



# Care & Share

## Newsletter

### February 2018

Local Services, Local Support.



Cindy Feist

The 2018 flu season is shaping up to be bad. If you haven't been affected yet or know someone who has, just wait you will. February is usually when flu season is worst. It's been a particularly cold winter in many parts of the U.S., which makes for a more resilient and longer-lingering influenza virus.

What exactly are the tell-tale signs of having the flu? According to the CDC: fever, and/or chills, cough, sore throat, a runny and/or stuffed nose, body aches, headaches, and fatigue (flu symptoms may present in groups of two or three or all at once). Some flu patients also experience diarrhea and vomiting. Be prepared.

You can get the flu shot if you wish, there is still time. But even with the shot, you may end up with some form of the flu. Please remember, if you or someone you love is going through chemotherapy their immune system will be low and they don't need to be exposed to the flu. Be respectful of them and your co-workers as well.

The best way to combat the flu this season is through preventive measures.

- ⓧ Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
- ⓧ Avoid touching your nose, mouth and eyes
- ⓧ Get enough sleep and avoid getting "run down"
- ⓧ Eat right and get regular exercise
- ⓧ Reduce Stress!
- ⓧ Use tissues for coughs and sneezes and dispose of them immediately and appropriately
- ⓧ Eat right and get regular exercise
- ⓧ Avoid crowds and keep your distance from people whom you know are ill
- ⓧ If you are sick, avoid contact with the frail, very young and elderly
- ⓧ If you are sick, stay home from work or school

Till next month, stay safe and HEALTHY!

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## SUPPORT GROUP MEETINGS

Salisbury (Wicomico)	Pocomoke (Worcester)	Ocean Pines (Worcester) <b>NEW!</b>	Ocean City (Worcester)	Cambridge (Dorchester)
Feb. 1st - 5:30 PM Thursday 1320 Belmont Ave. 410.548.7880 Speaker/Topic: Pam Bradford LAc, MAC— Understanding Acupuncture Facilitator: Kyle Beebe	Feb. 8th - 5:30 PM Thursday Pocomoke Community Center 1410 Market St. 410.548.7880 Speaker/Topic: Open Forum Facilitator: Virginia Schneider	Feb. 8th - 6:30 PM Thursday Richard A. Henson Cancer Center— Ocean Pines 1105 Cathage Rd. 410. 548. 7880 Speaker/Topic: Open Forum Facilitators: Kathy Pisani and Kyle Beebe	Feb. 21st – 1:00 PM Wednesday Atlantic Health Center 9714 Healthway Dr. Berlin 410.548.7880 Speaker/Topic: Jill Todd, RVT, RDMS—Ultrasound of the Breast Facilitators: Cindy Elliott, RN and Bev Ward, RN	Feb. 27th – 6:30 PM Tuesday Christ Episcopal Church 601 Church St. 410.463.0946 Speaker/Topic: Open Forum Facilitator: Sue Todd

# SURVIVOR STORY

## **Down the San Juan River: By Claudia Foster**

I have run rapids before, but never ones like these. I have breast cancer. Two months ago, a phone call changed the course of my river. "Your biopsy was positive," the detached distant voice on the other end was saying...and my kayak suddenly veered down an unknown tributary.

The red walls of the canyon loomed on either side of me. Shut from the sun, the sky darkened, and I steeled myself for an uncertain ride. I felt fine, and yet I could hear the terrible rumble of the rapids distantly up ahead, and so I stiffened by body and set my oars. The canyon walls were steep, and I knew that these rapids I could not portage. "I can't go around them; I have to go through them," I instinctively knew, and I knew there was no returning upriver...going back was not an option. Even with the roar in my ears, I couldn't yet know if the rapids were going to be a Class 1 or a Class 5, a Stage Four.

But I had River Guides. They knew the river. I banked my kayak on a sandbar and climbed a cliff to confer with them. Surgeon, plastic surgeon, oncologist and radiology-oncologist...These were new words and at first I didn't even understand each specialty. So much to know and so little time to chart my course, yet my river guides know the river and I'm not the first, nor the last, to gain from their experience. We stood on a ledge of red rock, reading the river below, studying the rapids. I felt slightly lightheaded at this height, focused on the rush of water that coursed over and through the massive boulders...the boulders I needed to clear. "Depending on the water level and the subtle relocation of rock, the rapids change with each person that runs them," I was told. I listened. Intently. "Keep your eyes just three feet ahead of your boat," they continued. "Imagine the smooth water ahead, but don't get too far ahead of yourself. Know that there are friends downriver below the rapids watching for you, ready to celebrate with you, but keep your eyes focused on the water and not the rocks. The boat goes where your eyes go."

In the month before the surgery, as tests were run and the massive rocks studied, some of the decisions were mine to make. Their sage advice was tantamount, but I still held the oars. No one could run the river for me. As I continued to plot my course--mastectomy, lumpectomy? Unilateral, bilateral?--I kept taking the boat out of the water, re-studying the river, conferring again with my guides, confirming again our decisions...and each time I would put the boat back in, reassured. It's both blessing and burden that there are so many options, especially with breast cancer which can include reconstruction. There are many different possible channels one can choose to run between boulders.

For me, the worst was the month of decisions. My kayak and I would sometimes get caught up in eddies. I was "supposed to" be strong, to fight, to not give up, but there were nights when I just wanted to let go of the oars, to let the kayak crash at will on the rocks, to let the river have its way with me. But for all the angst of anticipation, once the decisions were made and my course determined, the surgery and recovery proceeded with relative calm and grace. I straightened my boat, I set my oars, and I kept my eyes three feet ahead of me in line with the head of the rapids.

The undercurrent pulled me downriver towards surgery, steadily at first, then increasingly more intensely. There was no turning back. I was ready. I gripped my oars and with a steady firm pull, I became one with the river. I was excited now. There was no fear in it. My heart beat instead with excited anticipation and I was glad to go through them. And then I was. It was just a blip on the river, a fraction of a moment of time. I had skated through the boulders, just as we charted it. In the blink of an eye, I had cleared them.

And sure enough, my friends and family stood on the sandbar below, just as I hit flat, still water. What had been the water's roar became the roar of them cheering. My Rite of Passage. "All Grace and Glory," one good friend said. "A Trooper," according to my mom, who should know, since she's one herself. "A Woman Warrior." A River Runner. "Amazonian Women had cut off their breasts to be better archers," one friend said. And I can now count myself as one in a company of brave women who have faced the white churning water. I hadn't chosen this river course, but a soldier is no less a soldier for having been drafted.

There are more rapids, I know. Some might be quite large. Who knows what bumps and rapids lay ahead downriver, beyond the bend? But my boat is strong and so am I. I have more support from more friends than I had ever known I had. And I have the compassion and wisdom of my river guides. They'll be there watching and there when I need them. My oncology team. My river guides.

*Claudia Hirt Foster was diagnosed with breast cancer in October 2014. She recognizes it as the Ultimate Adventure that came at the end of a year of many more-expected traveling-adventures. On the day of her biopsy, she applied for a one-month volunteer position as a kayak river guide. In Coastal Oregon for the following summer. Shortly after her mastectomy on Thanksgiving, she was accepted for the position, and this August, she will be doing a solo drive from her home in San Diego to Newport, Oregon, with her 14 foot travel-trailer. The Adventure continues! - Coping Magazine: Nov/Dec 2017 Issue*

# MEDICAL UPDATE

## **BREAST DENSITY IN THE NEWS—FORCE**

Screening and breast density concerns were in the news recently when former Victoria's Secret model Jill Goodacre shared her story with People magazine about her breast cancer diagnosis. Goodacre says she went in for a routine mammogram, and even though it came back clear, her doctor recommended additional testing. "They said, 'Okay, looks good. Since you have dense breasts, just go across the hall for your sonogram,'" she said. But even though her mammogram didn't find anything unusual, the sonogram (ultrasound) found a suspicious-looking spot. Goodacre then had a biopsy, which determined that she had stage 1 invasive ductal carcinoma, a form of breast cancer. She underwent treatment and reported that now, 5 years later, she is doing well.

### **WHAT DOES IT MEAN TO HAVE DENSE BREASTS?**

Breast density reflects how much of the breast consists of fatty tissue, and how much is comprised of glands, ducts, and other non-fatty, fibrous tissue. Dense breasts contain less fatty tissue. Because they don't look or feel differently, without mammography, there's no way of knowing if your breasts are dense. On a mammogram, fatty breast tissue appears dark, while denser tissue looks white.

### **WHAT AFFECTS BREAST DENSITY?**

Breast density varies greatly by age and weight. Dense breasts are more common in both young and thin women. High breast density is common, in the U.S., 40-50 percent of women ages 40-74 have dense breasts.

- About 50-60 percent of women ages 40-44 have dense breasts, compared to 20-30 percent of women ages 70-74.
- About 50-60 percent of healthy-weight women have dense breasts, compared to 20-30 percent of obese women.

Medications that contain hormones can also affect breast density. For example:

- For postmenopausal women, taking hormone replacement therapy (HRT) may increase breast density.

**FOR WOMEN AT HIGHER RISK OF BREAST CANCER, TAKING THE RISK-LOWERING DRUG TAMOXIFEN TENDS TO DECREASE BREAST DENSITY.**

### **WHAT ROLE DO MAMMOGRAMS AND OTHER SCREENING METHODS PLAY FOR SOMEONE WITH DENSE BREASTS?**

Dense breasts and breast tumors both appear as white areas on a mammogram, often making it difficult to differentiate between the two; if you have dense breasts, it can be easier for cancer to go undetected by routine mammograms. Having dense breasts is also thought to slightly increase a woman's risk of developing breast cancer, but researchers don't know why.

Finish reading the entire article online by visiting: <http://www.facingourrisk.org/XRAYS/dense-breast-story>

# COMPLEMENTARY CARE

## **Suggestions for Using Supplements—BreastCancer.org**

Taking dietary supplements requires that you do some homework, especially if you're getting breast cancer treatment. Before you take anything, make sure you talk to your doctor and a registered dietitian about what you would like to take and discuss all the risks and benefits.

Keep the following points in mind when you're deciding whether or not to use supplements.

SOME DIETARY SUPPLEMENTS CAN INTERFERE WITH BREAST CANCER TREATMENT AND PRESCRIPTION MEDICATION.

Supplements can't always be safely taken along with prescription medication. Some supplements can change the way medications and radiation work in your body and may make the treatments less effective. For example, red clover and St. John's wort may interfere with the way tamoxifen works in your body.

Most pharmaceutical companies and supplement producers do not conduct research on how medications and supplements interact, so we just don't know all the risks of taking supplements during treatment. It's very important that you talk to your doctor about any supplements you're thinking about taking.

DIETARY SUPPLEMENTS ARE NOT REGULATED BY THE U.S. GOVERNMENT.

All prescription and over-the-counter medications sold in the United States are regulated by the U.S. Food and Drug Administration (FDA). But supplements are not classified as medications, so their safety and effectiveness don't have to be carefully tested, as medications must. In other words, all supplements basically are considered "safe" by the government until they are proven unsafe. Medications, on the other hand, must be proven safe and effective BEFORE they can be sold.

This lack of regulation also means that you have no guarantee that the supplement you're buying is pure — meaning that it contains only the ingredients on the label. There's also no guarantee that the supplement has the exact amount of nutrient or herb or botanical in it that the label says it does.

You have to educate yourself before taking a supplement. Ask your doctor and your registered dietitian if there have been any reports of interactions between the supplement you want to take and the breast cancer treatment you are having.

You also have to find reputable manufacturers you can trust to produce consistently high-quality supplements. Prescription and over-the-counter medicines available in the United States must, by federal law, meet the standards of the U.S. Pharmacopeia (USP). The USP also has created a set of standards for dietary supplements. But supplement makers are not required to follow these standards — it's voluntary. A good rule of thumb is to look for a supplement with the USP notation on the label. This means that the company is legally responsible to the FDA for meeting USP standards.

JUST BECAUSE IT'S NATURAL DOESN'T MEAN IT'S SAFE.

Many people believe that any food or supplement in its naturally occurring, unprocessed state is better or safer than something that is refined or manufactured. This is not necessarily true. Some of the most toxic substances in the world occur naturally. For example, poisonous mushrooms and poison oak or ivy are extremely toxic to people but are completely natural.

Read the entire article by visiting breastcancer.org online: <http://www.breastcancer.org/tips/nutrition/supplements/suggestions>

# **NUTRITIONAL INFORMATION**

## **Getting The Most Out of Nutrition Counseling During Treatment: From Savor Health**

Nutrition counseling is beneficial in helping patients and caregivers develop and manage a healthy nutrition plan. It has been shown that nutrition counseling before, during, and after cancer treatment can help improve outcomes. The following tips will help guide you on how to select the right expert and make the most of your counseling session.

### *How to select the right expert*

The title “nutritionist” is not a regulated or licensed professional title. In other words, anyone can call themselves a nutritionist. It is important to only seek nutrition advice and participate in counseling from a Registered Dietitian (RD). An RD has had specific training in food and nutrition and has passed a national exam. He or she is also trained to provide Medical Nutrition Therapy (MNT), an evidenced-based nutritional treatment for your specific disease.

As for advice for patients managing cancer, it is also important to select an RD who specializes in nutrition or nutrition for cancer patients. You can look for the title “Certified Specialist in Oncology Nutrition” or “CSO” after his or her name. This signifies that the RD has had additional experience and training in working with patients with cancer; a minimum of 2,000 hours are required in addition to passing a national exam with recertification every 5 years.

If you do not seek nutrition information from someone who understands your medical condition, you risk receiving incorrect or potentially harmful recommendations during cancer treatment.

### *What to discuss with a nutrition professional*

A typical nutrition consultation will involve several important components. First, the RD will review your medical records for pertinent nutrition-related issues. He or she will then ask you questions related to your diet history, medical history, medications, allergies, and nutrition-related symptoms. He or she may also perform a nutrition-focused physical examination that examines your mouth, height, weight, and body fat percentage. After taking into account all of this subjective and objective information, the RD will design a meal plan and nutrition recommendations specific to your individual nutritional needs. He or she will then ask you to follow-up in a reasonable amount of time in order to help you achieve your goals that have been set for you. You may be asked to keep a diary of your symptoms or of the foods that you eat in order to help the RD assess how you are meeting your goals.

### *Key points to remember:*

- Always seek information from an RD, preferably one who specializes in oncology nutrition (CSO).
- Be sure to inform and coordinate with your medical team to implement the recommendations that your RD has provided to you.
- Follow-up with your RD in a timely fashion to ensure that you are able to meet your nutrition goals.
- Keep a food diary of your symptoms or the foods that you eat in a typical day; this will help your RD provide recommendations that are individualized to your nutritional needs.

# COMMUNITY SUPPORT



1. Alane Emerson and Terrin Reinhart with Tanger Outlets, Ocean City presented Women Supporting Women with a check for \$3,580.35 from their 2017 Breast Cancer Breast Awareness Campaign. 2. The Salisbury Branch of the MVA decorated for Christmas and everything was decked out in pink for their "Angels Affected by Breast Cancer" campaign. 3. Women Supporting Women staff gave back to the community this past year and picked up trash at the Salisbury Dog Park and surrounding area as part of the Salisbury Chamber's Beautification and Environmental Affairs Committee.



Cancer, 'Tis A Word I Often Heard  
But Paid No Never Mind.  
A Cowardly Disease That Hides  
And Isn't Very Kind.  
It Plays No Favorites  
Along It's Path  
Young And Old  
Has Met It's Whath.  
A Strong Will Is What You Need  
To Fight This Disease,  
Like A Soldier Going Into Battle  
It's Often Hard To Please.  
The Road Ahead Isn't Easy  
O' Yes I Know  
For Sometimes This Disease  
Tries To Steal The Show.  
Think Positive And Have Faith,  
A Winner You Will Be.  
You're Stronger Than You Think  
Believe And You Will See.  
Remember You Are Not Alone  
So Have No Fear,  
Many Have Paved The Way  
And Made It Clear.



# WOMEN SUPPORTING WOMEN TURNS 25

Some history for those who may not know; Women Supporting Women's breast cancer survivor meetings originally convened in the waiting room of the radiology department at Peninsula Regional Medical Center's Cancer Center. As the need for breast cancer awareness and support grew on Delmarva, so did our organization. Informational envelopes then began to be assembled and stored in the basement of Founder, Sue Revelle's home. These envelopes have morphed into our pink bags and are handed out to local doctors offices for newly diagnosed breast cancer survivors. The bags include information for the survivor, their caretaker, some comfort items, a list of free WSW services and a contact number to the office and our mentoring coordinators.

In later years, WSW found homes (chronological order) at Asbury Church, Holloway Funeral Home's adjunct building, the old Cannon Building in Downtown Salisbury and now to its current location on Belmont Avenue. In addition to the Salisbury Office, previous locations existed in Crisfield, Easton and Berlin. Below are photos from then and now. You will also find events on pages 8 and 9 to mark on your calendar. Help keep our 25th Anniversary celebration going all year long!

Original Logo of Women Supporting Women



Current Logo of Women Supporting Women



One of the previous office locations for Women Supporting Women



Current Women Supporting Women Office  
1320 Belmont Ave. Ste 402  
Salisbury, MD 21804



# WSW NEWS AND HAPPENINGS

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

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

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## FUN FACTS:

The largest American sporting event of the year is held in February – the Superbowl!

Birthstone: Amethyst

Flower: Primrose

Zodiac Sign: Aquarius and Pisces

## UPCOMING EVENTS:

### NEW! Stitch Therapy

Love to knit or want to learn how?

Attend the WSW Knitters group on the 2nd Monday of every month from 1PM-3PM. They meet at the new Richard A. Henson Cancer Institute in Ocean Pines at 11105 Carthage Rd. Ocean Pines, MD 21811.

### Stretch & Sip

Liked beer and yoga? Try our latest event, Stretch & Sip for wine and yoga in Cambridge, MD at Jimmie and Sook's. See page 9 for more details.

### Million By May

Local businesses around town have agreed to place collection jars on their counters to help WSW raise one million pennies by May. Collecting from January 1 to May 1, 2018, it is our hope that this campaign will raise over \$10,000. Keep an eye out for our containers.

### 17th Annual Pink Ribbon Bingo

Fun, food and fantastic prizes! Our Pampered Chef and Thirty-One Bingo is one of the largest events of our year and you need to be there. March 8, 2018 at the Salisbury Moose Lodge. See page 8 for details.

### Calling all Riders!

The Salisbury University Sea Gull Century turns 30 this year. If you will be riding on October 6, 2018 and would like to show your support for WSW at the same time, contact us to find out how you can fundraise for us in our Silver Anniversary year.

### Office Staff Members

**Cindy Feist**

*Executive Director*

**Kerrie Bunting**

*Event Coordinator*

**Amanda Smith**

*PR & Marketing*

**Sue Revelle & Kathy Pisani**

*Mentoring Coordinators*



# WSW NEWS AND HAPPENINGS

Save the dates for these other events throughout our year-long 25th Anniversary celebration.



## Salisbury Moose Lodge

833 Snow Hill Road

Doors open and food for sale at 5:00 PM

Games start at 6:30 PM

No one under the age of 18 will be admitted

Tickets \$20.00 in advance / \$25.00 at the door

Online registration: [www.womensupportingwomen.org](http://www.womensupportingwomen.org)

or in person at our office. For more information, call (410) 548-7880

\*Tickets must be paid for in advance. No holds\*



The Pampered Chef, Thirty One Gifts, All prizes filled with complementary goodies. *thirtyone*



All proceeds benefit Women Supporting Women.



## Tax Season is Upon Us

H&R Block will donate \$20 to Women Supporting Women for every new client! Be sure to contact our office for your H & R Block referral form prior to stopping into your local branch.



**May**  
Bras for a Cause

**May 19**  
"Your Healthiest You" Conference

**July 14**  
Ride for Awareness

**July 26**  
25th Anniversary Ribbon Cutting

**October 13**  
Walk for Awareness

**November 2**  
Hope Gala



**FEB. 7**  
**5:00- 7:00PM**  
**\$25/PERSON**

## DO YOGA. DRINK WINE.

Join Women Supporting Women for "Stretch & Sip" at Jimmie and Sook's in Cambridge, MD. Class will be led by yoga instructor, Kathy Molisani-Yorton.

- \$25/person in advance or \$30/person if registered after Feb. 2, 2018. Visit our website below to sign-up
- Fee includes two glasses of wine and hour-long yoga class
- Come in yoga appropriate attire and bring your own mat. Must be 21yrs or older. Jimmie and Sook's - 527 Poplar St. Cambridge, MD 21613

[www.womensupportingwomen.org](http://www.womensupportingwomen.org)



# MENTORING MINUTE

## Protect Yourself from Infection

Infections are caused by germs like bacteria, viruses, and fungi. Those of you with cancer, especially during chemotherapy, are at a higher risk of becoming sick. It is important to be alert for signs (fever, cough, and skin that is red, tender/swollen) of infection. Make sure you report them to your physician immediately. There are many kinds of infections associated with your specific cancer and treatment so ask your oncologist/staff to educate you on how to prevent them.

Your skin is the first line of defense in preventing infections from entering your body, so it's important to maintain good personal hygiene. Wash with soap and water for at least 20 seconds. You can also use alcohol-based hand sanitizers which are easy to carry with you. Always wash before eating, drinking, or taking medication; after using the bathroom, coughing, sneezing, or blowing your nose; before touching IV lines or bandages. Remember to wipe down your computer keys, phones, door knobs and use paper towels when turning off faucets at stores. Push open doors with your forearm whenever possible. Keep your bandages clean and change them promptly should they become wet. Stay away from crowds, people who have infections, and children with runny noses. Do not eat spoiled or expired foods or consume raw meat or seafood. Infections caught earlier are easier to treat.

Sue

\*\* Reminder—WSW is looking for survivors who would be interested in meeting with one of our mentoring coordinators for instruction on speaking with other survivors \*\* contact Sue or Kathy at WSW, 410.548.7880.



Did you know you can ride in style while supporting Women Supporting Women at the same time? How? Simply purchase our organizational license plate for \$50; \$25 goes directly to WSW and is tax deductible. Forms are at the WSW Office.

## JOKE OF THE MONTH

### The Stranded Irishman

One day an Irishman, who had been stranded on a deserted island for more than 10 years, saw a speck on the horizon. He thought to himself, "It's certainly not a ship." As the speck got closer and closer, he began to rule out the possibilities of a small boat and even a raft. Suddenly there emerged from the surf a wet-suited, black clad figure.

Putting aside the scuba gear and the top of the wet suit, there stood a drop-dead gorgeous blonde! The glamorous blonde strode up to the stunned Irishman and said to him, "How long has it been since you had a good cigar." "Ten years," replied the amazed Irishman. With that, she reached over and unzipped a waterproof pocket on the left sleeve of her wetsuit and pulled out a fresh package of cigars.

He takes one, lights it, and takes a long drag. "Faith and b'gorrah," said the man, "that is so good. I'd almost forgotten how great a smoke can be!" And how long has it been since you've had a drop of good Powers Irish Whiskey?" asked the blonde. Trembling, the castaway replied, "Ten years." Hearing that, the blonde reaches over to her right sleeve, unzips a pocket - removes a flask and hands it to him.

He opened the flask and took a long drink. "'Tis the nectar of the Gods!" stated the Irishman. "Truly fantastic." At this point the gorgeous blonde started to slowly unzip the long front of her wet suit, right down the middle. She looked at the trembling man and asked, "And how long has it been since you *played around*?"

With tears in his eyes, the Irishman fell to his knees and sobbed. "Oh, Sweet Mary and Joseph! Don't tell me you've got golf clubs in there, too!"

# DONOR THANKS

## Individual

Janice Watts  
 Mary Helen Gentile  
 Kathryn Kriynovich  
 Martha Hill  
 Kevin Hughes  
 Shirley Milligan  
 Cyndy Plympton  
 Michele Garigliano  
 Martyn Lee  
 Laura Maulsby-Kline  
 Willena Cragg

## Civic

Eastside Memorial VFW Post 2996  
 Salisbury University Honors College  
 Auxilary to the Salisbury Fire Dept.  
 Company #1  
 American Legion Post 2018

## **SPONSORS**

### **Journey**

**\$10,000 +**  
**Midway GM/Toyota**

### **Courage**

**\$5,000 +**  
**FurnitureLand**  
**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**

## In-Kind

Pastor Wayne Holland  
 Jackie Harmon  
 Angela Hans  
 Patty Addy  
 Gary Ruark  
 Johanna W. Laurd  
 Vickie Benton  
 Debbie Bell

## In Memory Of:

### Clare Meyer

Patricia Rea

### Brenda Coffin

Pat Malone

### Shirley Johnson

Tom Johnson

## In Honor Of:

### Ann Givarz

Joan White

### Leslie Nixon

Billie Cooley

### JD & Dolly Burkett

Peter & Linda Hutchinson

## Business

Herl's Bath and Tile Solutations  
 Downtown Bridal  
 Salisbury MVA  
 Tanger Properties, LP

## WANT TO GIVE TO WSW?

### MONETARY Support

- ⌘ Donate online through our NEW website
- ⌘ Donate over the phone
- ⌘ Mail a check (form on back)
- ⌘ Donate In Honor or In Memory Of
- ⌘ Host a third Party Fundraiser

### IN-KIND (NON-MONETARY) SUPPORT

- ⌘ Wigs
- ⌘ Bras
- ⌘ All types of head coverings
- ⌘ Protheses
- ⌘ Paper, cardstock, etc...
- ⌘ Volunteer your time to make pink ribbons



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

Wicomico@womensupportingwomen.org

## Women Supporting Women 2018 Board of Directors

Penny Bradford, President

Colleen Brewington, Secretary

Pam Heying, Treasurer

Billye Sarbanes, Past President

Susan Revelle, Co-founder

Cindy Feist, Executive Director

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Erika Forsythe

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

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 \_\_\_\_\_