



Care & Share Newsletter

October 2017

Local Services, Local Support.



Cindy Feist
Executive Director

October - Breast Cancer Awareness Month

October, this is the month that Women Supporting Women looks forward to the most every year. As you will see by this edition of our Care & Share Newsletter, we are extremely busy. This is the time of year when everything goes “Pink” for breast cancer awareness month; from sports teams wearing pink socks, jerseys, and hats to employees at businesses for “Pink Out” Fridays.

Pink Ribbons seen around town during October is recognized by most people as the breast cancer symbol. It’s also a time to fundraise for someone that you know, family member, spouse, friend/friends that have been diagnosed with this disease.

For Women Supporting Women, it is **OUR** time. Yes, to raise those much needed dollars, to help us with our mission, but to also bring awareness, education, and understanding of breast cancer to our LOCAL community. Did you know, a woman living in the US has a 12.3%, or a 1 in 8, lifetime risk of being diagnosed with breast cancer? In 2017 approximately 5,250 women will be diagnosed with breast cancer in Maryland, a statistic that WSW would like to see eliminated. Until that time, our office doors are open to anyone diagnosed, with breast cancer, men or women, and offer mentoring services to help you through your breast cancer journey, support groups in four counties, loaner recliner chairs for after double mastectomy surgery, wigs, hats, scarves, and lots of hugs.

October, and beyond, Women Supporting Women will be here for you or someone you love. During this time, please consider making a donation to help Women Supporting Women in fulfilling our mission. Should the time come that you or someone you know needs us, please remember Women Supporting Women; for Local Services and Local Support.

JOIN US
16th Annual Walk for Awareness
Saturday, October 14th
Winter Place Park

Regular Features

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Donation Slip on Back

SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
<p>Oct 5th - 6:30 pm Thursday</p> <p>1320 Belmont Ave 410-548-7880</p> <p>Speaker/Topic: Matt Balish, PharmD RPH-Effects of Hormone Blockers</p> <p>Facilitator: Kyle Beebe</p>	<p>Oct 12th - 5:30 pm Thursday</p> <p>Pocomoke Comm. Center 1410 Market St 410-548-7880</p> <p>Speaker/Topic: Matt Balish, PharmD RPH-Effects of Hormone Blockers</p> <p>Facilitator: Virginia Schneider</p>	<p>Oct 18th - 1:00 pm Wednesday</p> <p>Atlantic Health Center 9714 Healthway Dr 410-548-7880</p> <p>Speaker/Topic: Open Forum</p> <p>Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.</p>	<p>Oct 24th - 6:30 pm Tuesday</p> <p>Christ Episcopal Church 410-563-0946</p> <p>Speaker/Topic: Michelle Hammond-Relaxation</p> <p>Facilitator: Sue Todd</p>

SURVIVOR STORY

Making The Best Reconstruction Decision For Me



From the moment I was diagnosed, I was pretty certain of my surgery choice and reconstruction method. I felt it was best for me in my circumstances, and thus far, it certainly has been. I chose a bilateral mastectomy with immediate tissue expander placement. I had those exchanged for 'gummy' implants several months later. Here were my reasons:

1. I was very small breasted. If you took the lump, you pretty much were taking the whole thing, so a lumpectomy was not much of an option. I also preferred to avoid radiation. I hope to avoid a recurrence, but if one does happen, I want as many treatment options available to me as possible to address it. This keeps radiation as an option for me should a recurrence happen.

2. I was 44 and have a family history of breast cancer, so I wanted both to go. Even though there was not cancer in the other breast, I'd already had a biopsy on a suspicious lump a few years prior. I wanted to minimize my chance of a recurrence. Hence the bilateral mastectomy. I also did not want one tiny sagging breast, and one perky breast. I wanted a matched set that would age together.

3. I am quite thin, so the flap surgeries were not an option for me. Even if they were, the muscles they have to cut in those procedures caused me worry. I am a firefighter/paramedic, and I need to be strong and flexible. I wanted to minimize my risk of range of motion issues.

4. My plastic surgeon told me that these implants would be very durable and hold up well given my line of work. If anything happened or went wrong and there was a rupture, the implant could easily be replaced.

5. I had nipple reconstruction and areola tattoos which look great. I also had fat grafting. The fat grafting is the only area I would not do, if I could choose it all again.

I had my skin-sparing bilateral mastectomy in August 2013, my exchange in January 2014, nipple reconstruction and fat grafting in April 2014, and tattoos in September 2014. I am thrilled with the results. I am a runner and have found them very comfortable, even on long runs. I also have no problems with the implants under my airpack at work (a prosthesis would not have worked well, so implants were a better option). I look really good in both clothes and a bathing suit. I can wear a bra if I want or choose to skip wearing one. I would not do the fat grafting again. I developed lumps afterwards. Though they are not fat necrosis, biopsy results simply indicated inflammation. The presence of the lumps makes me nervous about being able to detect new lumps. I was told before the surgery that developing lumps was rare, but am told now that it is very common. It's been a long road, but I am thrilled with how everything looks. I went for a second opinion on the lumps and the place I went, who had never seen me before, said that I look like someone who has had a breast augmentation, and not like someone who had a mastectomy...which was a great compliment.

-- KBee, implant reconstruction with nipple reconstruction

BreastCancer.org

Advanced Genomic Testing

Every cancer, like every patient, is different. Genomic tumor assessments help identify the DNA alterations that are driving the growth of a particular tumor. As we understand more about these gene mutations, we are better able to provide cancer treatment therapies that specifically target changes in the tumor's genomic profile. Information about genomic changes that are unique to your individual cancer may help us determine treatments that may be appropriate for you. It's the promise of precision cancer treatment—a focus on the individual tumor in the individual patient.

Since genomic testing may not be right for every patient, your oncologist will help determine if you are a good candidate for the assessments.

Evolution of care

For centuries, scientists have been searching for better ways to treat cancer. The development of radiation therapy in the early 1900s and chemotherapy in the 1940s were two milestones. But both had significant drawbacks.

Early chemotherapy drugs lacked the selective capacity to distinguish between cancer cells and normal cells, resulting in toxic and sometimes intolerable side effects for patients. Radiation therapy initially was shown to cause cancer in addition to treating it.

Thanks to medical advances, both therapies have become more targeted, and researchers have found ways to minimize side effects. Today, radiation therapy and chemotherapy are considered the standard of care in treating cancer patients, helping millions of survivors to live longer.

The future is here

But these therapies still have limitations. For example, two patients displaying symptoms and imaging results associated with a certain cancer might be prescribed the same chemotherapy regimen, only to experience drastically different outcomes. Why? Because the root cause of their disease and the treatment needed are different, as is the molecular makeup of their individual tumor.

The Human Genome Project, completed in 2003, marked a dramatic shift in the understanding of cancer and other diseases. After 13 years, researchers mapped the entire human genetic code, discovering that every human cell is packed with an estimated 20,000 to 30,000 genes. Researchers have used the discoveries to link dozens of diseases, such as Alzheimer's disease and inherited colon cancer, to specific genes.

In the case of cancer, researchers have discovered that two genes, BRCA1 and BRCA2, are associated with breast and ovarian cancers. Likewise, researchers have developed a drug specifically to treat breast cancers that demonstrate an overproduction of the protein HER2. Such drugs, now standard in the treatment of breast, ovarian, lung and some other cancers, target inherited genetic abnormalities identified through genetic tests, which detect mutations passed down from one generation to the next.

In recent years, the medical world has taken the advancements one step further, with genomic tests of the cancer itself. These even more targeted assessments study the DNA profile of the patient's tumor, searching for genetic abnormalities that can be matched to a particular drug therapy that may not have otherwise been considered.

"This is an incredibly powerful, positive force in medical care. We were in the Dark Ages before this," Dr. Maurie Markman, President of Medicine and Science at Cancer Treatment Centers of America® (CTCA), says of advanced genomic testing. "It is the tsunami on our shores, and it's going to take over all of medicine. It is the future of cancer care, no question about it."

COMPLEMENTARY CARE

Benefits of Adult Coloring Books?

It might seem crazy that something as simple as a coloring book could actually be beneficial, but research continually supports this idea. In fact, researchers have known for over 100 years the benefits of coloring on the adult brain and famous psychiatrists throughout history (including Carl Jung) have recommended it to their patients.

Stress Relief

Coloring has been shown to have stress-reducing benefits. The reason? Coloring is said to calm the amygdala, the part of the brain related to the fear/stress response while stimulating the parts of the brain responsible for creativity and logic. A 2005 study documented a reduction in anxiety in subjects after a short time of coloring geometric patterns.

In fact, coloring therapy is being used experimentally for those with anxiety and stress related disorders. Some people report sleeping better when coloring for even 5 minutes before bedtime.

Focus and Creativity

There's a reason that adult coloring books are becoming a favorite among high-profile business professionals in high-stress industries and creative professionals. There is evidence that even a short coloring session can help improve focus and spur creativity. Some offices are even making time for group coloring sessions for employees as a way to improve group focus and creativity during big projects.

While we may think of group coloring time as an activity for preschoolers, high-profile executives are joining the trend!

Alternative to Meditation

The psychological benefits of prayer and meditation have been well studied, but many people find it difficult to "turn-off" and calm the mind. Coloring and other hands-on activities offer an alternative because they allow you to "do" something without the need for active concentration. In studies, activities like coloring are able to produce a similar effect to meditation in the brain.

Benefits Aren't Specific to Just Coloring

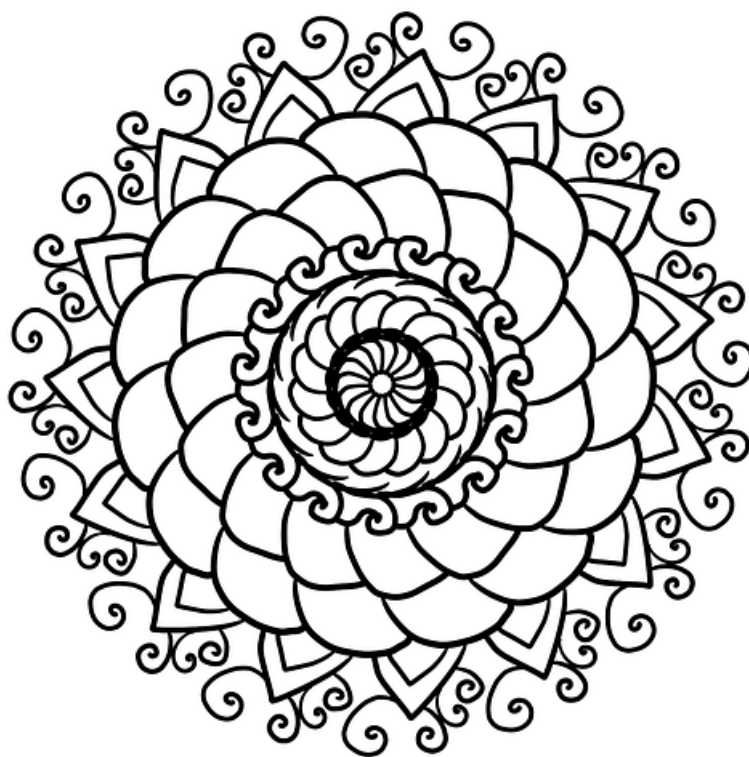
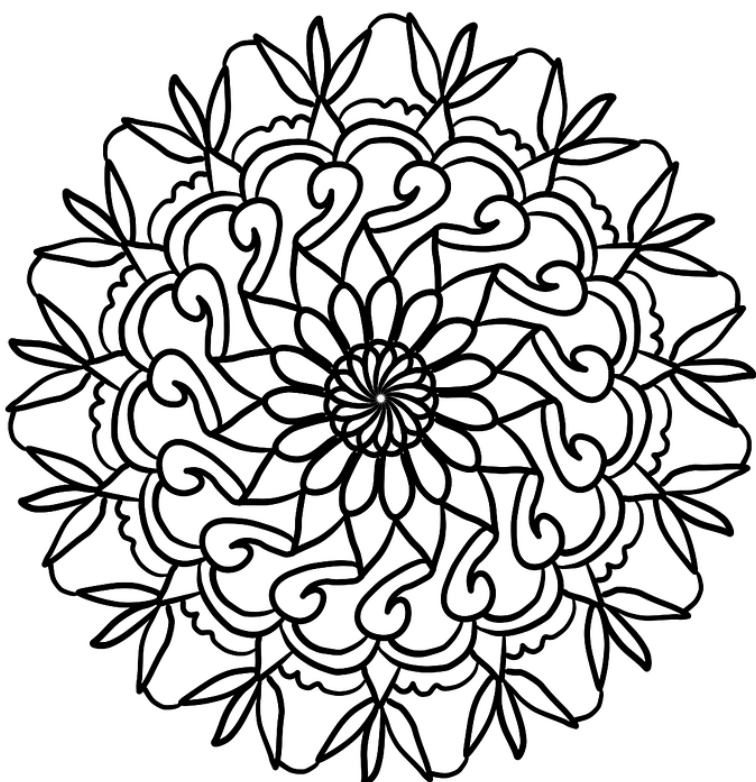
It is important to note that while coloring is a fun activity for many children and adults, it certainly isn't the only creative activity with these benefits. Music, drawing, crafts and even home repairs (if you enjoy them) were found to be meditative and therapeutic. Knitting has also been studied for its ability to lessen depression and anxiety.

I've personally always noticed the same effects from other types of creative activities like painting, drawing, and DIY projects but can see how coloring can be even more relaxing as there is no need to create anything from scratch and the ability to follow a pattern and template removes some of the need for active thought.

Though coloring therapy is being used experimentally for those with PTSD, anxiety and other stress-related disorders, it isn't a substitute for regular therapy or consulting with a qualified professional. Despite its hype, it probably also won't be a magic fix for any health or stress-related problem.

It is, however, a fun and relaxing activity and an inexpensive way to relax, de-stress and spend some time with friends or your kids. Since it may help sleep, focus, and creativity, I figured a \$6 book was worth a try!

WellnessMama.com



NUTRITIONAL INFORMATION

The Benefits of Good Nutrition During Cancer Care

During cancer treatment, you may experience symptoms that can impact your ability to eat. Even a five percent change in body mass can affect treatment outcomes. Eating a well-balanced diet and staying nourished during cancer treatment can keep you strong and provide the nutrients your body needs to tolerate and recover from treatment. The stronger the body, the faster it can heal.

Good nutrition can provide several benefits for people living with cancer, including:

- Support immune function
- Preserve lean body cell mass
- Rebuild body tissue
- Decrease your risk of infection
- Increase strength and energy
- Improve your tolerance to treatment
- Help you recuperate faster after treatment
- Enhance your overall well-being



Total Time: 70 mins Servings: 6

224 calories, 6g total fat, 407mg sodium, 34g total carbohydrates
5g dietary fiber, 12g protein

Ingredients

- Cooking spray
- 1 cup low sodium chicken or vegetable stock
- 2 bay leaves
- ½ head of cauliflower, cored and separated into large pieces
- 8 oz whole wheat elbow or shell pasta
- ¾ cup shredded sharp cheddar cheese
- ¼ cup shredded parmesan cheese
- 1 tbsp Dijon mustard
- ½ tsp nutmeg
- 1 tsp dried parsley
- 1 clove garlic, minced
- 3 tbsp whole grain breadcrumbs
- Salt and pepper to taste

Instructions

1. Heat oven to 400 degrees.
2. Lightly grease a 9-inch baking dish with cooking spray.
3. Bring a large pot of water to a boil.
4. In a separate saucepan, over medium-low heat warm broth and bay leaves. Once broth begins to bubble around the edges, simmer for 5 minutes. After 5 minutes turn off heat and let stand.
5. Once water is boiling, add cauliflower. Cook until very tender, 20-25 minutes. Once tender, remove cauliflower from water with a slotted spoon. Do NOT drain boiling water.
6. Place cooked cauliflower in a blender or food processor. Blend until smooth.
7. To boiling water add pasta. Cook pasta for 5 minutes. You want the pasta partially cooked.
8. Remove bay leaves from stock.
9. To the blended cauliflower, carefully add stock, cheeses, mustard, nutmeg, parsley, and garlic. Add salt and pepper to taste.
10. Blend thoroughly. If sauce is too thick add ¼ cup of pasta water at a time until thinned to desired consistency.
11. Drain pasta once partially cooked.
12. Mix pasta and cauliflower cheese sauce.
13. Add mixture to greased pan.
14. Top with breadcrumbs.
15. Bake 15-20 minutes until cheese is bubbling.

JOIN OUR TEAM

The WSW "Cycle for a Cause" team is looking for riders to support us in the 2017 Sea Gull Century!

Contact the office at 410-548-7880 for more information on how you can become involved.

Fundraise for WSW and receive one of our custom jerseys.

**rules and restrictions apply*

Win this dress!

Downtown Bridal is raffling off this beautiful wedding dress (size 12) to one lucky winner during the month of October.

Just fill out a raffle ticket in their location at: 306 W. Main St., Salisbury, MD 21801 or fill one out at any of our events taking place during the month.

WSW will also get a portion of proceeds on formal dresses sold during the whole month of October.

Thank you Downtown Bridal!

Peninsula Dressage presents:

The Ninth Annual Dressage Schooling Show To Benefit WSW.

Saturday October 7, 2017
WinAway Farm, Willards, MD

All Riders & Horses Welcome: Any age/Any Breed/Any Level!
Riders & Horses are Encouraged to Wear Pink; Formal Show Attire not Required!

Sponsor the show & get your business name out to the community!



Get Your Name/Business Name in:

The Show Program
Peninsula Dressage Newsletter
Women Supporting Women Newsletter



Sponsorship Levels

Prix St. Georges - \$25
Intermediare - \$26 to \$100

Grand Prix - \$100 + - includes a business card ad (cash donations only) in Peninsula Dressage Club Newsletter!

Prize for individual raising the most money!

Bring your horse and join us in the show, or just come out to support the riders and this important cause

For more information about donations contact: Amy Schine, amys@geried.com or call 410-430-8267. For show information contact: Jenny Mlyniec, odeon_tamuro@yahoo.com or call (443) 880-8439.



BOUNCE FOR BREAST CANCER AWARENESS

Present this flyer at Altitude Trampoline Park on **October 4, 2017** and **January 17, 2018** to receive a discounted rate of \$18 for two hours of jump time between 4PM and 9PM! Socks are included and a portion of the proceeds will go to benefit Women Supporting Women.



30174 Foskey Ln.
Delmar, DE 21875
410.896.2219

WALK INFORMATION

Saturday, Oct 14, 2017

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 (*wristband 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!



Bring me for only \$5!

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 12 10AM - 6 PM

at the office in Salisbury,
 1320 Belmont Avenue, Suite 402, Salisbury
 or at the park on the day of the walk.

SPONSORSHIP OPPORTUNITIES

T-Shirt Sponsor Package: \$500

Your logo on event t-shirt which every walk participant receives for free, 4 registration fees, (2) 18" x 24" business signs, vendor table

Business Walk Package: \$250
 4 registration fees, (2) 18" x 24" business signs, vendor table

Sign Advertising: \$100

One 18" x 24" business sign to be displayed along the walk route.

Contact us at 410-548-7880

To inquire about sponsorship opportunities

**Deadline to Sponsor:
 September 22, 2017**



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: _____

OR

In Memory of: _____

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 29, 2017

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!

WSW NEWS & HAPPENINGS

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

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

Upcoming Events

IN OCTOBER:

Cycle for a Cause, Sea Gull
Century
Walk for Awareness
Autumn Wine Festival
Light the River
Midway Walk

FUN FACT:

Among primates, only humans have permanent breasts. All other primates only grow full breasts for the purpose of feeding their children.

Regional Office Staff Members

Cindy Feist

Executive Director

Natassia Feather

Office Manager

Kerrie Bunting

Event Coordinator

Amanda Smith

PR & Marketing

Sue Revelle & Kathy Pisani

Mentoring Coordinators

I see some very full calendars this month! Throughout this newsletter you will find flyers and information on everything going on. If you have any questions please just give us a call. On page 10 you will also find a list of local businesses that are selling pink ribbon \$1 cards to benefit WSW during the whole month of October. Keep an eye out around town for them!

The month of October - Tanger Outlets PINK Movement - Purchase a PinkSTYLE Unlimited use savings card for \$5.

10/6 - Tanger Outlets Car Show - 50/50 proceeds come to WSW

10/6 - OC Endless Car Show at the Inlet - a portion of registration fees will benefit WSW

10/7-10/8 - USSSA "Save Second Base" Softball Tournament

10/21-10/22 - Autumn Wine Festival at Pemberton Park - Wicomico Tourism has once again chosen to turn the festival PINK and allow WSW exclusive areas to set up fun activities for all to enjoy!

10/24 - Sobo's Witch's Ball - This event sells out fast so make sure to get your tickets ASAP!

10/27 - Light the River at the Salisbury Park - This beautiful event honors all of those who have fought the fight while taking in the serenity of dedicated wish lanterns making their way down the river.

10/28 - Midway of Pocomoke - "Knock Out Breast Cancer" Walk Participation is free but fundraising is encouraged! There are plenty of opportunities for business participation as well.

Can we just take a minute to talk about how excited we are for this year's **16th Annual Walk for Awareness** at Winterplace Park!!! It is truly an inspirational day filled with love for all of our Survivors. To see hundreds of people gathered in support; hugging, laughing and being there for each other brings tears of joy to my eyes every year. The energy is just amazing and I personally am grateful to be a part of it. We at WSW are looking forward to seeing you all there.

~Tassia

Tips for fundraising success

1. Start early
2. Set a challenging but attainable goal
3. Contact EVERYONE you know
4. Customize your emails
5. Create an email schedule
6. Ask, ask, and ask again!
7. Set up a fundraising page online
8. Share the fundraising page on social media
9. Find creative ways to raise \$ (bake sale, car wash, penny drive, donation box in your office, etc)
10. Join a team
11. Did we mention to contact and ask everyone??!



Thank you **Windy Way Farm** for partnering with WSW for “**Brush Strokes for Breast Cancer**”. Everyone really enjoyed themselves painting and spending time with the horses.



Pictured above: Participants during **Pint & Pose**, held at EVO with Eva from Soul Yoga Studio instructing.



Pictured left: Women enjoyed a day at River Marsh Golf Club at Chesapeake Hyatt during our “**Ladies Day to Play**” golf clinic.

Make a DONATION at the FOLLOWING BUSINESSES BY PURCHASING a PINK RIBBON CARD WHICH WILL BENEFIT WSW:

- EAST SIDE DELI
- EDIT DOWNTOWN SALON
- MAYABELLA'S PIZZERIA
- COCO'S FUNHOUSE
- DEVAGE'S SUBS & DONUTS
- LOMBARDI'S
- RED DOOR SUB SHOP
- BUNDLES OF JOY UNIVERSITY
- CAMBRIDGE WAL-MART

FRIDAY - OCTOBER 27 - 5:30-7:00 PM

Light the River

FREE EVENT - SALISBURY CITY PARK

Join us for a night of remembrance and togetherness as we honor those who have fought the battle of breast cancer and those whom we have lost.

We encourage all breast cancer survivors, supporters, friends and family to attend.

Luminaries available for \$5 each.

Come out and LIGHT THE RIVER up!

**- 8th -
Annual**

Midway



KNOCK OUT



BREAST CANCER!

***Please join us on
Saturday, October 28, 2017
as we benefit***

Time

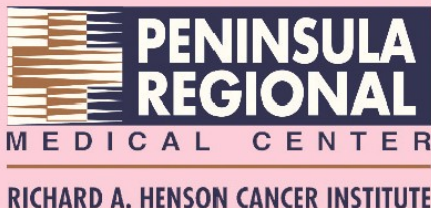
10 AM (Registration)

11 AM - 2 PM (Walk)

Location

Midway Toyota
1337 Ocean Highway
Pocomoke City, Maryland

Sponsored by:



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

**Joshua Nordstrom
at Midway
443-614-6021**

Walk FREE! Donations & Pledges Encouraged
An Awesome Silent Auction!

Mentoring Minute with Sue

Dealing with the fear of recurrence

- Live in the moment – don't allow fear to keep you from enjoying the things you love or stop you from planning activities in the future
- Take control of things you can change – like diet and exercise, but don't stress if you slip now and then
- Find what works for you – how you deal with stress may be different from how others do, and that's fine
- Accept that it's OK to worry – your fears may never go away entirely, but they don't have to run your life. You can find ways to face those fears and enjoy your life despite them.
- Consider talking to a clinical social worker, psychologist or other mental health professional if fear is keeping you from your normal daily activities or from enjoying your life

Living Beyond Breast Cancer Spring 2017 newsletter

SPONSOR SPOTLIGHT

WSW has been proud to call Apple Discount Drugs a sponsor for 11 years now!! We are truly blessed to have had their continued support over the years and could never put into words how much it means to us.

So, to put it as simply as possible;

THANK YOU FOR YOUR DEDICATION AND SUPPORT!



FREE WALK-IN CLINIC

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

No appointment needed.

1st & 3rd Wednesday of each month at

Church of God

134 Maryland Ave

Crisfield, MD


Deb Hanson at 410-968-9638

2nd & 4th Thursday of each month at:
Somerset County Recovery and Re-Entry Center

11545 Somerset Ave

Princess Anne, MD

Pat Landon at 410-621-5739

EXCEPTIONAL HEALTHCARE. EXCEPTIONAL PEOPLE.

PENINSULA
REGIONAL
MEDICAL CENTER
RICHARD A. HENSON CANCER INSTITUTE


McCready
HEALTH
With you...for life!

DONOR THANKS

Individual

Kevin Hughes
Roseanne C. Burroughs
Cynthia Haspel
Lu Ann Goldsborough
Ruth Culver
Kim Leonard

In Memory Of:

Kathryn Dushole
Amy Reis
Wilma Azar
Green Hill Ladies Golf
Brian Scott
Alexander & Carole Bubas
Sally & Shirley Yates
Jerry Yates

In-Kind

Irene Colon
Fran Nichols
Misty Allen
Ruth Anne Bauman

Business

Ayers Creek Adventures
Fish Tales

Civic

MOOD - Miata Owners On
Delmarva

In Honor Of:

HOW CAN YOU DONATE?

Monetary

- ⌘ Our Website
- ⌘ Over the Phone
- ⌘ Mail - in (donation slip on back)
- ⌘ In Honor or Memory of
- ⌘ 3rd Party Fundraiser

In-Kind (Non-Monetary)

- ⌘ Wigs
- ⌘ Bras
- ⌘ All types of head coverings
- ⌘ Prostheses
- ⌘ Paper, cardstock, etc.

SPONSORS

Courage

\$5,000 +

FurnitureLand

Midway GM/Toyota

Spicer Bros. Construction Inc.

Hope

\$2,500 +

Apple Discount Drugs

Kitty's Flowers

Peninsula Imaging

Peninsula Plastic Surgery

Richard A. Henson

Cancer Institute

Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

Joke of the Month

A priest and a rabbi were sitting next to each other on an airplane. After a while, the priest turned to the rabbi and asked, "Is it still a requirement of your faith that you not eat pork?"

The rabbi responded, "Yes, that is still one of our laws."

The priest then asked, "Have you ever eaten pork?"

To which the rabbi replied, "Yes, on one occasion I did succumb to temptation and ate a ham sandwich."

The priest nodded in understanding and went on with his reading.

A while later, the rabbi spoke up and asked the priest, "Father, is

it still a requirement of your church that you remain celibate?"

The priest replied, "Yes, that is still very much a part of our faith."

The rabbi then asked him, "Father, have you ever fallen to the temptations of the flesh?"

The priest replied, "Yes, Rabbi, on one occasion I was weak and broke my faith."

The rabbi nodded understandingly and remained silent, and sat thinking, for about five minutes.

Finally, the rabbi said, "Sure beats a ham sandwich, doesn't it?"



NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

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

410-548-7880 or

Tassia@womensupportingwomen.org



Women Supporting Women 2017 Board of Directors

Penny Bradford, President

Colleen Brewington, Secretary

Pam Heying, Treasurer

Billye Sarbanes, Past President

Melodie Carter

Lynn Creasy

Erika Forsythe

Judy Herman

Jeanne Kenkel-Tajvar

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Julie McKamey

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Karri Todd

Cathy Townsend

Pam Wulff

All donations stay 100% local - WSW is not affiliated with any national organizations.

I would like to make a donation:

Please use this gift where it is most needed.

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email: _____

Enclosed is a check for \$ _____ made payable to WSW

Charge my: Visa Mastercard

_____ Exp. Date: _____ CVV# _____

Signature: _____

SPECIAL OCCASION GIVING:

This gift is made: In Memory of In Honor of

Please notify the following person of my gift:

Name: _____

Address: _____

City: _____ State _____ Zip _____