



Local Services, Local Support

# Care & Share Newsletter July 2016



Cindy Feist  
Executive Director

July is that time of year when everyone looks to the beaches and the pools for that much needed and waited for Vacation Time. Celebration is in the air! It's the time for families and friends to gather for picnics, barbecues, ballgames and family reunions. We each celebrate in our own way, whether that is together with family or among strangers gathered to watch a parade. The major reason for all the celebrating this month; Independence Day or Fourth of July!

Text from a portion of the Declaration of Independence became a well-known statement on human rights thanks to Abraham Lincoln who made it the centerpiece of the Gettysburg Address of 1863. Today, and this month especially, two pieces of that text ring true and I quote:

*"All men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are **Life, Liberty and the pursuit of Happiness.**"*

To the friends, family members, survivors, caregivers and all those who are or have been part of this wonderful organization called Women Supporting Women over the years, I wish you all a safe, happy, and healthy holiday. Enjoy your freedoms and independence!

## Happy Independence Day!

Cindy Feist  
Executive Director

## Quote of the Month

*"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same."*

*--Ronald Reagan*

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Community  
Foundation  
of the Eastern Shore, Inc.

# SURVIVOR SUPPORT GROUP MEETINGS

## ***Salisbury Office***

1320 Belmont Avenue, Suite 402  
Salisbury, 410-548-7880

Topic/Speaker: Open Forum

Facilitator: Kyle Beebe

*6:30 pm, Thursday  
July 7th*

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## ***Pocomoke Community Center***

1410 Market Street - *Maryland Room*  
Pocomoke, 202-247-7526

***No meeting for the month of July***

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## ***Crisfield***

If you would like to talk to someone or be mentored  
please call for an appointment 410-548-7880

Facilitator: Monique Welch, RN

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## ***Atlantic Health Center***

### ***Conference Room***

9714 Healthway Dr - Berlin, MD  
Ocean City, 410-213-1177

Topic/Speaker: Your Medications: What interacts  
With What?

Facilitator: Padraic Keen, Pharm. D.

*1:00 pm, Wednesday  
July 20th*

***\*Lunch provided at ALL meetings...thank you AGH!***

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## ***Christ Episcopal Church***

601 Church Street  
Cambridge, 410-463-0946

***No Meeting for the month of July***

# SURVIVOR STORY



I have four children, my daughter is 12 and my triplets boys will be 10 in August. In December I turned 40 and had my first mammogram January 2016. I was scared to get it done because everyone says it hurts...it wasn't so bad.

I went to see my doctor the following week and she said that I needed another mammogram for a closer view. This time the tech took me to see the doctor to review the mammogram with me and showed me tiny little spots that he could see with a magnifying glass and said that I needed a needle biopsy.

I had a biopsy done at PRMC Breast Center and it came back positive for DCIS. It was in one of my milk ducts. All that I thought was that I wanted it out. I talked to my dr and decided to go to the Breast Center at Mercy Hospital in Baltimore.

At Mercy they did everything.

I met with my surgeon and planned on a lumpectomy followed by radiation. She sent me for a MRI and another mammogram to find the clip that was placed during my biopsy. The surgeon called me and said that the spot on the mammogram is too big for a lumpectomy and she would do a Mastectomy on the left and the other breast had some questionable spots that would need a biopsy. I said no more biopsies, I want them both off so I don't have to worry. The next day I met with the surgeon and plastic surgeon.

I met with a genetic counselor at Mercy Hospital and we talked about my family history of breast cancer. My paternal grandmother had breast cancer in her 80's and my aunt on my mom's side had a double Mastectomy in her 50's. She drew my blood and tested me for 25 different gene's. I was very nervous waiting for two weeks for the results. What scared me the most was the possibility of pass it on to my daughter. Luckily all of my genetic tests came back negative.

I had double Mastectomy, DEIP flap reconstruction and lymph nodes removed March 2016.

My doctors office told me to call Women Supporting Women to ask about them lending me a electric recliner and it was wonderful, I don't know how I would have done it with out it. You just don't know how much you use your arms and abdominal muscle until you can't. They also gave me pillows to put under your arms to help you keep your arms up and away from your sides.

I am grateful to my family & friends that all helped me, I couldn't have done it without them. I went back to work after 8 weeks and everyday I'm getting better. I go for a touch up surgery in July and I plan on 3D nipple tattoos in December.

~Pam Ward

# MEDICAL UPDATE

If you're interested in joining a clinical trial, consider your options and what's important to you. A clinical trial may help you get a new treatment, but it could impact your life in other ways, too.

Participating in a clinical trial is voluntary, but not everyone can join every trial. If you are eligible for a specific study, talk about the pros and cons with the study team, your care team and people close to you. Consider these benefits and risks:

## **Benefits of Clinical Trials**

- You may receive new medicines, combinations of medicines or try treatment methods that are not available outside of the clinical trial. These may be more effective or have fewer side effects than the current standard treatment.
- If a new treatment works, you may benefit from it before it is available to the public.
- You will always receive at least the current standard treatment recommended for you.
- Doctors and nurses on the study team will closely monitor your treatment, often more closely than in standard breast cancer care. An independent safety committee charged with keeping the trial participants safe from harm also watches over your care.
- The costs of some trials and trial medicines are covered by insurance or other programs, or are free to participants.
- You may feel good knowing your participation could help others affected by breast cancer in the future.

## **Risks or Concerns of Clinical Trials**

The new treatment being tested might not be more effective than the standard therapy. Remember, in a randomized trial you will always get at least the standard of care.

- If you are in a trial where you could receive the standard treatment plus the treatment under study, even if the new treatment isn't effective, you may still benefit from the standard treatment you are taking.
- You may have side effects that are worse than those caused by the standard treatment or that researchers did not know about.
- In a randomized trial, you won't be able to choose your treatment.
- Remember that although you might not get the new therapy, you will still get the standard treatment appropriate for your care.
- You may have to pay costs for medicines, tests and doctor visits related to the trial that your health insurance might not cover.
- Ask the study team and your insurer what will be covered.
- Check your informed consent document to see what costs you could have.
- You may need to take extra time away from work or your personal life, or have more travel or childcare costs, because of the study.
- In some cases, the study may help with expenses.
- If you meet certain criteria, the federal Family and Medical Leave Act of 1993 protects you and your caregiver from losing your jobs because of time missed for medical reasons.

Keep in mind that you may leave a clinical trial at any point. Be sure to talk with the clinical trial team before making a decision to stop your participation. They can help you with a problem.

# COMPLEMENTARY CARE

## **Break Out Your Crayons and Break Your Stress**

Coloring is not just for the kids. It is not something that just kills some time on a rainy afternoon for the 10 and under set. It is something that adults around the world are picking up.

It is becoming the latest most popular trend for reducing stress among adults that do not want to rely on medication or other therapies to get their stress under control. There are many good reasons why you should go get your crayons and start coloring. Here are the top 4 reasons that you should start coloring as an adult.

### **1: Stress Buster**

Stress is a leading cause of disease around the globe. It is associated with:

- Heart disease
- Stroke
- High blood pressure
- Obesity
- Increase in diabetic symptoms

### **Reason 2: Feelings of Accomplishment**

Let's face facts we are not all crafty types or artistic types but that does not mean we do not long for the recognition of completing something artsy that looks great. Coloring gives you that sense of accomplishment.

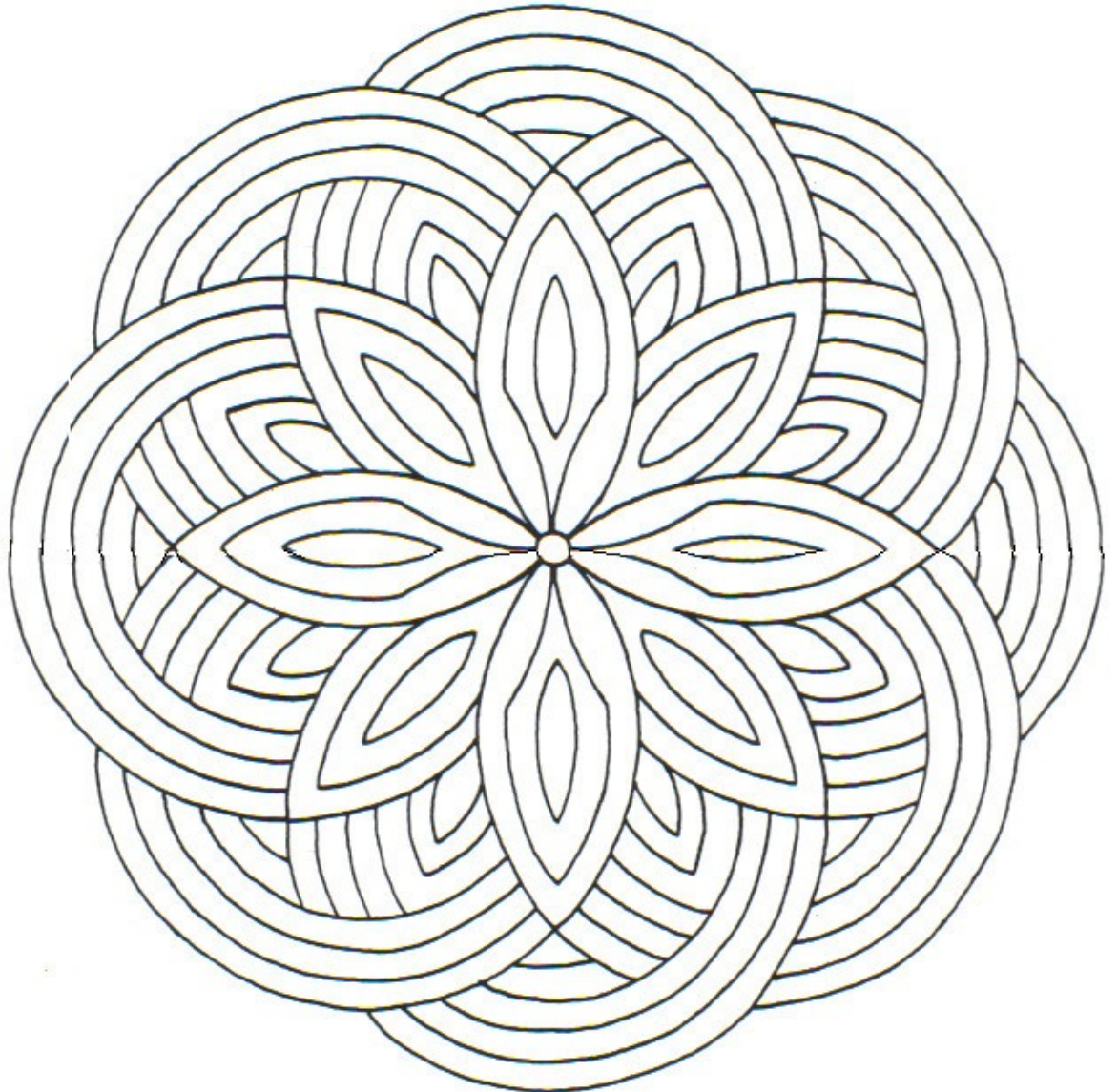
### **Reason 3: You Deserve a Break**

It is nice to take a break from life if even for a few minutes and get lost in doing something that is simplistic. Coloring is simple but the results are grand and it takes you away for a few minutes of escape from the adult responsibilities that all adults have to deal with.

### **Reason 4: Great Time Filler**

How many times have you sat in the car waiting for someone and you can feel your stress level just climbing the ladder to the boiling point. It is frustrating when you have to wait but if you have your coloring with you, than you can just sit and color while you wait. Coloring is a healthier alternative to allowing your stress level to get out of control because you have to wait. It is a great time filler.

COLOR ME



# NUTRITIONAL INFORMATION

Broccoli contains some extraordinary compounds that have been shown to **fight DNA mutation, trigger apoptosis in cancerous cells, neutralize carcinogenic toxins, prevent the development of benign tumors into malignant tumors, and prevent the spread of cancer** from one organ to another. The cancer-fighting potential of raw broccoli—which this recipe calls for—appears to be particularly high: according to one study, cooking may destroy as much as 90% of sulforaphane—the key anti-cancer substance in broccoli. Besides broccoli, this salad boasts a number of other anti-cancer foods, including cranberries (rich in ellagic acid), sunflower seeds (packed with antioxidants such as vitamin E and selenium), and apples and red onions (excellent dietary sources of quercetin).

## Super-Nutritious Broccoli Salad with Apples and Cranberries

6 servings

### INGREDIENTS

- 4 cups fresh broccoli florets
- 1/2 cup dried cranberries
- 1/2 cup sunflower seeds
- 3 organic apples
- 1/4 cup red onion, chopped
- 1 cup plain, low-fat yoghurt with probiotic bacteria
- 2 Tbsp Dijon style mustard
- 1/4 cup honey



### DIRECTIONS

- Combine broccoli florets, dried cranberries, sunflower seeds, chopped apples, and chopped onion in a large serving bowl. Blend yoghurt, mustard, and honey in a small bowl.
- Add dressing to the salad and toss. Chill before serving.

~HealthWithFood.org

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## *Stay Hydrated*

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus so you can operate more efficiently, so it's important to give your drinking habits the attention they deserve. Here are some simple ways to make fueling up with fluid throughout the day a little easier:

1. **Always carry a water bottle, and if you have desk job, always keep one at your desk.** If you have a bottle within arms reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. **When you're feeling frazzled or hazy, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H<sub>2</sub>O. It's a simple, healthy way to snap out of a midday slump.
3. **Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.
4. **Eat a diet rich in whole foods.** By eating water-rich foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

# UPCOMING EVENT

12th Annual

# RIDE FOR AWARENESS

& Poker Run

Benefitting:  
*Women Supporting Women*

SATURDAY,  
JULY 16th



Donations of deodorant and/or body wash to be given to "Operation We Care" would be greatly appreciated.

**NEW ROUTE!**

START & END: Texas Roadhouse, Fruitland  
Registration: 9am Last bike out 11am Return by 2pm  
\$20 per Driver, \$10 per Passenger  
T-Shirt given with driver registration,  
available to passenger for \$10 (limited quantities).

1st, 2nd and 3rd prizes  
for best hands as well as  
WORST HAND announced  
at the restaurant after last  
rider arrives.

• 50/50 Raffle!

**MORE INFO: 410-548-7880 | [womensupportingwomen.org](http://womensupportingwomen.org)**

Thank you Courage Sponsors:



## Upcoming Events

**Knitting Group**  
Salisbury Office  
July 7th, 12 pm

**July 16th**  
**Poker Run - Ride for Awareness**  
Texas Roadhouse 9am

**October 8th**  
**Sea Gull Century**  
Ongoing Recruitment

**October 8th**  
**Walk for Awareness**  
Winterplace Park

# WICOMICO COUNTY CHAPTER NEWS

**1320 BELMONT AVENUE, SUITE 402**  
**SALISBURY, MARYLAND 21804**  
**410-548-7880**

**WICOMICO@WOMENSUPPORTINGWOMEN.ORG**

**OFFICE HOURS: MONDAY - FRIDAY, 9:00 - 4:00**



CALLING ALL MOTORCYCLE ENTHUSIASTS! Our **12th Annual Ride for Awareness and Poker Run** is taking place on July 16th. We will start and end at Texas Roadhouse again; please note that there is a **NEW ROUTE** this year. We will have 1st, 2nd, and 3rd place prizes for the best hands as well as a prize for the worst hand! There will also be a chance to buy extra cards to better your hands and a 50/50 at the end of the ride.

For more information on the Ride/Poker Run please see the flyer on page 7 or call the office.

Our **Spring Nutrition Classes** concluded at the end of May, leaving our participating survivors with taste buds singing and minds full of new, healthy eating tips. We look forward to the upcoming Fall classes!

The **Sea Gull Century** team is looking for you...contact Amber at 410-548-7880 or Amber@womensupportingwomen.org to learn more about how you can join the team or become involved.

## **FUN FACT!**

In 1776, there were 2.5 million people living in the new nation. Today the population of the USA is 316 million!

## Wicomico County Chapter Staff Members

**Cindy Feist**  
Executive Director

**Amber King**  
Event Coordinator

**Emily Rantz**  
PR & Marketing Director

**Natassia Feather**  
Office Manager

**Sue Revelle**  
Mentoring Coordinator/Co-Founder

8AM Breakfast & Registration  
9AM Shotgun- Scramble Format

\$75 per golfer includes:  
Breakfast & Luncheon  
Prizes, Range Balls, Cart

Registration Deadline,  
Friday, Aug. 5, 2016

Ladies' Golf Association of Green Hill  
Presents a CoED Day of Golf  
To benefit *Women Supporting Women*

**Monday, August 8, 2016**  
**THE PINK TOURNAMENT**

For more information about the Golf Tournament please contact the office for a full flyer or Judy Herman, 410.491.7861 or jaherman7@gmail.com. (Rain date: Tuesday, Aug. 9)



With the help from participants and voters, Bras for a Cause exceeded our fundraising goal and brought in a total of \$10,604!!! WOO-HOO!!! We can't wait for next year!

The Centre at Salisbury not only donated the space for us to hold our Bras for a Cause but also gave us a donation from the change collected from their wish fountain! Thank you Marvin, Brenda and Tammy!



## **MENTORING MINUTE**

### ***The Bumblebee's Story***

*The bumblebee doesn't know it, but according to the laws of aerodynamics, it shouldn't be able to fly.*

*The size, weight and shape of the bee's body in relation to its total wingspread indicate that it could never get off the ground!*

*Extensive laboratory tests and wind tunnel experiments by experts confirm this conclusion.*

*Fortunately, the bumblebee is unaware of these findings. As a result, it continues to zoom through the air whenever and wherever it pleases.*

***You may be pleasantly surprised when you discover that you can accomplish far more than you or anyone else imagines***

***Sue Revelle - Mentoring Coordinator***



Girl Scout Troop #394 made pink ribbons for WSW which will be used for breast cancer awareness throughout the year. Thank to troop leader Jamie Redditt, co-leader Dustie Willey and troop members, Maciayah Ford, Madison Redditt, Madison Wodkins, Payton Vick, Camdyn Hayes, Carissa Hayes, Storm Brown, Evoni Brown, Jade Lowe.

The 2016 Spring Nutrition Class was a huge success thanks to Chris and Henriette of Habanera Farm, Shore Appliance Connection & Worcester Youth & Family Services for providing a location and a Community Needs grant from the Community Foundation of the Eastern Shore.



## **WSW Volunteer Spotlight...**

*John Rittenhouse walked into the office at Women Supporting Women one day and explained that his mother had breast cancer and that he wanted to get involved. Well John is now the premier DJ at almost every one of our events! He volunteers his time and talents to support a non-profit near and dear to his heart. He's a great person with a passion for music and he always plays the right tunes at the right time! Next time you see our handsome DJ John, tell him thank you for all he does for WSW!*



# EVENT PICTURES - BRAS FOR A CAUSE 1ST PLACE WINNERS



Every year we are even more blown away than the last by the awesomely creative designs our amazing supporters come up with. This years special theme was "Decades"

The first place winners this year are as follows:

1. Thea Nelson - Broken Crayons Still Color - Best Use of Materials
2. Helen Cook - Apollo 11 Moon Landing - Top Individual Fundraiser
3. VP Shoes - I Got You Boobs - Most Creative Design

*Continued below*



4. Team JBC - Keeping aBReAST of the Times - Top Group Fundraiser

5. Daphney DeRycke - Spicy TaTa Girls - Top Youth Fundraiser

6. Nevaeh Bishop Foundation - Keep the Lumps Out of Your Cups - Best Breast Cancer Message

*The following 1st place winners were not present for a picture:*

*-Veteran Home Builders - Gold Stars - Best Decade Design*

*-Gordy Tiger Marts & Subway - Groovin & Cruisin Through Breast Cancer - Top Business Fundraiser*

**Thank You All For Making This Event A Success!**



# DONOR THANKS

## Individual

Joan Devaney  
Dana Elsey  
Patricia Stang  
Ginger Williams  
Russell Baiocco Sr.  
Charlotte Prado

## In-Kind

Toby Rubin  
Julie Jones  
Edith Hartman  
Maryann Otterbeck  
Rosetta Dennis

## Civic

WSW Knitters  
Christ Fellowship Bible Church  
Pemberton Elementary

## In Memory Of:

Patsy Somers  
Shelley Byrd  
Joseph & Jessica Brittingham  
Lillian & Jack Morgan  
John and Jaesoon Prosch

## Business

Centre at Salisbury

## In Honor Of:

# How Can You Donate?

## Monetary

- ⌘ WomenSupportingWomen.org
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory
- ⌘ Endowment Fund

## In-Kind

- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthesis
- ⌘ Hats
- ⌘ Scarves

# SPONSORS

## Courage

\$5,000 +

Apple Discount Drugs  
Aquacare Physical Therapy  
Center for Women's Health  
FurnitureLand  
Midway GM/Toyota  
Spicer Bros. Construction Inc.

## Hope

\$2,500 +

Airport Self Storage  
Kitty's Flowers  
Peninsula Imaging  
Peninsula Plastic Surgery  
Richard A. Henson  
Cancer Institute  
Peninsula Regional Medical Center

## Pink Ribbon

\$1,500 +

Pepsi Bottling Ventures  
Rommel Harley Davidson  
Sharp Energy

# JOKE

Father William, the old priest, made it a practice to visit the parish school one day a week. He walked into the 4th grade class, where the children were studying the states, and asked them how many states they could name. They came up with about 40 names. Father William jokingly told them that in his day students knew the names of all the states.

One lad raised his hand and said, 'Yes sir, but in those days there were only 13 states.'



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**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804

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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

Tassia@womensupportingwomen.org

## Women Supporting Women 2016 Board of Directors

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