



## Thank you

As 2019 comes to an end, there are so many people I need to thank who have helped Women Supporting Women (WSW) throughout the year. A major part of WSW is the great group of women who comprise my Board of Directors. They give of their time and talents throughout the year to help move WSW forward. There are the numerous volunteers of all ages making pink ribbons, helping at an event, or just spreading the word that WSW is in our community to help breast cancer survivors. Business Donors who come back year after year as WSW's major yearly sponsors, the businesses that support us by becoming event sponsors, and all those families and individuals who throughout the year drop off donations of money, checks, or in kind. Each and Every one of you is essential to our organization. We appreciate all you do for WSW in order for us to continue our free programs and services to the Delmarva communities.

With all the nonprofits that are available on the shore, I personally cannot **Thank You** enough for including WSW in your gift giving.

Another group that I can't forget to thank, is my WSW staff. They are here behind the scenes, making events look seamless and well organized all with a smile on their faces. It isn't just during the month of October (breast cancer awareness month) but every month that they work with survivors helping them through their journey, preparing for events, attending health fairs and doing speaking engagements. They have been indispensable with all their hard work.

This December, may you, your families and friends be well, stay safe, and enjoy the holidays together. From the WSW family to yours Merry Christmas!

Cindy Feist  
Executive Director

**Tuesday, December 3, 2019!**

#shoregivesmore/WSWDelmarva



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### Donation Slip Back Page



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AmazonSmile is now available for Android phones in the app!

# Medical Update

Mistletoe (also known as *Viscum album*) is one of the most widely used unconventional cancer treatments in Europe and has been used as early as the 1930's. Results of a national survey conducted in Germany in 1995 by the Society for Biologic Cancer Defense found that mistletoe preparations were the most frequently prescribed biologic drug (80%) followed by trace elements, vitamins, enzymes, and xenogenic (tissues from other species) peptides like thymus preparations.



Mistletoe extract has been in the news in North America since actress Suzanne Somers announced that she is using it as an adjunctive therapy to fight breast cancer following lumpectomy and radiation. Some medical experts have claimed that there is limited scientific evidence to support taking this natural approach.

However, a major groundbreaking study was published in the May issue of the peer-reviewed journal *Alternative Therapies in Health and Medicine*. The study showed that individuals who took mistletoe extract in addition to their standard medical treatment for cancer lived 40% longer.

This work followed 35,000 participants for over thirty years. Of the 35,000 patients studied, 5,000 developed cancer. A rigorous design with 300 pairs matched for tumor type, stage and conventional treatment received, demonstrated that those cancer patients who also had mistletoe showed 40% longer survival. Other studies confirmed low toxicity and favorable impact on the patients' quality of life.

Research indicates that mistletoe extract is most effective when used in conjunction with standard medical cancer care for the treatment of solid tumors such as breast, liver, and colon cancers. However, we have clinically seen mistletoe have anti-cancer effects in people who have not as well.

At LEMMO Integrated Cancer Care Inc, several brands of Mistletoe (i.e. Iscador, Heel, Helixor, Abnoba) are incorporated into the treatment protocol for people dealing with cancer. Different brands may produce different effects. Mistletoe is a parasitic plant grown on different tree's which in turn produce unique qualities that target the immune system and lead to its anti-cancer and supportive effects on the body. For example, Mistletoe P implies that it has been grown on a Pine tree and Mistletoe M stands for "mele" which is the Apple tree.

Patients are instructed as to the appropriate type(s), use, dosing schedule, and length of treatment for each case. Generally, the common uses of mistletoe are given by subcutaneous injections (under the skin) and are administered 3 times per week until the desired effect is attained. Mistletoe can be used along with standard cancer treatment (i.e. surgery, radiation, chemotherapy) and has not been shown to cause any significant side effects or complications. Genuine allergies like urticaria are very rare. A local reaction on the puncture site appearing frequently during the initial phase as well as moderate fever reaction are considered to be desirable effects of mistletoe therapy as long as they do not exceed an acceptable limit.



<http://www.lemmo.com/cancer-care/mistletoe-therapy/>

# Survivor Story

## Triple-Negative Breast Cancer Survivor

### Survivor Fought Hard to be Around for Her Daughters

Misty Smith was just 35 years old when she was diagnosed with Stage II triple-negative breast cancer in November 2011. Despite an incorrect initial diagnosis and the development of an autoimmune lung disease, she beat her cancer and is now on the road to recovery. Misty works as a third-grade teacher and has two daughters of her own.

Back in 2011, I'd had a head cold for a couple of weeks and was having some pain around my breast. I thought I'd just pulled a muscle, but one night I decided I wanted to have it checked out anyway. While I was taking a shower the following morning, I felt a lump and knew I needed to accelerate my appointment.

My family doctor got me in right away, and after a quick exam, referred me to a nearby hospital for a mammogram and an ultrasound. The test results revealed what the doctors deemed to be a fluid-filled cyst, and they immediately drained it with a needle aspiration. Three days later, the lump was back. A second ultrasound the following week confirmed that the cyst had returned and that it was already the same size as it had been before it was drained.

At that point, I asked for a referral to a surgeon. He did yet another ultrasound followed by another needle aspiration. And just like the time before, the lump returned only a few days later. I'd had enough, so I told my surgeon I wanted it out. He respected my wishes and removed the cyst on Nov. 18. Four days later on Nov. 22 – a date I'll never forget – my surgeon called me to say that what we'd thought was a cyst was actually cancer. I had Stage II triple-negative breast cancer—specifically, invasive (infiltrating) ductal carcinoma. As soon as I hung up the phone, the tears began to flow. I cried for hours, mostly because I was terrified that my daughters would have to go through life without their mom. Luckily, I'm blessed with some amazing family and friends, and within the hour I was surrounded by several of them. I don't know how I would've made it through the night alone.

I soon underwent surgery, including a lumpectomy and lymph node dissection in which they removed 24 lymph nodes from under my left arm. A month later, I had another surgery to have a chemotherapy port installed, and I then began eight rounds of chemotherapy. The side effects were tough, and after the third and fourth rounds, I was actually hospitalized for about a week due to dehydration and extreme nausea, among other things. Emotionally, I had a difficult time, too, but I knew I had to fight with everything I had to be there for my girls.

Following chemotherapy, my doctors ordered a few follow-up scans, the results of which hit me like a ton of bricks. They showed spots in my lungs, liver and under my arms. It looked as if my cancer had spread and advanced to Stage IV.

To find out exactly what was going on, my oncologist ordered a mediastinoscopy to obtain a biopsy. To everyone's surprise, the results showed not metastasized cancer but a granulomatous inflammation. As it turned out, I had developed an autoimmune lung disease called sarcoidosis, which is what was showing up on the scans. Sarcoidosis treatment involves high doses of steroids, which I took and will need to continue to take each time the disease flares up. After confirming that I didn't have Stage IV cancer, I underwent radiation therapy 33 times to round out my initial treatment plan.



[https://www.patientresource.com/Breast\\_Survivor\\_Story24.aspx](https://www.patientresource.com/Breast_Survivor_Story24.aspx)



## Walk For Awareness—October 12th



## COMMUNITY THANKS



Tall Pines Held their "Think Pink" Weekend the last weekend in September and raised over \$24,000!!!!





# Nutritional Information—Blackberry Cheesecake Jar

## INGREDIENTS

### Crust:

1 1/2–2 cups grain-free granola  
5 dates, pitted and roughly chopped

### Cheesecake filling:

1 cup cashews (soaked overnight) and then drain  
1/2 cup full-fat coconut milk  
1 1/2 Tablespoon real maple syrup  
1 Tablespoon fresh lemon juice  
1 Teaspoon vanilla extract  
pinch of salt

### Blackberry-Raspberry Compote:

1 1/2 cup Driscoll's blackberries  
3/4 cup Driscoll's raspberries  
3 Tablespoons water  
3 Tablespoons real maple syrup  
2 Teaspoons fresh lemon juice



## INSTRUCTIONS

Add Blackberry-Raspberry Compote ingredients to small sauce pan and bring to a simmer, stirring occasionally.

Allow to simmer on low for approximately 10 minutes, or until it begins to reduce.

Once it has reduced and thickened, remove from heat to let cool and it will become even thicker as it cools.

Meanwhile, combine granola and dates in mixing bowl and use your hands to combine. You can also place them in a food processor to initially start to combine them, but you will ultimately need to finish combining them with your hands.

Take the Cheesecake Filling ingredients and place in high-speed blender.

Blend on high until it has reached a creamy, smooth consistency.

If you are achieving a smooth consistency, add additional coconut milk 1 Tablespoon at a time and then blend some more, scraping down sides as you go.

Taste and add additional lemon juice or maple syrup, as desired.

Take small 3oz jars and place Crust at the bottom, then add Cheesecake Filling and top with Blackberry Raspberry Compote.

Garnish with additional fresh Driscoll's blackberries and raspberries.

Serve immediately or prep ahead of time and keep in refrigerator overnight.

<https://thewoodensillet.com/vegan-blackberry-cheesecake-jars/>

# December

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Giving Tuesday!	4 Stitch Therapy in Salisbury 1:30 pm— 3:00 pm	5 Salisbury S.G.: Open Forum 6:30pm	6	7
8	9 Stitch Therapy in Ocean Pines 1:00 pm— 3:00 pm	10	11	12 Pocomoke S.G.: Canceled	13	14
15	16	17	18 Berlin S.G.: YMCA Livestrong Program-Kate Butchino 1:00pm	19 Onancock S.G.: Cancelled	20	21
22	23	24 Cambridge S.G.: Canceled  Christmas Eve Office Closed at 1 pm	25 Christmas Day Office Closed	26 Office Closed	27 Office Closed	28
29	30	31 New Year's Eve Office Closed @ 2pm	1 New Year's Day Office Closed	2	3	4

**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](mailto:events@womensupportingwomen.org) or at 410-548-7880.

# January

# 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
		New Year's Eve Office Closed @ 2pm	New Year's Day Office Closed Stitch Therapy Canceled	Salisbury S.G.: Rachael Schulte Nutrition 6:30pm		
5	6	7	8	9	10	11
			Stitch Therapy in Salisbury 1:30 pm—3:00 pm	Pocomoke S.G.: Canceled Facilitator's Meeting - WSW @ 6:00pm		
12	13	14	15	16	17	18
	Stitch Therapy in Ocean Pines 1:00 pm—3:00 pm		Berlin S.G.: Rachael Schulte Nutrition 1:00pm	Onancock S.G.: Linda Hurley Sleep Waves 6:00pm		
19	20	21	22	23	24	25
26	27	28	29	30	31	1
		Cambridge S.G.: Audra Campbell YMCA LiveStrong 6:30pm				

**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](mailto:events@womensupportingwomen.org) or at 410-548-7880.

# Complimentary Care

## TOP FIVE TAKEAWAYS FROM LOUISE HAY'S "YOU CAN HEAL YOUR LIFE"

### 1. Loving the self is the most important thing

*"Love is the miracle cure. Loving ourselves works miracles in our lives." - Louise Hay, YCHYL*

This is not news to any of us, but Louise Hay was preaching the importance of self-love long before it became trendy. She set the stage for all of us to come forward and express the love that is inside us!

### 2. Replacing "should" with "could"

*"Every time we use should, we are, in effect, saying 'wrong.' Either we are wrong or we were wrong or we are going to be wrong." - Louise Hay, YCHYL*

**The word should is very self-destructive.** When you keep telling yourself that you should do or be something, you are inflicting unnecessary self-harm. Instead, say that you could do or be something. That way, you create potential for yourself rather than destroying your own potential.

### 3. Blaming takes away our power

*"Blame is one of the surest ways to stay in a problem." - Louise Hay, YCHYL*

Louise teaches that by blaming another for our issues, we are not taking responsibility for ourselves and our actions. We are the only ones that create our reality, so saying "it's not my fault" leaves us at the mercy of everyone else in the world. Most of us want control, and yet we act as though our lives are out of our control

### 4. The Point of Power

*"The Point of Power is always in the present moment. You are the power in your world!" - Louise Hay, YCHYL*

No one could say it better! In each and every moment, we are empowered to make decisions that ultimately will manifest our future. Hay challenges us to think about time in this new perspective; are our thoughts in this moment aligned with what we wish to manifest?

### 5. Willingness to change

*"The Universal Intelligence is always responding to your thoughts and words." - Louise Hay, YCHYL*

If our thoughts, words, and actions don't change, how can we ever expect anything in our lives to change? This concept is very basic, and yet a lot of us really struggle with making changes. We resist change, but releasing that resistance is what this inner work is all about.

<https://lovingthyself.net/top-5-takeaways-louise-hay-can-heal-life-sara-rae-hoaglund/>



## Diet and Breast Cancer

Breast cancer is a complex disease with many contributing factors but good dietary choices and habits can certainly be a boost to your immune system and can help to decrease your risk for developing breast

cancer

There are no magic diets that will guarantee that you will not get breast cancer but listed below are some nutrition tips that just may be helpful!

Eat plenty of fruits and vegetables and from a wide variety of colors (more than 5 cups per day). Eating a healthy diet may decrease your risk of breast cancer but other cancers and diseases like Heart Disease and Diabetes. Studies have shown that maintaining a healthy weight and lowering the risk of first-time breast cancer suggest overweight women have an increased risk of breast cancer after menopause compared to women at a healthy weight. For those women with breast cancer, gaining weight after a breast cancer diagnosis increased one's risk for a breast cancer recurrence.

Fats from processed foods are linked to an increase risk of breast cancer. These fats, referred to as trans-fats are those generally found in fried foods, donuts, packaged foods such as cookies and cracker and many highly processed foods.

Kathy Jarman Foxwell, BSN, RN, CN-BN

Cancer Navigator

Richard A. Cancer Institute

Peninsula Regional Medical Center

410-543-7597

### Office Staff Members

**Cindy Feist**

*Executive Director*

**Cerah Edsall**

*Administrative  
Assistant*

**Shelby Moore**

*Event Coordinator*

**Jocelyn Feist**

*Mentoring  
Coordinator*



## Fun Facts:

Birthstones:



Tanzanite



Zircon



Turquoise

Flower: Narcissus



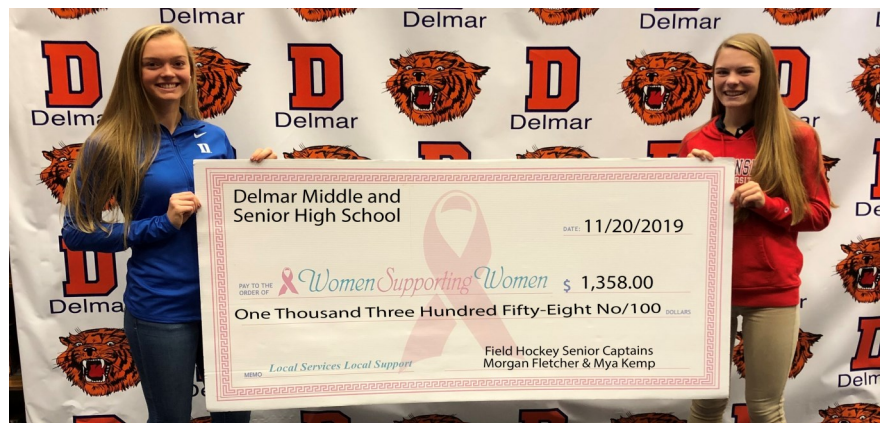
Zodiac Sign: Capricorn





# COMMUNITY THANKS CONTINUED

Looking back on October, Parkside & Bennett Girls Soccer teams raised \$405.19 at their “Pink Out” game. Parkside Field Hockey Team raised \$830.50 at their “Pink Out” game. A special thanks to our Ocean Pines and Salisbury knitting groups for making so many knitted and crocheted items for our survivors and anyone going through chemo treatments. Delmar Middle and Senior High School Field Hockey raised \$1,358! Cathy Bassett presented a check from Mountaire Farms of Delmarva employees with company match totaling \$754. If we have missed anyone, we are sorry. We thank you all for your continued support and donations.



Cathy Bassett presented a check from Mountaire Farms of Delmarva.



Burley Oak held a Guest Bartender Night with 2 special survivor guests, Brandy Mellinger and Heather Bahrami.



Captains Cove Golf & Yacht Club held a Golf Tournament that raised \$4,150!

## **DONOR THANKS**

### **Individual**

Debbie Ashley  
Helen Shirley  
Anna Rubino  
Linda Nelson  
Penny Travers  
Joan Baysinger  
Rose Ann Kirby  
Barbara Gore  
Katherine Layton  
Melissa Thomas  
Sherry Fisher  
Kara & Jerry Clymont

### **In Memory of**

Sally Yates  
Jerry Yates  
Shirley Yates  
Jerry Yates  
Della Jones  
Delmar Fire Depart. Auxiliary  
Bob Denison  
Judy Herman  
Ed Herman  
Judy Herman  
Janice Judy  
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Maizie Lund  
Gary & Kathy Galloway

### **Business**

Bank of Delmarva  
Bank of Ocean City  
Mountaire Farms of Delmarva

### **In Kind**

Lori Dewitt  
Judy Meusel  
Sue Braratt  
Sherry Neff

### **Civic**

Fruitland's Lion Club  
OC Lioness Club  
Pakistan Community  
Wed. Night Ladies Bowling  
League  
Parkside Field Hockey  
Shore Strong  
Michelle's Pretty Paws  
Synepuxent Unit #166  
Delmar Elementary School  
Salisbury's Elks Lodge BPOE 817  
Westside Intermediate School  
Wicomico Day School  
OC Elementary School  
Pittsville Elementary and Middle  
School  
Fruitland Primary School  
Beaver Run School  
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Peninsula Regional Medical Center**

### **Pink Ribbon**

**\$1,500 +**

**Airport Self Storage  
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### **Joke:**

**Q: HOW DID THE ORNAMENT  
GET ADDICTED TO  
CHRISTMAS?**

**A: He was hooked  
on trees his whole  
life.**







Local Services • Local Support

**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 2019 Board of Directors

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