



Local Services, Local Support.

# Care & Share

## Newsletter

### September 2017



Cindy Feist  
Executive Director

This time of year always feels like a new beginning to me. September is the last of summer vacations, practices for sports teams start, schools open and for Women Supporting Women our fundraising efforts begin full tilt. Now is when our office team comes together to plan and mark our schedules for breast cancer awareness month in October.

Over the summer, WSW staff started to plan some fun and exciting new programs along with adding different elements to our 16<sup>th</sup> Annual Walk for Awareness. This event is the biggest fundraiser of the year for Women Supporting Women. So, mark your calendars along with us for **Saturday, October 14th at Winterplace Park** in Salisbury. Form a team or get your friends together to warm-up, walk, run or just dance to the music. There

will be plenty of activities from photo opportunities for you (and your dog) to vendor tables. Guaranteed everyone will have a good time all the while raising much needed funds for Women Supporting Women's free programs and services.

Come out for the exercise, a good time, meet new friends, all while helping our local non-profit. Let's kick start WSW's fundraising efforts off with a great beginning. See you all soon! (Registration Form is included).

### New to WSW...

Are you having trouble making it to a support group but would like to talk to other survivors? We now have an online support group on Facebook called "Boobs, Sweat and Tears-WSW". Join the group now!

### Regular Features

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*Donation Slip on Back*

# SUPPORT GROUP MEETINGS

SALISBURY	POCOMOKE	OCEAN CITY	CAMBRIDGE
Sept 7th - 6:30 pm Thursday	Sept 14th - 5:30 pm Thursday	Sept 20th - 1:00 pm Wednesday	Sept 26th - 6:30 pm Tuesday
1320 Belmont Ave 410-548-7880	Pocomoke Comm. Center 1410 Market St 410-548-7880	Atlantic Health Center 9714 Healthway Dr 410-548-7880	Christ Episcopal Church 410-563-0946
Speaker/Topic: Open Forum	Speaker/Topic: Open Forum	Speaker/Topic: Cheryl Spanninger-Reiki	Speaker/Topic: Open Forum
Facilitator: Kyle Beebe	Facilitator: Virginia Schneider	Facilitators: Cindy Elliott, RN, Nurse Nav. Bev Ward, RN Breast Care Nav.	Facilitator: Sue Todd

# SURVIVOR TIPS

## A Survivor Shares her Genetic Testing Experience



"I chose to complete genetic testing because I am 31 years old and it is very uncommon for women my age to get cancer. My father and uncle had prostate cancer, my uncle also had lymphoma, and my aunt had colon cancer. I am also of Eastern European descent with an Askenazi Jewish grandmother. I knew *BRCA1/2* is more prevalent in the Askenazi Jewish population.

"I turned out to be *BRCA1/2* negative, but positive for a *CHEK2* mutation, which is more common among Eastern Europeans.

"*CHEK2* mutations increase the risk of breast, colon, and prostate cancer. This new information means that I will need to start colonoscopies ten years sooner. I chose to get a bilateral mastectomy so I've already greatly reduced any recurrence risk. It also puts my sister at a high risk for getting breast cancer. If she too tests positive, then it will be recommended that she get a mammogram and MRI every year starting at 30 years old. My brothers also need to be more aware of their prostate and colon cancer risk and begin precautionary steps if they too are positive.

"For me, I felt it was important to complete genetic testing because it gives me an idea of possible cancers to keep an eye out for. Having done the testing also provided me with an array of preventative screenings I can do to ensure that I'm on top of my health. Instead of making me scared of the possibility of developing other cancers, I left feeling empowered that now I have more people looking out for me and tools in place to monitor my health.

"Aside from my personal health, I now also urge my family to get the same genetics tests done. Having genes with mutations increases their risk of being positive too. I want to make sure that everyone I love has the preventative care they need to catch any early stage illness associated with *CHEK2*.

"Finally, I very firmly believe in the value of research. The more people that get tested, the more information we have moving forward in treating others with breast and other types of cancer. We benefit everyone when we get tested."

-- Bc31, tested positive for *CHEK2* genetic mutation

[BreastCancer.org](http://BreastCancer.org)

## Are you interested in genetic testing?

### Myriad is a Leader in Genetic Testing, Molecular Diagnostics and Companion Diagnostics

More than 1.5 million patients have benefitted from Myriad's *BRCAAnalysis*<sup>®</sup> test, which was the first full-length gene sequencing test for a major, common disease and the standard of care for identifying individuals with hereditary breast and ovarian cancer.

Patients and their healthcare professionals trust Myriad to deliver what no other company can:

- **25 years of experience** in hereditary cancer genetic testing
- **2,000,000+** patients tested
- **99.98 percent\*** [analytic sensitivity](#)
- **14-21 days** for test turnaround time
- **97 percent** of private insurance companies cover Myriad's hereditary cancer genetic testing

At Myriad, we are committed to providing the highest-quality laboratory testing and delivering accurate, clinically actionable results to help you make better, more informed decisions. The [Myriad myVision™ Variant Classification Program](#) enables us to provide unmatched variant classification so that that your patient's genetic testing results are as accurate as possible, reducing uncertainty for patients and their families, and increasing your confidence in providing treatment recommendations.

[Myriad.com](http://Myriad.com)

## FDA Clears Wider Use of Cooling Cap to Reduce Hair Loss during Chemotherapy

July 21, 2017, by NCI Staff

The Food and Drug Administration (FDA) has cleared a cooling cap—a device designed to reduce hair loss during chemotherapy—for use by patients with any kind of solid tumor. FDA initially cleared the device, the DigniCap® Scalp Cooling System, for patients with breast cancer in 2015.

The expanded clearance of DigniCap is for “reducing the frequency and severity of hair loss” in adult patients with solid tumors who are receiving chemotherapy types and doses that are associated with this common side effect, the agency explained in a statement.

Some types of chemotherapy can cause hair on the scalp—as well as on other parts of the body—to fall out. Although hair loss caused by chemotherapy is usually temporary, many patients with cancer consider it one of the most distressing side effects of treatment. “Hair loss can be so distressing that some people avoid getting the recommended treatment,” said Dawn Hershman, M.D., of the Columbia University Herbert Irving Comprehensive Cancer Center, who wrote a recent editorial about two clinical trials testing scalp cooling devices.

Scalp cooling, which has been used in Europe for several decades, is thought to prevent hair loss by reducing blood flow to hair follicles, Dr. Hershman noted. Cooling the scalp causes blood vessels to constrict, which may limit the amount of chemotherapy drug that reaches hair follicles.

The idea of cooling the scalp to prevent hair loss has been around since the 1970s. Early efforts involved putting ice packs on the scalps of patients undergoing chemotherapy. More recent approaches have used cooling caps that are chilled and need replacing periodically during a session to maintain cold.

### Testing the Device

The DigniCap system uses a tightly fitted cap in which cold liquid circulates to cool the scalp before, during, and after chemotherapy. This cap, which is connected to a machine that regulates the cooling process, is covered by an outer cap, made of neoprene, that acts as an insulator.

FDA’s expanded clearance was based in part on a study involving 226 patients with various types of solid cancer who received different types of chemotherapy. Of this group, 146 (65%) had no hair loss or mild hair loss, and only 63 (28%) opted for a wig, according to the study results.

The researchers reported that the effectiveness of scalp cooling depended on various factors, including the chemotherapy regimen received. Although there has been some concern that scalp cooling could trigger increased metastases to the scalp, the researchers saw no evidence of that—a finding that was supported by a recent review of studies on scalp cooling and the risk of scalp metastases.

FDA’s original clearance for DigniCap was based on results pub-

lished in *JAMA* from an observational study of 122 patients who received non-anthracycline-based chemotherapy for early-stage breast cancer. Of the 101 participants who had scalp cooling, 5 (4%) experienced no hair loss and 62 (61.4%) had less than 50% hair loss, whereas all 16 participants in the control group had more than 50% hair loss.

The most common side effects of the scalp cooling system included headaches induced by the cold, neck and shoulder discomfort, and pain associated with wearing the cooling cap for extended periods.

### Expanding the Benefits

In an interview, Dr. Hershman said the expanded clearance might allow more patients to benefit from scalp cooling, as some women with breast cancer have in recent years.

“Scalp cooling should be offered to the appropriate patients who are receiving a chemotherapy regimen that has been tested with scalp cooling,” said Dr. Hershman. But she cautioned that patients should know that there’s still a chance they could lose their hair. “Scalp cooling is not 100% effective,” she added.

Citing the cost of treatment, Dr. Hershman noted that scalp cooling should not be offered to patients who are receiving chemotherapy indefinitely.

The average total cost of scalp cooling ranges between \$1,500 and \$3,000 per patient, depending on the number of cycles of chemotherapy. Insurance does not currently cover scalp cooling treatments, according to the maker of DigniCap, Dignitana Inc., of Sweden.

### A Second Device

A second device, the Paxman Scalp Cooling System, has been evaluated in a randomized clinical trial and is under consideration by FDA.

In the study, women who used the Paxman Scalp Cooling System were significantly more likely to have less than 50% hair loss after the fourth cycle of chemotherapy than participants who did not have scalp cooling. All 47 women in the control group had more than 50% hair loss, whereas among the participants who received scalp cooling 5 (5%) had no hair loss and 43 (45%) had less than 50% hair loss. The study results also appeared in *JAMA*.

The introduction of new types of cancer treatments, such as targeted therapies, raises the prospect of “a future in which chemotherapy is no longer necessary and some of the distressing adverse effects of cancer treatments can be avoided,” wrote Dr. Hershman in her editorial in *JAMA*.

But until that time, she continued, interventions such as scalp cooling that reduce or eliminate toxic effects associated with cancer treatments “will help ease the distress associated with chemotherapy and may, as a result, improve outcomes for patients with breast cancer.”

# COMPLEMENTARY CARE

## Express Yourself

### Tools for Communicating Your Needs and Emotions after a Cancer Diagnosis

by Julie Larson, LCSW

A cancer diagnosis can change how you seek support from others. You may look to close friends for lighthearted distraction, or unwavering reassurance, in stressful moments. Supportive family members can be integral in helping you make difficult decisions. And sympathetic colleagues can make profound differences in your transition back to work. However, all too often, relationships become complicated and fraught with hurtful misunderstanding when someone is diagnosed with cancer. You may find it difficult to communicate your needs and feelings with family and friends. And they may not always know what to say to you in return.

Learning how to express yourself clearly and thoughtfully can help you feel connected, in control, and supported throughout your cancer experience. To get better at communicating your needs, and your feelings, start by answering these questions:

**Do you understand yourself?** Before you can begin to communicate your needs and emotions to others, you must first work to identify and understand them yourself. What do you need people to understand about your situation? What is the most pressing concern for you today? Do you feel misunderstood? Do you need someone to help you with a task, offer advice, or simply listen to what you have to say?

The answers to these questions can help you better understand yourself and your needs. And understanding yourself is an excellent starting block for communicating your needs with others. Still, if you're caught off guard when someone reaches out to you, it's OK to respond by saying, "I don't know what I need right now" or "I'm still working to understand everything, and it's best if I don't get ahead of myself."

#### ***Understanding yourself is an excellent starting block for communicating your needs with others.***

**Do you know who to turn to?** There are times when your thoughts and feelings are harder to articulate, or feel overwhelming. Talking through these more intense times with trusted friends or confidants can help reduce feelings of isolation and can be a good way to care for yourself.

But before you rush to pick up the phone and call out for support, take a moment to consider the different people available to you. Who do you trust to listen well and consistently respond in meaningful ways? Have you noticed how some people seem uncomfortable with emotions but quickly jump to problem solve? Still others may have previously left you feeling upset or disappointed with their responses. Being mindful of who you reach out to and why increases the likelihood of your needs being met and protects you from getting hurt along the way.

**What are your red-hot triggers?** It can happen to the best of us – a perfectly calm conversation suddenly feels awkward, or worse, you feel the red-hot simmer of rage or the fragility of vulnerability rising just below the surface. Do you know what topics, comments, or people have an intense effect on you? Is it a reference to faith? An unsolicited token of advice about how best to support your children? A commentary on what you should eat, do at the gym, or meditate on? Maybe it's when questions about your treatment protocol feel judgmental, or an inquiry on how you are coping is poorly timed?

When you begin to identify the types of conversation that feel particularly sensitive, you can craft simple responses and become skilled at side-stepping these conversation triggers. By preparing yourself for these triggers, you can more easily regain control of the conversation should they arise.

#### **Communication Is an Ongoing Process**

The time spent at doctors' visits, in work meetings, or having important conversations with loved ones can feel intense and critical. Preparing for important conversations can help you feel more confident. Remember, you can pace these interactions in a way that feels comfortable to you. Allow yourself time to listen and to be heard.

Communication is an integral part of the cancer experience. From the vital conversations you have with your medical team regarding treatment planning to the intimate expressions of emotion and hope you share with loved ones, these moments help shape your cancer experience. Learning how to communicate your needs and emotions takes time. But each conversation you have gives you vital feedback to help you improve your communication skills for future conversations.



*Julie Larson is a psychotherapist in New York, NY. In her practice, she works primarily with people under the age of 40 on issues surrounding wellness, loss, and life transitions. She speaks often to both survivor and professional audiences on the impact of a serious illness at a young age.*

*This article was published in Coping® with Cancer magazine, May/June 2017.*

# NUTRITIONAL INFORMATION

## Get Your Digestive Tract Back on Track

by Marie Morande, RD, CSO, LD

No matter what type of cancer treatment you receive – radiation, chemotherapy, or surgery – all of them pose potential side effects. And some of the most common side effects involve the gastro-intestinal tract, also called the digestive tract. Cancer treatment can affect your body's ability to absorb food, and can cause disruptive gastrointestinal issues. These gastrointestinal complications may include nausea and vomiting, diarrhea, constipation, and sore mouth.

◆ **Nausea and vomiting** can affect your nutritional intake during treatment. It's important to keep them under control. Anti-nausea medications can help you manage cancer-related nausea and vomiting. Talk to your doctor for specific recommendations.

Dietary changes can also be helpful. Eat small, frequent meals of easily digestible foods. For example, crackers, pudding, yogurt, sherbet, fruits, rice, baked chicken, sandwiches, oatmeal, and broth-based soups. Certain spices, particularly ginger, cinnamon, allspice, cardamom, cloves, fennel, and mint, are considered stomach soothers and may also help with nausea and vomiting. Avoid cooking foods that produce strong aromas. And stay away from spicy or greasy foods.

Another thing you can try is acupressure bands. These bands apply pressure on the wrist to stimulate an acupuncture point that practitioners believe may help stop nausea and vomiting. Though typically used to alleviate motion sickness, these bands may also help ease cancer-related nausea.

◆ **Diarrhea**, which is defined as a change in the consistency or frequency of your stools, may force you to stay home and limit your activity, decreasing your quality of life. The standard treatment for diarrhea is loperamide, but other medications are available. Your doctor can help you find the one that works best for you.

Your diet also plays a role in managing diarrhea. Eat a low-fiber, lactose-restricted diet by avoiding raw vegetables (like broccoli and cauliflower), salad, bran, skins of fruit, and high-fiber cereals, and limit dairy products containing lactose. Soluble fiber like psyllium may help control diarrhea by bulking the stool. Probiotics may help with diarrhea as well. If you're experiencing frequent diarrhea, eat foods that are high in salt and potassium, or drink electrolyte-enhanced drinks, to replace the electrolytes your body is losing.

◆ **Constipation** is a common side effect of cancer treatments. Anti-nausea and opioid pain medications may also cause constipation. To prevent constipation, it's important to begin a

daily bowel care program when you start cancer treatment. Although the exact regimen will vary by person, experts recommend starting with a stimulant laxative and stool softener, and then adjusting as needed per your doctor's recommendation.

In addition, eating a high-fiber diet can help manage constipation. High-fiber foods include fresh fruit, dried fruit (like prunes), raw vegetables and salads, and multigrain goods. Wheat bran is especially helpful. Wheat bran, which is often found in bran cereals, can be added to other cereals, muffins, yogurt, and soups. It's also important to increase your fluid intake, and drinking hot beverages (like senna tea or green tea) may be especially helpful.

◆ **Mucositis** is inflammation of the lining of the gastrointestinal tract, usually caused by chemotherapy or radiation therapy. Oral mucositis refers to inflammation and ulceration of the mouth. Preventing and treating oral mucositis starts with good mouth care. Brush your teeth with a soft-bristle toothbrush, and routinely rinse your mouth with a bland mouthwash or rinse.

No single rinse has been found more effective than another in preventing mucositis; however, a baking soda or salt rinse is a common and economical option. To make at home, mix one teaspoon of baking soda or salt with one pint of water. Rinse your mouth with one tablespoon of the solution for thirty seconds, and then spit out the mixture. You should do this four times each day.

If you're starting fluorouracil or melphalan infusions, you may find that sucking on ice chips for 35 minutes during the infusion may help reduce oral mucositis. However, avoid ice if you are taking drugs that can increase cold sensitivity, such as capecitabine or oxaliplatin. Aloe vera, honey, and glutamine may also help to reduce the severity of mucositis.

If you have mucositis, eat bland, soft, and moist foods. You can try nutrition supplement drinks, homemade protein shakes, and bananas, as these are all nonirritating, nutrient-dense foods. Avoid spicy foods, citrus, and dry or coarse foods that may irritate your mouth until your mucositis heals.

Ask your doctor about the side effects you should expect from your course of treatment. Your doctor can help you develop a plan to minimize gastrointestinal side effects while maximizing nutrition and fluid intake.



*Marie Morande is a certified specialist in oncology nutrition at the Lynn Cancer Institute in Boca Raton, FL, and a member of the Oncology Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics.*

*This article was published in Coping® with Cancer magazine, March/April 2017*

# 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*

# Upcoming Events

*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](mailto:amys@geried.com) or call 410-430-8267. For show information contact: Jenny Mlyniec, [odeon\\_tamuro@yahoo.com](mailto:odeon_tamuro@yahoo.com) or call (443) 880-8439.



Courageous Hearts Horsemanship

## Brush Strokes for Breast Cancer

Join Women Supporting Women and some gentle equine friends at Windy Way Horses as we paint on a different kind of canvas, A HORSE!!



Saturday, September 16, 2017 9am - 1pm

6836 E New Market Ellwood Rd

Hurlock, MD

Lunch will be provided

To register: [FirstGiving.com](http://FirstGiving.com)

Search for Women Supporting Women

or call 410-548-7880

## 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 15th, 2017.

\_\_\_\_\_ \$25.00 Walker (\$30.00 October 14th)

\_\_\_\_\_ \$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

The registration form can be mailed in, brought into the office or be done online at [firstgiving.com](http://firstgiving.com). Credit card payment is available in office and online.



# WALK FOR AWARENESS

Women Supporting Women

## 2017



Saturday, October 14, 2017  
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](http://www.womensupportingwomen.org)

## 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 \$1!



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](http://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

September 11

**Ladies Day to Play Golf Clinic**  
River Marsh Golf Club  
9am

**IN OCTOBER:**

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

## FUN FACT:

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar. The month was named during a time when the calendar year began with March, which is why its name no longer corresponds with its placement in the Julian and Gregorian calendars. September starts on the same day of the week as December each year, but does not end on the same day of the week as any other month in the year.

## 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 Coordinator

Fall is approaching and with the change in weather there are a WHOLE LOT of WSW related events coming up!! Below is a list of just a portion of what you have to look forward to. (Check out pages 6 and 10 for additional event flyers.)

**9/14-9/17 - OC Bikefest** - come find us at the craft beer tent (all tips come to WSW)

**9/29-9/30 - Wine at the Beach at the OC Inlet** - come check out our table; we will have handmade wine glass holders and assorted wine glasses available for a donation

**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

**10/21-10/22 - 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** - "Scare Away Breast Cancer" Walk Participation is free but fundraising is encouraged!

→ Peninsula Imaging presents their annual  
Hope Sponsorship check to Amanda.  
→



## 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??!

save the date  
OCTOBER 21st & 22nd  
Autumn Wine Festival

Come see us in the PINK zone,  
play games, drink wine, and  
support your *ONLY*  
LOCAL Breast Cancer  
organization!



Interested in volunteering?? contact the office today!

FRIDAY - OCTOBER 27 - 5:30-7:30 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!

# Upcoming Events

## Ladies Day to Play

Join WOMEN SUPPORTING WOMEN  
for a Ladies Golf Clinic & Lunch  
at the River Marsh Golf Club at the Hyatt  
Regency Chesapeake Bay

1 hour clinic with Abby Messick, LPGA Teaching Pro,  
and members of the River Marsh Teaching staff.  
Followed by a 9-hole, par 3 outing and a delicious  
lunch at clubhouse.

\$75 per person  
Sept. 11, 2017 9am - 1pm  
To Register, call 410-548-7880  
or online: [Firstgiving.com](http://Firstgiving.com)  
(Search Women Supporting Women)



# RIDE FOR AWARENESS

July 15th - Salisbury Elks #817



A huge thank you to the Salisbury Elks Lodge #817 for providing the location for the start and finish to the ride, Spicer Bros. Construction and Signs by Tomorrow for making and wrapping the cornhole boards, Jeff Merritt for chairing the event, EJ Foxx for MC'ing and last but definitely not least, our faithful participants for taking part in the ride this year. We had a total of 104 participants and raised a total of \$4,093.83.



# Mentoring Minute with Sue

## How to get a helping hand

Reaching out to friends and family can be difficult – you may pride yourself on being “self sufficient” or feel guilty about “bothering” others. The key to remember is your loved ones want to help. The best strategy is to make specific requests, for example:

- Cooking dinner one or more nights per week
- Babysitting
- Driving the kids to and/or from school
- Driving the kids to afterschool activities
- Driving you to and from treatment sessions
- Cleaning your house
- Going grocery shopping
- Filing your mail/paperwork or making sure your bills are in order
- Doing laundry
- Cleaning the dishes

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## SPONSOR SPOTLIGHT

A key component to our ability to provide the community with free services is directly linked to the generosity of our yearly sponsors.

FurnitureLand of Delmar, DE, has been generous enough to donate a custom made couch, loveseat, two arm-chairs, and three electric lift chairs in the past two years. Enabling us to provide a cozy and comfortable environment for our monthly support group as well as the invaluable assistance in the surgery recovery process with the use of the lift chairs.



## 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

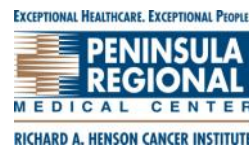
**2nd & 4th Thursday** of each month at:

**Somerset County Recovery and Re-Entry Center**

11545 Somerset Ave

Princess Anne, MD

Pat Landon at 410-621-5739



## DONOR THANKS

### Individual

Rosemary Kenton  
Betty Lou Kulp  
Mary Jean Pawich  
Dayna Keiser  
Russell Baiocco St  
Barbara Sullivan  
Denise Lewis

### In Memory Of:

Judy Sharpley  
Debbie, Gail, Sherrie  
Diana Clark

Ruth Mary Selzer  
Dr Harold & Margaret Genvert  
Peggy & Michael Buchness

Wilma Azar  
Philip & Carol Tilghman

### In-Kind

Joan Shockley  
Rebecca Yates  
Carolyn Campbell  
Harriet Schneider

### In Honor Of:

Jill Zia-Shakeri  
Jill, Elizabeth, Karen

### Civic

### Business

Nelson Insurance Group

## 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 taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped centimeters from a shop window. For a second everything went quiet in the cab, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!" The passenger apologized and said, "I didn't realize that a little tap would scare you so much." The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a funeral van for the last 25 years".



NONPROFIT ORG  
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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

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*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: \_\_\_\_\_

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