



Cindy Feist
 Executive Director

CELEBRATIONS

There is a chill in the air and the leaves are starting to fall. It is that time of year again, when we think of the holidays and celebrating with family and friends. Here at Women Supporting Women our celebrating started early in 2018 for our 25th Anniversary. Now in October and November it is peaking. We are pleased to announce that WSW had another great year at our 17th Annual Walk for Awareness. A little rain doesn't keep us down or our survivors and supporters. I personally want to thank everyone who came out to make this a fun event: staff, volunteers, vendors, and especially the participants (survivors and supporters). We look forward to 2019.

To finish out 2018, please join us as we partner with the Hyatt Regency Chesapeake Bay, AmFund, and Special Delivery Band from Frederick, Maryland to celebrate WSW's 25th Anniversary at our Gala on Friday, November 2nd. This year is our time to remember all the accomplishments that Women Supporting Women and their co-founders achieved for those within the surrounding communities who have been touched by breast cancer.

Come Celebrate with Us!

Regular Features

Support Group Dates.....2
 Survivor Story.....3
 Medical Update.....4
 Complementary Care.....5
 Nutritional Info.....6
 Mentoring Minute.....7
 25th Anniversary Gala....8
 Giving Tuesday9
 October Events.....10-12
 Donor Thanks/Joke.....13

Donation Slip Back Page



25th Anniversary Gala
 NOVEMBER 2, 2018
 HYATT REGENCY CHESAPEAKE BAY
 TICKETS AVAILABLE NOW
 \$100 per ticket, click here to register!

Discounted rooms are available through WSW.
 Contact the office for more information. First come, first serve.
 410.548.7880 || events@womensupportingwomen.org

SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, November 1th — 6:30PM

Women Supporting Women's Office

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

Ocean City (Worcester)

Wednesday, November 14th — 1:00PM

Regional Cancer Care Center

10231 Old Ocean City Blvd , Berlin

410.548.7880

Speaker: Open Forum

Facilitators: Bev Ward, RN

Pocomoke (Worcester)

Thursday, November 8th — 5:30PM

Pocomoke Community Center

1410 Market St

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Virginia Schneider

Onancock, VA (Accomack)

Thursday, November 15th — 6:00PM

Holy Trinity Episcopal Church

66 Market St

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

Ocean Pines (Worcester)

Thursday, November 8th — 6:30pm

Richard A. Henson Cancer Center

11105 Cathage Rd., Ocean Pines

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kathy Pisani

Cambridge (Dorchester)

Tuesday, November 20th — 6:30PM

Christ Episcopal Church

601 Church St

410.463.0946

Speaker/Topic: Jennifer Grier, Pharmacist with
The Drug store/ Medications and Supplements

Facilitator: Sue Todd

SURVIVOR STORY

Rebecca's Story: Running Through Breast Cancer

In 2010, I was turning 35 and wanted to mark the year with trying something new, something big, something exciting. Looking back, I realize what 'they' mean by be careful what you ask for. I set a goal to run a marathon, half marathon, century ride, or maybe even a triathlon. I had just started running in late 2009 and was hooked. I figured by setting this goal, it would get me out of my slump and keep me active and in shape.

Let me back up. In early 2009 as I was doing a self-breast exam, I felt a lump. I wasn't too concerned because I knew my mom had had several benign lumps and figured it was probably the same. I waited a couple of months until my next woman wellness visit. When I told my doctor about it, she felt the lump too but said women my age (34) get lumps.

I did mention my mom's history and even my aunt, grandmother, and cousin on my dad's side. She responded by saying it only matters if your mom or your sister has any history of breast cancer. I paused a minute, remembering back to my college biology class on genetics and was pretty sure that half the genes come from each parent, but I brushed it off as well. I mean, I was 34. I was active and healthy. Why would I have cancer? Cancer is for older people, right?

No. Fast forward to a year later and I could still feel the lump growing, so I decided to get a second opinion. Luckily (I guess luckily), my new doctor had just experienced breast cancer with a close friend, so she was a little bit on guard. She mentioned that she didn't think it was cancer but said, "Let's just go through the motions and pretend like it is so we can check all the boxes."

She sent me for an ultra sound and mammogram. The ultrasound technician basically laughed at me and said "This is soooo not cancer. I don't even think we need to do a mammogram." I begged her for it since I was already there and told her about my family history. She went to talk to her supervisor who then agreed to do the test. As it turned out, the mammogram showed some interested areas which warranted a biopsy.

On June 4, 2010 at 1:04 PM, I was at work and had just joined a conference call when my cell phone rang. I figured it would a quick call saying nope, no cancer. I was wrong.

The nurse on the other end said the results were

positive. My first thought was, "What was positive? I'm not pregnant." Not to sound naïve but the only test in my mind that could be positive was a pregnancy test. But then I realized she wasn't talking about pregnancy. She was talking about cancer.

I had to confirm with her, "Are you telling me I have cancer?" "Yes," she said. "Are you telling me I have breast cancer?" "Yes," she said.

I think back to how weird it was that she couldn't say those words, that she made me say them. She rambled on a bit more on the pathology and then said the doctor would like to see my husband and me to discuss a treatment plan.

When my husband and I arrived, the doctor opened his calendar and said he could get me in that Friday for surgery and then we'd start chemo. I asked about reconstruction, but he said that would come later. I had done enough research over the weekend to know I didn't have to follow that plan. When I told him about my plan for the year of running he told me I would run after he saved my life. I knew right then, we weren't a good fit. So I got a second opinion.

As it turns out, my oncologist was a runner and my plastic surgeon was a runner. While they didn't always agree with me, they supported my plans to run through treatment. Running helped me feel normal. It allowed me to continue what I loved doing.

Now, almost 8 years later, I still run and I help mentor newly diagnosed women. I always tell them to make sure you have a good relationship with your doctors and don't give up what you love just because you have cancer. Whatever it is you love doing, that will help get you through. I also learned during my experience that I have to advocate for myself. While doctors mean well, I know my body (since I'm with it all the time) than anyone else.

To find more stories like Rebecca's go to: <https://www.sharecancersupport.org/breast-cancer/breast-cancer-stories/>



MEDICAL UPDATE

Protect Yourself from Infection

by Kimberly Hinckley, RN, BSN, CIC, and Brahm H. Segal, MD

Infections are illnesses caused by microorganisms (germs) such as bacteria, viruses, and fungi. People with cancer may be at increased risk for infections for a number of reasons.

The cancer itself may compromise the immune system, which is what protects the body from infection. For example, certain cancers of the blood may inhibit the body's ability to make normal white blood cells that fight infection. In addition, cancer treatments such as chemotherapy and radiation therapy can decrease the number of healthy white blood cells.

Neutrophils are a specific type of white blood cell that have a particularly important role in protecting the body from infection. Neutropenia, or low neutrophil count, can result from certain types of cancer treatment, and the longer the duration of neutropenia, the greater the risk of infection. Other medicines used in cancer therapy (such as steroids) can also weaken the immune system.

It's important for people receiving cancer treatment to be alert for signs of infection and report them to their physician. Signs of infection include fever, cough, and skin that is red, tender, and swollen.

Hand washing is one of the best methods for preventing infections.

Different types of medications are used to treat infections. The most common are antibiotics to treat bacterial infections. Antiviral and antifungal medications are also sometimes used to treat infections in people with cancer. Some people who are at high risk for infections may be prescribed medications to reduce the risk of infection. People with neutropenia who develop a fever require prompt evaluation and treatment.

Keep in mind that there are many kinds of cancer and cancer treatments with different levels of infection risk. Your oncologist can educate you about the risk of infections associated with your specific cancer and treatment and what can be done to prevent them. However, there are also some general guidelines you can follow to reduce your risk of infection.

Taking infection prevention into your own hands has a very literal translation. Hand washing is one of the best methods for preventing infections. If your hands are visibly dirty, you should vigorously wash them with soap and

water for at least 15 seconds. It's OK to use alcohol-based hand sanitizers when soap and water is not available. Always wash or sanitize your hands before eating, drinking, or taking medication; after using the bathroom, coughing, sneezing, or blowing your nose; before touching your eyes, nose, or mouth; before and after performing any care involving intravenous lines, catheters, or bandages; and after touching things that are frequently touched by others. It is also important for your healthcare providers, family, friends, and caregivers to wash or sanitize their hands before touching you.

Your skin is your first line of defense in preventing infections from entering your body, so it's important to maintain good personal hygiene. The first step to ensuring good hygiene is to bathe or shower regularly with mild soap. Change towels daily, and do not share towels with others. Regularly inspect your skin closely for rashes, redness, signs of infection, or cuts that do not heal properly. Use a soft toothbrush to clean your teeth after meals and before going to bed. Keep bandages dry. If they become wet, change them promptly.

In addition, you should keep away from people who are sick and avoid crowds of people, especially during cold and flu season. Do not handle animal excrement; have someone else help care for your pet. Get plenty of rest, as fatigue can stress your immune system. Eat a well-balanced diet. Do not eat spoiled or expired foods, and do not consume raw meat or seafood. Thoroughly wash fruits and vegetables before eating them.

Ask your doctor about vaccines that prevent illness. It's important to talk to your doctor before receiving any vaccines because live vaccines can potentially be harmful to people with certain types of cancer. Encourage family, friends, and caregivers to be immunized as well.

Empowering yourself is one of the most important things you can do to prevent infections during cancer treatment. You have the right to ask everyone who participates in your care to wash their hands. Make sure that anyone who visits you is healthy, and don't be afraid to ask questions when you're unsure. Contact your healthcare team if you suspect you may have an infection. Infections caught early are easier to treat.

To learn more about preventing infections during cancer treatment, visit PreventCancerInfections.org.

This article was published in Coping® with Cancer magazine, May/June 2014.

COMPLEMENTARY CARE

EXERCISE AND CANCER

WHAT HAVE WE LEARNED THE PAST 20 YEARS?

by Claudio Battaglini, PhD, FACSM, and Erik Hanson, PhD, CSCS

Since the first studies examining the effects of exercise in cancer survivors began to be published in the mid-80s, the interest in this intriguing area of research has grown exponentially. Because exercise is non-invasive, effective, and can be done by cancer survivors in the comfort and convenience of their own homes, the medical community has started to give more attention to the use of exercise as a complementary intervention in cancer rehabilitation. The key benefits of exercise during and after cancer treatment include the alleviation of certain cancer treatment-related side effects, a reduced risk for cancer recurrence, and improvements in overall functionality, health, and longevity of cancer survivors.

With the field of exercise oncology now entering its third decade, what have we learned during the past two decades of investigating the role of exercise in cancer survivorship? Many excellent scientific reviews on the topic, focusing on traditional exercise interventions with at least one objective measurement of fitness, have been published in the last few years. All of them show evidence that exercise provides many benefits to cancer survivors. Let's take a closer look.

Overall Study Characteristics

▣ From the mid-80s to 1999: Most studies had low participant enrollment, the exercise interventions were only aerobic-based training programs, and most studies were conducted in people undergoing active treatment.

▣ From early 2000 to the mid-2000s: Larger sample sizes with different modes of exercise, including resistance training, began to be explored, and about half of the studies were conducted in people undergoing active treatment, with the other half including cancer survivors who had finished treatment.

▣ From the mid-2000s to today: A greater proportion of studies had improved methodological designs, with approximately 70 percent of the studies being randomized clinical trials in a supervised setting. Other types of cancers besides breast and prostate cancer were increasingly studied, and the studies focused on evaluating specific outcomes, for example body composition, immune responses, and exercise adherence.

Throughout the years, the most noticeable effects of exercise training were improvements in fatigue and depression.

Overall Study Results

▣ Throughout the years, the most noticeable effects of exercise training were improvements in fatigue and depression. Modest but clinically relevant increases have also been observed for cardiorespiratory capacity, strength, and lean body mass, as well as decreases in body fat percentage.

▣ For trials that examined the independent effects of strength training, significant and consistent gains in overall strength have been documented.

▣ Minimal adverse events due to exercise have been reported. When adverse events were reported, lightheadedness, low blood pressure, nausea, and weakness during exercise were the most common.

Based on all of the exercise oncology studies to date, regular exercise appears to promote many benefits that outweigh the potential adverse events for cancer survivors who are able to safely engage in regular physical activity during and after the completion of cancer treatments. Additional evidence is also available on the importance of being physically active in reducing the risk of cancer recurrence.

It is therefore recommended, according to guidelines set forth by the American College of Sports Medicine, that cancer survivors should engage in at least 150 minutes of moderate intensity exercise or 75 minutes of vigorous intensity exercise per week. This would equal to around 30 minutes of comfortably paced walking five times a week or about 25 minutes of faster paced walking three times a week.

Cancer survivors should include both aerobic and strength training as part of their exercise routines, as these modes of exercise promote specific benefits that can help survivors improve their overall stamina, functionality, physical and mental health, and quality of life. Still, there is no evidence that one type of exercise is superior to another, so you should choose activities that you find enjoyable and that you'll be more likely to stick with. Consistency is the key to reaping the benefits of exercise during and after cancer treatment.

What you are waiting for? Check with your doctor and start your exercise training today. You can also consult with an exercise science specialist to help you design a personalized exercise routine that is both effective and safe for cancer survivors.

NUTRITIONAL INFORMATION

Pumpkin

Why is Pumpkin good for you: Pumpkin is highly nutritious and particularly rich in vitamin A, has high antioxidant content may reduce your risk of chronic diseases and may lower your risk of cancer. The nutrient density an low calorie count of pumpkin may also promote weight loss.

To learn more about the benefits of Pumpkin go to: <https://www.healthline.com/nutrition/pumpkin#section8>

Roasted Garlic & Rosemary Pumpkin Hummus Recipe

Ingredients

- ⌘ 1-2 Cloves roasted garlic
- ⌘ 2 Tablespoons water
- ⌘ 1 can chickpeas, drained and rinsed
- ⌘ 2/3 cup pumpkin puree
- ⌘ 1 tablespoon maple syrup or honey
- ⌘ 1/2 teaspoon finely minced fresh rosemary
- ⌘ Salt to taste

Instructions

- 1) To roast the garlic, simmer the peeled cloves in a small saucepan with olive oil for 15-20 minutes over low/medium heat. The garlic gets the roast-y flavor and then you get some bonus garlic infused olive oil out of the deal.
- 2) Puree all ingredients except rosemary in a blender or food processor until smooth. Add more oil or water as needed. Stir in the rosemary.
- 3) Serve with warm naan, apple slices, crackers, carrots, wheat toast, roasted vegetables, pita bread, and/or anything in the world.



To find more pumpkin recipes go to: <https://pinchofyum.com/roasted-garlic-rosemary-pumpkin-hummus>

MENTORING MINUTE

Coming into November makes me think of all the things and people I'm grateful for and blessed to have in my life. Following that theme, I researched what November is National Month for and here's some that stuck out to me that I think you should keep in mind all month long!

- ⌘ National adoption Month
- ⌘ National Adopt a Senior Pet Month
- ⌘ National Family Stories Month—Families everywhere pass down their favorite stories in an effort to keep their legacies alive.
- ⌘ National Caregivers Month
- ⌘ National Gratitude Month
- ⌘ National Home Care and Hospice Month
- ⌘ National Inspirational Role Models Month
- ⌘ National Lung & Pancreatic Cancer Month
- ⌘ NoSHAVEmber – awareness about cancer by embracing facial hair, something cancer patients often lose, and letting it grow wild and free for the month of November!

Have a wonderful Thanksgiving! Let those you love and hold dear to you know that you're thankful for them. We are never promised tomorrow.

FUN FACTS:

November



This is the last month of autumn, but the beginning of a new adventure; time to take risks and do the unexpected.

Birthstone: Topaz and Citrine

Flower: Chrysanthemum

Zodiac Signs: Scorpio and Sagittarius

Office Staff Members

Cindy Feist

Executive Director

Sarah McGarity

PR & Marketing

Shelby Moore

Event Coordinator

Cerah Edsall

&

Kathy Pisani

Mentoring Coordinators



Thank you to Michelle Miller & the Parkside Girls JV & Varsity Volleyball teams for hosting an exciting Pink Out game, benefiting Women Supporting Women!

25th Anniversary Gala

Women Supporting Women
invites you to a fantastic evening
of live music, dancing, silent auctions & more!

Come out and celebrate with us,
and enjoy live music provided by
Special Delivery Band of Frederick, MD!

Friday, November 2, 2018

Doors open at 6:00pm

Dinner at 7:00pm

Tickets are \$100.00

Location:

Hyatt Regency

Chesapeake Bay

100 Heron Blvd

Cambridge, MD 21613



Local Services • Local Support



Giving Tuesday

Mark your calendars for November 27th! Giving Tuesday is quickly approaching! Scheduled donations begin on 11/19—keep your eyes peeled on our social media channels for more details!



24 HOURS ONLY	80 LOCAL NONPROFITS	\$10,000 GRANT INCENTIVES	704 DONORS	1,000+ DONATIONS
Giving Tuesday is an international online giving event held annually on the Tuesday following Thanksgiving.	Hosted by CFES, 80 nonprofits serving the Lower Shore counties joined the local Shore Gives More campaign.	Nonprofits earned an additional \$10,000 in grant prizes by competing amongst each other and rallying donors!	Donors locally and nationally supported Lower Shore nonprofits, coming together to create a big impact!	Large checkbooks not required! A passionate heart is all that is needed. Smallest donation: \$10.
\$164,000 RAISED				

Giving Tuesday, held each year on the Tuesday following Thanksgiving, is an international 24-hour online giving movement. The local campaign, known as The Shore Gives More, is hosted by CFES and assists nonprofits serving the Lower Shore counties with the fundraising effort.

By providing an online donation portal, marketing campaigns, and nonprofit support, the campaign is able to make a significant impact through collective philanthropy.

The 2018 totals symbolize record-breaking fundraising for the event. The rapid growth of the event each year, both in the amount of money raised, but also in the number of donors and participating nonprofits, demonstrates the power of people coming together to improve our communities.

CFES and the campaign received sponsorships from 47 ABC, Delmarva Power, and The Hershey Family Fund. Nonprofits also earned incentive grants through contributions made by Delmarva Power and The Perdue Family Fund.



High Heel Race at Maui Jack's!



WSW had a wonderful time reviving the Annual High Heel Race, in partnership with the Chincoteague KOA and Maui Jack's Waterpark. The KOA's own Todd Burbage walked away with the overall winner trophy!

17TH ANNUAL WALK FOR AWARENESS



The rain didn't keep us or our supporters & survivors down during our 17th Annual Walk on October 13th.



Autumn Wine Festival

WSW was proud to partner with Wicomico County Tourism for yet another successful Autumn Wine Festival!



Thank you to everyone who helped organize and participated in our Autumn Wine Festival Flash Mob!!



Board member Pam Heying received a check from local musician Kent Lee. Mr. Lee hosted a benefit concert to fundraise for Women Supporting Women during Breast Cancer Awareness Month!

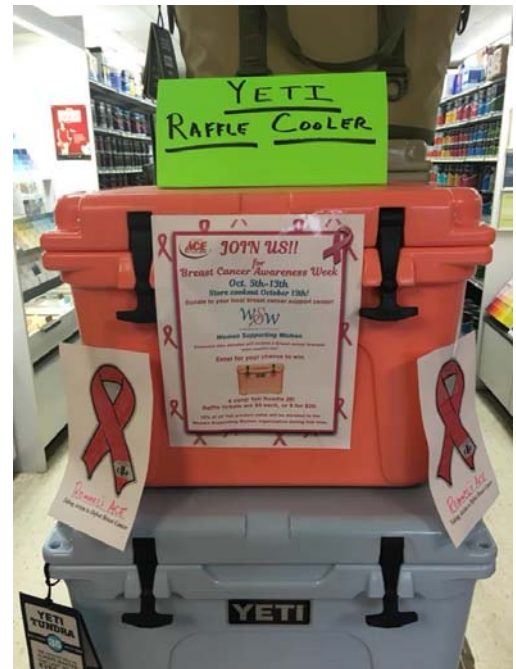


“Think Pink” —3rd Party Fundraisers



Captain's Cove Golf & Yacht Club raised \$3,000.00 during their first Annual Breast Cancer Awareness Golf Tournament in October!

Rommel's ACE Hardware Stores raffled off coral YETI Coolers and donated 10% of all YETI sales at five of their locations during their breast cancer awareness week!



This month, Tall Pines Harbor Campground hosted their annual Think Pink Weekend, and raised a total of over \$14,000 to benefit Women Supporting Women! Bra Pong, Silent Auctions, Long Toss competitions and a Womanless Bra Decorating Pageant were just a few of the ways Tall Pines were able to raise funds and show support!

DONOR THANKS

Individual

Kevin Hughes
Jean Cordell
Harriette Fine
Charlotte Cordell
Kristina Houseal
Jacqueline Bounds

Business

Brinsfield Transport

In Memory Of

Dorothy Kaufman
Harriette Fine
Penny Bradford
Tammy Palmer

In-Kind

Patty Tingle
Peggy Wilson
Lynn Opalensky
Angela o'Neal

Civic

Pittsville Elementary-Middle School
Wednesday Night Ladies Bowling
League

Joke Of the Month

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

This Joke can be found at: <http://www.laughfactory.com/jokes/clean-jokes/6>

SPONSORS

Courage

\$5,000 +

Spicer Bros. Construction Inc.

Hope

\$2,500 +

Apple Discount Drugs

Kitty's Flowers

Peninsula Imaging

Richard A. Henson

Cancer Institute

Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures





Local Services • Local Support

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
- Dr. Cathy Townsend, Vice President
- Colleen Brewington, Secretary
- Pam Heying, Treasurer
- Billye Sarbanes, Past President
- Cindy Feist, Executive Director
- Melodie Carter
- Judy Herman
- Jeanne Kenkel-Tajvar
- Mike Liang
- Julie McKamey
- Jenni Pastusak
- Erika Forsythe
- Ginger Donovan
- Alane Emerson
- Sally Hudson
- Lynn Creasy
- Courtney Moore

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 _____