



Care & Share

Newsletter

June 2017

Local Services, Local Support.



Cindy Feist
Executive Director

What a great way to start off our newsletter for the month of June! Women Supporting Women is pleased to announce that we received the Non-Profit Organization of the Year Award from the Salisbury Area Chamber of Commerce on Thursday, April 20, 2017 during their Annual Awards Banquet. Along with this honor, we also received Official Citations from The Senate of Maryland and The Maryland General Assembly.

Women Supporting Women is extremely thrilled to be given this honor by the Salisbury Area Chamber of Commerce and to be recognized by the



Senate and General Assembly. Thank you to everyone who nominated and voted for our organization.

The award and citations encourages our organization and spurs us on to provide new and different programs and services for those within our community who have been touched by breast cancer. We begin the summer renewed and energized to move Women Supporting Women on to the next steps to an even brighter future.

Again, THANK YOU all for your support!

Cindy

Regular Features

Survivor Story.....2
 Medical Update.....3
 Complementary.....4
 Nutritional Info.....5
 Local Support.....6
 Wicomico News.....7
 Community Support....8
 Comm. Support Cont...9
 Mentoring Minute.....10
 Donor Thanks/Joke....11

Donation Slip on Back

SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
June 1 - 6:30 pm Thursday	JUNE MEETING CANCELLED	June 21 - 1:00 pm Wednesday	June 27 - 6:30 pm Tuesday
1320 Belmont Ave 410-548-7880	Pocomoke Com. Center 410-548-7880	Atlantic Health Center	Christ Episcopal Church 410-563-0946
Facilitator: Kyle Beebe	Facilitator: Virginia Schneider	Topic: Insomnia & Obstructive Sleep Apnea, Robin Rohlfing, Polysomnographer	Topic: Open
		Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	Facilitator: Sue Todd

SURVIVOR STORY



Metastasis is a FOUR-LETTER Word

by Patricia Ohanian Lundstrom

You're a survivor? How long?

This question continues to confuse me. I have no idea how to answer it. I usually say something like, "Well, I woke up this morning, so about five hours now." People think this is a witty thing I say, but, in fact, it's the closest to the truth I can get.

Four years ago, my bone scan confirmed that my breast cancer had spread to my right femur, my left hip, and all up and down my spine. Localized breast cancer is one thing, but an all-out body invasion automatically makes it stage IV. Two weeks earlier, before anyone had seen my bones, my tumor had been a stage II ball of fury in my left breast, and the word "cure" had been bandied about. They don't use that word when you have stage IV.

But you play the cards you're dealt, right? And you work your way toward the end. Although with stage IV, the end is a sort of swimmy thing, no longer easily defined. Stage IV means that surviving the original onslaught of cooties isn't enough, you have to be on the lookout. Forever. It's kind of unfair, that surviving cancer isn't enough, that it's not THE END. Stage IV means never having an end, or rather, having an open end.

So when you ask how long I've been a survivor, do I count from the moment of my diagnosis? From my last chemo treatment? From the last time I thought about dropping dead?

At any given moment, I am in the throes of survival, just like everyone else. And I look like everyone else. I have hair, boobs, and a significant spare tire, so I look as though I have survived the worst.

And I have; I absolutely have survived the worst, so far, and in pretty good shape too. But I can't help thinking of how much has changed on the inside, at a very real, physical level.

My body has been breached; my cells have been altered. I have been changed at a molecular level by a transformation not yet understood by science. Every three weeks when I was in treatment, in order to battle this attack, in order to save my life, my doctor mixed a combination of poisons – one of which, if it were to accidentally drop onto my skin, would very literally tear my flesh away – and poured approximately two cups of this caustic stew directly into my heart. For three days afterward, my pee was a deadly weapon – contact with my urine could have resulted in sterilization.

Survivor? I'm a gosh darn super hero! Once you get bitten by the spider, your insides are never the same.

And although I suspect battling insane villains is someone's idea of a challenging storyline, I have yet to see any superheroes signing their children up for the new school year, grocery shopping, making work deadlines, filing the 3,000 pieces of paperwork it takes to run the house and fight a deadly disease, making meals, and kissing boobos. Doing all of this, which is real life, and then every three weeks, saying, "Yes, may I please have some more poison poured directly into my heart?" *Survival* barely scratches the surface of what cancer patients do every day.

So now that I'm three years out of treatment and life has come back to "normal," can I claim to be a survivor? It just rubs me the wrong way; maybe because "survivor" has a past-tense connotation. I am surviving, present tense, now and forever more.

You're a survivor? How long?

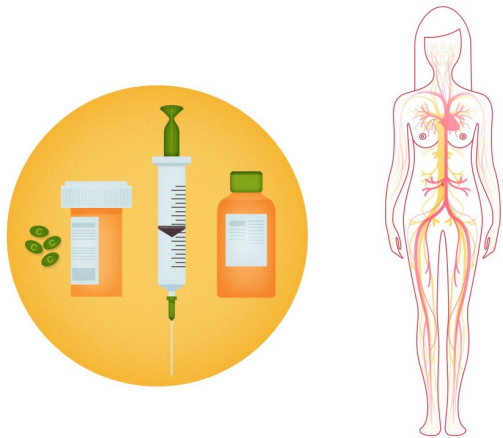
All the time.

CopingMag.com

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

What is chemotherapy?

Chemotherapy is a treatment method that uses a combination of drugs to either destroy cancer cells or slow down the growth of cancer cells.



⌘ **Cytotoxic drugs** (meaning “toxic to cells”) are usually given orally or through a vein (intravenously or “through the bloodstream”).

⌘ **Chemotherapy** is a systemic therapy, meaning that the drugs travel in the bloodstream throughout the entire body.

Who needs breast cancer chemotherapy?

Chemotherapy is offered to most patients based on several factors including:

- ⌘ Tumor type
- ⌘ Tumor grade
- ⌘ Tumor size
- ⌘ Type of receptors and status
- ⌘ Number of lymph nodes involved and degree of involvement
- ⌘ The risk for cancer to spread elsewhere in the body

Your medical team will work to select the right blend of chemotherapy drugs to suppress each stage of the cancer cells’ growth.

How is breast cancer chemotherapy administered?

Chemotherapy is commonly prescribed along with other treatment methods such as hormonal and targeted therapies. It can also be used to shrink a tumor before surgery for easier and safer removal.

If you receive chemotherapy, your doctor will administer it in short courses with several weeks in between to allow your normal cells to recover. This treatment period can be a challenging time emotionally and physically. It is important for you to develop a

support team of family or friends that can help comfort and encourage you in this time.

What are the side effects of chemotherapy?

Although chemotherapy kills the fast-growing cancer cells, the drugs can also unfortunately harm normal cells that divide rapidly.

- **You may have a reduction in red blood cells.** When drugs lower the levels of healthy blood cells, you’re more likely to get infections, bruise or bleed easily, and feel very weak and tired. Your healthcare team will check for low levels of blood cells. If your levels are low, your healthcare team may stop the chemotherapy for a while or reduce the dose of the drug. There are also medicines that can help your body make new blood cells.
- **Chemotherapy may affect the cells that produce hair.** Chemotherapy may cause hair loss. If you lose your hair, it will grow back after treatment, but the color and texture may be changed.
- **You may have changes from a different balance of cells lining your intestinal tract.** Chemotherapy can cause a poor appetite, nausea and vomiting, diarrhea, or mouth and lip sores. Your healthcare team can prescribe medicines and suggest other ways to help with these problems.
- **Chemotherapy may affect the nerve cells.** Some drugs used for breast cancer can cause tingling or numbness in the hands or feet. This problem often goes away after treatment is over.

Are there any lasting side effects of chemotherapy?

Sometimes people do experience problems that may not go away. For example, some of the drugs used for breast cancer may weaken the heart. Your doctor may check your heart before, during, and after treatment. A rare side effect of chemotherapy is that occasionally, years after treatment, a few women have developed leukemia (cancer of the blood cells).

Some anti-cancer drugs can damage the ovaries. If you have not gone through menopause yet, you may have hot flashes and vaginal dryness. Your menstrual periods may no longer be regular or they may stop. You may become infertile (unable to become pregnant).

Pregnancy During Chemotherapy

Before treatment begins, you should talk with your doctor about family planning because many drugs given during the first trimester are known to cause birth defects.

Although chemotherapy is often a very personally challenging time in life, there are thousands of people today who are very thankful for its life-saving and life-extending potential.

COMPLEMENTARY CARE

What Is Complementary Medicine?

Complementary medicine is used to describe therapeutic techniques that are not part of **conventional** medicine (also called "regular," "standard," or "mainstream" medicine).

Complementary therapies are used as a "complement" or addition to conventional medicine. Because complementary medicine can be combined or integrated with conventional medical treatment, it is also called "integrative medicine."

Complementary medicine is not alternative medicine.

Complementary medicine is USED WITH conventional medicine. Alternative medicine is USED INSTEAD OF conventional medicine. It might help you to add yoga, tai chi, or massage to your regular treatment plan. But you should NEVER replace any part of your regular treatment (surgery, chemotherapy, radiation, hormonal treatment) with something else. Therefore, Breastcancer.org does not recommend alternative medicine.

Conventional medicine has been proven to be safe and effective by numerous scientific studies. While some studies show that people diagnosed with breast cancer can get benefits from complementary medicine, it's important to know that complementary therapies usually don't undergo the same kinds of rigorous testing as conventional medicine.

Complementary medicine includes techniques such as acupuncture, herbal medicine, massage, support groups, and yoga. Sometimes called holistic medicine, complementary medicine typically addresses how disease affects the whole person: physically, emotionally, spiritually, and socially.

Because their effect on the body is best described in nutritional terms, Breastcancer.org discusses supplements and herbs in our Nutrition section.

A number of studies have found that up to 80% of breast cancer survivors have used at least one complementary technique.

To help doctors and patients understand which complementary therapies are safe and effective for people diagnosed with breast cancer, the Society for Integrative Oncology released guidelines that make recommendations about more than 80 complementary therapies in November 2014.

The Society for Integrative Oncology is a non-profit organization of professionals from many different areas of

medicine who are dedicated to studying and aiding the cancer treatment and recovery process through the use of integrative medicine.

There are literally hundreds of complementary medicine techniques. While some treatments have been studied in breast cancer patients, others have not. We have noted which treatments have and have not been studied in breast cancer patients. ALWAYS check with your doctor before beginning any complementary treatment.

Although not every complementary technique is listed here, we've included information about the most widely used complementary techniques.

COMPLEMENTARY MEDICINE TREATMENTS

- ⌘ Acupuncture *
- ⌘ Aromatherapy
- ⌘ Chiropractic Therapy*
- ⌘ Guided Imagery
- ⌘ Hypnosis *
- ⌘ Journaling
- ⌘ Massage *
- ⌘ Meditation
- ⌘ Music Therapy *
- ⌘ Progressive Muscle Relaxation
- ⌘ Reiki *
- ⌘ Shiatsu *
- ⌘ Spirituality and Prayer
- ⌘ Support Groups *
- ⌘ Tai Chi
- ⌘ Yoga

*Requires a practitioner. The others can be self-taught or done alone after a few sessions with a teacher. Always talk to your doctor before trying a new therapy.

NUTRITIONAL INFORMATION

Whole Grains: Putting Flavor First

By Carrie Dennett, MPH, RDN

Whole grains add vibrant flavor and texture to meals.

One of the first things that comes to mind when you think about whole grains is how healthy they are. But even when nutrition and health are priorities, we eat with our eyes and eat to satisfy our taste buds. Yes, they are nutritious, but whole grains are also beautiful to behold and packed with flavor and texture.

Health Benefits in the Kernel

In their whole form, grains still have their bran and germ, making them rich in fiber, antioxidants, and B vitamins. They also have some healthy fats. Refined grains are missing the bran, germ or both, leaving mostly starch. A study published last June in the journal *Circulation* found that people who ate the most whole grains (about 4 servings per day), compared with those who ate little or no whole grains, had a lower risk of dying. The researchers reported that not only are whole grains fiber-rich, which helps lower cholesterol and stabilize blood sugar, but they have multiple bioactive compounds that could contribute to their health benefits.

This study is just the latest to demonstrate the healthfulness of whole grains. It's also consistent with research supporting the health benefits of plant-based diets—including the traditional Mediterranean diet, in which whole grains play a significant role. But focusing on the health benefits may get in the way of fully appreciating the appeal of whole grains.

Savor the Flavor

To Maria Speck, author of *Ancient Grains for Modern Meals* and *Simply Ancient Grains*, the real motivation for using whole grains is flavor, with nutrition just a lucky side bonus. Growing up with German and Greek heritage, she says, “No one ever said, ‘You better eat your healthy whole grains.’ Instead, they were just part of our everyday meals.”

Tips for Making Whole Grains Absolutely Delicious

Whole grains have fuller, more nuanced flavor, which can seem unfamiliar at first. Once your palate adjusts, your taste buds will have a new world to explore.

Plan Ahead: Some of the most flavorful grains, like rye berries and wild rice have longer cooking times. Speck suggests cooking batches to refrigerate or freeze for later.

Enjoy Texture, Too: Speck says that whole grains have a spectrum of textures. “Oatmeal, polenta and millet can all be made into supremely comforting dishes.” Wheat berries, spelt berries, rye berries, are chewy. Quinoa and brown rice are somewhere in the middle.

Adjust Accordingly: Whole grains and whole grain pasta often pair best with more assertively flavored sauces and ingredients that can match them, like those from the Mediterranean.

Find Great Resources: Whole grains are everywhere, from magazines to cookbooks to the Internet. One online resource is the Whole Grains Council (wholegrainscouncil.org)

Cooking with Whole Grains

- **Amaranth:** Cook this tiny, tender grain into breakfast porridge or use to thicken soups.
- **Barley (hulled):** Try this semi-chewy grain in salads, pilafs, or risotto dishes.
- **Buckwheat:** Use this quick-cooking, sticky grain for porridge; the flour for pancakes and waffles.
- **Bulgur:** This form of wheat is excellent in tabbouleh and ground meat dishes.
- **Cornmeal (polenta):** Cook it into a creamy side dish or porridge, or spread into a tart pan as a crust.
- **Farro(emmer or einkorn):** This wheat is nicely chewy in farotto (similar to risotto) salads, soups, and side dishes.
- **Freekeh:** Its smoky flavor enhances salads, side dishes, soups, and ground meat recipes.
- **Millet:** Fluffy and airy, use it in side dishes and puddings or savory pancakes.
- **Oats, steel cut** It is excellent in baked oatmeal, as well as savory dishes.
- **Quinoa:** This grain is good in pilafs, salads, or casseroles.
- **Rice, brown:** Use long-grain for pilafs, short-grain for rice pudding or risotto.
- **Rye berries:** Hearty, nutty and chewy, this grain is good in soups or salads; the flour adds depth to baked goods.
- **Sorghum:** Pop like popcorn, use instead of couscous, or try the gluten-free flour in baked goods.
- **Spelt berries:** Pair with veggies in a salad; bake with the nutty-flavored flour.
- **Wheat berries:** Excellent in make-ahead salads, this grain is also good for baking.
- **Wild rice:** Its strong flavor and firm texture pairs well with poultry in stuffing and side dishes.

13th Annual

RIDE FOR AWARENESS & Poker Run



**SATURDAY,
JULY 15th**



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, 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:



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

Contact Elise at
410-430-0103

Bras for a Cause

The Centre at Salisbury
Closing Ceremony 6 pm
June 1, 2017

Ride for Awareness-Poker Run

July 15th
Salisbury Elks Lodge #817

Wow! It is hard to believe it is already June! The perfect time of year for the beach, barbeques, and soaking up some vitamin D. With that being said it is also time to be extra vigilant about applying sunscreen in the morning and throughout the day as needed and to keep your head covered, especially if you are currently going through chemotherapy. Your skin is more sensitive and at a higher risk for sunburn.

Bras for a Cause was a success and we cannot thank our participants and their donors enough for continuing to amaze us with both your creativity and generosity. Pictures will be posted on Facebook and in the next newsletter.

ATTENTION ALL WALK TEAM CAPTAINS!! We are only six months out from the 16th ANNUAL WALK FOR AWARENESS! This is the perfect time to start fundraising to claim the title of Top Fundraiser for either Individual or Team. Team and fundraising packets will be available for pick-up the week of June 12th.

Are you a motorcycle owner? Do you know someone who does? If so don't miss out on joining us for our 13th Annual Ride for Awareness & Poker Run. Not only are we beginning and ending at a new location (Salisbury Elks Lodge #817) but we will also provide lunch and have live music by "On The Edge"! Don't have a bike but enjoy good music? You can also just buy a ticket to enjoy the show. Registration available in person the day of the event or online at Firstgiving.com.

FUN FACT:

One might think that since it is summer in the Northern Hemisphere, the Earth is closest to the Sun during the June Solstice. But it's the opposite. The Earth is actually farthest from the Sun during this time of the year. In fact, the Earth will be on its Aphelion a few weeks after the June Solstice.

Aphelion: the point in the orbit of a planet, asteroid, or comet at which it is furthest from the sun.

Wicomico County Chapter Staff Members

Cindy Feist

Executive Director

Emily Rantz

PR & Marketing Director

Natassia Feather

Office Manager

Sue Revelle

*Mentoring Coordinator
Co-Founder*

SAVE THE DATE

National Cancer Survivors Day®



Sunday, June 4, 2017

Community Support

Are you, your group or organization interested in supporting WSW?? Contact Emily at the office - 410-548-7880 - to fill out a 3rd party form or to find out how you can get started. Without our amazing community, businesses and donors we would not be able to provide all of the FREE services to our survivors that we do.



Delmar Middle and High School Girls Basketball raised \$500.00.



Thank you to Salted Vines Vineyard and Winery for choosing us as a recipient of your breast cancer fundraiser.



The Salisbury Rollergirls had their first bout of the season on April 8th and chose WSW as the charity to donate a portion of their ticket sales to.

Angela Ayres, Principle , and Mary Chamberlain present a check for \$150.00 from a casual day that Pocomoke Middle School held and donated to WSW.



Nikki Short, BJ Johnstone and Karen Kelly of Craig's Drug Store in Cambridge, MD presented a donation of 310 mastectomy bras and 50 breast forms/prostheses to Sue of WSW.

Board Member, Colleen Brewington accepts a donation from Kathy Turnell who raised \$323.00 during a Pearls for Charity fundraiser.



Mentoring Minute with Sue

We are coming into the fresh fruit and vegetable season. Please take a look at the lists to the right to see which food you should be cautious about when eating. If you can, purchase at the local markets when the fruits and/or vegetables are available and ask the stand owners how much they spray in the fields.

I am also still offering one-on-one wellness classes through our Wellness Navigator Program. We can discuss a variety of topics including but not limited to: eating habits, nutritional well-being, stress, how to read nutritional labels and more.

Call the office to set up an appointment for Monday—Wednesday from 9 am—3 pm.

Pocket Guide to Pesticides

Clean 15

The following are consistently the least contaminated with pesticides.

Avocados
Sweet Corn
Pineapples
Cabbage
Sweet Peas
Onions
Asparagus
Mangoes
Papayas
Kiwi
Eggplant
Honey Dew
Grapefruit
Cantaloupe
Cauliflower

Dirty 15

The following are consistently the most contaminated with pesticides—buy these organic.

Strawberries
Apples
Nectarines
Peaches
Celery
Grapes
Raspberries
Spinach
Cherry Tomatoes
Bell Peppers
Peaches
Cucumbers
Kale
Potatoes
Collard Greens



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

EXCEPTIONAL HEALTHCARE. EXCEPTIONAL PEOPLE.
**PENINSULA
REGIONAL
MEDICAL CENTER**
RICHARD A. HENSON CANCER INSTITUTE

**McCready
HEALTH**
With you...for life!

DONOR THANKS

Individual

Ruth Culver
 Kevin Hughes
 Linda Baull
 Judy Hood
 Lori Richardson
 Kathy Turnell
 Janice Watts
 Carol Mills
 Russell Baiocco Sr.
 Patricia Stang

In-Kind

Carla Schultes
 Debbie Bell
 Jen Berlin

In Honor Of:

In Memory Of:

Business

Civic

Salisbury Elks Lodge #817
 Fruitland Intermediate School
 Delmar Middle and Senior Girls
 Basketball
 Soroptimist of Salisbury
 Pocomoke Middle School
 United Methodist Women—
 Trinity UM 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

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.

JOKE OF THE MONTH

After putting their three-year-old child Brian in bed, his parents heard muffled sobs coming from his room one night. Rushing back in, they found that the child was crying hysterically. When he saw them, he told his parents that he had accidentally swallowed a penny and was sure that he would die now. The father, in an attempt to calm him down, took out a penny from his pocket and pretended to pull it out from Brian's ear. The child was really thrilled and stopped crying at once. In a flash, he snatched the penny from his dad's hand, swallowed it, and then cheerfully demanded, "Do it again, Dad!"



NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

Please contact the office if you are not reading
or if you no longer wish to receive our
newsletter. Thank you.

410-548-7880 or

Tassia@womensupportingwomen.org



Women Supporting Women 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 _____