



**NEW FORMAT
CARE & SHARE NEWSLETTER**
August & September
2019

Local Services • Local Support



Changes are Happening

As you start to go through this month's edition of the "Care & Share" Newsletter, you may see a few changes. First, we are consolidating the newsletter. The printed and e-newsletter will be mailed/sent every two months to include information on programs and events. We at WSW are looking to become more environmentally friendly, saving some trees along the way, by not printing as many newsletters.

We are finding that more and more survivors are opting out of the printed newsletter version and are giving us their email address, preferring to receive it electronically. Individuals can view, read and share WSW's information even faster now. This electronic version also allows for subscribers to sign up or register for WSW events throughout the year as well. If you so choose, you may call the office and start to receive the e-newsletter version today.

Or, if you are like me and prefer paper in hand and need to disconnect from the computer or phone for a couple minutes, the mailed version will still be available. Contact WSW at 410-548-7880 to let us know your preference. Unless we hear from you, the version of the newsletter you are receiving now will continue just every other month.

Thank you for understanding and working through the changes happening here at WSW.

Take Care and Enjoy the remainder of Summer!

"The Only Thing That Is Constant Is Change -" – **Heraclitus**

What is Going Green means?

- Going green means to live life, as an individual as well as a community, in a way that is friendly to the natural environmental and is sustainable for the earth.
- It means contributing towards maintaining the natural ecological balance in the environment, and preserving the planet and its natural systems and resources.

NEW Features:

- August Calendar.....2
- September Calendar.....3
- Medical Update.....4
- Mentoring Minute.....5
- Community Support.....6
- Upcoming Events.....6
- Thanks/Joke.....7
- Donation Slip Back Page*
- *See Insert for Walk Registration**



August

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				Salisbury Support Group Open Forum		
4	5	6	7	8	9	10
			Salisbury Knitting Group @ 1:30 PM Guest Bartender Night Brew River 6PM	Pocomoke Support Group CANCELED		
11	12	13	14	15	16	17
	Stitch Therapy Ocean Pines @ 1:00 PM			OC Family Fun Fest @ OC Outlets 10 AM—2 PM Onancock Support Group CANCELED		WSW Day Maui Jack Chincoteague
18	19	20	21	22	23	24
			Berlin Support Group Essential Oils w/ Holly Agnew			
25	26	27	28	29	30	31
		Cambridge Support Group CANCELED				

Notes: If you would like to host a 3rd Party Event for WSW in the month of October please contact Shelby Moore at events@womensupportingwomen.org or at 410-548-7880.

September

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Labor Day Office Closed		Salisbury Knitting Group @1:30 PM	Salisbury Support Group Essential Oils w/ Holly Agnew		
8	9	10	11	12	13	14
	Ocean Pines Knitting Group @ 1:00 PM			Pocomoke Support Group Medication Management w/ Matt Balish		
15	16	17	18	19	20	21
			Berlin Support Group Open Forum	Onancock Support Group Open Forum		
22	23	24	25	26	27	28
		Cambridge Support Group Open Forum				
29	30	1	2	3	4	5

Notes: If you would like to host a 3rd Party Event for WSW in the month of October please contact Shelby Moore at events@womensupportingwomen.org or at 410-548-7880.

Medical Update

Eight of 10 People with Cancer Risk Genes Don't Know It

Written by Bill Hathaway
September 21, 2018
Yale University

A genomic screening approach of more than 50,000 people shows that more than 80 percent of those who carry an identifiable genetic risk for breast, ovarian, prostate, and pancreatic cancer don't know it despite frequent interaction with the healthcare system.

In the absence of routine screening, most only discover they carry cancer-associated variants in the BRCA1 or BRCA2 genes when that person or family members receive a cancer diagnosis.

“As a colleague said, it usually takes a tragedy for people to get tested,” said Michael Murray, professor of genetics at Yale School of Medicine and senior author of the study conducted at Geisinger Medical Center in Danville PA. “Our reliance on a documented personal or family history as a trigger to offer testing is not working. Hopefully one day, we can change that with effective DNA-based screening for everyone.”

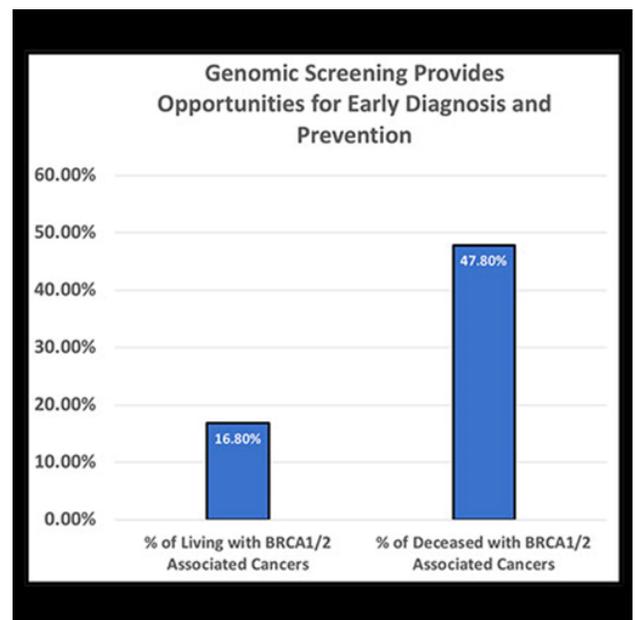
The mean age of subjects in the study was 60 years. Two hundred and sixty-seven of them screened possessed a BRCA risk variant, yet only 18 percent of them were aware they possessed this risk factor for cancer prior to being informed by the study.

Among the group of living BRCA-positive patients, 16.8% of them had a BRCA associated cancer. In the small group of BRCA positive patients who had died before the study's conclusion, 47.8% of them had a BRCA associated cancer.

“Once risk is identified, we can apply proven tools for early diagnosis and prevention and we believe that the 31% difference in cancer incidence in these two groups is a window into an opportunity to decrease cancer and cancer deaths through genomic screening approaches,” Murray said.

More information on this research can be found on the link below:

<https://www.sciencedaily.com/releases/2018/09/180921113441.htm>



Mentoring Minute

What does my family history reveal? Asking family if they remember who had what, was it really diabetes, kidney disease, or was it truly cancer and if it was cancer what type, what age? Learning more about family's medical history can be your secret weapon that could help you down the road. Did you know that when the doctor asks you about past family history it is not because they randomly want to know this information. Your doctor is asking because they want to know if certain testing could be more pertinent to pertain to you than to others. "Breast, Ovarian, Uterine, Pancreatic, and even Prostate cancer can be genetically linked to Breast cancer. This is more likely if a first degree relative was diagnosed" (Deborah Lindner). This is why it is recommended, to have a screening mammogram 10 years earlier than the youngest age at which a relative was diagnosed. Discuss with your doctor about genetic testing, continue a healthy life style (exercise, drinking 8oz of water, eating healthier), and a regular health screening yearly.

You now are saying this is great. But, what if I was adopted and have no idea what my family history is? This is completely okay, start with yourself and your health. Then, look at your biological kids (if you have any). Slowly work on biological parents through the agency that handled the adoption, State Health Department, and/or Social Service agency. This can be a good avenue to help guide you through the process of receiving medical records.

Remember to be an advocate for yourself. Be informed about your medical history, be aware of family history, and know your body. No one knows you like you. Take control and take care of your health.

Bibliography: **Deborah Lindner, MD. "What Your Family History Reveals ." *Live Healthy* (2017): 59-62.**

Jocelyn Feist

Mentoring Coordinator

From Our Friends at PRMC

When people ask us about what we do and we tell them that we are "Navigators", we get all kinds of puzzled looks. What exactly is a Breast Patient Navigator? The navigator role varies greatly between organizations. At the Peninsula Breast Center, we do a variety of activities that ultimately are meant to coordinate and ensure compassionate and expedited care. You may get a phone call from us to coordinate your biopsy or surgical consultation; you may see us during a biopsy procedure, or you may see us at a local fundraiser. You may call us if you have a question and aren't sure who to speak to about it. Our goal is to be accessible, so that we can either address your questions and concerns, or connect you with the best person to meet your needs.

At the Peninsula Breast Center, our navigators are certified through the National Consortium of Breast Centers (NCBC). To become certified, navigators must successfully take a certification exam. According to NCBC, certification reflects achievement beyond licensure requirements and beyond a basic level of knowledge. It validates a specific set of skills to provide enhanced care and services for patients.

If you have a question or concern about a breast issue and you are not sure where to go, the navigator is often a good place to start. We hope that you feel comfortable reaching out to us, whatever your needs may be. To reach a navigator at the Peninsula Breast Center, you can call 410-543-7597 or 410-912-6908.

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

Cancer Navigator

Richard A. Henson Cancer Institute

Peninsula Regional Medical Center

Phone: 410-912-6908



Kristen Krall (left) & Bill Chambers presented a check of \$15,000 from The Chaney Enterprises Foundation Fund on July 18th.

2019 Ride for Awareness



On June 29th, WSW held their 15th annual Ride for Awareness which started at our office in Salisbury and ended at Hide Away Grill in Rumbly, MD.



**WSW
PRESENTS**

**GUEST
BARTENDER
LUAU**

Come Have Fun With
Women Supporting
Women!

**WEDNESDAY
AUGUST 7TH 2019
6PM TO 10PM
BREW RIVER**

WSW DAY
YOU'RE INVITED!

where: Maui Jack's Waterpark,
Chincoteague, VA
what: Fun in the sun, games, and
more!
when: August 17, 2019
tickets: \$10 if purchased from WSW,
\$25 at the gate!*

*Maui Jack's will be donating \$1.00 for every ticket sold at
the gate the day of the event!
Contact WSW at 410-548-7880 for ticket information.

WWW.WOMENSUPPORTINGWOMEN.ORG
WWW.MAUIJACKS.COM

DONOR THANKS

In Kind

Colleen Salvio
 Beth Judy
 Phyllis Strong
 Sharon Rodgers
 Gail LeKites
 Dawn Bellamy
 Mr. & Mrs. Davis

Individual

Dr. & Mrs. Yeatras
 Keroy Lewis
 Carol Lowe
 Phyllis Hankerson
 Maria Moore
 M. Elizabeth Yakim
 Dawn Bellamy

In Memory of

Elizabeth "Betty" Ertel
 Mr. & Mrs. Arrivello
 Mr. & Mrs. Lula
 Lisa Vardi
 Mr. & Mrs. Dunn
Janice Patey
 Laura Patey
Bettie Zickrick
 Karl Zickrick

Office Staff Members

Cindy Feist
Executive Director

Cerah Edsall
Administrative Assistant

Shelby Moore
Event Coordinator

Jocelyn Feist
Mentoring Coordinator

Civic

Glen Avenue School
 Salisbury Middle 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

Peninsula Holistics

Joke:

Why didn't the lifeguard save the hippy?
 Because "He was too far out, man"



How to Donate:

Monetary

- ⌘ Online
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory

In-Kind (Non-monetary)

- | | |
|--------------|-------------------|
| ⌘ Wigs | ⌘ Hats |
| ⌘ Bras | ⌘ Scarves |
| ⌘ Prosthesis | ⌘ Head coverings |
| ⌘ Hats | ⌘ Wish-List Items |



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

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

Women Supporting Women 2019 Board of Directors

- Dr. Cathy Townsend, President
- Julie McKamey, Vice-President
- Billye Sarbanes, Treasurer
- Colleen Brewington, Secretary
- Penny Bradford, Past President
- Cindy Feist, Executive Director
- Melodie Carter
- Lynn Creasy
- Ginger Donovan
- Alane Emerson
- Judy Herman
- Sally Hudson
- Jeanne Kenkel-Tajvar
- Jenni Pastusak
- Robbie Tarpley Raffish
- Chalarra Sessoms

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 _____