University with a Bachelor's Degree in Community Health with a minor in Sociology. Mahlet brings to the table her range of experience and education in leadership, health program planning, organization and event planning, social media management, and photography.

Bras for a Cause Winners



Once again our Bras for a Cause participants blew us away with their creativity and fundraising efforts. This year's theme was "Nursery Rhymes". The first place winners were:



1. Team JBC - People's Choice Group, Best Theme, and Best Use of Materials



2. Wicomico Co. Board of Ed - People's Choice Business

3. Helen Cook - People's Choice Individual

4. Judy Herman - Best Breast Cancer Message

5. Pam's Hallmark - Centre of Salisbury Retail Choice

6. Daisy Harper - People's Choice Youth, Best Overall Creative Design

Mentoring Minute with Sue

Skin and Sun Protection

Excessive exposure to the sun is responsible for much of the skin damage associated with aging and the leading cause of skin cancer. It takes as little as 15 minutes for the sun's ultraviolet rays to harm your skin, even though it may take up to 12 hours for your skin to show a sunburn. Serious sunburns, especially during childhood and adolescence, can increase the chances of developing the more serious form of skin cancer – malignant melanoma – later in life. If you are currently under chemotherapy and/or radiation – Please Be Careful.

Only sunscreens labeled as both "Broad Spectrum" and "SPF 30" can reduce the risk of skin cancer, and reduce the risk of early skin aging -- if they're used regularly, as directed, and in combination with other sun protection measures that will help prevent sunburn. Higher "SPFs are no better.

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UVB rays, which cause sunburns, can't penetrate glass, but UVA rays can. The American Academy of Dermatology recommends that you use a broad-spectrum, water-resistant sunscreen with an SPF of at least 30 year-round, even if you're going to be inside.

Along with chemotherapy and radiation, birth control pills, naproxyn and other NSAIDs, and thiazide diuretics can increase your risk of burning. You also need to be careful if you take tricyclic antidepressants, sulfonylureas for diabetes, or tetracycline, sulfa drugs, or many other antibiotics. Ask your doctor if any medicines you're taking might make you more sensitive to the sun.

Don't forget your lips. Instead of using lip balm that contain camphor, menthol, or phenol, use products with moisture-sealing ingredients and SPF protection.

Source: BreastCancer.org & WebMD

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 Spicer Bros. Construction Inc. for helping us fulfill our mission by being a "Courage Sponsor".



*Construction, Inc.
—FOR YOUR LAST ROOF—*

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

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American Legion Post #93
Westside Primary School

In Memory Of:

Paul Harkum
Cresenthia Jones

HOW CAN YOU DONATE?

Monetary

- ❑ WomenSupportingWomen.org
- ❑ Over the Phone
- ❑ Mail - in (donation slip on back)
- ❑ In Honor or Memory
- ❑ 3rd Party Fundraiser

In-Kind (Non-Monetary)

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

SPONSORS

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\$5,000 +

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Peninsula Plastic Surgery

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Cancer Institute

Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Airport Self Storage

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JOKE OF THE MONTH

Independence Day was approaching and the teacher took the opportunity to teach her class all about patriotism.

She said to them, "You know, we live in a great country. And one of the best things about it is that we are all free."

At this, a little boy marched up to her from the back of the class, put his hands on his hips and said angrily, "I'm not free. I'm four."



WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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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



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All donations stay 100% local - WSW is not affiliated with any national organizations.

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Please use this gift where it is most needed.

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Enclosed is a check for \$ _____ made payable to WSW

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This gift is made: In Memory of In Honor of

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