



Local Services, Local Support.

Care & Share

Newsletter

May 2017



Cindy Feist
Executive Director

HAPPY MOTHER'S DAY (MONTH)!

I don't know about the rest of the population out there, but I think the Grandmothers and Mothers of the world all deserve more than just a day. So, here at Women Supporting Women, we are celebrating you the entire month of May for all you do on a daily basis in this most important role. We hope all of you who are mothers during this period have a wonderful time creating new memories and cherishing old memories with your loved ones.

To continue the idea of creating new memories, come join us at the Centre of Salisbury Mall to either participate in or just visit and enjoy our Bras for a Cause event. Our Bras for a Cause Display will be available the entire month of May! Appropriately, this year the theme is "Nursery Rhymes". Who knew that May 1 is actually Mother Goose Day?! Mother Goose Day was created only recently, as a day to appreciate nursery rhymes and stories. According to the Mother Goose Society: "Mother Goose Day was founded in 1987 by Gloria T. Delamar in tandem with the publication of her book, *Mother Goose; From Nursery to Literature*.

Create another memory and enjoy "Mother Goose Day" by reading Mother Goose stories and rhymes to your children or grandchildren. Think of what story or rhyme you would use to decorate a bra and come out to view and vote on your favorite design during our Bras for a Cause event at the Centre of Salisbury! Hope to see you there!

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SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
May 4 - 6:30 pm Thursday	May 11 - 5:30 pm Thursday	May 17 - 1:00 pm Wednesday	May 23 - 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
Topic: Reconstruction and Nipple Tattooing—Laurie Davies and Tattooist Pam Winnie	Topic: Open	Topic: Open	Topic: Open
Facilitator: Kyle Beebe	Facilitator: Virginia Schneider *PLEASE NOTE DATE CHANGE	Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	Facilitator: Sue Todd

SURVIVOR STORY



'It's cancer,' are the two words that nobody ever wants to hear. I have heard them three times before my 35th birthday. The first time was in 1995, at age 14, during the summer before my freshman year of high school, when I was diagnosed with leukemia. I spent my first two years of high school on a very intense chemotherapy protocol, and during my prime teenage years I was bald, bloated, and constantly sick. I went into remission and after my treatment was over, I was able to move on with my life. I graduated high school on time, went to college and graduate school, and begin building a career in New York City. While I had a label of 'cancer survivor,' I never really dwelled on what that meant or shared it with those outside my close circle of friends. As time passed, my memories of living in cancer-land faded.

"But then, almost 20 years later, my world was rocked again in May, 2013 when I heard those two words for the second time. While putting on a bra, I felt a lump in my left breast that seemed to appear overnight. Keeping my past history in mind, I knew to have it checked out right away. After a whirlwind of mammograms, biopsies, doctor appointments, and scans, 6 days before my 33 birthday, I was diagnosed with triple-positive stage IV breast cancer. The aggressive disease had already left my breast and set up shop in four lymph nodes, my sternum, and my lungs. My oncologist used the phrase 'treatable but not curable' and that in my case, treatable meant more chemotherapy. Having gone through it before and knowing what to expect was both a blessing and a curse.

"I started a regimen of weekly Taxol, and Herceptin and Perjeta every three weeks, which knocked out a lot of the disease. When that stopped working for me after 9 months, I moved on to Kadcylla and it seemed like I would be able to stay on that for the long haul.

"Six months after starting Kadcylla, in July 2015, I got to hear 'It's cancer,' for the third (and hopefully last) time. A recent PET scan had showed something new in the same left breast, while the rest of my body had no evidence of disease. After some back and forth, a biopsy was done and the mass was determined to be a triple-negative breast cancer. My doctors believe that it was a different mutation of the same bad cells and had been hiding along. In other words, a new primary breast cancer. I got to have the extremely rare distinction of having an early-stage and an advanced-staged breast cancer co-existing all at once.

"Since July I have been on a regimen of Gemzar, Carboplatin and Herceptin and a recent scan showed regression of the breast mass and stable everywhere else. I just passed my year and half anniversary of being diagnosed with breast cancer (for the first time), and while the path has been far from easy, I still have been able to continue to live my life as best as I can. I still work full-time, travel (I just got back from 10 days in Hawaii!), and spend time with friends and family. And sometimes the most fun things for me are doing errands and chores, because that is what a normal 34-year-old single woman does. I have even started to think about dating again, so if anybody knows of any great single guys in NYC who are willing to deal with a lot of baggage just let me know!

"Yes, I get tired and my body gets stiff, and on those days, nothing is better than bunkering down in my apartment with take-out and a *Law and Order* marathon.

"After a lot of research and talking with various doctors, many oncologists are starting to see a trend of secondary cancers in adult survivors of childhood cancers. This is an area that is starting to be explored, and I have participated in -- and continue to be a part of -- numerous research studies on the topic, in order to hopefully help a future generation of cancer survivors. Sometimes I feel like a living science experiment, but the point is I am a *living* one."

BreastCancer.org

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

Seeking a Second Opinion

Cancer is often a confusing and frightening diagnosis. It may be hard to make decisions about treatment options. Because treatments are continually improving, it is important to find someone who has experience with your type of cancer. Many people seek the knowledge and advice of more than one doctor to confirm a diagnosis and evaluate treatment options. This is called a second opinion.

Asking for a second opinion is common practice. It may help you feel more comfortable with the health care decisions you make.

How a second opinion may help

A second opinion may provide the following information:

- Confirmation of a diagnosis
- Additional details about the type of cancer and its stage, such as:
 - ⌘ A description of where the cancer is located
 - ⌘ Whether the cancer has spread
 - ⌘ Whether it is affecting other parts of the body
 - ⌘ Perspective from experts in different oncology disciplines, such as medical oncology, radiation oncology, and surgical oncology.
 - ⌘ Other treatment options, in situations in which the doctor disagrees with the original diagnosis or the proposed treatment plan
 - ⌘ What clinical trials are open to you. These are research studies involving people.

Paying for a second opinion

Most insurance providers pay for a second opinion when cancer is suspected or diagnosed. However, before making an appointment, ask your insurance provider about coverage. Ask if there is a requirement of selecting from a specific group of doctors. Some insurance providers even require a second opinion before they will pay for cancer treatment.

Finding a doctor for a second opinion

Let your doctor know if you wish to seek a second opinion. Most doctors understand the value of a second opinion, and they are not offended when patients seek one. They may even be able to recommend another doctor. Also consider searching ASCO's oncologist database, a list of ASCO members in the United States and abroad who have made their contact information public.

The following are other possible sources to find an oncologist:

- ⌘ Local hospitals, medical clinics, or cancer centers
- ⌘ Medical associations who offer searchable databases of doctors
- ⌘ The American Board of Medical Specialties
- ⌘ The American Medical Association
- ⌘ The American College of Surgeons
- ⌘ Medicare.gov offers a searchable database of doctors who accept Medicare.
- ⌘ Friends and family members
- ⌘ Cancer organizations and patient advocate groups

Once you locate a possible doctor for a second opinion, ask about the doctor's area of specialty and credentials, such as board certification, training, and experience.

Preparing for the appointment

Gather all of your relevant medical records—including test results, such as blood work or imaging tests—to bring to the appointment. Often, the doctor providing a second opinion will request the results of any tests or procedures you have already undergone. This eliminates repeat testing. It is also helpful to have the actual images from your most recent imaging tests. Typical testing images include, a computed tomography (CT) scan, and the pathology slides from the biopsy used to confirm your diagnosis. Cancer.Net has a variety of medical forms you can download to help keep all your information organized.

Getting the information you need during the appointment

Here are some tips for the appointment:

- Take notes during the consultation. Writing down the information you learn allows you to review it later.
- Take another person to the appointment with you to help you remember the discussion with the doctor.
- Ask questions, including requests for clarification if the doctor says something that you don't understand. It is important to feel confident that you have the information you need to make the best treatment decision.

COMPLEMENTARY CARE

YOUR SUN-SAFETY CHECKLIST

Living with Cancer Spring 2017

The number one way to lower your risk for skin cancer? Protect your skin from the sun's damaging UVA and UVB rays. If you're going to be spending lots of time outdoors, using this checklist will help ensure you stay sun-burn free!



TYPE OF SUNSCREEN

Make sure yours...

- ✘ Blocks both UVA and UVB rays (often labeled "Broad-" "Multi-" or "Full-spectrum")
- ✘ Is not expired
- ✘ Is at least SPF 15 (if you're at high risk for skin cancer or are going through chemo go for at least a SPF 30)
- ✘ Is water-resistant (especially important if you're going to be swimming or sweating)

APPLICATION OF SUNSCREEN

Make sure your ...

- ✘ Apply at least 15-30 minutes before going out in the sun
- ✘ Use an adequate amount (to cover your whole body, you should use enough lotion to fill a shot glass)
- ✘ Don't miss any spots (commonly missed spots include ears, tops of the feet, areas of the back and hands)
- ✘ Also use a lip balm with SPF
- ✘ Reapply every two hours you are outside, or every hour if you are swimming or sweating
- ✘ Use sunscreen even on overcast and rainy days—the sun's rays can still damage skin when it is cloudy!

OTHER ACTIONS

If you're spending a long time out in the sun, you should also consider...

- ✘ Wearing sun-protective clothing, such as sunglasses, a wide-brimmed hat and long sleeves or pants
- ✘ Wearing clothes with built-in "UVP" (ultraviolet protective rating), which block more of the sun's rays than regular clothing
- ✘ Limiting being outside between 10 am and 4 pm, when the sun is at its strongest
- ✘ Seeking shade when possible

Nearly any chemotherapy agent (or non-cancer-related medications as well) may cause you to be more sensitive to the sun. It's important to talk with your oncologist about your particular medications. In addition, the combination of different drugs may raise your risk further than a single drug would alone. Some of the chemotherapy drugs known to cause photosensitivity include:

- 5-FU (fluorouracil)
- Methotrexate
- DTIC (dacarbazine)
- Oncovir (vinblastine)
- Taxotere (docetaxel)
- Adriamycin (doxorubicin)
- VePesid (etoposide)
- Gemzar (gemcitabine)

after completing chemotherapy.

Some non-chemotherapy medications that could have an additive effect in causing sun sensitivity include:

- Antibiotics, such as Cipro (ciprofloxacin), Levaquin (levofloxacin), tetracycline, doxycycline, and Septra or Bactrim (sulfamethoxazole-trimethoprim)
- Diuretics, such as Lasix (furosemide) and Hydrodiuril (hydrochlorothiazide)
- Benadryl (diphenhydramine)
- Cardiac medications, such as diltiazem, quinidine, amiodarone and Procardia (nifedipine)
- Antidepressants, such as Tofranil (imipramine) and Norpramin (desipramine)
- Diabetic medicines, such as Micronase (glyburide)
- Non-steroidal anti-inflammatory drugs, such as Aleve (naproxen) and Feldene (piroxicam)

Thankfully, this increased sensitivity to the sun goes away soon

VeryWell.com

NUTRITIONAL INFORMATION

A RECIPE FOR GETTING THE NUTRITION YOU NEED DURING TREATMENT

by Holly Clegg

Eating high calorie, low volume snacks can help you maintain your weight when your appetite just isn't there.

Anyone who's been diagnosed with cancer knows that cancer and the side effects of treatment can affect the body in many different ways. People undergoing cancer treatment may experience loss of appetite, taste and smell changes, sore throat, diarrhea, constipation, and a lack of energy. All these changes can make maintaining adequate calories and nutrition difficult.

However, it's important for cancer survivors to make sure that good nutrition doesn't fall by the wayside during treatment. A healthy diet can help you keep up your strength and boost your immune system. What you eat may also make a difference in how well you handle treatment.

When going through treatment, your diet is in constant flux, changing with taste, intolerance of certain foods, and caloric needs. However, despite these challenges, it is possible to eat well and stay properly nourished during cancer treatment.

What to Eat during Chemo

On the morning of your scheduled chemotherapy treatment, try eating a low-fat, light meal. For example, cereal, toast, oatmeal, grits, or fruit salad. In the 24 hours following treatment, you may want to stick to liquids, soups, puddings, and sandwiches. Try to avoid high fat, fried, or greasy foods for the first 24 to 48 hours following treatment. Instead, opt for easier to tolerate foods and lighter recipes to help boost your immune system and give you strength and energy. Supplemental nutritional drinks, like Boost, are also good choices if you don't feel like eating solid foods.

If you find that only two foods appeal to you, then there is nothing wrong with eating those two foods until you feel ready to expand your diet. If breakfast food is what appeals to you, then go ahead and have it for dinner also.

The Importance of Snacking

Snacks are strongly encouraged during cancer treatment, as it is sometimes easier to eat several small meals or snacks throughout the day rather than three large meals. Eating high calorie, low volume snacks can help you maintain your weight when your appetite just isn't there. Keep cheese, dips, fruit, nuts, popcorn, and crackers on hand for quick snacks. Smoothies also make good snacks, especially for people with mouth sores or those for whom strong smells are off-putting. Not to mention, smoothies are a good way to sneak extra fruit and veggies into your diet.

Pile on the Protein

When going through cancer treatment, it's important to avoid losing too much weight. Research has shown that cancer survivors who maintain their weight and eat a healthy diet have fewer complications from chemotherapy, radiation therapy, and surgery – with shorter hospital stays, reduced illness, and fewer infections. They also tend to better preserve their strength and have an improved sense of wellbeing.

Adding protein to your diet can help you maintain a healthy weight, give your body fuel to build and repair tissues, and protect your immune system. Without enough protein, your body may take longer to recover from illness, and you may have a lower resistance to infection. Following surgery, chemotherapy, or radiation therapy, most cancer survivors need additional protein to help the body heal damaged tissue and to help prevent infection. Good sources of protein include legumes, eggs, nuts and seeds, peanut butter, cheese, beef, and chicken breasts. You can also add a little nonfat instant dry milk to scrambled eggs, soup, cereal, and sauces to infuse some extra protein into your diet.

Don't Forget to Hydrate

Hydration is essential during cancer treatment. Try keeping a glass of water with you at all times. I recommend drinking eight to ten glasses of water per day.

CopingMag.com



The Ocean City Lioness Club presents a donation of \$200.00 to Emily.



The Salisbury University Women's Lacrosse team raised \$2400.80 at their Pink Game in April.



Susan Harrison, Emily and Becky Jones sit with comfort pillows that the First Baptist Church of Pocomoke made.



Diana and Jeff Merritt showing their support during the guest bartending fundraiser at Reign Restaurant and Event Center.



Jackie Wellfonder, winner of the basket raffle at the guest bartending fundraiser held at Reign Restaurant and Event Center.



The spring "Cooking for the New Me" class was a huge success thanks to Habanera Farm and a grant from The Rural Maryland Council and MAERDAF and the location provided by Shore Appliance Connection.

Upcoming Events

Knitting Group

Salisbury Office
May 3rd, 12 pm

Bras for a Cause

The Centre at Salisbury
May 1-31st

Poker Run - Ride for Awareness

TBD
Salisbury Elks Lodge

FUN FACT:

Seahorse males do something highly unusual in the animal kingdom; they get pregnant and deliver their offspring.

Although the male carries the eggs, he doesn't make them. The female deposits her eggs inside the male's pouch. He fertilizes the eggs inside the pouch. His pouch is a complex organ that regulates temperature, blood flow and water salinity for the eggs as they hatch so the babies are as prepared as possible for life in the ocean.

Wicomico County Chapter Staff Members

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*Mentoring Coordinator
Co-Founder*

WICOMICO COUNTY CHAPTER NEWS

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

Spring is in the air!! (My allergies can prove it!) With the sun shining warm on our faces, flowers and trees blooming in all their glory and our bodies adjusting to the longer days, this is a wonderful time of year!

With Mother's Day and Memorial Day just a couple of weeks away this is also a great time to reflect on the sacrifices both (if you don't have a mother then think about the person who is most like one to you) have made to ensure your happiness and betterment of life.

BRAS FOR A CAUSE is in full effect! Our most whimsical fundraising event will be going on this whole month at the Centre at Salisbury in front of The Children's Place. You may also check out the designs online at Firstgiving.com. Either way; be sure to cast your votes for your favorite designs and share on social media to help promote breast cancer awareness and show love to the wonderful bra creators.

SAVE THE DATE!! Our annual **POKER RUN-RIDE FOR AWARENESS** is **Coming up in JULY!!** We will have a new venue, new route, food prepped by Elks members, live music and more!!



Emily stopped in to talk to the Parkside High School Cosmetology students about WSW's mission and demonstrated a wig fitting. This class washes and styles used wigs for us to provide women who are going through chemotherapy.



Robin Beall holding two of the 60 newly designed seatbelt pillows The Quilters by the Sea made for our Newly Diagnosed bags.



Land of the Free

Because of the Brave

Let us all take a moment this Memorial Day to remember our fallen heroes...

"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me"-Country singer Lee Greenwood

Mentoring Minute with Sue

How To Be a Friend to Someone with Cancer

Telling someone that you have cancer has the potential to change everything, even between the closest of friends. Often they are stuck wanting to say the right thing and not wanting to say the wrong thing. This is what that person needs to know - while going through cancer treatment he/she may be needy or may push you away. They might be depressed and angry or obsessed with finding out everything about the disease. They would like to be told that they are loved, that you are there for them, and you will help take care of their family.

Here are some other suggestions:

- ✂ Do encourage them to get a 2nd opinion if they are NOT happy with their doctor
- ✂ Send them a cheery or funny card or email
- ✂ DON'T offer advice unless asked specifically
- ✂ DON'T tell them that they will be fine
- ✂ Offer to help in specific ways
- ✂ Remember that their husband and children need just as much if not more support
- ✂ Be patient with that person
- ✂ Send them healthy foods/snacks – not just cakes and deserts

Excerpts taken from Coping with Cancer magazine Jan/Feb. 2017 pg. 30

Individual Wellness Sessions Offered

Come out for information that is tailored to the individual. Talk about your concerns and/or issues: stress, weight loss, nutritional information. For one hour discuss topics like: salt in-take, 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 through MAERDAF.

Also available is a monthly group session for one hour. This



allows you to share ways that you have used to change your life style and suggest ideas that could help others.

The next group session is scheduled for May 24th at 10:30.

FREE WALK-IN CLINIC

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

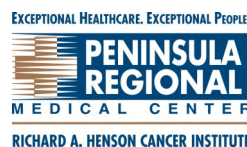
No appointment needed.

Available on:

1st & 3rd Wednesday of each month at
Church of God
134 Maryland Ave
Crisfield, MD

2nd & 4th Thursday of each month at:
Somerset County Recovery and Re-Entry Center
11545 Somerset Ave
Princess Anne, MD

For more information please contact PRMC.



DONOR THANKS

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Joke of the Month

A man wasn't feeling well so he went to the doctor. After examining him the doctor took his wife aside, and said, "Your husband has a very sensitive heart. I am afraid he's not going to make it, unless you treat him like a king, which means you are at his every beck and call, 24 hours a day and that he doesn't have to do anything himself. On the way home the husband asked with a note of concern "what did he say?" "Well", the lady responded, "he said it looks like you probably won't make it."



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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



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