



Cindy Feist
Executive Director

Happy New Year!

Welcome to 2019...

Now that the holidays are behind us, that can only mean one thing . . . a brand-new year; a clean slate. What will you do with yours? I know many of us will be starting with new year's resolutions. Many will be joining gyms in the area, and others starting with healthier eating habits to lose weight. Whatever you choose to do, do it for you. Yes, family and friends will always be there, but put you first. WOW, what does that mean?

Become interested in something, anything, just with *you* in mind. Ever thought of joining a book club or starting one?

Make a goal of reading a certain number of books this year. How about learning yoga? Love a nonprofit and have a few hours to give of your time and talents? (*hint, hint.*) Reach out. Or, if you are one of those that has been giving too much of your time, slow it down. Take a deep breath, sit in a quiet room with a cup of green tea and contemplate life. Make a list of 10 things you would like to do this year. Even if it is a small thing, small things matter. Keep your list close to you in 2019 so that you'll be able to review it and see just how well you do in completing some of it.

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Donation Slip Back Page

Remember, New Year – New You!



SUPPORT GROUP MEETINGS

LOCAL *services & support*

Salisbury (Wicomico)

Thursday, January 3rd — 6:30PM
Women Supporting Women's Office
1320 Belmont Avenue
410.548.7880
Speaker/Topic: Open Forum
Facilitator: Kyle Beebe

Ocean City (Worcester)

Wednesday, January 16 — 1:00PM
Regional Cancer Care Center
10231 Old Ocean City Blvd , Berlin
410.548.7880
Speaker: Open Forum
Facilitators: Bev Ward & Cerah Edsall

Pocomoke (Worcester)

Thursday, January 10 — 5:30pm
Lin's Asian Cuisine
128 Newtowne Blvd, Pocomoke
410.548.7880
Speaker/Topic: Open Forum
Facilitator: Virginia Schneider

Onancock, VA (Accomack)

Thursday, January 17 — 6:00PM
Holy Trinity Episcopal Church
66 Market St
757.787.4430
Speaker/Topic: Open Forum
Facilitator: Nicole Ayres

Ocean Pines (Worcester)

Thursday, January 10 — 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, January 22 — 6:30pm
Christ Episcopal Church
601 Church St
410.463.0946
Speaker/Topic:
Facilitator: Sue Todd

SURVIVOR STORY

Life Begins to Return to Normal for Breast Cancer Survivor

By: Stacy Simon

Vicky Davis, 55, says she's finally beginning to feel like herself again. She recently returned to her job working with children who have special needs, and she's growing a support group of women in her community who've been diagnosed with cancer. She has only 3 more treatments of Herceptin (trastuzumab) – a targeted therapy drug – to treat her breast cancer and she's anticipating breast reconstruction surgery in a few months. After that, she says, "I can go back to the life I once had."

Davis' life was turned upside down in October 2015 when she was called back after her regular, yearly mammogram. Biopsies found cancer in 2 lumps in her left breast and in lymph nodes under her arm. More tests found that her cancer was *HER2-positive*. Although this tends to be a very aggressive cancer, several drugs have been developed that target the protein on the cancer cells that help them grow.

The first breast surgeon Davis met with did not take her case seriously enough, she says, so she got a second opinion. The second surgeon started her immediately on chemotherapy, Herceptin, and Perjeta (pertuzumab). She had a mastectomy to remove her left breast and 18 lymph nodes from her left arm. Five lymph nodes were found to have cancer, in addition to 3 tumors in her breast. Surgery was followed by 25 treatments of radiation. "If I had not gotten a second opinion, I would not be alive right now," said Davis. "I'm getting the latest treatment approved by the FDA. I couldn't get better care."

Coping with side effects

Treatment has left Davis with many side effects, both physical and emotional. During her 9 months off from work, Davis started feeling depressed and went to a therapist. He recommended she go back. "Going back to work is the best antidepressant ever," said Davis. "I have a smile from ear to ear. The best medicine is being around people."

Her physical side effects include lymphedema, a build-up of fluid in the arm where her lymph nodes were removed. She wears compression sleeves to manage the swelling. She's also had clogged tear ducts, numbness in her toes, hair loss, skin problems, and *chemo-brain* – thinking problems that some people get from chemotherapy. "I'll have a conversation and my husband says, 'You already told me that,' or in the middle of a sentence I'll forget what comes next," said Davis. "I'm trying hard to remember everything by writing things down. And now that I'm back to work and my brain is more active, I'm getting better."

For help coping with side effects, Davis checked out the information on the American Cancer Society website. There, she learned about Look Good Feel Better workshops, which help cancer patients manage the appearance side effects of treatment. She found a session conveniently located in Whittier, California. "I thought it was awesome, amazing," said Davis. "A stylist showed us how to wear hats, tie scarves, and draw on eyebrows. We were provided with a big bag of makeup. It was fun."

Tackling the beast

Davis says her experience with cancer has made her stronger. "I couldn't be too weak because my family relied on me emotionally." She said her husband took it the hardest. "He's a police officer, stoic and strong," she said. "We've been married 32 years and he's shown more emotion than I've ever seen."

Davis says helping the women in her support group by providing meals and answering their questions helps her forget about her own problems. "The thing that gives me power and strength is my deep desire to help others," she said. "It makes me feel more in control. It gives me a purpose in life. I forget about being scared."

"A lot of things happened to me in my life. I've always been afraid; always worried for my husband. Now I'm not as anxious. I've tackled the beast. I wasted too much energy being afraid. I've tackled this – I can tackle anything."

Find this article & more at: <https://www.cancer.org/latest-news/life-begins-to-return-to-normal-for-breast-cancer-survivor.html>

MEDICAL UPDATE

Do Cancer Treatments Accelerate Brain Aging?

Cancer treatments can work, but the same factors that help them eradicate tumors may also accelerate aging processes in the body — especially the brain. New research explores.

Previously on *Medical News Today*, we covered a study explaining that an experience called chemo brain affects many people undergoing cancer — particularly breast cancer — treatment.

Chemo brain occurs during cancer treatment, and it may last for a long time after the treatment is over.

People experiencing it report a loss of quality in cognitive abilities, which interferes with their daily lives.

Another study showed that the effects of chemotherapy, added to those of cancer itself, can impact numerous cognitive abilities — including memory.

In a new study, researchers from the University of California, Los Angeles (UCLA) delve deeper into this issue by working with women who went through

breast cancer treatment in the past.

These women, they saw, present markers of biological aging associated with decreased cognitive function.

The study's results — published yesterday in *Cancer*, a journal of the American Cancer Society — suggest that cancer treatments accelerate certain aging processes.

Brain aging tied to poor cell health:

The study authors explain that the treatments that doctors prescribe for breast cancer can affect a person's long-term health, leading not just to cognitive problems, but also to persistent fatigue as well as physical pain.

Some chemotherapy agents, as well as radiation therapy, destroy cancer by damaging the DNA of cancer cells. However, this can also damage the DNA of surrounding healthy cells, thereby accelerating aging processes.

Find this article & more at: <https://www.medicalnewstoday.com/articles/323793.php>

From our friends at PRMC

EXCEPTIONAL HEALTHCARE. EXCEPTIONAL PEOPLE.

Happy New Year, 2019! Kathy and I are excited that we have been asked to contribute to the Women Supporting Women newsletter and are excited to share with you, monthly. As we usher in a new year, many of us are thinking about resolutions we can make to better ourselves, physically, mentally and spiritually. Many people use the New Year as an opportunity to make healthy changes, and choosing to pursue weight loss is important for reasons beyond just looking better and dropping the numbers on the scale. Did you know that being overweight is one of the risk factors for developing breast cancer as well as having a recurrence of breast cancer? Talk to your doctor about what a healthy weight goal is for you and steps that you can take to lose weight in a healthy way. For some basic tips about maintaining a healthy weight, you can visit www.breastcancer.org/risk/factors/weight. We also have a great new community resource for weight loss called CoreLife that opened this past fall in Salisbury. For more information about CoreLife, you can visit <https://corelifemd.com/> or call 443-358-6239.

Thank you for welcoming us to your community and have a happy and healthy New Year!

Carrie A. Kellams, BSN, RN, ACM, CN-BN

Cancer Navigator

Richard A. Henson Cancer Institute

Peninsula Regional Medical Center

Phone: 410-912-6908

RICHARD A. HENSON CANCER INSTITUTE

COMPLEMENTARY CARE

Breast Cancer Self Care & Recovery: Meditation

People have practiced meditation for thousands of years. The form of meditation discussed here is called "mindfulness meditation" or awareness practice. This is both a simple and powerful form of meditation. The goal of mindfulness meditation is to become "mindful" or aware of what is happening in the present moment.

Most of us spend our time in reaction mode. We are reacting to what we like or dislike or what we wish would happen. We respond to things based on past experiences, both good and bad. We are literally "lost" in thought, thoughts about the future and thoughts about the past. We are rarely "there" for the present moment, for what is actually happening now.

Meditation is about rediscovering the present moment. When we slow down our normal activities enough to notice what is actually present, we find that gradually, some kind of space opens up inside us. We feel more intimate with ourselves, more connected. This space allows for awareness and perspective, both of which help with accepting the challenges of life. We find that we can allow things to be as they are and that we can learn to "be" with whatever comes up in our hearts and minds.

A simple daily practice enables you to experience the benefits of meditation.

Beginning Instructions

POSTURE

It is best if you can sit on a cushion on the floor or in a chair with your back as straight as possible without straining. If you are sitting in a chair, let both of your feet touch the floor. The hands may rest in your lap or be placed face down on your thighs. In whatever position you choose, imagine yourself sitting in a relaxed but dignified posture.

STARTING TO MEDITATE

You can begin by just becoming aware of the fact that you are sitting. Imagine your body as an envelope filled with all of you. It can help to feel where your body

touches the surface on which you are sitting. Perhaps you feel the touch of your feet or legs on the floor, or the weight of your buttocks on the chair or cushion. Just allow yourself to settle into your body and into the moment.

Many people close their eyes as they meditate to help them focus. You may close your eyes lightly or if you prefer you may leave them open, gently resting your gaze on the floor a few feet in front of you.

FOCUSING ON BREATHING

Gently bring your awareness to your breathing. Notice where the movement of your breath is strongest. It may be the in-and-out movement through your nostrils or the rising and falling of your belly. Notice where the movement of breath is strongest for you.

Once you settle on an area where the breath is strongest, stay with noticing the movement of breath. See if you can really feel the breath as the belly rises and falls. Sometimes it can be helpful to very quietly note to yourself, "rising, falling." Repeat to yourself softly, "rising" as your belly lifts as you inhale, "falling" as your belly drops as you exhale. This can help you to keep your attention focused on the breath but it is not meant to replace the actual experience of feeling the breath rise and fall through the belly.

GENTLY WORKING WITH THE MIND

You probably will notice very quickly that the mind has wandered off. Maybe you noticed a breath or two and then, before you realize it, you are off into some thought or feeling and have forgotten all about the breath. This is just fine. It happens to everyone. As soon as you realize that you are lost in some thought, very gently but firmly bring your attention back to your breath. Be willing to begin again. Be gentle with yourself.

Excerpt from the Personal Support and Lifestyle Intervention Program of UCSF/CPMC program materials; a program of the UCSF Carol Franc Buck Breast Care Center.

Find this article and more at: https://www.ucsfhealth.org/education/breast_cancer_self-care_and_recovery/meditation/

NUTRITIONAL INFORMATION

Black Eyed Peas

Did you know that the traditional Black Eyed Peas are actually a bean? Beans are unique foods because of their very high levels of fiber and resistant starch; carbohydrates that are not broken down by digestive enzymes. The fiber and resistant starch in beans reduce the total number of calories absorbed from beans, reduce cholesterol levels, and are converted by healthy gut bacteria into many substances that protect against cancer. Eating fiber-rich beans regularly dramatically lowers colon cancer risk and a recent analysis of 10 scientific studies has shown that the higher your fiber intake, the lower your risk of breast cancer.

New Year's Day Black Eyed Peas

- 1 lb. black-eyed peas
- 1 (32-oz.) box chicken broth
- 1 (14-oz) can petite diced tomatoes
- 6 slices bacon, cooked and sliced
- 1 cup diced ham
- ½ cup diced sweet onion
- 1 garlic clove, minced
- 1 tsp. oregano
- ¼ tsp. pepper
- about ¼ tsp. salt (add to taste at the END of cooking time)
- 6 qt Crockpot or larger

Instructions:

Start by soaking the black-eyed peas overnight in the slow cooker. Do this by adding the black-eyed peas to the slow cooker and add water to cover plus a few inches more. Let the black-eyed peas soak for at least 8 hours (don't turn on the slow cooker, just let them soak). In the morning drain the water. Add the chicken broth, can of diced tomatoes, bacon, ham, onion, garlic, oregano and pepper. Stir. Cover and cook on LOW for 10 hours. Do not open the lid during the cooking time. Add the salt to taste. For creamier beans stir and smash some of the beans. Serve with cornbread.

Note - A ham hock can be used instead of the bacon and cubed ham. The grocery store I shop at is often out of ham hocks so I used bacon and ham in this recipe. If you use a ham hock, add it in the beginning, shred the meat from the ham hock at the end of cooking time and discard the fat and bone.

Find this recipe and more: <https://www.themagicalslowcooker.com/new-years-day-black-eyed-peas/>



MENTORING MINUTE

And just like that, 2018 is over. So, of course January is New Year's Resolution month. What are yours? If you need help, I'll give you some ideas to think about!

A helpful tip is don't make them such drastic changes. Start off by making small changes over weeks or months, almost like stepping stones towards a huge goal. For example, if you want to start drinking water instead of sodas/coffee/energy drinks, replace at least one of those each day with water. The following week, replace half of your drinks with water, and hopefully by the end of that month (21 days) you've almost replaced those unhealthy drinks entirely with water! Drinking a glass of water when you wake up is an easy way to get 1 of the 8 glasses of water down that is recommended for us each day.

Some of my New Year Resolutions are: drinking more water, take \$10-\$20 of each paycheck and put it towards savings, stay consistent with my workout schedule, run more (half marathon in April!), and become more mindful with my thinking, feeling, and self.

***REMEMBER:**

It takes 21 days to form a new habit, and around 60 days to break a bad one!

Upcoming Events:

March
3/14—Basket Bingo

April
"Your Healthiest You"
Conference

May
Bras for a Cause
All month

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

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

Cerah Edsall
Administrative Assistant

Sarah McGarity
PR & Marketing

Shelby Moore
Event Coordinator

Jocelyn Feist
&
Kathy Pisani
Mentoring Coordinators

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



COMMUNITY SUPPORT



Proud sponsors Bill Dowell & Andrew Wisk of USSSA East presented WSW with a \$2500 donation at our 25th Anniversary Gala in November.



Ocean Downs presented WSW with over \$3700 raised during their Pink Dice fundraiser!



Cathy Bassett from Mountaire Farms, Inc. presents Executive Director Cindy Feist with a check from their casual day fundraiser!



Alane Emerson & Tanger Outlets of West Ocean City proudly presented WSW with the proceeds of their Pink Style Campaign events! In addition to Tanger's signature Pink Style discount cards, they hosted a car show, 50/50 raffle, and an incredible Pink Party Luncheon at Outback West OC!



St. Alban's Episcopal Church presents Executive Director Cindy Feist with a check for \$1,250.00—the proceeds from an annual event they hold each November!

COMMUNITY SUPPORT



The Pocomoke Elks presented WSW Director, Cindy Feist, with a donation of funds for WSW's lymphedema program, lift chair program, and supplies for our Piglet Pillows!



Autumn Wine Festival raffle winner Mike Nally picked up his winnings from Event Coordinator Shelby Moore!

Black & Bling

Our staff had *so* much fun participating in EVO's annual Black & Bling Ladies' Night Out! Thank you to Jane Chisolm, Chris Welch, Kitty's Flowers, Spicer Brothers Construction, & Peninsula Plastic Surgery for donating your incredible trees in our honor!



Mentoring Coordinator Cerah Edsall, Event Coordinator Shelby Moore, & PR/Marketing Director Sarah McGarity attend Black & Bling!



The Tipsy Tree
Donated by Jane Chisolm & Chris Welch



Getting Lit
Donated by Kitty's Flowers

COMMUNITY SUPPORT



Frosty Magic
Donated by Heather Spicer/Spicer Brothers
Construction



Elfie Selfie
Donated by Peninsula Plastic Surgery



The Christmas Spirits
Created by the WSW Staff

The Elfie Selfie tree from Peninsula Plastic Surgery was sold for a winning bid of \$1,000!! The generous donor stopped into WSW and donated him back to us. When you stop in, be sure to say hi to Tito the Elf!

WSW Christmas Party!



Of course our staff has had a ton of fun decorating the office for the Christmas season!



We had a blast celebrating Christmas with our incredible board members & volunteers! Great food, great company, & a hilarious white elephant exchange!

DONOR THANKS

In Kind

Muriel Bivens
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Beaver Run School
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Wor-Wic Community College

Individual

Betty E. May
Barbie Parsons
Alfred Beattie
Kathy Bassett
Pamela Stern

Joke Of the Month

Question: What does the Easter Bunny say on New Year's Day?



A: Hoppy New Year!

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Happy New Year!



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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
marketing@womensupportingwomen.org

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