



Local Services, Local Support

# Care & Share

## Newsletter

### September 2016



Cindy Feist  
Executive Director

September to me has always felt more like the beginning of a New Year than New Year's Day. Vacations have ended; we have shopped for new clothes for the kids, and get ready for schools to open and homework to begin. The year starts all over again. We enjoy this time, but lose ourselves to quick dinners before games and finishing up homework late. This school year, make time for yourself. Five minute meditations in the car before the kids get in for your carpool or a yoga class before heading home to make dinner.

Dinner? These now need to be quick and hopefully somewhat healthy. Here is where Women Supporting Women can help. This fall, we will again be hosting our

"Cooking for the New Me!" program funded by a grant from The Women's Fund through the Community Foundation of the Eastern Shore. Learn new and healthier ways to cook for you and your family keeping everyone's immune system up during those hectic schedules.

Want or need an extra boost to help begin a healthier lifestyle? Sign up for our new one-on-one consultations with a Wellness Navigator. Weekly one hour sessions to get you started on the right path to that healthy lifestyle you've always wanted. Attend all of your scheduled one-on-one sessions and receive a \$25.00 Wal-Mart gift card provided by a grant through The Maryland Agricultural Education and Rural Development Assistance Fund (MAERDAF). Need further encouragement? Once a month a group session will be available for all those attending the consultation sessions to come together and encourage each other along the way.

So, as the "New Year" of school begins or whatever this September brings to you, let's make a little more time for you and begin that healthier lifestyle.

Cindy Feist  
Executive Director

#### Regular Features

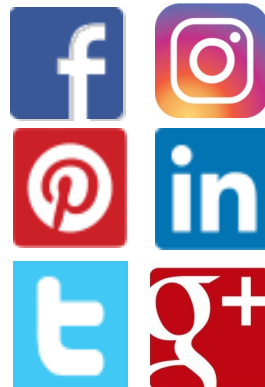
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## Quote of the Month

*At the end of the day, tell yourself gently:*

*"I love you, you did the best you could today, and even if you didn't accomplish all you had planned, I love you anyway." ~Francis*

#### FOLLOW US:



# **SURVIVOR SUPPORT GROUP MEETINGS**

## ***Salisbury Office***

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

Topic/Speaker: Open Forum

*6:30 pm, Thursday  
September 1st*

Facilitator: Kyle Beebe,

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## ***Pocomoke Community Center***

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

Topic/Speaker: Open Forum

*5:30 pm, Thursday  
September 15th*

Facilitator: Virginia Schneider

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## ***Crisfield***

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

Facilitator: Monique Welch, RN

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## ***Atlantic Health Center Conference Room***

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

Topic/Speaker: Amanda Buckley, RD, LDN  
Registered Dietician, Licensed Dietitian Nutritionist  
Nutrition & Breast Cancer; what you need to know

*1:00 pm, Wednesday  
September 21st*

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

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

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## ***Christ Episcopal Church***

601 Church Street  
Cambridge, 410-463-0946

Topic/Speaker: Open Forum

*6:30 pm, Tuesday  
September 27th*

Facilitator: Sue Todd, LCSW-C

# SURVIVOR STORY

## MALE BREAST CANCER

### Getting over the man thing.

By Khevin Barnes

I hear the stories from men, newly diagnosed with breast cancer, who have experienced the discomfort of being tagged with what some have called “a woman’s disease”. Breasts, and I’m referring here to the female variety, have been the object of masculine conversations and attention for much of recorded history, so it’s no surprise that they carry a separate sort of identity than the breasts of the men who are doing the talking.

As a rather typical male in that respect, I admit that I too have been conditioned by the attitudes and suppositions of my manly predecessors, and only recently was able to break free of these preconceived notions I held close to my bosom, to reshape my judgment of human breasts.

I’m not suggesting that it’s easy to vanquish these stereotypical responses; only that it’s important to our healing as men to bust through the belief that we are somehow less man-like because our breasts have been removed. Or that we even have breasts, for that matter.

A 2010 study by Eileen Thomas of the University of Colorado Denver found that 43% of men said they would question their masculinity if they were diagnosed with breast cancer.

I can certainly relate since I too was the recipient of the brow-lifting expressions, along with gasps of disbelief and discomfort by friends and family who were startled to hear that I had a mammogram and mastectomy.

But it’s not just the un-manliness of breast cancer that deters so many of my gender. That same study revealed that fully 80% of men surveyed were not aware that men could even develop breast cancer and the majority could not identify any symptoms of male breast cancer other than a lump on the breast. Information on cancer of the male breast is scarce, and few doctors it seems, routinely check for it. And when it is diagnosed as in my case, the standard course of treatment

recommended is the same as that for women, since there isn’t a lot of historical data to guide us. And there are a number of healthcare professionals who question the effectiveness of many of these treatments.

It’s not a secret that the clinical research on the cause and treatment of breast cancer in males is grossly underfunded. After all, nearly 240,000 women will be diagnosed with invasive breast cancer this year and 40,000 will die from it. The odds of a man contracting breast cancer are 1000 to 1 and about 430 die from the disease annually.

Sadly, men with breast cancer are less likely to survive the disease than women are, and this is due to a number of contributing factors.

#### **THE WIMP FACTOR**

Generally speaking, males find it more difficult to speak up when we find a body part out of whack. Diagnosis and treatment procedures are disconcerting to many men as well, and guys are more likely to attribute a symptom such as a breast lump to some other cause. By the time many male breast cancers are discovered, they are often already at an advanced stage.

In 2014 I was completing a year of residency and study at the Palolo Zen Center, a Zen Buddhist Monastery in Honolulu, Hawaii. My wife and I had decided to take this wonderful break in our routine after traveling for nearly 30 years as stage magicians. Life there was peaceful and unhurried until one day when I was visiting my primary care physician for a routine check-up and I was asked, “Is there anything else going on that we should talk about?”

“No I replied” to which my wife who was at my side chimed in, “Honey, why don’t you show him that little bump in your breast?”

I was scheduled for a mammogram the next day, followed by an ultra sound and needle biopsy. I was in surgery for a mastectomy of my left breast less than 30 days after that visit to my doctor. All of this has extended my life.

#### **WHAT’S TO BE DONE?**

It’s unlikely that routine screening for men will be implemented any time soon since male breast cancer is so uncommon that even the American Cancer Society does not recommend regular checkups. They do admit however, that breast cancer screening for men has not been studied enough, leaving open the possibility that some progress may be made for early detection.

I wonder sometimes if a simple name change of the medical procedures might help men to talk more openly about their bodies. I’m thinking that a “man-o-gram” might convince more guys to have their breasts checked, especially the over 60 group like me, statistically found to be most likely to contract the disease.

But for now, guys have to take matters into their own hands. Literally. We need to get used to feeling our chests and under our arms regularly, keeping an eye out for any unusual changes, no matter how innocuous they may seem.

Guys, we don’t have to be dressed in pink. Pick a color that works for you. And get comfortable with the fact that you are aging. And as we age, we open ourselves to changes in our bodies, not all of them good. Early detection is always a good thing however. Breast cancer is no more a woman thing than being a commercial pilot, or senator or leader of a country is a man thing. The times have changed and so has medicine and science and human awareness. Together, men and women are busting through breast cancer.

***Khevin Barnes is a breast cancer survivor, writer, stage magician and keynote speaker.***

***He was diagnosed with stage one grade three breast cancer in May of 2014.***

***Today he lives with his wife in Vail, Arizona and travels wherever he’s invited***



***to perform and speak to men and women about breast cancer.***

*MaleBreastCancerCoalition.org*

# Evaluating your Risk with Genetic Testing

## **Q&A with Melanie Corbman, Genetic Counselor at Cancer Treatment Centers of America® in Philadelphia, Pennsylvania**

### **What are the criteria for genetic testing?**

People with a strong family history of cancer or a diagnosis at a younger-than-average age might want to undergo genetic testing. In addition, those with childhood cancers, unusual cancers or more than one type of cancer in the family might consider testing. We'll do a thorough family history to determine whether testing is suggested and who is the best person in the family to have testing.

### **How do you know which genetic mutation to test for?**

Genetic testing has evolved. We used to have to make an educated guess and test for a specific gene, but now the testing is much more comprehensive and we can test panels of multiple genes.

### **What can I learn from genetic testing?**

Genetic testing can tell you whether or not you have a mutation. If you do have a mutation, we can talk about ways to prevent new cancers from developing or ways to detect them early. What's more, if you have a mutation, your Children and siblings have a 50 percent risk of also having the mutation.

### **Will genetic testing change my treatment?**

It might. For example, some people with genetic mutations opt for more aggressive treatment to reduce the risk of getting a second cancer. Also, some women with a BRCA mutation might opt for a double mastectomy instead of a single mastectomy in order to reduce the risk of a second cancer. We also know that certain chemotherapy drugs are more or less effective in people with genetic mutations.

### **How can genetic testing help my family?**

If you have a genetic mutation, your children and siblings have a 50 percent chance of having the same mutation. As such, your genetic information can help assess their need for genetic testing, increased screening, and other preventive strategies.

### **What if I have a strong family history, but I test negative for a genetic mutation?**

If you are not found to have a genetic mutation and no mutations have been found in your family, we base recommendations on family history. You may still need to undergo increased screening. A genetic counselor can help advise you.

### **Can employers and insurance companies discriminate against me based on my genetic information?**

No. The Genetic Information Nondiscrimination Act of 2008 prohibits employers and health insurers from discriminating against you.

### **My mom and my grandmother have both had breast cancer. Can I undergo genetic testing to determine whether I am at risk?**

Yes you can, but the person in a family who was diagnosed with cancer at the youngest age is the best candidate for genetic testing. It would be better for your mother to get tested in order to provide the best information. If your mom has a mutation, you have a 50 percent chance of having that mutation.

### **Can my kids undergo genetic testing?**

Genetic testing is performed in people ages 18 and older. We suggest that women wait until age 24 for BRCA testing because most early screening recommendations don't begin until age 25. The cancers in HOCB and Lynch Syndrome are adult onset cancers. Testing is only recommended for children for conditions that affect children.

# COMPLEMENTARY CARE

## Yoga for Warriors

By Lesley Mahoney O'Connell Illustrations by Chelen Ecija

Ingrid Yang was beginning a new type of yoga teacher training in 2005 while her aunt was undergoing chemotherapy. Her training included an in depth study of pranayama, a formal breath control practice. Her aunts battle changed Dr. Yang's path. She quit her law practice and opened a yoga studio.

"For me, teaching yoga became a very personal pilgrimage to help cancer patients in homage to my aunt's memory," she says. "One of my promises was to open doors to the cancer community and try my best to reach out to cancer patients and survivors."

She completed training specifically geared toward working with cancer patients and survivors, and also worked closely with oncologists and nurses to develop her teaching practice. Now a medical doctor and resident physician in rehabilitation medicine, Dr. Yang continues to teach yoga at Moksha Yoga Center in Chicago as well as provide teacher training around the world who wish to work with cancer patients and survivors.

While asanas, or poses, are integral to any practice, she notes that cancer patients and survivors often benefit most from meeting others who are, or have been, in treatment and learning to breathe to calm their anxieties. She points out that yoga could never replace traditional cancer treatment, but it can provide a good complement.

For breast cancer patients, a yoga practice will vary based on state and treatment. It's important to talk to your doctor before beginning a practice. For example, extensive stretching is not recommended in the immediate post-operative stage for patients who have undergone a mastectomy, but it is recommended after all the operative healing is complete. Meanwhile, the chest region is a very emotionally charged area for breast cancer patients. She says, "to a large degree, it's about making friends with your body again. It's about truly reconnecting with your heart space."



### MEDITATION (easy sitting pose)

**POSE:** Sit comfortably upright. If sitting on the floor, consider sitting on a pillow, block or bolster to lift the hips and take strain off the lower back. Sit in a chair if you like. Close your eyes, place your hands comfortably and relax. Don't worry about "clearing your mind." As thoughts come in, just try to let them pass through. There's no wrong way to meditate!

Start by committing to five minutes a day for a week, and add five minutes per week until you reach 20 minutes of sitting quietly. This is the most important pose for cancer survivors, Dr. Yang says.

**BENEFITS:** Anxiety relief and stress reduction

### MEDITATION FINGERS (jñana mudra)

**POSE:** Gently and mindfully touch the thumb and forefinger of each hand together. Close your eyes and take slow, deep belly breaths. This can be done anywhere—in a chair, standing in line at the grocery store or even in the waiting room of your doctor's office.

**BENEFITS:** Stress relief



### LEGS UP THE WALL (viparita karani)

**POSE:** Place a mat under you or lay a blanket under your buttocks before you place your legs up the wall. Scoot your buttocks as close as you can to the wall and turn to slide your legs up. Close your eyes and take slow, deep breaths. This can be practiced for between five and 20 minutes. Rest with your feet flat on the floor before standing after you practice this pose.

**BENEFITS:** Relaxation and reduction of swelling in legs and feet. For those who are dealing with lymphedema in the legs, this pose can be a relief.



### FLOATING BODY REST

**POSE:** Place a bolster or pillow under your knees and lie back on blankets. Place an additional folded blanket under your head for back support.

**BENEFITS:** Rest and relief from back pain. Back pain is a common concern, and this pose allows you to lie comfortably without strain on your back. It also allows you to rest, without straining your chest, especially if you have had recent surgeries or have expanders placed.

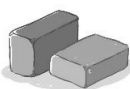


### Pose With Props

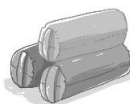
Yogis at all levels use props to make poses more accessible and comfortable. Here are a few to try:



**YOGA MAT:** extra cushioning for standing, sitting and reclining poses



**4-INCH FOAM BLOCKS:** for help touching the ground



**BOLSTERS:** extra support for restorative poses



**YOGA BLANKET:** for additional padding/warmth during meditation



**YOGA STRAP:** helps with reaching and holding limbs in place



**CHAIR:** for balance or for those who don't sit comfortably on the floor



### RECLINING COBBLER'S POSE

**POSE:** Sit on your mat, place a bolster lengthwise at your lower back. Lay down on the bolster with your arms rolled out to the sides, palms up. Optional hip stretch: Bring the bottoms of the feet together and let your knees fall out, making a diamond shape. You can also place blocks under your knees for more hip support. If the addition of blocks is still uncomfortable for your back or knees, straighten your legs and place a rolled blanket underneath your knees. Because this pose stretches your pectoralis (chest) muscles, make sure any surgical scars are healed.

**BENEFITS:** Breaks up adhesions from lumpectomy or mastectomy scars

# NUTRITIONAL INFORMATION

## A No-Nonsense Guide to Clean Eating

Learn the fundamentals of this healthful diet, without the hype.

By Carrie Dennett, MPH, RDN

Have you jumped on the clean eating trend? Another example of “everything old is new again,” the concept of clean eating has gained popularity over the last several years in books, blogs and magazines, but it also has roots in the counterculture/natural foods movement of the 1960s. At that time, the main concern was pesticides, but that has expanded to include artificial colors and preservatives, growth hormones, antibiotics, and GMOs.

“The foundation of clean eating is choosing whole foods and foods in their less processed states, foods that are closest to how they come in nature,” says Michelle Dudash, RDN, author of *Clean Eating for Busy Families*. In other words, eating food that looks like real food, choosing from vegetables, fruits, whole grains, pulses (beans, lentils, and peas), dairy, nuts and seeds, and quality animal and plant proteins.

“Whole foods don’t contain added sugar or salt. Whole foods don’t contain processed fats, and the amounts of trans fats they contain are extremely minimal and come naturally from dairy and animal sources. With clean eating there’s an emphasis on in-season foods that are less traveled. Choosing fruits, vegetables, and seafood that is in season when possible is going to give you a greater range of nutrients,” says Dudash.

“The USDA Dietary Guidelines are considered a healthy diet, but I take it further,” says Dudash. For example, she recommends eating all of your grains in their whole form instead of just half of them, as the Dietary Guidelines suggest.

### Inclusion, Not Exclusion

Many clean eating plans eliminate gluten, dairy, and soy, but not all people have trouble digesting gluten, and less-processed forms of dairy and soy are part of traditional healthful diets. Eating clean should not unnecessarily limit your food options. If anything, when you embrace eating more whole, minimally processed foods, your food world should expand.

“I encourage people to focus on the foods to get more of,” Dudash says. “If you want to eat clean you don’t necessarily have to eat vegan or cut out entire groups. Within each food group there are clean eating options.” These options can even include some processed foods, because, as Dudash points out, foods are on a continuum of processing, and many foods have undergone at least minimal processing. “Using packaged food when you do it right can save you time and fill in nutritional gaps,” explains Dudash. For example, wheat berries might be a better choice than whole grain pasta, but if pasta helps you

get a wholesome meal on the table, then go for it.

### Getting Started With Clean Eating

Here are some top tips for “cleaning up” your diet:

- 1. Eat more whole foods**, such as fresh fruits and vegetables, whole grains, beans and lentils, and lean proteins.
- 2. Read the ingredients list** when choosing packaged foods. While there's no hard-and-fast rule, generally a shorter list made of recognizable ingredients is better.
- 3. Limit added sugar.** Natural sugars found in whole fruit and unsweetened dairy products are not a concern.
- 4. Include healthy fats**, like nuts, seeds, avocados, olives and olive oil, and fatty fish.
- 5. Buy local when possible.** Shop farmers markets, join a CSA, or get to know your farmer. Even better, grow some of your own produce!
- 6. Purchase organic** as your budget and availability allow in order to reduce exposure to pesticides. Focus on buying organic versions of vegetables and fruits that have the highest levels of pesticides. The Environmental Working Group puts out an annually updated “Shopper’s Guide to Pesticides in Produce”.
- 7. Cook more at home.** “Look at your starting point,” Dudash suggests. “If you don’t cook at all, starting with five days a week might be a little overwhelming.” She also recommends finding a good cookbook or a meal planning program that meets your needs. “A lot of people just run out of ideas. A little inspiration can help you,” she adds.

## COOKING FOR THE NEW ME

### A FREE NUTRITION CLASS FOR CANCER SURVIVORS AND CAREGIVERS

Two separate classes to be held in both Salisbury and Berlin, MD. Each class will consist of 4 sessions that will focus on a different cooking topic (*Detoxification, Healthy Weight, Energy Building, Immune Support*).

\*\*\*NEW\*\*\*

***We are now offering a program for all current and past participants to have one on one coaching with a Wellness Navigator!!***

The classes will run from the end of Oct-Nov.

*Please contact Amber at 410-548-7880 for more info.*

## 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

NONPROFIT ORG  
 PAID  
 SALISBURY MD  
 21801  
 PERMIT NO 146

# 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**

1320 Belmont Avenue, Suite 402  
 Salisbury, MD 21804  
 www.WomensSupportingWomen.org





**IN MEMORY OF / IN HONOR OF  
SIGN PURCHASE**

**PURCHASE A 12" x 18" SIGN!**  
Signs are a great way to support  
remember a friend or loved one

WB0C 16

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

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

COMPLETED FORM FOR SIGNS MUST BE  
RETURNED TO WOMEN SUPPORTING WOMEN BY  
SEPTEMBER 23, 2016

**Amount enclosed: \$**

COMPLETED FORM FOR SIGNS MUST BE RETURNED TO WOMEN SUPPORTING WOMEN

**To inquire about a business sponsorship**



## Upcoming Events

**Knitting Group**  
Salisbury Office  
September 1st, 12 pm

**September 16th**  
**Pink Drag Race**  
Downtown Salisbury  
3rd Friday

**October 8th**  
**Sea Gull Century**  
Ongoing Recruitment

**October 8th**  
**Walk for Awareness**  
Winterplace Park

### **September 21st: World Gratitude Day**

In 1977, the United Nations Meditation Group established World Gratitude Day to appreciate existence.

Even the least existential among us can recognize a thing or two in our lives for which we feel grateful. For example, we feel grateful that you are still reading this article.

### 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*

# 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. There are a wide variety of activities to fit an array of interests so make sure to pay close attention to the next few pages!

### **COMING UP:**

**Sept. 24th - Gateway Subaru's Walk for Health** - Benefitting Women Supporting Women and held at the dealership at 3075 Winner Blvd, Delmar, MD. \$10 per registration, \$3 for the Candle Vigil. For more info contact Astrid Bravo at 410-896-3800.

**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. 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 signs 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! (Volunteers get to attend the Festival for FREE after their volunteer time).

**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. There will be prizes awarded for the Best Overall Costume and Best PINK Costume. Registration begins at 10 am, the walk begins at 11 am, and Trunk or Treat will start at 12pm. Contact Joshua Nordstrom at 443-614-6021 for more information.

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



Look what our sponsor, FurnitureLand has provided to ensure comfort to even more newly diagnosed survivors who are having a double mastectomy!! Thank you!





Some of the wonderful staff of Peninsula Imaging present their annual Hope Sponsorship.

We sincerely thank them for their continued support. The generosity of our annual sponsors is one of the key components to allowing us to provide our services to those in our community completely free.



**Save the Date! The 12<sup>th</sup> 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](http://www.peninsula.org), coming soon.

## Mentoring Minute

### SUGAR

When you look at a label under the section that says sugar amount (in grams), you need to be aware that for every 4 grams, you are taking in 1 teaspoon of sugar and don't forget to look at the serving size. An example is a can of Pepsi is 41 grams of sugar which is equal to 4 ½ teaspoons. The World Health Organization recommends that 5% of your calorie intake of sugar per day be = 6 tsp. for women & 9 tsp. for men. Sugar is one of the top culprits for decreasing your immune system and I bet you didn't know there were 56 other names for sugar.

**Surprise:** here are some of them – ones you may see on labels:

- |                        |                            |                |
|------------------------|----------------------------|----------------|
| ⌘ Agave nectar         | ⌘ Beet sugar               | ⌘ Maple syrup  |
| ⌘ Blackstrap molasses  | ⌘ Barley malt              | ⌘ Lactose      |
| ⌘ Sugar cane           | ⌘ Dextran                  | ⌘ Carob syrup  |
| ⌘ Confectioner's sugar | ⌘ Corn syrup solids        | ⌘ Ethyl maltol |
| ⌘ Maltodextrin         | ⌘ High-fructose corn syrup | ⌘ Fruit juice  |

**Sue Reville - Mentoring Coordinator**

**ATTENTION 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!!*

# SAVE THE DATE!

## Friday, Sept 16th



# pink

## DRAG RACE

Downtown Salisbury  
5:30-7pm

*Join us for our very first PINK DRAG RACE! Men and women will race the street (in sneakers!) wearing pink drag. Walk Teams are encouraged to participate to raise money for this year's Walk for Awareness! Call 410-548-7880 for more info!*

# JOIN OUR TEAM!

The Women Supporting Women  
"Cycle for a Cause" team is  
looking for riders for the 2016  
Sea Gull Century.

Contact Cindy for more information!  
410-548-7880

[cindy@womensupportingwomen.org](mailto:cindy@womensupportingwomen.org)

OUR JERSEYS ARE PINK!





## **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



## **Ayers Creek Adventures**

### **Paddle for a Purpose**

**Saturday, September 3rd**

8:30 am—5:00 pm

All proceeds from their tours and rentals will benefit local charities. Paddle for a Purpose t-shirts, raffles and refreshments will be available for purchase.

Please specify you would like your proceeds to go to WSW and/or pay with a check written out to WSW to guarantee your donation comes to us.

Any undesignated proceeds will be split among the 6 charities they have chosen as beneficiaries.

## **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**



## **Hooves for a Cure**

### **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

Charlotte Prado  
Katherine Schneider  
Linda Fentress  
Pam Heying  
Margaret Hastings

### In-Kind

Tammie Stevenson  
Nancy Elliott  
Wanda Smullen  
Debbie Lockwood  
Linda Robinson  
Sonia Crandell  
Marlene Waller

### Business

Benjamin's Wear It Again  
Farmer's Bank of Willards

### In Memory Of:

Victor Gagnor  
Ruth Culver

### Civic

### In Honor Of:

## How Can You Donate?

### Monetary

- ⌘ WomenSupportingWomen.org
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory
- ⌘ Endowment Fund

### In-Kind

- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthesis
- ⌘ Hats
- ⌘ Scarves

*Please look on the back page for a donation form.*

## **SPONSORS**

### **Courage**

\$5,000 +

Center for Women's Health  
FurnitureLand  
Midway GM/Toyota  
Spicer Bros. Construction Inc.

### **Hope**

\$2,500 +

Airport Self Storage  
Apple Discount Drugs  
Kitty's Flowers  
Myriad  
Peninsula Imaging  
Peninsula Plastic Surgery  
Richard A. Henson  
Cancer Institute  
Peninsula Regional Medical Center

### **Pink Ribbon**

\$1,500 +

Pepsi Bottling Ventures  
Sharp Energy

## JOKE

Sherlock Holmes and Dr Watson were going camping. They pitched their tent under the stars and went to sleep. Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see."

Watson replied: "I see millions and millions of stars."

Holmes said: "and what do you deduce from that?"

Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like earth out there. And if there are a few planets like earth out there, there might also be life."

And Holmes said: "Watson, you idiot, it means that somebody stole our tent!"





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 2016 Board of Directors

Penny Bradford, President  
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### 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 \_\_\_\_\_