

WSW

CARE & SHARE NEWSLETTER

January-February
2020

Local Services • Local Support



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We hope you have a safe and happy New Year!
from the WSW family of staff, board, and
volunteers.

Medical Update

Study links hair dyes, chemical straighteners to higher breast cancer risk

Scottie Andrew Dec. 6, 2019

Permanent hair dye and chemical hair straightener use was linked to a higher risk of breast cancer in a new study from researchers at the National Institutes of Health. The risk is more than six times higher for black women.

The study, published Wednesday in the International Journal of Cancer, followed 46,709 women, all part of the Sister Study, a National Institute of Environmental Health cohort of women whose sisters had been diagnosed with breast cancer. Family history of breast cancer is considered a risk for developing breast cancer.

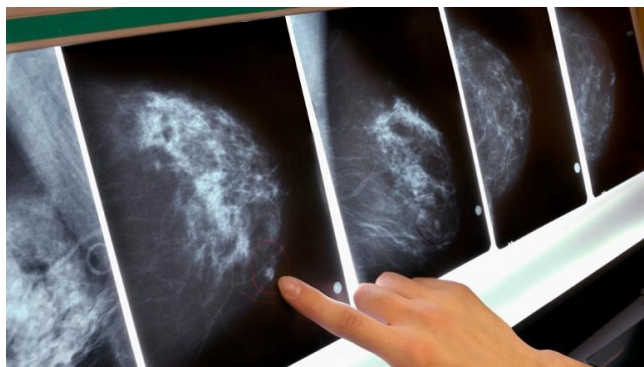
It found that, overall, women who said they used permanent hair dye in the year before enrolling in the study were 9% more likely to develop breast cancer when compared with women who did not. The risk was substantially higher among black women. Black women were less likely to use permanent hair dye but significantly more likely to be diagnosed with breast cancer after using it. Permanent hair dye was associated with a 45% higher risk of breast cancer in black women and 7% higher in white women. Frequency was key, too. Black women who dyed their hair every five to eight weeks had a 60% higher risk for breast cancer.

Chemical hair straightener use was associated with an 18% higher breast cancer risk among black and white women, though black women were far more likely to use the product -- 74% of black participants reported doing so versus just 3% of white participants.

Breast cancer incidence is rising among black women, a 2016 Centers for Disease Control and Prevention report found, and there are numerous racial disparities in health care access, quality and affordability that may hinder treatment.

What can women do with results like these?

The study noted that the risk of breast cancer was lower in women who permanently dyed their hair in a professional setting, like a salon. Stylists might be less likely to expose clients' skin to the dye chemicals, Brawley theorized. Hair products contain more than 5,000 chemicals, the authors write, and most of the dyes and straighteners did not "reliably document" ingredients on the label. The study doesn't pinpoint which of the chemicals caused the damage, but makes some suggestions: Some aromatic amines, chemicals also found in tobacco smoke and industrial byproducts, disrupt the endocrine system, and some dyes have been found to induce tumors in rats' mammary glands.



<https://www.cnn.com/2019/12/06/health/hair-dye-breast-cancer-black-women-trnd/index.html>

Complimentary Care

A NEW MIND FOR A NEW YEAR

A few years ago, I decided to ditch my New Year resolutions and try something new; therefore, I decided to start every new year off by working on my mind.

I do this in two ways:

1. Word of the Year
2. Affirmations

WORD OF THE YEAR

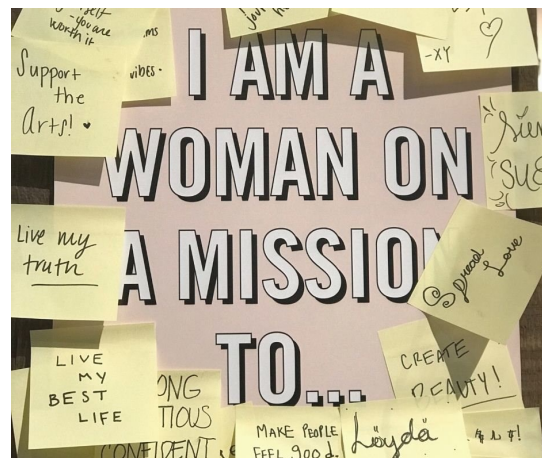
“Word of the Year” is something I just started doing in the past two years. It’s simple! Here’s how it works:

On January 1st, choose one word that will be your “Word of the Year”. Your word can be chosen based on the year you just had or the year ahead. However, your word must be positive. Once you have chosen your word, do everything you can to ingrain that word into your brain! For example: write it, post it, research it, share it. Finally, continue to incorporate this one word into everyday life! Look for it, share it, rely on it to make you smile and calm your fears.

AFFIRMATIONS

Affirmations are truths that we fill our minds with. Here are some ways I manage my affirmations:

First, record the affirmations on index cards. I use index cards by “myndology”. You can buy them at Walmart or Amazon. Focus on one affirmation a day. Choose one based on your needs. After that, recite, repeat, meditate, write, rewrite, share, read more about... whatever you can do to internalize and BELIEVE the truth found in the affirmation. Repeat each day with the same or new daily affirmation. Make it part of your daily routine. In conclusion, there are no rules about which affirmations you choose. Reuse, recycle, rotate through. Choose the one you need for each day; however, just choose one.



<http://moms4adoption.com/?pp=0&epik=dj0yJnU9YVgyNWJfVER2WmZYWTE3REIOWHVXTmFpR3lWZVp3RGYmbj1PWFRDWFdhSEpKT3FWb1ZTY2hQSF13JnQ9QUFBQUFGM3hGMXc>



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Living with Breast Cancer on the Eastern Shore

Robert L. Joyner, Jr., PhD, RRT, RRT-ACCS, FAARC

Director, Richard A. Henson Research Institute

According to the Centers for Disease Control and Prevention (CDC), breast cancer is the second most common cancer among women with the first being skin cancer. Each year, more than 245,000 women are diagnosed with breast cancer and more than 40,000 women die from the disease. Substantial progress has been made over the past 50 years in the treatment of patients with breast cancer, leading to a nearly 40% decrease in mortality and reductions in treatment complications.

The National Cancer Institute (NCI) clinical trials cooperative groups consist of networks of researchers who develop and conduct cancer treatment clinical trials throughout the nation. Nearly half of all trials improve care guidelines or new drug indications. These results suggest that the NCI cooperative group trials contribute meaningful and cost-efficient evidence to guide patient care. Moreover, researchers benefit through data sharing and secondary analyses using the clinical study databases that provide important insights into current treatments and hypotheses for future trials.

The Peninsula Regional Medical Center's Richard A. Henson Research Institute supports the Richard A. Henson Cancer Institutes' national accreditation from the Commission on Cancer of the American College of Surgeons. As a partner in providing the best care of patients with cancer on the eastern shore, the Richard A. Henson Research Institute manages NCI cooperative group trials, studies originating from the Johns Hopkins Clinical Research Network, and pharmaceutical/industry-sponsored clinical trials. This research activity allows PRMC to provide state of the science treatment options for our patients. Currently the Research Institute has 5 cooperative group clinical trials open; expanding treatment options for patients with breast cancer. Nowhere else on the eastern shore is this level of care available.

January

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			New Year's Day WSW Office Closed	Salisbury S.G.: Rachael Schulze Nutrition 6:30pm		
5	6	7	8	9	10	11
			Stitch Therapy in Salisbury 1:30 pm—3:00 pm Pocomoke S.G.: Holiday Party at Virginia's House	Facilitator's Meeting - WSW @ 6:00pm		
12	13	14	15	16	17	18
	Stitch Therapy in Ocean Pines 1:00 pm—3:00 pm	HTA: Journaling w/ Brittney in Berlin @ 5:30 pm	Berlin S.G.: Rachael Schulze 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:

February

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
			Stitch Therapy In Salisbury 1:30 pm - 3:00 pm	Salisbury S.G.: Open Forum		
9	10	11	12	13	14	15
	Stitch Therapy In Ocean Pines 1:00 pm— 3:00 pm			Pocomoke S.G.: Open Forum		
16	17	18	19	20	21	22
			Berlin S.G.: Open Forum	Onancock S.G.: Open Forum		
23	24	25	26	27	28	29
		Cambridge S.G.: TBD				

Notes:

Office Staff Members

Cindy Feist
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*Administrative
Assistant*

Shelby Moore
Event Coordinator

Jocelyn Feist
*Mentoring
Coordinator*

January

Birthstone: Garnet

Zodiac: Capricorn

Flower: Carnations



February

Birthstone: Amethyst

Zodiac: Aquarius

Flower: Violet



Snack Smart *for your Heart*

25 Heart-Healthy Snacks

Everything you eat and drink matters to your health, so it's important to make heart-smart decisions even when you snack.

Enjoying healthy snacks between meals can keep you energized throughout the day. Try these easy-to-prepare, heart-healthy options.



Red bell pepper strips ●

Grape tomatoes ● Cherries ●

Blueberries ● Dark chocolate*

● Carrot sticks ● Hardboiled egg ●

Sunflower seeds* ● Baked tortilla chips ● Grapes

● Celery sticks with almond butter* ●

Rice cake ● Banana ●

Low-fat cottage cheese ●

Slice of whole-wheat toast

● Strawberries ● Low-fat string cheese ●

Unsweetened applesauce ● Pineapple chunks

● Unsalted mixed nuts* ● Oatmeal ●

Low-fat yogurt ● Watermelon ●

Cucumber slices with low-fat dip

● Air-popped popcorn



CS-1291D Remove strip on back to expose adhesive or mount with attached magnet. © Positive Promotions, Inc. All rights reserved.

*These snacks contain healthy fats that are good for your heart when eaten in moderation.

Nutritional Information

Garlicky, Black-Pepper Shrimp & Black-Eyed-Peas

Cook Time : 20 min / Prep Time: 20 min / Serves: 6

FOR BLACK-EYED-PEAS

1. 4 bacon slices
2. 4 scallions, chopped
3. 1 medium carrot, finely chopped
4. 1 celery rib, finely chopped
5. 1/2 medium green bell pepper, chopped
6. 2 large garlic cloves, finely chopped
7. 1 bay leaf
8. 1/4 teaspoon hot red-pepper flakes
9. 2 (15-ounces) cans black-eyed peas, rinsed and drained
- 1 3/4 cups reduced-sodium chicken broth

FOR SHRIMP

1. 3 tablespoons extra-virgin olive oil
2. 1 pound large shrimp, peeled and deveined
3. 3 large garlic cloves, finely chopped
- 1/2 cup dry white wine

TO MAKE PEAS

1. Cook bacon in a heavy skillet over medium heat until browned but not crisp.
2. Transfer bacon to a plate, then tear into small pieces.
3. Cook scallions, carrot, celery, bell pepper, garlic, bay leaves, red-pepper flakes, 1/8 teaspoon salt, and 1/4 teaspoon pepper in fat in skillet over medium heat, stirring occasionally, until vegetables are pale, about 10 minutes.
4. Add black-eyed peas and broth and simmer 5 minutes.
Transfer to a bowl and set aside.

TO MAKE SHRIMP

1. Heat oil in skillet over medium-high heat until it shimmers.
2. Season shrimp with 1/4 teaspoon salt and 1/2 teaspoon black pepper.
3. Cook shrimp with garlic, stirring occasionally, until just opaque (shrimp will not be fully cooked), about 3 minutes.
4. Add wine and bring to a boil, then briskly simmer 2 minutes.
5. Add bacon and black-eyed-pea mixture and simmer until just heated through.
Discard bay leaf.



<https://www.tablepartyoftwo.com/garlicky-black-pepper-shrimp-and-black-eyed-peas/>

Mentoring Minute



Um so what was it I was saying?

I will say that I hate it when I cannot remember something when I am talking to someone. Those famous sayings of, “Oh it was just on the tip of my tongue.” or “Sorry, I must be having a blonde moment today.” or “My goodness, I for the life of me just cannot remember what I was about to say.”

Now things have changed, and a new statement has arisen and you never thought that these words would be something you would say to someone, “I’m sorry I’m having a hard time remembering what I was about to say. It must be that chemobrain.”

Chemobrain is another frustrating part that happens while going through chemotherapy treatments. For those who may not be too familiar with this, chemobrain refers to the “cognitive impairment that can occur after cancer treatment and it is not limited to people who get chemo (surgery and radiation can also contribute), but a lot of you may notice it more during and after chemotherapy. Symptoms that you may come across are a decrease in short-term memory, problems finding words, short attention span, and difficulty concentrating and multitasking” (Meyer, Fremonta MD). Chemobrain is all based on body and mind fatigue. Your body and mind are going through a lot. Chemotherapy may cause for some individuals a temporary reduction in cell growth in brain areas that control learning and memory. Please, do not start stress over this and tell your doctor you do not want to do chemo because of this temporary reduction.

Studies have shown that for most patients, chemobrain will “improve within 9-12 months after completing your treatments” (Meyers, Fremonta MD). It’s rare that patients have a long-term effect from the chemotherapy but it can happen.

Now you are probably asking yourself is there a way to help reduce the symptoms of chemobrain? Yes, there are of course “regular exercises (walking, dancing, to cycling), one study did show that resistance and strength training helped as well” (Meyer, Fremonta MD). But honestly who feels like exercising when they are still going through chemo treatments? Walking some days can be a struggle. If you’re not up just yet for exercising the entire body, you can work out your brain muscles by playing some brain games. A few examples that you could check out “Lumosity, Positscience, and EEG biofeedback (another form of “brain exercise” that naturally trains your brain waves to be in a less turbulent state), are significantly more effective than medications for treating chemobrain” (Meyer, Fremonta MD).

Jocelyn Feist

Mentoring Coordinator

For more information on Chemobrain topic checkout the link below.

Meyer, Fremonta MD “*Tips for Managing Chemobrain*” Dana-Farber Cancer institute

<https://www.dana-farber.org/health-library/articles/tips-for-managing-chemobrain/>

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Joke:

My New Year's Resolution was to
read more...

...so I put the subtitles on my tv



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