



Local Services, Local Support.

Care & Share

Newsletter

March 2017



Cindy Feist
Executive Director

Spring Has Sprung? Or, so we hope by the end of this month. With that comes the promise of warmer weather and time for us to shed the layers of clothing. We need to stop procrastinating and become more focused and really consider what we need to eat healthier, exercise more and be the healthiest we can be.

There are many options within our community to find the right resources for all of the above. As far as your eating habits, maybe just a little tweaking will do. Here at WSW, there are two ways we can help. Our "Cooking for the New Me" classes will begin again in April providing four classes on healthier eating. If you prefer to have one-on-one sessions, our new Wellness Navigator has weekly sessions available to go over a plan specific for your needs.

Both of these programs are funded by a grant from the Maryland Agricultural Education and Rural Development Assistance Fund (MAERDAF).

As for the exercising piece, are your children or grandchildren going to the YMCA, on a Little League team, going to Crown Sports for a program or practices? Why not take a couple minutes for you and walk around the building or track. See if the organization has programs you may enjoy and join. Peninsula Regional Medical Center has a Cancer Exercise Program that is conducted in the Cardiovascular/Pulmonary Rehabilitation and Preventive Cardiology Department. Or, there is always the good, ole buddy system. Find that friend, put the sneakers on and start your new journey to wellness this spring.

Be Healthy, Be Well 

Cindy Feist

Regular Features

Survivor Story.....2-3
 Medical Update.....4
 Complementary.....5
 Nutritional Info.....6
 Nutrition Class Flyer.....7
 Wicomico News.....8
 Bras for a Cause Flyer...9
 Bras Entry Form.....10
 Mentoring Minute.....11
 BINGO Flyer.....12
 Donor Thanks/Joke.....13

Donation Slip on Back

SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
March 2 - 6:30 pm Thursday 1320 Belmont Ave 410-548-7880 Topic: Lisa Barnes, LCSW "Fears After the Treatments are Over" Facilitator: Sue Revelle, BSN	March 16 - 5:30 pm Thursday Pocomoke Com. Cntr 410-548-7880 Topic: Open Facilitator: Virginia Schneider	March 15 - 1:00 pm Wednesday Atlantic Health Center Topic: Open Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	March 28 - 6:30 pm Tuesday Christ Episcopal Church 410-563-0946 Topic: Open Facilitator: Sue Todd

SURVIVOR STORY

My Story...

My survival story begins in September 2016. I had a sharp pain go through my right nipple. When I felt the area to figure out why it was hurting, I felt a lump right away next to my nipple. I have done self exams before, but I don't do it monthly as I should. I am 38 years old and I haven't started mammograms yet until I am 40 years old. But, due to past self exams, I knew that lump wasn't normal. I went in to see my OB/GYN for a full exam. He felt the lump too. But, the way it felt (hard and smooth), he felt as though it was a cyst. I do have a history of cysts on my body. Had several removed through my life. But, to play it safe, he scheduled a mammogram and ultrasound. I went in for the mammogram; but, it wasn't detected because it was too close to the surface. So I had the ultrasound done, and it was detected right away. Now, it was time for the biopsy. When I had it done, even my surgeon thought it was cyst, because it was hard. The day I went in for the results of the biopsy, I walked in with confidence that it was just a cyst. A few doctors thought it was a cyst. Between my history and the doctor's believing it was a cyst, I felt confident it was. I didn't take any family members or friends with me. I went alone thinking I could handle the good news. Unfortunately, things always happen when we least expect it. My surgeon who did the biopsy dropped the bomb! The lump was Breast Cancer (Invasive Ductal Carcinoma)! I was in complete shock!! News I did not expect to hear. The thought crossed my mind a few times. But, I didn't want to believe it. I just knew it was a cyst. I cried right away. Death never crossed my mind. I cried out of fear because of the long journey I'd have to go through. Between chemo, radiation, feeling sick, and how long was the journey going to take? I've seen so many people battle cancer for months or years.

We started to discuss our options. Option 1: Lumpectomy, Option 2: Partial mastectomy, or Option 3: Full mastectomy. Right away, I knew. Get this cancer out of me NOW! I wanted a full mastectomy. My life is worth more than my breast. He gave me another option after mastectomy. Option 1: Implants, Option 2: Reconstruction/expanders, or Option 3: Prosthesis. I pretty much knew right away what I wanted. But still-

wanted to think some more on it. He also gave me the option of coming back into his office and bring my family so he could explain things to them. I was able to bring in one family member, my sister-in-law, Steph. She has been super wonderful. She is big breasted. She wants a reduction. So when we went in to see the doctor, we joked with him. I told him I had a donor. She wants a reduction and I need a donor. LOL. He said in the 15 years he's been doing this, that's the first he ever heard that. She and I thought we could start a trend.

My surgeon is Dr. John Riley with PRMC. He has been super wonderful and kind. He wanted to order a BRCA Gene Test to determine whether or not the Breast Cancer gene was within me. If so, he suggested doing a double mastectomy. If it's negative, there's no need. I decided, whether if that test came back negative or positive, I had decided, I wanted a double mastectomy anyway. I wanted to kill any potential of it coming back. But, mostly, for personal reasons. I didn't want to appear or feel lopsided. I wanted to look even. So we scheduled the double mastectomy on November 21st (3 lymph nodes were removed. 1 tested negative and the 2 tested positive for cancer, this made it stage 2 cancer). I also decided no implants or reconstruction. I hate surgeries. I didn't feel comfortable with having implants either. I decided to go with the prosthesis. At the end of the day, I just want to be able to remove them, look in the mirror, and be real with myself. I've always been the type of person, I believe in being real. For those who decide to do implants or reconstruction, it's a matter of being happy with yourself, how you look and who you are. This was a personal decision.

After my surgery, I was all bandaged up. The day I was released from the hospital, the doctor removed part of the bandages to be sure I was healing well and there wasn't any sign of infection. I knew mentally they were gone. But, I hadn't accepted it yet. I needed help to change my bandages once a day. Steph, and my daughter, Brianna were both there to help change my bandages. They were so strong and brave to see my scars. I couldn't look. I glanced, but still hadn't accepted it yet. It took a week. Steph and Brianna asked if I was ready to look in the mirror and accept the new me. This was so hard to do and a part of me wasn't ready. But, I knew it had to be done.

The bandages were off; Brianna held my tubes while I felt the emptiness of my chest. I cried!! I had to feel it first. It was process I had to go through. Once I got over that part, I knew I was ready to look in the mirror. I felt it was the best time since I had family there to support me. I looked in the mirror and I just balled my eyes out. I saw the new me and it was so scary. A part of me was gone. It was a life changing moment. Steph hugged me and Brianna hugged me from behind while I cried. It took a few minutes. I pulled myself back together and I looked again. This time, I stood there for a few minutes looking at my scars, the tubes, and thinking of all that I've been through.

About a month later; after the tubes were out, I was in the bathroom, standing in the front of the mirror. Brianna asked me, how do I feel now about being flat. I told her I'm good with it now. No problems. She kissed me on the cheek and said, "Mom, you are stronger than you realize."

I met with my Oncologist, at PRMC to discuss possible chemo. He said he would do an ONCOTYPE test first to see if I would benefit from chemo. The test is scored. 1-18: I will not benefit from chemo. 18-31: I will be in the grey area (even if I am in this area, the doctor will still do chemo). 31 – Above: Is a definite yes. I had to wait several weeks until the results came back. In the mean time, I met with my radiologist. I will definitely be doing radiation. If I need chemo, then radiation will begin after chemo. If I don't need chemo, I will begin radiation right away. This was in December. I wouldn't get the results of the ONCOTYPE test until toward the end of December. During this time, was an emotional rollercoaster. I am a Christian and proud to say I am a child of God. I prayed every day without ceasing. I prayed to move mountains that I will not need chemo. I was afraid of chemo and all the things our bodies go through from it. Radiation didn't scare me so much. The side effects aren't nearly as bad as chemo. But, I was preparing myself for the worst. I went to Women Supporting Women and they have been phenomenal. So helpful, so kind, and so supportive. I went in to see what kind of wigs they had. I did pick one out in case I needed chemo. If I didn't need chemo, I would need to return the wig. While I was there, I was fitted for prosthesis. I was given one set, and 3 bras. I did wear the prosthesis a few times.

Honestly, even with the prosthesis, when I look in the mirror. It doesn't look or feel like me. Mostly, I don't wear them. I have accepted myself as being flat and I feel more comfortable without them.

The day I went in to get the results of the ONCOTYPE test. I brought Brianna with me. The doctor said he had good news. The test results came back and my score was 17!! Praise Jesus and I praised him out loud. My prayer was answered and the mountain was moved!! If my score was 2 points higher, I would be going through chemo right now. So, my next appt is March 1st. I will be going on the hormonal therapy pill for about 5-10 years. So, starting January 17th, my radiation treatments began. 30 treatments total. As of this morning, I have completed 22 treatments. My last treatment is February 27th. My skin is now red, it looks sunburned and I am starting to become sore. I have been tired emotional and physically. But, I refuse to lose this battle. I am a Breast Cancer Survivor. I claimed that every day. I have already won the battle. With this experience, it has changed me. I have a different outlook on life and I have learned to appreciate things and not let the little things bother me anymore. Life is too precious.

Tina Callahan – Seaford, DE



For Some Breast Cancer Survivors, Drug May Reduce Treatment-Related Joint Pain

January 4, 2017, by NCI Staff

A drug most commonly used to treat depression may also reduce joint pain in some women being treated for early-stage breast cancer, according to the results of a randomized clinical trial.

After undergoing treatment for early-stage breast cancer, many postmenopausal women take drugs known as aromatase inhibitors to reduce the risk of the cancer returning. These drugs, however, can cause significant pain in women's joints and muscles.

The clinical trial Exit Disclaimer showed that duloxetine (Cymbalta®), which is approved to treat depression and anxiety as well as fibromyalgia and nerve pain caused by diabetes, provided some relief from pain associated with aromatase inhibitors.

“Joint and muscle pain can lead some patients to discontinue treatment with these life-saving medications,” said N. Lynn Henry, M.D., Ph.D., of the Huntsman Cancer Institute at the University of Utah, who led the study. “Based on our results, duloxetine seems to be an effective drug for some patients who experience this pain.”

Dr. Henry presented findings from the study, which was led by the NCI-supported clinical trials group SWOG, at the San Antonio Breast Cancer Symposium on December 9.

New Strategies Needed

The body uses an enzyme called aromatase to make estrogen. Drugs that block the activity of this enzyme, called aromatase inhibitors, have been found to reduce the risk of cancer returning in postmenopausal women whose breast tumors rely on estrogen to fuel their growth.

But many patients taking these drugs experience pain in the knees, hips, hands, and wrists, which can make everyday tasks difficult. About 20% of patients stop taking aromatase inhibitors due to side effects, according to Dr. Henry. She noted that patients are generally recommended to take aromatase inhibitors for 5 to 10 years, so new strategies for managing the side effects are needed.

For the duloxetine trial, the researchers enrolled 299 women at 43 NCI Community Oncology Research Program (NCORP) sites across the United States. The women had been treated with aromatase inhibitors for early-stage breast cancer and were experiencing joint pain caused by treatment. The women were randomly assigned to receive a 12-week course of duloxetine or a placebo.

Participants completed questionnaires about joint pain, depression, and quality of life at the beginning of the trial,

and then again after 2, 6, 12, and 24 weeks. The pain questionnaire used a 0-10 scale; the researchers defined a clinically significant change in average pain as a decrease of 2 or more points from the time a patient entered the study.

Duloxetine and Placebo Reduced Pain

Over the first 12 weeks of the trial, the pain scores of women in the duloxetine group fell an average of 0.82 points more than those of the placebo group. Other measures, including worst pain, joint pain, and stiffness, underwent similar declines.

For the duloxetine group, the average pain score decreased from 5.44 at baseline to 2.91 at 12 weeks. But the average pain score also dropped in the placebo group during the same period, from 5.49 to 3.45. Both reductions were clinically significant, according to the standards of the trial.

The finding of a strong placebo effect in the control group was not entirely unexpected, noted Dr. Henry. Other studies of treatments for pain have reported similar effects, although the reasons are not clear. “This trial demonstrates the need for more research” on responsiveness to placebo, she added.

By 12 weeks, 69% of patients in the duloxetine group and 60% of patients in the placebo group had a 2-point improvement in pain compared to before starting treatment. At 24 weeks, which was 12 weeks after the patients had stopped taking duloxetine or the placebo, the average pain scores were similar for the groups (3.37 in the duloxetine group and 3.42 for the placebo group).

The most common side effects of duloxetine were nausea, fatigue, and dry mouth, which is consistent with other studies involving the drug.

Exploring Multiple Approaches

“These results of the duloxetine study are very promising,” said Ann O’Mara, Ph.D., of NCI’s Division of Cancer Prevention, who was not involved in the study. “Duloxetine is the first drug to show a benefit for this population of patients in a large, randomized clinical trial.”

Dr. O’Mara suggested that patients taking aromatase inhibitors might ultimately need to try multiple approaches to manage their pain. Exercise such as walking and acupuncture are among various strategies that are being studied as ways to reduce pain, she noted.

“Clinicians need to be clear with their patients about the potential side effects of duloxetine, but this drug may help patients decrease their pain and become functional again,” she added.

COMPLEMENTARY CARE

Your chemo-day checklist

Scheduled for chemo? Use this list before you head out! A little prep can make your treatment more manageable.

Breeze through check-in

(on your first day)

- Insurance and hospital registration cards
- List of your medications and your pharmacy phone number
- Names and addresses of your referring physician and primary care doctor

Keep Comfy

- Shawl or sweater
- Pillow and cozy blanket
- Warm socks
- Cuddly Clothing
- Other: _____
- _____
- _____
- _____

Make time fly

- Book or magazines
- Portable CD/DVD player
- MP3 player (charged)
- Handheld game
- Knitting, sewing or other project
- Stationary
- Laptop
- Headphones
- Journal or diary

Curb thirst, hunger and side effects

- Bag lunch and/or snacks
- Water or a fizzy drink to help curb nausea
- Lip balm for dry lips
- Hand cream
- Gum, breath mints, or hard candy to

CHEMO ETIQUETTE

- ⌘ Don't share your prognosis.** And don't ask others about theirs. Be sensitive to the fact that other people in the infusion suite may be at different phases of treatment and this kind of discussion could be unsettling.
- ⌘ Read others' body language.** Infusion rooms can be lively places, where people chat, share tips and bond. But not everyone may be feeling talkative. If someone is immersed in a book or wearing headphones, they may prefer to enjoy quiet time.

TIP: If you want quiet time, wear headphones - even if you have nothing playing!

NUTRITIONAL INFORMATION

Healthy Eating During Chemo

Kathy Gilligan

“Help! I’ve lost my appetite!” That’s one of the most common complaints among folks being treated for cancer. Not to worry. You can regain your taste for food during treatment, says Jodi Buckman Weinstein, RD, author of *Tell Me What to Eat Before, During and After Cancer Treatment*. And that’s important because eating well will help you feel stronger and healthier and enable you to heal faster.

Here are Jodi’s suggestions for getting past the most common cancer-treatment appetite busters.

Appetite buster: Your stomach is upset—nausea [1] and vomiting make it difficult to keep food down.

Appetite enhancer: Try bland “bready” foods like crackers, pretzels, bagels, dry cereals, white bread or unbuttered toast. Mild soups, applesauce, white rice and baked or boiled potatoes may also fit the bill.

Why it works: These foods are digested quickly—and the less time food sits in your stomach, the better your odds of side-stepping nausea.

Appetite buster: Your mouth [2] is dry as cotton, which makes eating unpleasant.

Appetite enhancer: Try cold, creamy treats like milkshakes and ice cream. Other good options include fruits with lots of H₂O, such as watermelon, peaches, nectarines and 100% papaya or pineapple juice.

Why it works: Cold and creamy foods, beverages and juicy fruits moisten your mouth and throat, which makes eating and swallowing easier. Papaya and pineapple juice contain natural enzymes that help thin saliva and make eating more appealing.

Appetite buster: Mouth sores, a side effect of some cancer treatments, which make eating difficult and even painful.

Appetite enhancer: Try cream soups, stews, pasta with cream sauce, melted cheese, scrambled eggs, and cereals like Farina and Cream of Wheat. But make sure nothing is too hot or cold. Lukewarm is best.

Why it works: Soft foods are less likely to irritate your mouth.

Appetite buster: Foods you normally like smell or taste terrible.

Appetite enhancer: Mild-tasting sweetish foods, such as French toast or pancakes, may entice you to the table. Also, try marinating chicken, turkey and mild fish like tilapia in sweet sauces, such as a teriyaki or plum sauce. Use condiments with aromas that appeal to you—like ketchup, mayo and butter—and spices such as cinnamon and nutmeg.

Why it works: Cancer treatments, including chemo, radiation and surgery, can affect your taste buds and your sense of smell. As a result, foods with overpowering or bitter odors, like cabbage, Brussels sprouts and peppers, will often turn you off during treatment—even if you normally enjoy them.

Appetite buster: You’re bone-tired—you don’t have the energy to cook or eat.

Appetite enhancer: Snack on foods high in protein and fat that you don’t have to prepare, like cheese cubes with whole-grain crackers. Also, try adding a high-fiber, complex-carb-rich food like granola to your favorite yogurt. For lunch or dinner, try a tuna or turkey sandwich with mayo on whole-wheat bread or high-fiber crackers. Drink at least eight cups of caffeine-free beverages every day (caffeine causes dehydration, which can contribute to fatigue [3]). Water, diluted fruit juice and seltzer are also good choices.

Why it works: Not eating enough nutritious food robs your body of nutrients and leaves you feeling draggy. Right now, your body needs high-quality food to help rebuild tissues affected by cancer and cancer treatment.

Guide2Chemo.com



"Cooking for the new Me!"

a FREE nutrition class for cancer survivors and caregivers.

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

All classes are
FREE with pre-registration.



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

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

Thank you to the following businesses:



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

WICOMICO COUNTY CHAPTER NEWS

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

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

Upcoming Events

Knitting Group

Salisbury Office
March 1st, 12 pm

Pink Ribbon BINGO

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

Reign Fundraiser/Guest

Bartender
March 30th
4-9pm

Food. It is essential to sustaining our lives but it doesn't have to be a chore, monotonous or fattening and unhealthy to make. Whether you have the time or inclination to spend a lot of time preparing and cooking your meal or you are in a time crunch, our *Spring Nutrition Classes* are a great way to learn how to make the most of your time while also providing the much needed nutrients

our body craves; especially during or after cancer treatment. As an added bonus you will get to enjoy the company and guidance of Chris and Henriette of *Habanera Farm!* (Flyer pg. 7)

NEW EVENT ALERT!!

**KEEP EYES AND EARS OPEN
FOR MORE INFORMATION VIA
EMAIL, SOCIAL MEDIA AND
THE UPCOMING NEWSLETTER.**

Have you purchased your **BINGO** tickets yet?? If not give the office a call to see if there are any more left, they have been going fast! Tickets are held only if paid for in advance and tables are only available to reserve for 8. (See flyer on page 12 for more details.)

BRAS FOR A CAUSE!! The theme for this year is "Nursery Rhymes" but can be of any design of your choosing. This is a super fun event that can get people of all ages involved. What better way to bring awareness to breast cancer than to have artfully designed bras hanging in the middle of the Centre at Salisbury for everyone to see and vote on? You can make one on your own and enjoy all the credit or you can recruit your friends, family, coworkers, students, etc. to join in the fun and fight to win one of our coveted trophies and bragging rights. (See flyer on opposite page for more information.)

March 30th we will have a fundraiser at Reign Restaurant and Event Center from 4pm—9pm. 10% of all food and drink sales will be donated to WSW as well as 50% of the tips at the bar where Emily will be guest bartending. This is the perfect chance to check out the new restaurant if you haven't already while supporting WSW. It is located in the Twilley Shopping Center in Salisbury, MD.

If you have any questions don't hesitate to give me a call.

Tassia

Fun Fact:

Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

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*



Welcome Brandy!

Women Supporting Women is pleased to welcome our newest team member, Brandy Braxton. As WSW Events Coordinator, Brandy will facilitate the many fundraisers and events we host throughout the year. Brandy comes from Columbia, South Carolina with an extensive background in non-profit work and event planning experience. The WSW team is thrilled to welcome Brandy on board and we already feel like she's part of the family. Stop by the office and meet the newest face of WSW!

Bras for a Cause

Women Supporting Women

A creative fundraiser to promote breast cancer awareness

WHO: Gather your friends, family, neighbors, classmates, co-workers, fellow club members to make it a team effort... Or just go it alone. (*One entry per team or individual, please.*)

WHAT: Decorate a themed bra (special theme this year is "Nursery Rhymes"), title it, and enter a fun competition to help Women Supporting Women (WSW), your grass-roots local non-profit breast cancer support organization.

WHEN: Registration and Submission Deadline
Friday, April 24, by 4:00 PM

Public Viewing and Voting

Mon, May 1 through Wed, May 31

Grand Revealing Party (for all participants)
Tuesday, May 2, 6:00 PM

Awards Ceremony (for all participants)
Thursday, June 1, 6:00 PM

WHERE: Centre at Salisbury

Trophies will be awarded for the following categories:

As determined by \$1.00 votes:

People's Choice—Business Entry
People's Choice—Group Entry
People's Choice—Individual Entry
People's Choice—Youth Entry
(18 & Under)

As determined by a panel of judges:

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

To register, go to WomenSupportingWomen.org

Under Bras for a Cause, click on "Register Online". (You will be taken to a new site.)

Follow the prompts to create your bra fundraising page on First Giving.

Share your page on Facebook and through email to encourage others to vote for your bra!

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



Entry form on next page



2017 Bras for a Cause

A creative fundraiser to promote breast cancer awareness

All entries must be submitted to a WSW office by 4:00 PM Monday, April 24th
This official entry form must accompany your submission.

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

Are you doing a "Nursery Rhyme" themed bra design? NO YES

Bra Title: _____

Business, Individual or Team Name: _____

Team Captain: Name: _____

Address: _____

Phone: _____

Email: _____

Team Members: _____

Do you wish to have your entry returned following the contest? (please circle one): NO YES

OFFICIAL RULES:

- Contest entry is FREE. We do ask that you secure 100 votes at \$1.00 per vote.
- Entries must be received at a WSW office no later than 4:00 PM Monday, April 24.
- Entries must be accompanied by a signed entry form.
- Any bra size or type is eligible.
- All entries must be on pink hangers. Pink hangers are available at WSW offices if needed.
- WSW may reject any entry deemed inappropriate
- All entries must be available for display at the Centre at Salisbury from April 28 to June 2.
- Winners will remain on display for an additional two weeks.
- Entries and photos thereof may be used for promotional and other purposes as WSW deems appropriate.

I have read the official rules and agree to the terms. Signature: _____

Mentoring Minute with Sue

Chemo Brain

Chemo brain is a side effect of cancer and cancer treatment that many survivors experience to varying degrees. Typical symptoms are short-term memory problems, difficulties with attention and concentration, slowed mental processing, and difficulties with multitasking.

There are some coping strategies:

Keep it simple – get organized by using shoeboxes for your bills, bowl for your keys and let go of perfection; good enough is just fine right now

Write it down – Make lists and check them off when done. Keep a notebook handy or use your smartphone to keep track

Do one thing at a time – don't try to multitask. Ask others not to interrupt when focused on a task. Don't overschedule and give yourself plenty of time to avoid stress and fatigue

Check again – Double-check appointment dates. Make sure appliances are really turned off, see if you left your purse, your cell phone, or books before leaving home or the doctor's office

Ask for help – Let family, friends, or supportive co-workers know that you are having problems at this time and LET them help.

COPING Sept/Oct. 2016 pg. 22

Individual Nutritional Wellness Teaching Offered

Come out for information that is tailored to the individual.

Talk about your needs: stress, weight loss, nutritional information. For one hour discuss topics like: stress, weight loss, reading nutrition labels, differences between a probiotic and prebiotic, importance of Vitamin D and Calcium, etc.

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



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

The next group session is scheduled for March 29th at 10:30.

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

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

Wendy West
Russell Baiocco Sr.
Penny Mann
Kevin Hughes
Faye Kuehnl
Sheena Turner

In-Kind

Jason Wallace
Dottie Turner

Civic

Wicomico Co Board of Education
Fruitland Primary School
Mary Jones Circle of Women
Pemberton Elementary School

In Memory Of:

Cecil Bundick
Lois Dykes

Mary Henderson

Christie Barrett
James H. Carpenter Jr.
Peggy Anne Sterling Mitchell
Cindy & Mike DuBuque

Pat Shepherd

Claudia Nicholls
Maryland Title Services

In Honor Of:

Business

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

After an elderly couple starts getting forgetful, they visit their doctor. Their doctor tells them that many people find it useful to write themselves little notes.

When they get home, the wife says, "Dear, will you please go to the kitchen and get me a dish of ice cream? And maybe write that down so you won't forget?"

"Nonsense," says the husband. "I can remember a dish of ice cream."

"Well, I'd also like some strawberries and whipped cream on it," the wife replies.

"My memory's not all that bad," says the husband. "No problem -- a dish of ice cream with strawberries and whipped cream. I don't need to write it down."

He goes into the kitchen, and his wife hears pots and pans banging.

The husband finally emerges from the kitchen and presents his wife with a plate of bacon and eggs.

She looks at the plate and asks, "Hey, where's the toast I asked for?"



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: _____

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 _____