



### Our 25<sup>th</sup> Anniversary in Review



Cindy Feist  
Executive Director

This issue of Women Supporting Women’s Care & Share Newsletter is all about remembering the wonderful moments throughout our anniversary year. The theme for us has been “thank you for helping us grow”. Without all the survivors, their families, friends, sponsors, and major donors who have reached out these past twenty-five years to support our mission Women Supporting Women (WSW) would not be where we are today.

As WSW moves into 2019, we are looking toward the future to provide the awareness needed within our surrounding communities (from Beach to Bay) regarding WSW and breast cancer. Additional seminars and

conferences are being planned to help educate those on this disease and how to maintain a healthier you. Our same services will remain available, free of charge, to all those in need. With new Committees in place and a positive Board of Directors, WSW in 2019 will be reviewing and updating our programs and services to fit the needs now and into the future.

THANK YOU ALL for being here for WSW. We look forward to the next twenty-five years of serving the Eastern Shore.

*From the staff of WSW: Sarah McGarity, Cindy Feist, Cerah Edsall & Shelby Moore*

*Merry Christmas, Happy Holidays, and have a safe and Happy New Year!*

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*Donation Slip Back Page*



# SUPPORT GROUP MEETINGS

## LOCAL services & support

### Salisbury (Wicomico)

Thursday, December 6th — 6:30PM

Women Supporting Women's Office

1320 Belmont Avenue

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kyle Beebe

### Ocean City (Worcester)

Wednesday, December 19th — 1:00PM

Regional Cancer Care Center

10231 Old Ocean City Blvd , Berlin

410.548.7880

Speaker: Open Forum

Facilitators: Cerah Edsall

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### Pocomoke (Worcester)

**CANCELLED THIS MONTH**

Pocomoke Community Center

1410 Market St

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Virginia Schneider

### Onancock, VA (Accomack)

Thursday, December 20th — 6:00PM

Holy Trinity Episcopal Church

66 Market St

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

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### Ocean Pines (Worcester)

Thursday, December 13th — 6:30pm

Richard A. Henson Cancer Center

11105 Cathage Rd., Ocean Pines

410.548.7880

Speaker/Topic: Open Forum

Facilitator: Kathy Pisani

### Cambridge (Dorchester)

**CANCELLED THIS MONTH**

Christ Episcopal Church

601 Church St

410.463.0946

Speaker/Topic:

Facilitator: Sue Todd

# SURVIVOR STORY

## Maggie's Story

My name is Maggie Davis and this is my story. Since I can remember I played sports, but my top two were softball and basketball. I attended Millcreek High School in Gwinnett County where I decided I was going to dominate in softball. As a junior I accepted a scholarship at Georgia College and State University and I gave up basketball and focused on softball. After high school I became a GC&SC Bobcat. I have always been an active, outgoing, and determined athlete. I have carried the same drive and determination into all aspects of my life, always expecting more from myself. After college, I was beginning to develop post athletic body (gaining weight). Two years ago I started on a lifestyle change journey. I went back to what I use to do; run, work out and enjoy playing sports. After two years of healthy eating and exercise it has set me in a new direction. I have inspired many others to do the same.

Then in 2013 I discovered a mass on my breast. After three months and three different doctors telling me that they were 99% sure the lump was just a fibroid, I decided to get the lump removed and biopsied. Who wants something in their body that is not necessary. On December 3, 2013 the day after my mass was removed, I receive a phone call from my surgeon. A phone call that no one is prepared for, because no one thinks it will happen to them. That was the day I found out I have breast cancer, and I needed to come in for more testing. After two to three doctors appointments a week I decided to have a double bilateral mastectomy which was scheduled for January 6, 2014.

To my surprise on Christmas my mom gave the family a gift. I was asked to open it. As I slowly opened the box wondering what it could be, thinking Mom had not asked for my input this Christmas, I had no idea what was in this box. I opened the top and inside was a box full of Team Maggie teal in color tee shirts made for the family and close friends.

As we started wearing the shirts we had more and more people want a Team Maggie T shirts. So we decided to sell them. Our first order was for over 300 Team Maggie Tee shirts. What really made it fun is we decided to do a Team Maggie 5K every month in 2014. So those that bought tee shirts came out in support and we have had 50 or so Team Maggie supporters at each race so far.

On Jan 6, 2014 I went in for my Mastectomy. The test results from the surgery showed there was no more cancer the surgeon had removed all the cancer in the first surgery. The lymph nodes they removed were found to be negative. My tumor was her2 negative, estrogen positive, and progesterone negative. My BRAC 1 and 2 came back negative

also. With all this good news I was hopeful I would now move on with my life. But to my surprise due to my age, the size of the tumor and the protein markers being on the high side I was in for the long haul. I was

told I would need 4 rounds of chemo, no radiation, and to take tamoxifen for 5+ years. Once again I found myself in more doctors appointments, but this time not for cancer treatment. I was sent by my oncologist to see a reproductive biologist. I found myself questioning everything, but I am so thankful that my oncologist recommended this to me before chemo. I went through an expensive procedure that will harvest my eggs until I am ready to use them, since chemo reduces your egg production or can even eliminate them all together. You see the thing I am up against is there is very little data on the prognosis with or without chemo or the chances of having a family after chemo or when or if it is safe to try. The chances of getting Breast Cancer in your 20's is less than 1% according to the American Cancer Society. It seems to be increasing but there is no data to support that. Breast Cancer usually strikes the 50's age group and older so I am sad to say but only time will produce the data which will come from those of us in our 20's and 30's that are going through Breast Cancer now. I pray I can help others by bringing awareness to the youth to be proactive if they discover a lump to go to a doctor, request testing until they know for certain whether they have cancer or a fibroid tumor. Never let a doctor tell you that because you are young it's only a fibroid and don't worry. If the doctor says come back in a few months demand testing now. Act Now!

I am writing this as I sit here in a room filled with cancer patients in chairs lined up against the wall receiving their Chemo treatments. I am receiving my first treatment.

My goal is to help bring awareness to young adults of the importance of being proactive and pushing for testing when they find a mass.

To find this article & more about Maggie's journey through breast cancer, visit: <http://www.teammaggieforacure.org/maggies-story>



# MEDICAL UPDATE

## Mastectomy Doesn't Eliminate Need for Screening

While research has shown that lumpectomy plus radiation offers the same survival rates as mastectomy for early-stage breast cancer, more U.S. women diagnosed with early-stage disease are choosing to have mastectomy instead of lumpectomy plus radiation. In some cases, women have said they opted for mastectomy to avoid having mammograms or biopsies of the remaining breast tissue in the future.

A study done at Mount Sinai Hospital in New York City suggests that having a mastectomy doesn't completely eliminate the need for future breast imaging.

The research was published online on Sept. 10, 2018, by the *Annals of Surgical Oncology*.

To do the study, the researchers looked at the records of 385 women who had surgery to remove early-stage breast cancer between 2009 and 2015:

- ⌘ 185 women had single mastectomy
- ⌘ 200 women had double mastectomy; breast cancer was diagnosed in one breast, and the women chose to have the other healthy breast removed as well

About 8% of women ultimately had a biopsy after mastectomy. The women were followed for an average of 2.5 years.

### **IMAGING AND BIOPSIES IN WOMEN WHO HAD SINGLE MASTECTOMY**

During follow-up, rates of breast imaging or biopsy because of something found during a doctor's breast exam among the 185 women who had single mastectomy were:

- ⌘ 19 women had ultrasound of the remaining breast tissue
- ⌘ 11 women had a biopsy

The results of the biopsies found that two women had a cancerous lesion.

### **IMAGING AND BIOPSIES IN WOMEN WHO HAD DOUBLE MASTECTOMY**

During follow-up, rates of breast imaging or biopsy because of something found during a doctor's exam among the 200 women who had

double mastectomy were:

- ⌘ 29 women had breast ultrasound; 22 of these ultrasounds were done on the side where the cancer was
- ⌘ 2 women had breast MRI
- ⌘ 16 women had a biopsy; 11 of the biopsies were done on the side where the cancer was

The results of the biopsies done on the side where cancer was previously found more cancer in three women. The results of the five biopsies done on the opposite side were benign.

The researchers concluded that for 10% to 15.5% of women who have either single or double mastectomy, future breast imaging is required, and 6% to 8% ultimately have a biopsy. The good news is that the rate of malignancy was low, approximately 1%. Still, enough cases of cancer were found that the researchers concluded that mastectomies do not eliminate the need for future imaging and biopsy.

The researchers didn't talk about other reasons a woman might opt for mastectomy over radiation plus lumpectomy. For example, the study didn't say how many women had a *BRCA1* or *BRCA2* mutation. Having one of these genetic mutations greatly increases a woman's lifetime risk of breast and ovarian cancer and may influence a woman's decision to have mastectomy or double mastectomy rather than lumpectomy. The researchers also didn't discuss how many women had a strong family history of breast cancer, which also would influence a woman's surgery decision.

If you've been diagnosed with early-stage breast cancer in one breast, ask your doctor about ALL of your treatment and risk reduction options. Mastectomy and double mastectomy are aggressive steps. While one of those surgeries may be the right decision for you, give yourself the time you need to consider your decision carefully. Ask your doctor about current recommendations for screening after breast cancer surgery. Together, you and your doctor can make the decisions that are best for you and your unique situation.

For more information on the types of surgery used to remove breast cancer, visit the [Breastcancer.org](http://Breastcancer.org) Surgery section.

# COMPLEMENTARY CARE

## Reflexology & Breast Cancer

by: Dr. Veronique Desaulniers

According to Nobel Prize Laureate Carlo Rubbia, living things are only one billionth physical matter. The rest, he says, is energy! That goes for your body as well. When it comes to breast cancer prevention and healing, it is vital that you keep your energy, or Qi, flowing. One way to do this is through the Traditional Chinese Medicine (TCM) practice of reflexology. Reflexology is a type of acupressure or massage that focuses on the feet. The idea is that by stimulating points on the feet, one can improve the health of corresponding parts of the body, including various organs and the breasts. Reflexology has been used as a healing modality for thousands of years in Asia. Archeologists have even found evidence of its use by pharaohs in ancient Egypt.

### BREAST CANCER AND STAGNANT QI

ACCORDING TO TRADITIONAL CHINESE MEDICINE, WHEN CANCER OF ANY KIND IS DISCOVERED, THIS MEANS THAT ENERGY HAS BEEN STAGNATING FOR A LONG TIME, SIMILAR TO HOW A RIVER MAY GET CLOGGED AND MUDDY WITH THE BUILDUP OF DEBRIS LIKE TWIGS AND LEAVES. IN ADDITION TO UNHEALTHY EATING AND LACK OF MOVEMENT, A BIG REASON WHY STAGNATION OCCURS IS BECAUSE OF NEGATIVE EMOTIONS THAT HAVE NOT YET BEEN HEALED.

Louis Hay, author of the best-selling book *You Can Heal Your Life*, presents one interpretation of this connection: "When there are problems with the breasts, it usually means we are 'over mothering' either a person, a place, or a thing, or an experience... If cancer is involved, then there is also deep resentment." Other emotional blocks include lack of self-love and lack of nurturing in one's life. According to the *Wai Ke Zhang Zong*, written in the 1400s: "These [negative] emotions accumulate day by day and cause Spleen and Stomach Qi deficiency and Liver Qi stagnation. These conditions will cause the body to create a lump. When Qi or energy stagnation accumulates in the meridians over time, a small seed can progress to a cancerous mass. Then the five major organs will spiral out of balance. This problem is called

breast cancer."

Of course, this is a modern translation of the words of this ancient text as there was no such thing as the current concept of cancer back then. It is safe to say, however, that throughout history people have seen the consequences of blocked Qi. The development of "blocks in the river," or tumors are a result.

### REFLEXOLOGY FOR BREAST CANCER

THE CONNECTION BETWEEN POINTS ON THE FEET AND THE MAJOR ORGANS IS REAL AND THIS KNOWLEDGE HAS LONG BEEN USED BY CHINESE MEDICINE PRACTITIONERS. HOLLY TSE, CMP, TELLS A POWERFUL STORY OF HER FIRST INTRODUCTION TO BOTH BREAST CANCER AND REFLEXOLOGY:

"When I was first introduced to Chinese Reflexology, my [practitioner] knew simply from massaging my breast reflexology point that I had a breast lump. While I was squirming in pain, he suddenly asked, 'Do you have a breast lump in your right breast?' That's how accurately your feet can reflect your body!" In recent studies, reflexology has shown to ease the symptoms, such as shortness of breath associated with chemotherapy and hormone treatment in women with metastasizing advanced-staged breast cancer.

The point on the feet that connects to the breasts is a rectangle-shaped area on the top of the foot that extends "from the base of your toe to slightly below your big toe knuckle." To massage the area, Tsu suggests making a fist and using all of the knuckles to rub up and down with moderate pressure for 30-60 seconds. Massaging reflexology points that are connected to the lymph glands is beneficial as well, since the breast area contains a large number of lymph nodes.

Keeping the body systems in flow through the use of ancient Chinese medicine techniques like reflexology is a vital part of "The 7 Essentials System™" for healing the body naturally and a time-tested way to stay vibrant, vital and dis-ease free.

Find this article and more at: <https://thetruthaboutcancer.com/>

# NUTRITIONAL INFORMATION

## Walnuts!

You may be surprised to find out that walnuts are actually shown to assist with fighting breast cancer. Their phytosterols (cholesterol-like molecules found in plants) have been shown to block estrogen receptors in breast cancer cells, possibly slowing the cells' growth, says Elaine Hardman, PhD, associate professor at Marshall University School of Medicine in Huntington, West Virginia. So, by all means, have that extra cookie with walnuts this holiday season!

### “Snowball” Christmas Cookies with Walnuts

#### Ingredients

- ⌘ 1 cup (2 sticks or 226 g) **unsalted butter**, softened slightly
- ⌘ 5 tablespoons (63 g) **granulated cane sugar**
- ⌘ 2 teaspoons (10 ml) **pure vanilla extract**
- ⌘ ¼ teaspoon (1.2 g) **fine-grain sea salt**
- ⌘ 2 cups (240 g) **unbleached all-purpose flour**
- ⌘ 2 cups (about 240 g) finely chopped **walnuts**
- ⌘ 1½ cups (about 188 g) **confectioners' sugar**, for dusting cookies twice

#### Instructions:

Using an electric stand mixer fitted with paddle attachment, or handheld electric mixer, cream together butter and sugar. Beat in the vanilla and salt. Gradually add flour, beating after each addition. Stir in the nuts; mix until fully incorporated. Divide dough in half and refrigerate in plastic food wrap for approximately 45 minutes.

Meanwhile, arrange oven rack in middle of oven and preheat to 350°F (177°C). Line two baking sheets with parchment paper; set aside. Place confectioners' sugar in a small bowl; set aside. Measure dough using a small, 1-inch (2.5 cm) spring-loaded scoop making sure each scoopful is level. Roll dough between palms of hands to achieve a small rounded ball.

Place dough balls 1½ inches (3.75 cm) apart on prepared baking sheets. Bake in preheated oven until the cookies are just beginning to brown, about 12 to 14 minutes. Do not overbake. The underside of the cookies should be only lightly browned. And the cookies should not crack—a sure sign of overbaked teacake cookies.

Cool cookies on baking sheets on wire racks for approximately 2 minutes. Remove cookies from baking sheets using a metal cookie spatula. While cookies are still warm, gently roll them in the confectioners' sugar. Place the sugar-coated cookies on wire racks to cool completely. Roll cookies once again in the confectioners' sugar.



Find this recipe and more: <https://wickedgoodkitchen.com/snowball-christmas-cookies-best-ever/>

# MENTORING MINUTE

Holidays are in full swing and we're all quite busy. So busy, that we may even over look some safety hazards in our homes that we would not want to get in our way of precious time spent with family and friends enjoying the holidays!

With that, I have a few things for you to check and make sure you're safe!

- ⌘ Check smoke detectors (change batteries every 6 months)
- ⌘ Check carbon monoxide detector (or get one!)
- ⌘ Anchor TV's on TV stands (purchase anti-tipping straps)
- ⌘ Always clean out lint from filter after every use (3,000 fires happen each year due to lint buildup!)
- ⌘ Using space heaters? Make sure they have "UL" label, a safety certificate recognized by the U.S. Also, get one that has a special feature of turning off if tipped over!
- ⌘ Make sure guns and medicines are locked up and away from wondering children (& adults!)

I hope you have a safe and wonderful holiday and get ready to start those New Year's resolutions!



## Upcoming Events:

*The WSW office will be closed:*

**11/22-23 & 12/24-25!**

**March**

Basket Bingo

**May**

Bras for a Cause

All month

"Your Healthiest You"

Conference

**June**

6/29—Ride for Awareness



## **Stitch Therapy:**

Love to knit, crochet, or want to learn how? Our group of knitters meets twice a month & is always looking for new faces!

**Ocean Pines—2nd Monday of each month from 1-3pm**

**Richard A. Henson Cancer Inst.**

**11105 Cathage Rd, Ocean Pines, MD**

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**Salisbury—1st Wednesday of each month from 1:30-3:30pm**

**Women Supporting Women**

**1320 Belmont Avenue, Suite 402, Salisbury MD**



Looking for a new project? WSW is in need of purse pocket slippers!

## Office Staff Members

**Cindy Feist**

*Executive Director*

**Sarah McGarity**

*PR & Marketing*

**Shelby Moore**

*Event Coordinator*

**Cerah Edsall**

**&**

**Kathy Pisani**

*Mentoring Coordinators*

Follow us on social media to keep up with all of our day-to-day happenings!  
**@wswdelmarva**



# 2018—WSW's 25th Year in Review



WSW kicked off our 25th year with our annual bingo event in March!



Board member Penny Bradford, & staff members Cerah Edsall & Shelby Moore present an award for 2018's Bras for a Cause event at the Centre at Salisbury, in partnership with Tanger Outlets.



You might just recognize our Mentoring Coordinator, Cerah Edsall in the photo above, at our Sip & Stretch event at Jimmie & Sook's!



Executive Director Cindy Feist, with board members Pam Heying, Julie McKamey, Penny Bradford & Judy Herman.



# 2018—WSW's 25th Year in Review



In July, WSW hosted a luncheon for all of our dedicated volunteers, to thank them for all that they have done to help us grow & flourish over the last 25 years. The luncheon was followed by our 25th Anniversary Ribbon Cutting, where Executive Director Cindy Feist, and founder, Sue Revelle unveiled our brand new logo!



WSW volunteers, board members & staff at our Volunteer Luncheon & Ribbon Cutting, July 26th, 2018.

# 2018—WSW's 25th Year in Review



Of course, we kicked off October (breast cancer awareness month) with a rainy day High Heel Race at the Chincoteague Island KOA!



Survivors & supporters braved the rain, wind, and even a little flooding at our 17th Annual Walk for Awareness at Winterplace Park on October 13th!

# 25th Anniversary Gala

Thank you again to everyone who came out to the Hyatt for our 25th Anniversary Gala on November 2nd! We had a wonderful night celebrating Sue Revelle, and all that WSW has accomplished over 25 years! Special thanks to Rodgers Polk Photography for manning our photobooth and capturing some gorgeous images for us! See all of the gala photographs at:

[www.rodgerspolkphotography.com](http://www.rodgerspolkphotography.com)



Music provided by: Special Delivery Band!



Board member Jenni Pastusak & Tish Winters, marketing guru for Apple Drug



WSW's founder, Sue Revelle received a beautiful award for her 25 years of service with WSW.



Pam Heying, Board Treasurer



Thank you to Kitty's Flowers for the stunning centerpieces!



Two of WSW's dedicated volunteers: Ellen & Dodger Adkins.



# Peninsula Dressage 10th Annual Horse Show



The 10th Annual Peninsula Dressage Horse Show at WinAway Farms in Willards, MD raised over \$4,000 to benefit Women Supporting Women. Riders and horses alike were decked out in pink.



## Peninsula Dressage Presents a Special Thank You to Their Sponsors:

### **GRAND PRIX SPONSORS**

- Atlantic Hotel, Ocean City
- Aqua Pro Environmental Solutions (APES)
- Burkett & Burkett, DDS
- Courtney Peiffer, Trilogy: Performance Saddlery
- Erin Bryan, County Saddlery & Equine Massage
- Fancy Fingers Nail & Massage Salon
- GeriEd Consulting
- Katherine DeMarco, In Memory of Anthym
- Kuhn's Jewelers
- Lighthouse Sound Restaurant Staff
- Pat Dembeck
- Peninsula Dressage
- Racetrack Auto
- Riverview Asset Management
- Squidnation
- The Dressing Room
- Tony Adrignolo
- Winterplace Animal Hospital

### **INTERMEDIARE SPONSORS**

- Allison Turner
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- ASAP, Services Corp.
- Bottoms Up Craft Design
- Carol Crowder
- Caroline Turner
- Donna Blackwell
- Donna & Les Holden
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- Fancy Fingers Nail Salon
- Farmer's & Planters Company
- Hamilton Fox Farm
- Kim Briele- Horse Bridge Farm
- JLF Bombs
- Judy Myers
- Laura Serkes
- Marie Shea
- Rebecca Turner
- Sandy Hill Family Camp
- William B. and Nancy Hall

### **PRIX ST. GEORGES SPONSORS**

- Lorraine Hutson
- Simon Babycat Soap Company
- Stephen & Sharon Feliciano
- T.G. Adams & Sons Grain and Feed
- William B. and Nancy Hall

# DONOR THANKS

## Individual

Marilyn Fanning  
Sara Smith  
Linda Nelson  
Marilyn Neat  
Mary Maykrantz  
Loretta Jones  
Kevin Hughs  
Gail Combs  
Ann Kavanagh

## In Honor of

Dorothy Kaufman  
Nancy Benjamin  
Sue Revelle  
Sharon Lalla

## In Memory Of

Dorothy Kaufman  
Harriet Lerch

## Civic

North Salisbury School  
Pocomoke High School

## **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**

## *Joke Of the Month*

Question: What did one snowman say to the other snowman?



A: Smells like carrots





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**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
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RETURN SERVICE REQUESTED



## 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

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### SPECIAL OCCASION GIVING:

This gift is made:  In Memory of  In Honor of

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