



Care & Share

Newsletter

October 2016

Local Services, Local Support



Cindy Feist
Executive Director

OCTOBER IS BREAST CANCER

AWARENESS MONTH

"Every woman needs to know the facts. And the fact is, when it comes to breast cancer, every woman is at risk." - Debbie Wasserman Schultz

This is why Women Supporting Women, as an organization, feels so strongly about our cause. October is breast cancer awareness month and we want to be able to reach as many women and men as possible.

Yes, Women Supporting Women is fundraising and some may say **A LOT** during October, but this works two fold for our organization. One, all the funding that we raise during this timeframe actually stays right here on the shore to provide survivors (our mothers, daughters, sisters, and wives) with **FREE** services and support. Second, awareness is key and saves lives! There are many individuals within our communities who still do not know about Women Supporting Women or exactly what we provide to those going through their breast cancer journey. The month of October is our chance to raise the awareness and gain the much needed funding to keep programs and services available.

WELCOME TO OCTOBER, LET THE WILD RIDE BEGIN!

**How Does
WSW
Survive??**

- ⌘ Online donations
- ⌘ Matching gifts through your workplace
- ⌘ Send a check
- ⌘ Sign up as a sponsor
- ⌘ Sponsor an event
- ⌘ Host your own event
- ⌘ Community Foundation of the Eastern Shore (though our endowment fund)
- ⌘ Fundraising Events
- ⌘ In-Kind donations (wigs, bras, etc)
- ⌘ Support from local businesses and people
- ⌘ In memory or in honor of someone

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FOLLOW US!



Quote of the Month

Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter.

~Carol Bishop Hipps, "October," In a Southern Garden, 1995

SURVIVOR SUPPORT GROUP MEETINGS

Salisbury Office

1320 Belmont Avenue, Suite 402
Salisbury, 410-548-7880

Topic/Speaker:

“Yoga to Achieve Optimal Health and Wellness” Monika Lupean, E-RYT
**be prepared to try some seated yoga*

*6:30 pm, Thursday
October 6th*

Facilitator:

Kyle Beebe

Pocomoke Community Center

1410 Market Street - Maryland Room
Pocomoke, 202-247-7526

Topic/Speaker:

Open Forum

*5:30 pm, Thursday
October 20th*

Facilitator:

Virginia Schneider

Crisfield

If you would like to talk to someone or be mentored
please call for an appointment 410-548-7880

Facilitator: Monique Welch, RN

Atlantic Health Center Conference Room

9714 Healthway Dr - Berlin, MD
Ocean City, 410-213-1177

Topic/Speaker:

Roopa Gupta, MD Medical Oncologist
Breast Cancer 101, Then, Now & In The Future

Facilitator:

Cindy Elliott, RN, Nurse Navigator
Bev Ward, RN Breast Care Navigator

*1:00 pm, Wednesday
October 19th*

****Lunch provided at ALL meetings...thank you AGH!***

Christ Episcopal Church

601 Church Street
Cambridge, 410-463-0946

Topic/Speaker:

Open Forum

*6:30 pm, Tuesday
October 25th*

Facilitator:

Sue Todd, LCSW-C

SURVIVOR STORY

A Buddy System for Courage

by Pamela Davis, EdD

When my oncologist suggested chemotherapy, I panicked. My perceived future played like a movie in my mind, fast-forwarding then stopping on scenes of frailty, vomiting, total loss of appetite, and incapacitation. As I began treatments, I still had visions of potential pain even though doctors and breast cancer survivors assured me that the chemo I was being prescribed wasn't the monster I had imagined. Side effects, they explained, were often minimal, and co-therapies alleviated even severe reactions in most people.

But no amount of statistical data or anecdotal evidence could stop the melodrama replaying in my mind. Intellectually I knew that worry was not productive, so I challenged myself to adopt a new way of thinking, or at least find new things to think about. I tried to change my own mind, but it wasn't until I found an accountability partner that I began to see success.

The theory behind accountability partnerships suggests that, when making difficult transitions, people are more successful if they have group support as they adopt new habits. This concept was one I was already familiar with. I exercised more consistently with a workout partner. And I completed my Doctor of Education dissertation with support from a weekly writing group. By the time I read that people with cancer benefitted from similar "buddy systems," through not only decreased psychological stress but also alleviation of mild physical symptoms, I had already campaigned for an accountability partner of my own. Here's how it happened.

I evaluated the change I desired.

I wanted to change the horror show that played in my mind every time I thought about chemotherapy. I didn't blame myself for being scared; my re-action was perfectly reasonable. Adverse side effects are a legitimate concern when considering any medication, especially one as toxic as chemotherapy. I needed to change the way I processed my anxiety, not dismiss it.

When looking for an accountability partner, I kept in mind that I needed someone who also had reasonable concerns about something going on in their life. Together, my partner and I had to be committed to remembering that life's pleasures deserved focused attention, even in the face of fear.

My accountability partner and I agreed on mutually beneficial solutions.

My partner and I were dealing with different life issues. She was a small business owner being forced to close an established shop and begin again in a new location. She was worried about her livelihood. I was worried about my life.

Our partnership worked because we both had good reasons for our concerns. Neither of us were at fault for our predicaments, and, most importantly, we both wanted to help calm our minds by finding time during the day to focus on the good in life. She chose to state her daily gratitudes; I chose to recall my best moments. We texted each other every day.

We set a task that was challenging yet easy to sustain.

I was so overwhelmed with worry that I wasn't sure that texting my best moment each day would calm my fears; I wasn't even sure I could find any "best moments" to text. What I was sure of, however, was that I could send a text every night about something that I qualified as "not the worst thing that happened." And that's where I began.

Texting was our only action. We didn't cheerlead or give advice. We kept the rhythm of nightly texts for 30 days. There were no discussions of cancer treatments or business plans, at least not in the context of our partnership.

As time went on, it became easier for me to recognize things I enjoyed each day because I knew I had to report at least one. This created a sort of cognitive dissonance with the worry narrative playing in my mind. I still felt fearful at the thought of chemo. However, what my accountability partner did for me was help me balance my terror of treatment with a keen awareness that there was more to life with cancer than the side effects that aroused my fear.



Dr. Pamela Davis is a stage II breast cancer survivor. She blogs about her experience at CrowdsourcingCancer.com.

This article was published in Coping® with Cancer magazine, May/June 2011

MEDICAL UPDATE

Basic Cancer Terms

This is your guide to standard terms used by clinicians and other health-care professionals. Learn these terms below to help keep from getting lost in the medical jargon!

Adenosquamous Carcinoma: A type of cancer that contains two types of cells: squamous cells (thin, flat cells that line certain organs) and gland-like cells.

Angiogenesis: A physiological process involving the growth of new blood vessels from pre-existing vessels; a fundamental step in the transition of tumors from a dormant state to a malignant state.

Carcinoma: Cancer that starts in skin or tissues that line the inside or cover the outside of internal organs.

Cells: Basic elements of tissues; the appearance and composition of individual cells are unique to the tissue they compose.

Chemotherapy: Drugs used to destroy cancer cells by interfering with their growth and/or preventing their reproduction.

DNA: The molecules inside cells that carry genetic information and pass it from one generation to the next.

Enzyme: A protein that speeds up chemical reactions in the body.

HER1: The protein found on the surface of some cells and to which epidermal growth factor binds, causing the cells to divide. It is found at abnormally high levels on the surface of many types of cancer cells, so these cells may divide excessively in the presence of epidermal growth factor.

HER2/neu: A protein involved in normal cell growth found in high levels on some breast cancer cells.

Hereditary Mutation: A gene change in a body's reproductive cell (egg or sperm) that becomes

incorporated into the DNA of every cell in the body of the offspring. Hereditary mutations are passed on from parents to offspring.

Hormone: A substance produced by an organ or gland that is carried by the blood and produces a specific effect on other organs or glands.

Lymph Nodes: Tissues in the lymphatic system that filter lymph fluid and help the immune system fight disease.

Malignant: Cancerous, growing and is capable of invading into adjacent tissues.

Medical Oncologist: A doctor who is specially trained in the diagnosis and treatment of cancer and who specializes in the use of chemotherapy and other drugs to treat cancer.

Metastasis: The spread of cancer from one part of the body to another.

Multidisciplinary Care: Team approach to the care of patients with cancer in which physicians in many different areas of specialization join to provide their expertise and experience.

Oncogene: A normal gene that when mutated plays a significant role in causing cancer.

Oncologist: A doctor who specializes in caring for people who have cancer.

Palliative Care: Treatment intended to relieve symptoms caused by cancer, rather than to cure it, and improve quality of life.

Radiation: Treatment of cancer with high-energy rays that destroy cancer cells.

Reconstructive Surgery: Surgery that is done to reshape or rebuild a part of the body changed by previous surgery.

Recurrence: The return of cancer cells and signs of cancer after being cancer free.

Remission: A decrease in or disappearance of signs and symptoms of cancer, but not necessarily the entire disease.

Subcutaneous: Under the skin.

Tumor: A growth of tissue that forms an abnormal mass.

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

Shout Out to Brussels Sprouts

By Lori Zanteson

The Folklore

Preceded by a less than delicious reputation, Brussels sprouts have been famously refused by children and labeled as smelling of sulphur. Even ancient folklore says the very first sprouts grew from bitter tears. Brussels sprouts were first cultivated near Brussels, Belgium in the thirteenth century. Belgian folklore has it that eating them at the beginning of a meal will ward off drunkenness. Despite their storied past, Brussels sprouts are unsung heroes among vegetables. Properly prepared, these tiny green globes pack as much sweet (yes, sweet!), intense flavor as they do health benefits.

The Facts

Brussels sprouts (*Brassica oleracea* var. *gemmifera*) are clearly related to cabbage, but they're also kin to other cruciferous vegetables, including broccoli, kale, and cauliflower. They grow in groups of 20-40 along a stalk that stretches about three feet tall. Each sprout is a one- to two-inch diameter replica of a green cabbage. There are many hybrid varieties, such as Jade Cross, Confidant, and Ruby Crunch, which is purple. Brussels sprouts are packed with powerful antioxidants. A half-cup serving delivers 12% Daily Value (DV) of vitamin A and 81% DV of vitamin C. Combined with 137% DV of vitamin K and a plentiful dose of glucosinolates—important, health-promoting plant chemicals—Brussels sprouts are known for potential cancer prevention properties.

The Findings

Brussels sprouts are rich in glucosinolates, which have been shown to attack cancer cells. Individuals who consume a diet rich in cruciferous vegetables, such as Brussels sprouts, have lower risk of developing cancer, according to a 2015 review of studies published in *Current Pharmacology Reports*. Brussels sprouts also may play a promising role in the prevention and treatment of cardiovascular disease, according to emerging evidence in a 2015 *BioMed Research International*. Brussels sprouts contain sulforaphane, a compound derived from glucosinolates, which may work in combination with other plant chemicals, including anthocyanins and carotenoids, to help lower blood pressure, cholesterol, and other heart risk factors.

The Finer Points

Late September through February is the season for Brussels sprouts. Picked after the first frost, they will be at peak flavor. Smaller sprouts are sweeter than larger (which may taste more like cabbage). Purchase them on or off the stalk, but select tight, firm sprouts with healthy green (not yellowed) leaves. Refrigerate them unwashed and uncut in a sealed plastic bag up to two weeks. Trim the stems, remove loose outer leaves, and leave them whole, cut in half, or shredded. Enjoy shredded in a salad, or give sprouts a quick steam, boil, or roast with a little salt, pepper, and olive oil.

Sweet and Spicy Brussels Sprouts

Ingredients:

1/2 c walnuts, chopped
2 Tbsp vegetable oil
1 lb Brussels sprouts, trimmed and halved
1 tsp ginger, grated
1/4 c vegetable broth
1 Tbsp honey
1 Tbsp lime juice
1 tsp chili garlic sauce
1 tsp soy sauce

Tip from Tassia: If you aren't a fan of walnuts, I would suggest substituting them with almonds.

Directions:

1. Place walnuts in a large skillet on medium heat. Cook for 5 minutes, stirring frequently. Remove from skillet.
2. Heat oil in same skillet over medium-high heat. Add Brussels sprouts and ginger and cook for 5 minutes, stirring frequently.
3. Add remaining ingredients and reduce heat to low. Cook for 5-10 minutes more. Toss with walnuts.

Makes 5 servings

Nutrition Information Per Serving: 160 calories, 12 grams (g) fat, 12 g carbohydrate, 4 g protein, 4 g dietary fiber, 130 milligrams sodium

Recipe adapted courtesy California Walnuts

REGISTRATION FORM

Team Name: _____
Team Captain: _____
Name: _____
Address: _____
City/State/Zip: _____
Phone: _____
Email: _____

(Check one): Supporter Survivor

T-Shirt Size (circle one): S M L XL 2XL 3XL

Youth Size (circle one): S M

Desired t-shirt size only guaranteed to those who register by September 23rd, 2016.

_____ \$25.00 Walker (\$30.00 October 8th)

_____ \$5.00 Canine Companion Registration

_____ Additional Contribution

Total amount enclosed: _____

WAIVER MUST BE SIGNED

RELEASE: In consideration of the acceptance of my entry, I myself, my personal representatives and assigns do hereby release and discharge Women Supporting Women, and other sponsors, of all liability, claims, damages, demands, actions and cause of action whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event, that I am physically fit and sufficiently trained to participate in this event. I understand that by signing this release I am giving up substantial legal rights, including injuries or damages which I may incur during or as a result of this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature/ Parent or Guardian

Date

(Parent's signature required for anyone under 18 years of age)

Please mail form with payment to:

WOMEN SUPPORTING WOMEN
1320 Belmont Avenue, Suite 402
Salisbury, MD 21804
410-548-7880

Or fax to: 410-548-7535

Registration can also be completed online at:
Firstgiving.com

WALK FOR AWARENESS 2016



Saturday, October 8, 2016 Winterplace Park, Salisbury

3-Mile Walk / 1-Mile Fun Walk

Rain or Shine

Lunch provided by:



**Individual and team registration
available online at:**

www.womensupportingwomen.org

NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146

www.WomensSupportingWomen.org

1320 Belmont Avenue, Suite 402
Salisbury, MD 21804



WALK INFORMATION

Saturday, Oct 8, 2016

SCHEDULE 8:30am - 9:30am Registration
8:30am - 10:00am Team Pictures
9:30am Survivor Group Photo
10:00am Walk Begins

COURSE 3 miles through a woodland path or a 1-mile fun walk around the pond

LUNCH A celebration at the end of the walk includes lunch from Texas Roadhouse (*ticket required*)

COST Walkers - \$25.00 (\$30 Day of Walk)
Children 12 and under - FREE
(No t-shirts for children unless registered)

Canine Companion - \$5

(Includes bandana & treats)
Pets must be on a leash!



Water will be available for all walkers and dogs.

TEAM INFORMATION

Families, friends, neighbors, co-workers... Anyone can form a team! Registration packets are available in our office or online. Please stop by, call us at 410-548-7880 or visit us at: www.WomenSupportingWomen.org

T-shirt Pick-up & Team Packet Drop-off:

Thursday, October 6, 10 AM - 6 PM

at the office in Salisbury,

1320 Belmont Avenue, Suite 402, Salisbury

or at the park on the day of the walk.

BUSINESS OPPORTUNITIES

Special Business Walk Package:

\$250.00

Includes:

- 4 Registration Fees
- (2) 18" x 24" Business Signs
- Vendor Table

Sign Advertising:

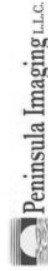
Show your support with an 18" x 24" business sign for \$100 to be displayed along the walk route.

Deadline: September 23, 2016

Contact us at 410-548-7880

To inquire about a business sponsorship

THANK YOU SPONSORS!



IN MEMORY OF / IN HONOR OF SIGN PURCHASE

PURCHASE A 12" x 18" SIGN!

Signs are a great way to support or remember a friend or loved one.

Donor Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

In Honor of: _____

In Memory of: _____ OR _____

From: _____

Number of Signs: _____ (one name per sign)

Cost per sign: \$25.00

Amount enclosed: \$ _____

COMPLETED FORM FOR SIGNS MUST BE RETURNED TO WOMEN SUPPORTING WOMEN BY

SEPTEMBER 23, 2016

TROPHIES AWARDED TO:

- ◆ 1st, 2nd, 3rd Place Individual Fundraisers
- ◆ 1st, 2nd, 3rd Place Team Fundraisers
- ◆ Best Decorated Dog
- ◆ Best Decorated Team
- ◆ Largest Team

Pick up a team packet to get started on fundraising today!

Upcoming Events

Knitting Group
Salisbury Office
Oct 5th, 12 pm

October 8th
Sea Gull Century
Ongoing Recruitment

October 8th
Walk for Awareness
Winterplace Park

October 29th
Midway BC Walk
Pocomoke, MD

November 11th
Hope Dinner –Mafia Murder
Dove Pointe, Salisbury

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

Summer flew by and we are now gearing up for all of the events that we and our wonderful supporters have coming up in October. Here is a list of just some of the events going on...please check pages 10-12 to see the rest!

COMING UP:

Oct.1st. - The Farmer's Wife—Breast Cancer Awareness Event - Have you ever seen a Porcelain Doll Pink Pumpkin? Well the Farmer's Wife in Hebron is the place to get yours! They will have a fundraiser all day with proceeds from the sales of the pink pumpkins and pink mums coming to WSW.

Oct. 1-31st – Tanger Outlets PINK Movement! Tanger Outlets has a history of making a difference in the communities it serves. Purchase your PinkSTYLE Unlimited Use Savings Card for only \$5. A single card packed with 25% OFF savings from participating retailers at Tanger Outlets Ocean City, 2016. A portion of the proceeds benefit Women Supporting Women.

Oct. 8th-9th - USSSA "Saving Second Base" Softball Tournament to be held at the Henry S. Parker Complex. Proceeds to benefit WSW.

Oct. 15-16th - Autumn Wine Festival at Pemberton Park, Salisbury, MD. Wicomico County Tourism is turning the wine festival PINK again this year! WSW will have a fun activity tent, in memory/in honor ribbons to purchase for the "survivor tree", "jugs" to collect spare change and more. We are going to need some amazing volunteers so recruit a friend or two and give us a call to set up a time slot!

Oct. 22nd - Windy Way Horse Show - Proceeds to benefit WSW, more information to come. Please contact Annie Trice at 443.205.3429 with any questions.

Oct. 29th - 7th Annual Midway Toyota - Scare Away Breast Cancer Walk & Trunk or Treat Participation is free but they do ask that you try to collect pledges or donations from people in your community for every hour, lap or mile you plan to walk. Please see flyer page 11

Nov. 11th - Hope Dinner-Mafia Murder Mystery at Dove Pointe with catering by The Milestone. More information to come!

FUN FACT!

Samhain, which is an Irish Celtic festival, inspired Halloween. It celebrates the end of the harvest season. The tradition spread to the rest of the world after the Irish fled Ireland because of the potato famine.

Wicomico County Chapter Staff Members

Cindy Feist
Executive Director

Amber King
Event Coordinator

Emily Rantz
PR & Marketing Director

Natassia Feather
Office Manager

Sue Revelle
Mentoring Coordinator/Co-
Founder

SAVE THE DATE!!! NEW EVENT!!!!

Join as we conclude Breast Cancer Awareness Month with a ceremony in memory and honor of all of our Survivors!!

When: October 28th

Where: The Salisbury Park

Time: 5:30—7:30 PM

We will make the park sparkle by setting water luminaries down the river. Purchase a luminary for \$5, write a special message on it and we will let them go while everyone watches from the bridge, holding a candlelight vigil as well. This event is being hosted by a group of marketing students from SU for their class project.

Cooking for the New Me

a *FREE* nutrition class for cancer survivors and caregivers

THURSDAYS	SATURDAYS
(5:30pm-7:30pm)	(11am-1pm)
Oct 20	Oct 22
Oct 27	Oct 29
Nov 3	Nov 5
Nov 17	Nov 19
Worcester Youth & Family Counseling Services, Inc. 124 Main St. Suite C Berlin, MD	Shore Appliance Connection 307 A Civic Avenue Salisbury, MD 21804

All classes are **FREE with pre-registration.** The funding for classes has been made possible by a grant from:



Sign up for your group of classes

Each session includes four classes

Class Topics:

Class 1: Detoxification

Class 3: Energy Building

Class 2: Healthy Weight

Class 4: Immune Support

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

NEW Info for This Series

*****NEW*****

We are now offering a program for all current and past "Cooking for the New Me" participants to have one on one nutritional coaching with our Wellness Navigator!!

For more information contact Sue.

CALLING ALL SURVIVORS!!

We would love to hear your story!!

Stories of survivorship can be a wonderful way to touch someone else going through a similar journey and possibly making a huge impact on their experience and help alleviate fear and isolation. Please contact Tassia if you would be interested. Thank you!!

Mentoring Minute

Treating Yourself to a Holiday Drink?

☒ Starbucks gingerbread latte –	12 cubes of sugar = 47 gm
☒ Starbucks eggnog latte –	16 cubes of sugar = 64 gm
☒ Dunkin Donuts – red velvet latte –	17 cubes of sugar = 68 gm
☒ Dunkin Donuts – peppermint mocha latte –	23 cubes of sugar = 78 gm
☒ McDonalds Mc Cafe – peppermint mocha –	15 cubes of sugar = 60 gm

Taken from Huffington Post Dec. 2013

****REMINDER THAT I AM OFFERING ONE-ON-ONE NUTRITION TRAINING FOR EATING HEALTHIER, CALL THE OFFICE TO SET UP AN APPOINTMENT LASTING ONE HOUR ON MON., TUES., OR WED. 410-548-7880. IT WILL BE TAYLORED TO YOUR NEEDS.****

Funding for this program is provided by a grant from MAERDAF.

Sue Reville - Mentoring Coordinator



7th Annual
SCARE AWAY
BREAST CANCER
WALK &
TRUNK OR TREAT

Please join us on

Saturday, October 29, 2016

as we benefit



Women
Supporting
Women



TIME

10 AM (Registration)

11 AM - 3 PM (Walk)

12 PM - 3 PM (Trunk or Treat)

**Prizes for Best Costume
& Best "Pink" Costume**

Silent Auction

LOCATION

Midway Toyota

1337 Ocean Highway

Pocomoke City, Maryland

For more info or to receive an
official entry form please call:

Joshua Nordstrom
at Midway

443-614-6021

FREE FOR ALL!

Walk FREE

Donations & Pledges Encouraged



Peninsula Dressage

Presents:

**8th Annual Dressage Schooling Show
to Benefit Women Supporting Women**

Saturday, October 8th

Winaway Farm, Willards, MD

- ⌘ All Riders and Horses of any age, breed, level welcome!
- ⌘ All are encouraged to wear pink, formal show not required

Sponsor the show & get your business name out!

- ⌘ Name/Business will be in the Show Program, Newsletter, WSW Newsletter
- ⌘ Sponsorship Levels: Prix St. Georges-\$25, Intermediate-\$26-\$100, Grand Prix-\$100+ (includes business card ad in Peninsula Dressage Newsletter)
- ⌘ Prize for Individual who raises the most money!

For more donation info contact: Amy Schine,
amys@geried.com or 410-430-8267

For more show info contact: Jenny Mlyniec,
odeon_tamuro@yahoo.com or 443-880-8439



12th Annual Breast Cancer Conference

“A Perspective on Breast Cancer,” will be held on Wednesday, October 5, 2016 at the Wicomico Youth & Civic Center, Midway Room.

Registration begins at 4:30 p.m., a plated dinner starts at 5:15 p.m. and speakers will be featured from 6 to 8 p.m., including a question-and-answer session.

This free event features information about what’s new in breast cancer treatment, detection and survivorship. Look for more information and registration info at www.peninsula.org, coming soon.

7th Annual Breast Cancer Awareness Day

October 1st

Bryan & Brittingham On Bi State Blvd In Delmar, DE

**7:30-3:00. Join Us As We Celebrate Life! Free Food,
Special Savings**

**Throughout The Store And Great Raffle Gifts With
All Proceeds going To Women Supporting. For More
Info Visit Our Website at BryanAndBrittingham.com
or Call 302-846-9500**



Whinnies for Ninnies

Trail Ride

Tall Pines Harbor Campground

Sunday, October 2, 2016

10 am (registration begins 9am)

Donation/Cost: \$20-adults \$10-children

Dress you and your horse in PINK and join the fun!!
Net proceeds to be donated in support of breast cancer awareness and support for Survivors to Women Supporting Women.

U Pre-registration Requested

U Current Coggins Required

U Helmets Req'd Under Age 18

U Under 18 Must Be Accompanied by Adult

If the ride is cancelled due to weather, all pre-registration fees will be donated.

For more information contact the Event Coordinator:
BJ Maddox

757-824-4558 or bjmaddox@escsb.org

DONOR THANKS

Individual

Russell Baiocco, Sr.
Paula Denison
Judy Herman
Carolyn Tilghman
Brenda Young

In-Kind

Anna Simpson
Kathie Bushman
Susan Gore
Ruth Landis

Business

In Memory Of:

Civic

MOOD –Miata Owners of
Delmarva
OC-Berlin Rotary Club
LES Women of the Moose

In Honor Of:

Sue Revelle
Emily & Robert Shade

Jokes of the Month

A man was walking home alone one night when he heard a "BUMP....BUMP....BUMP..." behind him. Walking faster, he looked back, making out an image of an upright coffin banging its way down the middle of the street towards him...."BUMP...BUMP...BUMP..."

The man began to run toward his home, and the coffin bounced after him faster....faster...BUMP BUMP BUMP.

He ran up to his door, fumbled with his keys, opened the door, rushed in, and locked it behind him. The coffin crashed through his door, with the lid of the coffin clapping BUMP...BUMP...BUMP... on the heels of the terrified man. The man rushed upstairs to the bathroom and locked himself in, heart pounding.

With a CRASH, the coffin broke down the door, coming slowly toward him. The man while screaming, reached for something, anything....all he can find was a box of cough drops which he hurled at the coffin...and suddenly "the coffin stops."

A cabbie picks up a nun. She gets into the cab, and the cab driver won't stop staring at her. She asks him why is he staring and he replies, "I have a question to ask you but I don't want to offend you." She answers, 'My dear son, you cannot offend me. When you're as old as I am and have been a nun a long as I have, you get a chance to see and hear just about everything. I'm sure that there's nothing you could say or ask that I would find offensive.'

"Well, I've always had a fantasy to have a nun kiss me." She responds, "Well, let's see what we can do about that: #1, you have to be single and #2 you must be Catholic."

The cab driver is very excited and says, "Yes, I am single and I'm Catholic too!" The nun says "OK, pull into the next alley." He does and the nun fulfills his fantasy. But when they get back on the road, the cab driver starts crying.

"My dear child, said the nun, why are you crying?" "Forgive me sister, but I have sinned. I lied, I must confess, I'm married and I'm Jewish." The nun says, "That's OK, my name is Kevin and I'm on my way to a Halloween party."

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