



Care & Share

Newsletter

January 2018

Local Services, Local Support.



Cindy Feist
Executive Director

A new year begins and we all think of resolutions to make. What have you decided to do differently? This year, make a bucket list, do something nice for yourself, and try not to worry as much. Time is precious for each of us no matter who you are or your health circumstances, so practice enjoying the here and now. Worrying about things that are beyond your control or things that have already happened, takes away precious moments. It is time to do something you have always wanted to do or just enjoy quiet moments with that special someone. Celebrate all those little moments in your life and enjoy.

Come with us this year as Women Supporting Women celebrates its 25th anniversary! We will be taking time to remember some very special moments and people. If you have any memories or stories you'd like to share, please, don't hesitate to share them with us.

Welcome, 2018! We look forward to the wonders and joy you will bring us and the new faces of those within our community who need our services and support.

Many blessings in 2018.



Regular Features

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SUPPORT GROUP MEETINGS

Salisbury (Wicomico)	Pocomoke (Worcester)	Ocean Pines (Worcester) NEW!	Ocean City (Worcester)	Cambridge (Dorchester)
Jan. 4th - 5:30 PM Thursday 1320 Belmont Ave. 410.548.7880 Speaker/Topic: Open Forum Facilitator: Kyle Beebe	Jan. 11th - 5:30 PM Thursday Virginia's House—Call for directions 1410 Market St. 410.548.7880 Speaker/Topic: Holiday Get-Together Facilitator: Virginia Schneider	Jan. 11th - 5:30 PM Thursday Richard A. Henson Cancer Center— Ocean Pines 1105 Cathage Rd. 410. 548. 7880 Speaker/Topic: Facilitators: Kathy Pisani and Kyle Beebe	Jan. 17th— 1:00 PM Wednesday Atlantic Health Center 9714 Healthway Dr. Berlin 410.548.7880 Speaker/Topic: Open Forum Facilitators: Cindy Elliott, RN and Bev Ward, RN	Jan. 23rd— 6:30 PM Tuesday. Christ Episcopal Church 601 Church St. 410.463.0946 Speaker/Topic: Jennifer Grier, PharmD- Breast Cancer Supplements and Medications Facilitator: Sue Todd

SURVIVOR STORY

Travel is Part of My Recovery Plan by Bisa Myles

Traveling, no matter how far or near, helps me focus. I call it my therapy. Before I had ever taken my first trip, I knew I loved travel. As an adult, I've managed to go on at least one solo trip a year. Less than two months after returning from a three week long trip to Thailand and Bali in 2015, I was diagnosed with breast cancer. I was 41.

I had promised my primary care physician before I left that I would get my annual mammogram when I returned. What I had thought would be a routine test turned into a diagnosis that changed everything – stage II triple negative breast cancer.

I was determined to not let cancer halt my plans to travel. To prepare for chemotherapy, I spent the weekend in downtown Chicago. Even though I live less than 45 minutes away, the quick weekend trip gave me an opportunity to mentally prepare myself for the months ahead. Traveling, no matter how far or near, helps me focus. I call it my therapy. I was determined to not let cancer halt my plans to travel.



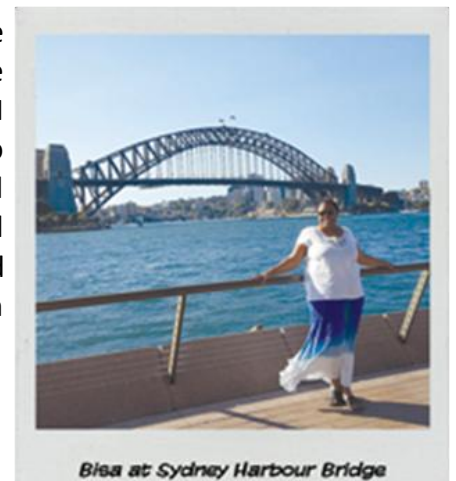
After eight rounds of chemotherapy and a lumpectomy, I rewarded myself with a weeklong trip to Florida to stay with relatives. I had to go somewhere. I had to feel like I was in control of something. Travel was the only way I knew how. And, as a single, full-time working parent raising three teenage girls, I desperately needed a break. I spent the week sleeping in and lounging by the pool.

In March, I came across an unbelievable flight deal to Sydney, Australia. I could fly roundtrip from Los Angeles for less than \$600. There was no way I was passing that up.

If you're going to vacation in Australia, you need more than a week. I decided to take four. I didn't reveal my plans to many people because I was afraid they would try to talk me out of them. I finished radiation in July. By October, when I was scheduled to jet off to Australia, I would be well on my way to recovering physically.

When I arrived in Sydney, I was surprised by how easy it was to get to the beach. So, I walked on the beach almost daily. It wasn't until I arrived at the Gold Coast that I experienced my most healing moment. The first morning I was there, I walked to the beach. As I looked out at the ocean, all I could do was cry. I cried, awestruck, as I took in the beauty of God's creation. I cried because I had finally fulfilled a lifelong dream to visit Australia. I cried because I was ALIVE. I know not everyone can – or wants to – travel around the world. The objective is to find that one thing that inspires you to carry on through the challenging times. Travel is mine. What's yours?

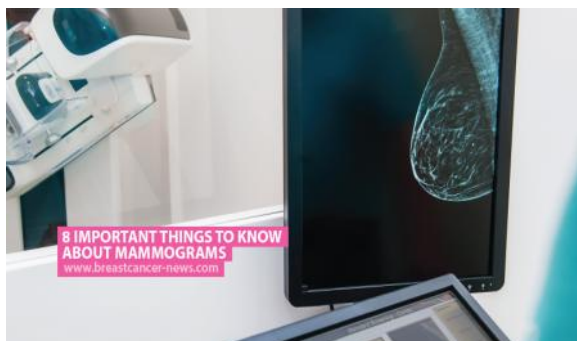
Bisa Myles is a breast cancer survivor, writer, and photographer living in Northwest Indiana. She blogs about her travels at MylesToTravel.com. You can find her on social media @mylestotravel. This article was published in *Coping*® with Cancer magazine, November/December 2017.



MEDICAL UPDATE

8 Important Things to Know About Mammograms

When a woman has a mammogram, the radiologist analyzes the breast tissue to check for signs of breast cancer. We've put together a list of eight important things to know about mammograms based on information from breastcancer.org.



1. Regular mammograms can detect breast cancer early. Catching breast cancer when it's at an early stage can reduce the risk of dying from the disease by up to a third.

Mammograms are the most reliable method of detecting breast cancer and will catch 80 percent of cases.

2. There are different types of mammograms. If you have large breasts or are under the age of 50, you will have more breast tissue. Try to get a digital mammogram which will allow the radiologist to zoom into the image to see the breast tissue more clearly.
3. Bring results of previous mammograms. This way, radiologists can compare the images and see any changes from one mammogram to the next.
4. Some screening facilities now have computer-aided detection (CAD). This advancement in breast screening allows radiologists to look even more closely at the breasts and pay attention to any areas of concern.
5. Don't wear deodorant or antiperspirant when you go for your mammogram. Underarm deodorants and antiperspirants can interfere with the images, making them harder to read.
6. A mammography is not the only way to detect breast cancer. As important as routine mammograms are, they can miss up to 20 percent of breast cancer cases. Women should also perform self-exams and go for other screening tests — ultrasounds and MRIs can be used in addition to a mammogram.
7. Women should have a mammogram annually from the age of 40 onwards. If there is a family history of breast cancer or ovarian cancer then you should start mammograms at the age of 30. The earlier you start screening, the more chance you have of catching breast cancer early.
8. A mammogram result requiring further tests doesn't automatically mean you have breast cancer. Approximately 10 percent of women will need further tests, such as a biopsy or MRI scan, to rule out cancer but the majority of women will still be cancer-free.

Breast Cancer News is strictly a news and information website about the disease. It does not provide medical advice, diagnosis or treatment. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on a website.

COMPLEMENTARY CARE

Ways to Improve Your Mood when You Have Breast Cancer

By Jessica Grono



Having breast cancer can lead to some unhappy days and moments. You might be wondering why you had to get cancer. Feeling hopeless and scared are common emotions when hearing a breast cancer diagnosis. However, how you

decide to act after receiving your diagnosis is important. I believe that it is necessary to find things that will help you fight self-pity, hopelessness, and sadness. Yes, it's completely natural to feel hopeless and scared sometimes, but falling into a sadness every day is also not good for your mood or your mental health.

I believe that it is necessary to find things that will help you fight self-pity, hopelessness, and sadness. Yes, it's completely natural to feel hopeless and scared sometimes, but falling into a sadness every day is also not good for your mood or your mental health.

Of course, I have bad days, but I try very hard to find the positive side of life. Breast cancer is scary and overwhelming — I certainly wished it would never exist. Now that you know that you have breast cancer, what are you going to do to help take care of your emotional health?

Here is a list I compiled to help your mood go from storm clouds to sunshine:

- Take a walk to anywhere, from five minutes to whatever you can endure. A change of scenery can inspire you and help clear your mind.
- Smell the flowers and enjoy nature. Taking the time to enjoy nature helps reconnect you to nature's little miracles.
- Snuggle with your pet (if you have one). Pets give you unconditional love, and they care about you no matter how you feel.
- Cuddling with your spouse or significant other releases certain hormones in your brain that lift your mood. Never underestimate a good hug or cuddle.
- Paint anything that interests you or inspires you. Being creative can also clear your mind and relieve stress.
- Volunteering somewhere may help you to get your mind off your problems and focus on someone else who needs help.
- Write in a journal. Journals can help get thoughts on paper and help reduce stress. You can write as little or as much as you like.
- Take a mini vacation or trip somewhere that you love or somewhere new. A change of scenery or change of routine can make a world of difference.
- Join a support group or some other hobby group that doesn't involve cancer. Breast cancer support groups are excellent, but it is also nice to do something other than breast cancer discussions.
- Spend time with children. Children are vibrant and full of hope. Just being around them will improve your spirits and feed your soul.
- Start a blog about your experiences and feelings. Getting to know others by blogging is an excellent opportunity to share your thoughts and ideas.

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NUTRITIONAL INFORMATION

Body Weight and Cancer Prevention

By Rachel Miller

We all know smoking can increase our chances of getting many different types of cancer; but, did you know being overweight can, too?

Obesity, or having too much body fat, contributes to chronic diseases in Americans of all ages. These chronic diseases include diabetes, hypertension (high blood pressure), heart disease and cancer. Along with a healthy diet, maintaining or approaching a healthier body weight has been shown to be an advantage in cancer prevention.

What is a healthy body weight? This range is estimated using your height and weight and a measurement called the Body Mass Index (BMI). It provides a scale for determining if you are at your optimum weight, and/or if you are over or underweight (and by how much). The higher the BMI in the overweight range, the higher the health risk. In 2012, the American Institute of Cancer Research estimated that keeping a healthy body weight can prevent 19% of U.S. pancreatic cancer cases each year. In fact, excess body fat increases the risk of seven different cancers, including breast cancer.

Inactivity may be just as responsible for cancer risk as smoking and obesity. Getting exercise during reproductive and postmenopausal years has been shown to decrease the risk of breast cancer in women. Physical activity has also been shown to decrease risk of colon, prostate, lung and endometrial (lining of the uterus) cancers. Exercising requires cells to be more active, circulates oxygen, helps maintain hormone metabolism and can boost the immune system. Plus, it makes us feel great!

Even light to moderate exercise is beneficial. Ask your physician what exercise level is safe for you if you are thinking of starting something new.

If you are looking for a dish with great nutrition that will give you warm satisfaction without too many calories, here is a great recipe from Whole Foods Market.

Savory butternut squash soup

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper



Method:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in a traditional blender.

Nutritional information per serving: 140 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 280mg sodium, 20g carbohydrate (5g dietary fiber, 4g sugar), 6g protein.

Rachel C. Miller, MS, RD, LD

COMMUNITY SUPPORT



1



2

1) WSW accepts a check from Adam's Radio Group for \$577. Funds were raised through raffle tickets to win a pink cowboy hat signed by various country artists. 2) Board Member, Karri Todd receives a check from Dorchester EMS in the amount of \$700. 3) Burley Oak conducted events all throughout October, allowing them to donate \$2,155. 4) Amanda Smith with WSW gets photographed with Jacqueline Jones from the Worcester County Health Dept. for funds collected during their casual day, \$158. 5) Go Glass donated \$5 for every windshield replaced in the month of October to WSW. Thank you for the donation of \$620.



3



4



5

COMMUNITY SUPPORT



Evolution Craft Brewing Company hosted their 5th annual Black and Bling Ladies Night Out on Dec. 6. Local businesses and individuals decorated Christmas trees that were auctioned off to benefit the non-profit of their choice. WSW was thrilled to receive \$1,525.

L to R: Women Supporting Women donated over 100 Walk for Awareness T-Shirts to those who are suffering as a result of the floods in Houston, Texas. Sue Revelle accepts a check from Tracy Jones with Herl's Bath and Tile. Their pink yard sign campaign raised \$3,680 for WSW.



WSW HOLIDAY PARTY



A great time was had by those who attended the WSW holiday party. Everyone enjoyed the food and especially the white elephant gift exchange. Happy Holidays!



WOMEN SUPPORTING WOMEN TURNS 25

Women Supporting Women is turning 25 years old in 2018! Our non-profit has come a long way and we could not be more grateful to our founders who put their minds together many years ago and started serving breast cancer survivors on Delmarva. Our services have evolved from support groups and monthly newsletters to prosthesis fittings, our lift chair loaner program and online Facebook support group; to name a few.

In 2018 there will be many new opportunities for our community and breast cancer survivors. Let's start with our new website, www.womensupportingwomen.org. Our staff has worked very hard to make it more user friendly, more informational with local resources and even added an event calendar to showcase WSW events and third party fundraisers. Please share this improvement with friends and family as we hope this will bring more awareness to our non-profit and insight into breast cancer.

We have added a new support group location in Ocean Pines (see front cover for details) and resurrected the WSW Knitters (see event pg. for details). While the latest and greatest is exciting, we don't want to forget the "oldies but goodies." Throughout this year, we will be sharing photos and memories of those we have lost, those we have cherished and those we fight for every day. It seems only fitting the begin at the beginning with our founders, Carol Prager, Sue Revelle, and Harriette Fine.

Thank you ladies for your vision and devotion.



Carol Prager
Facilitator for Berlin

Sue Revelle
Nurse Coordinator

Harriette Fine
Facilitator for Salisbury

Women's group offers support, awareness for victims of breast cancer

by Sue Revelle

Women Supporting Women is an independent, non-affiliated, breast cancer support group.

Seven years ago a counselor, teacher, and nurse came together to form this needed community organization.

At this time there were no breast cancer support groups on the Eastern Shore and there was very little continuous emotional support for the breast cancer survivors and their families.

A board of directors was formed and the organization is presently working on an advisory board.

Over the years we have become non-profit and have returned all contributions to our local communities.

This was accomplished partly by doing various awareness projects, forming a branch in Berlin, and putting out a monthly newsletter. All these have been made possible through generous contributions from many people and organizations.

The Red Men's Tony Tank Tribe #149, VFW #194, Parrot Heads, Stamp N Ink in Ocean City, and Ed Colbert at Deer Run Golf Club have faithfully supported us over the many years we have existed.

We have been blessed locally through

ing 20,000 pink ribbons in October, which is Breast Cancer Awareness Month, plus placing a 7-foot pink ribbon with a banner on the Ramada Inn in Salisbury.

Maybe you even saw one of our founders on the front cover of Maggie Magazine last year as she was going through chemotherapy.

She bared her hairless head for the world to see in an effort to share with thousands of survivors who have had similar experience.

Packets are placed in each of the surgeon's offices that perform breast surgery to further educate those newly diagnosed plus offer one-on-one support along with our monthly meetings.

Goodie bags are made by the women of the First Baptist Church of Mardela Springs, and thanks to home health agencies, pharmacies, drug companies, physicians and private businesses, various items are added to the packets.

Donations provide the funding for literature and copying of educational materials.

Recently we have been able to make possible additional packets on chemotherapy, radiation, reconstructive osteoporosis, and lymphedema.

This year we are so excited because

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

FUN FACTS:

UPCOMING EVENTS:

The first New Year celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman God of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this God would be fitting.

January in other languages:

Chinese (Mandarin) - Yiyuè
Danish - Januar
Italian - Gennaio
Latin - Ianuarius
French - Janvier
Spanish - Enero

Healing Through the Arts— Pottery Course

Knock off those winter blues by being creative! Make your own pottery luminary on the spinning wheel while enjoying bites and beverages. Join WSW at the Ocean City Center for the Arts on January 27, 2018 from 1PM—3PM, 502 94th Street Ocean City. Register prior to January 22, 2018 by calling 410.524.9433. \$40/person.



WSW Knitters



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.

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. Be sure to see our February newsletter, Facebook page and website for more details. SAVE THE DATE!

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 fund raise for us in our Silver Anniversary year.



Office Staff Members

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Executive Director

Kerrie Bunting

Event Coordinator

Amanda Smith

PR & Marketing

Sue Revelle & Kathy Pisani

Mentoring Coordinators

MENTORING MINUTE

During the cold months it can be hard to beat the “winter blues,” especially if you have been recently diagnosed with breast cancer or are going through treatment. Please know that Sue Revelle and Kathy Pisani, our Mentoring Coordinators, are here to do just that.

Need someone to talk to or want more information on your treatment plan? Kathy and Sue can help. They are working on establishing a mentor program where you can be paired with other survivors who find themselves on a similar breast cancer journey. (i.e. diagnosed with the same type of breast cancer, woman/man of the same age, lumpectomy vs. mastectomy etc...) If you or someone you know is interested, please e-mail us at Wicomico@womensupportingwomen.org with the following information: Name, Phone Number, E-Mail Address, and Type of Breast Cancer.

Happy New Year,

Sue Revelle and Kathy Pisani



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



I've been working on my PhD in engineering for the past five years, but my kids don't necessarily see that as work.

As we were driving past Wal-Mart one day, my son spotted a "Now Hiring" sign and suggested that I could get a job there.

Hoping to make a point, I asked, "Do you think they're looking for an engineer?"

"Oh, sure," he said. "They'll hire anybody."

DONOR THANKS

Individual

Kevin Hughes
 Olen & Loretta Jones
 Dr & Mrs Alfred Beattie
 Suzanne Szymanski
 Dorothy Baker
 Mary McNiff
 Carol Steffy
 Ruth Culver
 Darcel Morris
 Harriette Fine
 Patricia Bounds
 William Casanova

Civic

Caroline County Dept of Emergency Svcs
 Wednesday Night Ladies Bowling
 League of Ocean Lanes
 Wicomico County
 Diakonia
 Ocean City Elementary School
 Worcester County Health Dept

In-Kind

Faith Bunting

In Honor Of:

Kathryn Williams
 Dawn Mason

Evelyn Brooks Trott
 Margaret Brigham

Business

Peninsula Surgical Group
 PRMC Pre-Cervical Services
 The Bank of Delmarva
 Why Not Travel
 Ball Four dba Signs by Tomorrow
 Chesapeake Service Solutions; Inc:
 ChemDry
 Kolbush Heating Plumbing & A/C
 K & L Microwave

In Memory Of:

Louetta Przor
 Wendy West

Kathryn Williams
 Sharon Fritchett

Cindy Dutton
 Granville & Thelma Dutton

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Betty Payne
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SPONSORS

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\$10,000 +
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Peninsula Imaging
Peninsula Plastic Surgery
Richard A. Henson
Cancer Institute
Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +
Airport Self Storage
Pepsi Bottling Ventures

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

Tassia@womensupportingwomen.org

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

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Please use this gift where it is most needed.

Name: _____

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

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