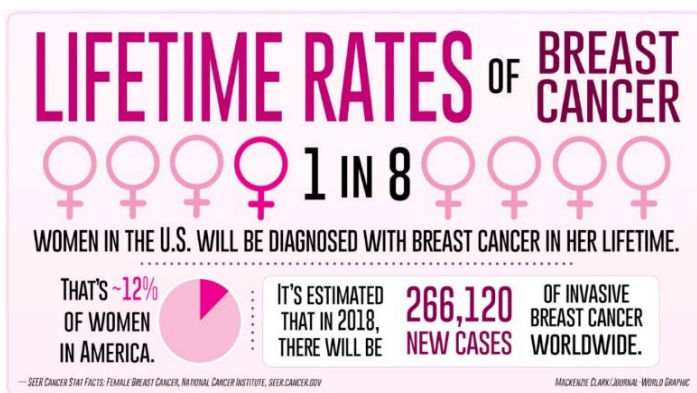




Cindy Feist
Executive Director

It's All About the ASK

As we all celebrate our Mothers, Grandmothers, and Daughters who have become mothers we need to think of those who are going through their breast cancer journey. This disease needs to stop in our lifetime. The female body is amazing and allows us to create, carry, and bring into this world its future generations. The statistics below show the rates of breast cancer. Unfortunately, on Delmarva where WSW provides our services those rates are even higher.



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We provide all our services **FREE of charge** and will continue to do so with your support. Any and all donations are greatly appreciated. This month as you celebrate, call or mail a donation to WSW in your loved one's name and we will send them a card explaining your donation in support of Delmarva's only local breast cancer nonprofit. Thank you in advance for keeping your donations local. Without you, WSW would not be able to continue providing the awareness, education, and support to local breast cancer survivors, their families and friends.

The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new.
-Rajneesh



Psst! Don't forget to RSVP to our Bras for a Cause Ribbon Cutting on 5/1! See pages 5 & 8 for more!



SUPPORT GROUP MEETINGS

LOCAL services & support

Salisbury (Wicomico)

Thursday, May 2nd — 6:30PM

Community Foundation of the Eastern Shore
1324 Belmont Avenue, Salisbury (next door
to WSW)

410.548.7880

Speaker/Topic: Bridget Perry—CBD Oil

Facilitator: Kyle Beebe & Jocelyn Feist

Onancock, VA (Accomack)

Thursday, May 16th — 6:00PM

Holy Trinity Episcopal Church
66 Market St, Onancock

757.787.4430

Speaker/Topic: Open Forum

Facilitator: Nicole Ayres

Pocomoke (Worcester)

Thursday, May 9th — 5:30pm

Pocomoke Community Center
1410 Market St, Pocomoke

410.548.7880

Speaker/Topic: Lymphedema with Beverly
Fry-Beckett

Facilitator: Virginia Schneider

Cambridge (Dorchester)

Tuesday, May 28th—6:30pm

Christ Episcopal Church
601 Church St., Cambridge

410.463.0946

Speaker/Topic: Open Forum

Facilitator: Sue Todd

Berlin (Worcester)

Wednesday, May 15th — 1:00PM

New Cancer Care Center
9707 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Open Forum

Facilitators: Bev Ward & Cerah Edsall

Mark your calendars!

WSW's Your Healthiest
You Conference returns
to the Wicomico Civic Center
June 8th, 2019!



Full flyer & details on page 9!

SURVIVOR STORY

Tara's Story ***Diagnosed at 26***

On 09/25/2017 my world came crashing down. I heard the words, "I'm 95% sure it's cancer," as I was sitting in the breast center after an ultrasound and mammogram.

I found a lump in March of 2015 after a yoga conference, and my OBGYN dismissed it as nothing. On 09/30/2015 I was diagnosed with stage 2a triple positive breast cancer. I was 26 years old. If I could give one piece of advice, it would be to surround yourself with women who are going through it. I called my mom in Reno, NV to tell her the news on a Friday night, and she was on my couch in San Diego Saturday morning. She rented a house two blocks away from me and my boyfriend so she could help take care of me. I don't know what I would have done without my family and loving partner. However, once I began surrounding myself with other survivors, I found hope. They were the only ones who truly understood what I was going through. Therefore, I encourage you to reach out to other women who have traveled this path.

After my diagnosis, I was thrust into the world of countless doctor's appointments and tests. I took two months to myself to soul search to decide if chemo was the right thing for me. I refused to be a statistic and wasn't going to just do whatever the doctors said. I became my own advocate. I have always been very holistic and decided on taking an integrative treatment approach. I completed six rounds of neo-adjuvant chemotherapy (TCHP), a double mastectomy with tissue expanders, reconstruction surgery, and a recent revision surgery, along with a year of Herceptin infusions, and now tamoxifen.

Into my treatment plan, I also incorporated yoga, meditation, sensory deprivation, acupuncture, Chinese medicine, reiki, crystal healing, CBD oil,

and cannabis. I remember logging onto YSC after receiving a pamphlet from my doctor. I was scared. I started reading these stories of encouragement, knowing one day, I would get to the other side. Little did I know that cancer would transform me into the most beautiful warrior goddess. I was stripped down to my core, and while navigating through my most vulnerable state, I was able to emerge a renewed woman. I refuse to capitalize cancer, as I will not give it any power over me.

Before I was diagnosed, I was contemplating law school. Now, I will be opening up my own yoga healing business. Being 26 years old and in a relationship, I wasn't sure how I would get through it all. I had so much to think about. I decided to forgo fertility treatments due to the fact that I don't really want children and could always adopt. Being triple positive, I didn't want to flood my body with more hormones. It is a very personal decision. I went with my gut when it came to deciding between a double mastectomy and lumpectomy. I urge every woman to be their own advocate. I am now much more aware of my body and health. I am officially healed, healthy, and whole. The photo I've attached (see below) is of me in the temple at Burning Man. I burned my "dear breast cancer" letter engraved on wood, along with my bras. If I can find healing, so can you. No mud no lotus, right?

To find this article and more, visit: <https://www.youngsurvival.org/blog/survivor-stories/>



MEDICAL UPDATE

Dual-Drug Therapy May Boost Odds Against a Tough Breast Cancer

There's good news for women battling a particularly difficult form of advanced breast cancer.

In a new study of patients with so-called "hormone receptor-positive" breast cancer that's spread beyond the breast, women who received a combo of two anti-estrogen drugs right away lived many months more than those who got just one drug, the researchers found.

The drugs -- fulvestrant (Faslodex) and anastrozole (Arimidex) -- appear to work better when given together rather than using fulvestrant as a follow-up drug given after anastrozole, according to the team led by Dr. Rita Mehta. She's a clinical professor at the University of California, Irvine.

"These results are very exciting," said Mehta, who is also a member of the Southwest Oncology Group breast cancer research committee.

"Women who are treated with fulvestrant up front live about eight months longer. That's a lot of extra time to do the things you love with the people you love," she said in an Oregon Health & Science University news release.

"Women who received fulvestrant, right up front, lived longer based on this new long-term analysis. This is credible evidence that combination endocrine therapy should be considered an option for first-line treatment of advanced hormone receptor-positive breast cancer," Mehta said.

One breast cancer specialist who wasn't involved in the research agreed.

"Although metastatic breast cancer is not thought to be curable, it can be controlled for years and converted to a chronic disease that allows patients to carry on with their lives," explained Dr. Alice Police. She directs breast surgery at Northwell Health Cancer Institute in Sleepy Hollow, N.Y.

That's true for all advanced breast cancers, including the hormone receptor-positive tumors covered by this study. About two-thirds of all breast cancers are of this type, according to the American Cancer Society.

These hormone-sensitive tumors "love estrogen," Police noted, and so oncologists typically prescribe anti-estrogen drugs to help slow the disease.

"Typically, a patient is treated sequentially with different medications [such as fulvestrant and anastrozole], and switched to a different medication if their cancer spreads or grows," she explained.

But what if women got the two drugs in combination, right away?

To answer that question, Mehta's group tracked outcomes for over 700 postmenopausal women with breast cancer treated at 73 hospitals, clinics and cancer centers across the United States and Canada.

The investigators found that women who received both medicines as their first line of treatment lived an average of eight months longer than those who took anastrozole alone -- 50 months versus 42 months.

The study findings also showed that 42 percent of women who got the combo treatment were alive five years after their treatment, compared with 33 percent of women who got anastrozole alone.

About 45 percent of women treated with anastrozole alone were later treated with fulvestrant, when their cancer got worse or spread. But those who initially received fulvestrant had the best overall survival and progression-free survival, the researchers reported March 27 in the *New England Journal of Medicine*.

The study also found that patients in the combo-treatment group received lower-than-normal doses of fulvestrant in the trial: 250 milligrams (mg) per month after the first loading dose, compared with the typical 500 mg per month.

The two drugs work in slightly different ways. Anastrozole reduces the body's production of estrogen, while fulvestrant disables the tumor's ability to "feed" on circulating estrogen.

To find this article & more, visit: <https://consumer.healthday.com/cancer-information-5/breast-cancer-news-94/>

Mentoring Minute

HOLISTIC HELP

I have been hearing more and more about people wanting to go a more natural, holistic approach for health and treatment options. There is an increasing number of treatment options that are available to assist your body in getting rid of cancerous cells and promote healthy cells instead. Natural options have become a booming alternative way to help the body and mind. More and more people are deciding on a holistic approach for medicine and to help assist them with treatment.

One common form of a holistic approach are Essential oils. "Some people may have heard of frankincense and myrrh as a gift in the new testament, these essential oils are still widely in use. Each can help your body to heal from breast cancer. Preliminary research demonstrates that frankincense can cause apoptotic abilities, which is permanently programmed cell death by the cancerous cells. Components found in frankincense are fabulous from promoting health of your other cells. It improves digestion, immune system, and provides anti-stress and anti-anxiety benefits" (bcerc).

"Combine frankincense with myrrh the results are even better. The antimicrobial effects are well documented, and Traditional Chinese Medicine often involves using them together. This can reduce inflammation, increase blood flow and help the body fight off other infectious agents" (bcerc).

"Lavender is a lovely scented essential oil that is profound benefits for breast cancer patients. Did you know that the antioxidant benefits are amazing and can help turn the tide on many forms of cellular damage? Reduction in oxidative stress and the relaxation effects are beneficial for everyone and show that inhalation for an hour per day can help breast cancer patients" (bcerc).

Holistic treatment/medicine has been helping people across the world. Essential oils are one piece of that treatment puzzle. Of course, always be open and honest with your doctors and ask about other options that can help in your process. Research and discuss all possible options of different treatments/medications between you and your physicians.

Check out other kinds of Natural, Alternative, Holistic approach to health and medicine at our 2nd annual, "Your Healthiest You" Conference on Saturday, June 8th, 2019.



9th Annual BRAS FOR A CAUSE Ribbon Cutting Ceremony

RSVP to network with local business owners at our annual Bras for a Cause opening ceremony and preview party.

Where: The Centre at Salisbury
(in front of the new Burlington!)

When: May 1, 2019 from 6:00 PM - 7:30 PM



15th Annual RIDE FOR AWARENESS & Poker Run

Benefitting:

WSW
Local Services • Local Support

**SATURDAY,
JUNE 29th**



NEW ROUTE!

**Starting at the Women Supporting Women Office, ending at Old
Salty's on Hooper's Island!**

Registration: 8:00am. Last bike out 9 AM.

\$25 per driver. \$10 per passenger.

A 50/50 Raffle will be at each stop & pulled at the last stop!

MORE INFO: 410-548-7880 womensupportingwomen.org

Thank you Courage Sponsors:



COMPLEMENTARY CARE

Get Moving to Reduce Your Risk of Breast Cancer

Engaging in regular exercise is good for you for many reasons, and one of them is to lower your risk of getting breast cancer. Many studies conducted over the past 20 years have shown consistently that an increase in physical activity is linked to a lower breast cancer risk.

How exercising lowers breast cancer risk is not fully understood. It's thought that physical activity regulates hormones including estrogen and insulin, which can fuel breast cancer growth. Regular exercise also helps women stay at a healthy weight, which also helps regulate hormones and helps keep the immune system healthier.

How much exercise do women need?

Unfortunately, there is not a magic number of hours that a woman can exercise to prevent cancer from occurring or to lower risk. But we do know that some is better than none, and more is better than less. Also, more vigorous activity is more effective than less vigorous activity. The American Cancer Society recommends all adults engage in at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, preferably spread throughout the week.

Examples of moderate intensity activities include brisk walking, dancing, leisurely bicycling, yoga, golfing, softball, doubles tennis, and general yard and garden maintenance. Examples of vigorous intensity activities include jogging, running, fast bicycling, swimming, aerobic dance, soccer, singles tennis, and basketball. All of these activities are in addition to those that are part of your usual routine at home and work – things like walking from your car to the garage, and climbing a flight of stairs.

Limit the time you spend sitting

Another advantage to exercising is that when you're exercising, you aren't just sitting. Evidence is growing that sitting time, no matter how much exercise you get when you aren't sitting, increases the likelihood of developing breast cancer and some other types of cancer, as well as obesity, type 2 diabetes, and

heart disease.

For many of us, working means sitting at a desk for long stretches. That makes it even more important to incorporate activity into your day. Here are some ideas:

- ✂ Limit time spent watching TV and using other forms of screen-based entertainment.
- ✂ Use a stationary bicycle or treadmill when you do watch TV.
- ✂ Use stairs rather than an elevator.
- ✂ If you can, walk or bike to your destination.
- ✂ Exercise at lunch with your coworkers, family, or friends.
- ✂ Take an exercise break at work to stretch or take a quick walk.
- ✂ Walk to visit coworkers instead of sending an e-mail.
- ✂ Go dancing with your spouse or friends.
- ✂ Plan active vacations rather than driving-only trips.
- ✂ Wear a pedometer every day and increase your number of daily steps.
- ✂ Join a sports team.

For people who haven't exercised in a while, it makes sense to start slowly and build up gradually. And clear any new activity with your doctor. To find this article and more, visit: <https://www.cancer.org/latest-news/get-moving-to-help-reduce-your-risk-of-breast-cancer.html>

HAVE QUESTIONS ABOUT HOW CBD OIL CAN HELP YOU?

Bridget Perry from Peninsula Holistics will be back as our guest speaker for our Salisbury Support Group on Thursday, May 2nd, at 6:30pm at the Community Foundation of the Eastern Shore.

Mark your calendar!



Peninsula
Holistics

Thursday, May 23rd - 6:00 pm



Ladies Night Out!

Get the girls together for a night of fun!
Courtesy of: the Delmarva Shorebirds &
Spicer Brother's Construction

\$30 per person (includes game ticket!)

Please contact Women Supporting Women to reserve tickets!
or purchase online at: <https://swladiesnight.eventbrite.com>

The Night Will Feature...

- A variety of local vendors such as: Scentsy, Stella & Dot, Mary Kay, Paparazzi Jewelry & More!
- Services such as: skincare tips, makeup & foundation matching, mini manicures & simple hair styling provided by local hair & nail artists.



Enter our raffle for your chance to win this adorable Thirty One bag!

Admission Includes:

- Your ticket to the game
- Admission to join WSW in the Executive Suite to watch the game!
- Access to vendors & services
- Delicious appetizers & finger foods provided by WSW
- Cash bar with wine & beer!

Don't forget--it's Pink Hat Night!
The first 500 fans will receive a pink hat, courtesy of Spicer Brother's Construction!

Proceeds will benefit Women Supporting Women, the Eastern Shore's ONLY local, grass-roots breast cancer organization. Your support helps us in our mission to provide services & support to all of those whose lives have been affected by breast cancer.



TICKETS LIMITED! Call Women Supporting Women at 410-548-7880

WSW NEWS AND HAPPENINGS

OFFICE HOURS: MONDAY - FRIDAY, 9:00 AM - 4:00 PM

Office Staff Members

Cindy Feist

Executive Director

Cerah Edsall

Administrative Assistant

Sarah McGarity

PR & Marketing

Shelby Moore

Event Coordinator

Jocelyn Feist

Mentoring Coordinator

UPCOMING EVENTS:

Bras for a Cause

Join us at the Centre at Salisbury at 6pm on Wednesday, May 1st for a ribbon cutting and the unveiling of our 9th Annual Bras for a Cause submissions! Bras will be on display for voting in front of Burlington through May 21st! \$1 per vote, vote for your favorite bra as many times as you'd like!

Winners will be announced at our *Closing Ceremony on May 21st at 6pm.*

Ladies Night Out with the Shorebirds!

Join WSW on 5/23 for a fabulous Ladies Night Out during the Spicer Brother's Pink Hat Giveaway! Doors open at 6pm and variety of local vendors will be joining us so you can shop, enjoy some delicious food, kick back & watch the game at 7:05! More details to come, keep an eye on our Facebook page, website, or page 7 for details!

Your Healthiest You Conference

June 8th from 8-3pm at the Wicomico Youth & Civic Center

Participate in a day of health and wellness education with a holistic approach, hosted by Women Supporting Women. Admission is free and includes representation from various vendors such as essential oils, herbal teas and therapy services to topics of discussion on relaxation, CBD oil, and genetic testing.

Register now at: wswhealthiestyou.eventbrite.com

15th Annual Ride for Awareness

Our 15th Annual Ride For Awareness kicks off on June 29th! Same event, new route—end your ride with us at Old Salty's on Hooper's Island! Registration begins at 8am, kickstands up at 9am. Check back on our website + social media channels for more information!

All WSW events and details can be found on our website under the "Events" tab at the top of the home page.

*****★*****

SUPPORT OUR VETERANS

One of WSW's biggest supporters is Minuteman Press owned by Diana and Jeff Merritt. They have come through many a time to help WSW with printing for our fundraisers, newsletters, or conferences. Now is our time to help them. Twice a year they have an "Operation We Care" Packing Party. This spring they need certain items to fill boxes that are shipped all over the world for our service men and women. If you would like to help, please see the Operation We Care Shopping List on their website, https://www.operationwecare.org/get_involved Drop off locations are listed there as well or items may be dropped off at WSW's office at Belmont Avenue before Tuesday, May 14th.

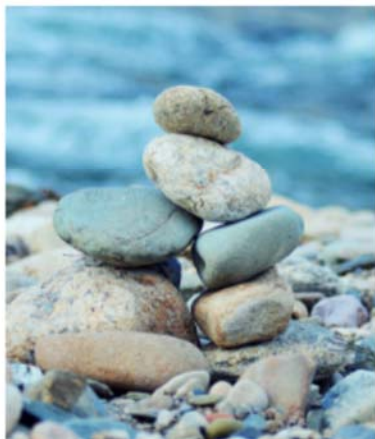


Happy Mother's Day
From WSW!



YOUR HEALTHIEST YOU

INTEGRATED HEALTH AND WELLNESS CONFERENCE



JUNE 8, 2019

WICOMICO YOUTH AND CIVIC CENTER

Participate in a day of health and wellness education with a holistic approach. Admission is free - 8:00 AM to 3:00 PM. Pre-registration is suggested and can be done by visiting the event on our website.

- Breakout session speakers include topics on CBD oil, nutrition, journaling & Tai Chi.
- Vendors covering topics like: herbal teas, chiropractic, lyme disease & a master gardener.
- Enjoy lunch while listening to our guest speaker: author, storyteller, speaker, & counselor, Beth Ohlsson.
- Genetic testing, courtesy of Myriad (Fees may apply)

FOR FULL DETAILS, VISIT WOMENSUPPORTINGWOMEN.ORG



COMMUNITY SUPPORT



On 3/30, Salisbury University's Women's Lacrosse team hosted their 2019 Pink Game against Mary Washington & WSW was excited to attend & watch them win! All together the team raised \$1460 for WSW !



WSW's first Crafts & Karaoke event was super fun & gave community members a chance to start their Bras for a Cause submissions with some expert guidance!



Executive Director Cindy Feist, and Mentoring Coordinator Jocelyn Feist attended the Delaware Breast Cancer Coalition's Breast Cancer Update Conference.



Oak Ridge Baptist Church dedicated one of their MANY Peace 1 Day projects to WSW. Their group of 30 (ranging from 13 to 82 years old!) whipped up 168 seat belt pillows for our survivors!

DONOR THANKS

In Kind

Manami Brophy
Sandy Bartholomew
Barbara Dix
Kathy Willin
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Chris Kelley
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Cancer Institute

Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

How to
Donate:

Monetary

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

In-Kind (Non-monetary)

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

Joke Of the Month

Question: If April showers bring May flowers, what do May flowers bring?



A: Pilgrims!



“Pitch In” With Apple Discount Drugs

Give Local!

Join our Pink Ribbon sponsor, Apple

Discount Drug, in their efforts to “pitch in” and give back to our local community! In addition to supporting WSW with **two** Bras for a Cause submissions, Marketing Director, Tish Withers, wanted to do something more to give back for longer than just three weeks in May, so she started the “Pitch In” campaign! Apple Drug will be collecting bras during the month of May and donating them to local women in need, and any mastectomy bras to WSW! The campaign will continue past May, as Apple continues to “pitch in” to other local organizations in need—so keep an eye out each month! Drop your donations off in the bin at Apple & leave your name to be entered to win two Shorebirds tickets!

Thank You Apple Drug for keeping it local!



Local Services • Local Support

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WomenSupportingWomen.org

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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
marketing@womensupportingwomen.org

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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: _____

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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

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