



# Care & Share

## Newsletter

### March 2018

Local Services, Local Support.



**Cindy Feist**  
Executive Director

Spring is the symbol of rebirth in 2018 and will begin on March 20<sup>th</sup>. With that in mind, what will you do as a rebirth or to kickstart your life this season? Consider growing a few vegetable plants in your backyard, sign up for a class you have been thinking about, or begin those evening walks after dinner to get in a little more exercise. If you are not sure where to begin, look within this newsletter for some suggestions.

Women Supporting Women has been working hard to put together some new programs and services. Our nutrition program is back with a new spin on it. We have partnered with UMES for five Saturdays through April and May,

registration is now open (flyer on back page). Thinking about an art program to help you make it through? Join us for "Healing with the Arts". Classes are scheduled each month and include such activities as sketching, mosaics, photography, or yoga. Or, do you just want to declutter to clear your mind. Sign up for a 10' x 10' space at our yard sale at St. Francis de Sales school parking lot on Saturday, April 7<sup>th</sup>.

If none of the above suit, but you need a night out gather your family and friends for our Pink Ribbon Bingo (see page 9). Lots of games, prizes, food and fun, all for a great cause. However you decide to kickstart your spring, just remember that Women Supporting Women is here to help you along the way.

Till we see you next, stay safe and healthy.

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## SUPPORT GROUP MEETINGS

Salisbury (Wicomico)	Pocomoke (Worcester)	Ocean Pines (Worcester) <b>NEW!</b>	Ocean City (Worcester)	Cambridge (Dorchester)
<b>March 1st - 6:30 PM</b> <b>Thursday</b> 1320 Belmont Ave. 410.548.7880 <b>Speaker/Topic:</b> Open Forum  <b>Facilitator: Kyle Beebe</b>	<b>March 8th - 5:30 PM</b> <b>Thursday</b> Pocomoke Community Center 1410 Market St. 410.548.7880 <b>Speaker/Topic:</b> Open Forum <b>Facilitator:</b> Virginia Schneider	<b>March 8th - 6:30 PM</b> <b>Thursday</b> Richard A. Henson Cancer Center– Ocean Pines 1105 Cathage Rd. 410. 548. 7880 <b>Speaker/Topic:</b> Krysten Wolinski, EVMS PA student: Smartphone Apps for Meditation and Breathing Exercises <b>Facilitators: Kathy Pisani</b>	<b>March 21st – 11:00 AM</b> <b>Wednesday</b> Atlantic Health Center 9714 Healthway Dr. Berlin 410.548.7880 <b>Speaker/Topic:</b> Jeanne Mills: Ocean Elements Salt Spa & Float Center <b>Facilitators: Cindy Elliott, RN and Bev Ward, RN</b>	<b>March 27th – 6:30 PM</b> <b>Tuesday</b> Christ Episcopal Church 601 Church St. 410.463.0946 <b>Speaker/Topic:</b> Open Forum <b>Facilitator: Sue Todd</b>

# SURVIVOR STORY

## Aftershocks

By Jennifer Lukowiak

Aftershocks, that's what I call them. Those sudden, jarring reminders that I've twice danced with cancer and lived to tell the tale. Most days, I forget that I'm a cancer survivor. Honestly, I was never good at wallowing, and my attention span is, at its best, "in the moment." On a typical day, the alarm blares, and I begrudgingly wrest myself out of bed. I have breakfast, go to the office, socialize, work out, and spend time with my family, all the things I've always done. And, each day, I find time to laugh, joke, sing (badly), and cook (exceptionally well). So, when I'm "in the moment," it's easy to forget the pain, and the baldness that once existed in and around my body. Those memories are hidden away deep in the crevasse of my mind, coated with a fine layer of dust. As I catch a glimpse of myself in the mirror, I note that I look pretty good. I look normal, not like a "cancer patient." This allows me to fool my psyche into believing that all those little aches and pains really are just age related, and not due to the aromatase inhibitors that will continue to permeate my body for the next decade. But then there are the days when I notice a new acquaintance eyeing the scar my chemo port left behind. I feel the floor beneath me buckle, and, suddenly, I'm hyper-aware of the quaking, the aftershocks.

The aftershocks also like to arrive when I fill out any sort of health history paperwork— for dentist, aestheticians, tattoo artist — all those over-copied papers so eager to capture and file the red flags that will have to be navigated while I'm in someone's care. Occasionally, they hit me when I'm clothes shopping, and I have to remind myself that most apparel is not designed to flatter reconstructed breasts. However the biggest aftershock arrives every six months when that little pop-up reminder on my phone tells me it's time for a follow-up with my oncologist. Those can still bring me to my knees. Ever since I was first diagnosed, I've been able to separate myself from my illness. You see, with writing my book, which is a memoir about fighting cancer, keeping a current blog about the ins and outs of survivorship, and helping newly diagnosed women navigate a cancer diagnosis, cancer sort of became my second job. And I became quite adept at keeping the tremors at bay. Cancer was what I did. It was never who I was. It may seem strange to view it like that, but my disease never defined me. It was just another part of my uniqueness, like having curly hair, or freckles, or crooked teeth.

At 38 years old, I was diagnosed for the first time with stage IIA ERPR-negative HER2-positive breast cancer. I had no idea what any of that meant. All I heard was an astounding list of medical terms that I never thought would be applied to me: *ductal carcinoma, lumpectomy, mastectomy, chemotherapy, DIEP flap, radiation*. These words echoed amidst the thunderous roar of an earthquake that created a chasm in my right breast, and another in my perfectly imperfect life. But as chasms do, they filled in and healed; they became less obvious. And though I knew where the fault lines lay, and what could trigger them, I learned to circumnavigate them, and I watched as they eventually faded into the landscape. Then, five years later, I was diagnosed with a new primary breast cancer. The seismic activity rumbled once again. But, by then, I had a better understanding of how to adapt to the tremors and stand my ground. Even now, the aftershocks still come. But these days. I anticipate them, and they leave me less shaken.

*Jennifer Lukowiak is a breast cancer survivor living in Charlotte, NC. She is the author of Does This Outfit Make Me Look Bald? How a Fashionista Fought Breast Cancer With Style. You can learn more about Jennifer at [TheFashionistaFights.com](http://TheFashionistaFights.com), find her on Facebook at [facebook.com/DoesThisOutfitMakeMeLookBald](https://facebook.com/DoesThisOutfitMakeMeLookBald), or follow her on Instagram and Twitter @\_bellajenna\_.*

# MEDICAL UPDATE

## Staying in The Know: FDA Approves New Treatment for BRCA-Related Breast Cancer

By Krysten Wolinski EVMS PA Student

On January 12, 2018 the FDA approved the first drug targeted specifically at the treatment of BRCA-mutated metastatic breast cancer. Lynparza (generic name Olaparib) is now the newest member of the breast cancer treatment arsenal and is also the first drug in its class to be approved for use in breast cancer patients. This drug has been used in the U.S. since 2014 for the treatment of advanced ovarian cancer; however, new studies show promise in its effectiveness against breast cancer, an advancement in therapies aimed at targeting cancer at its genetic roots.

Lynparza is approved to target a very specific type of breast cancer: BRCA mutated, HER2 negative metastatic breast cancer. In order to be a Lynparza candidate, a patient must already have been treated with chemotherapy. If a doctor thinks a patient may benefit from treatment with Lynparza, she will also perform the BRCA analysis CDx test. This test is an FDA approved genetic test that was designed as a companion to Lynparza. It uses a blood sample to determine whether or not a patient has certain genetic markers that will help ensure the effectiveness of Lynparza.

Not only is Lynparza making waves as the first for BRCA mutated breast cancer, it is also the first drug in the PARP inhibitor class to be approved for use in breast cancer patients. They work by preventing the repair of damaged DNA within cancerous cells. When cancer cells become damaged there is a special enzyme called PARP that comes to the rescue and repairs the damage. This repair process allows the cancer cells to live longer and continue growing and dividing. Enter PARP inhibitors! These drugs work by preventing PARP enzymes from repairing the damage, thus, making the damaged cancer cells more likely to stop growing and die.

This all sounds great, right? But what kind of an impact is this drug actually going to make for breast cancer patients? Lynparza was studied in a randomized clinical trial of over 300 BRCA1 and BRCA2 breast cancer patients. The study used a measure called “progression-free survival,” defined as an amount of time during or after treatment that the patient continues to have the disease but the disease does not worsen. In other words, it prevents the progression of the breast cancer for a period of time. The study showed that patients treated with Lynparza in addition to chemotherapy had an extended progression free survival period of 7 months in comparison to 4.2 months when patients received chemotherapy alone. Although not a cure, Lynparza proves to be potentially promising for those with metastatic breast cancer, a category which currently has limited therapy options.

Sources: <https://www.fda.gov>, <https://www.astrazeneca.com>



# COMPLEMENTARY CARE

## Breathe hAPPy

By Krysten Wolinski EVMS PA Student

Tired. Scared. Stressed. Anxious. Worried. Just a few of the nagging emotions that we are all familiar with. Not to mention the endless dialogue of our daily responsibilities and to-do lists that runs through all of our minds. When you combine all of this pressure and stress in our daily lives, it is easy to see how we can all become driven by negative thoughts and feelings which can have an adverse impact on both our mental and physical health. This black hole of stress and worry can become even more difficult to climb out of in the midst of a cancer diagnosis. As we add new and unfamiliar emotions to the mix, it becomes even more important to take care of our mental well-being. Although this may seem like a drop in the bucket when it comes to our overall health, a healthy mind has a much greater impact on our well-being than many may realize. Studies have shown that increasing mindfulness can increase compassion and happiness, relieve stress and anxiety, have a positive impact on sleep, and may even help us develop happier relationships. Happy mind. Happy body. Happy life. But, between treatments, appointments, etc. how do we find the time to give our minds a break? You know what they say...there is an app for everything and, in our case, it happens to be true! Whether you are at home, on the go, waiting for a treatment to finish, or sitting in the waiting room for your next appointment, here are a few smartphone apps to try! (*Suggestion: If you plan to use these apps in a public area, bring headphones!*)

### HEADSPACE

- ⌘ “Mini” breathing and meditation exercises 1-3 minutes long for those days when you can barely find the time.
- ⌘ Tailored to specific needs at any given moment by offering meditation “packs” with categories like “brave,” “health,” and “happiness.” All things that we could use a little more of!
- ⌘ Subscribers can access “singles” sessions that are designed to help you through almost any type of tough time throughout the day such as, “feeling overwhelmed,” “panicking,” “anxious moments,” and even “difficult conversations.”
- ⌘ Limited free access, subscription option available for those who choose to do so.

### CALM

- ⌘ Wide variety of themed 7-day meditation programs for whatever you feel you may need most: focus, stress, sleep, emotion, anxiety, the list goes on.
- ⌘ No need for counting sheep, this app has a unique feature called “sleep stories.” It plays a recording of someone reading you a calming bedtime story to help you relax into a good night’s sleep.
- ⌘ Calm also offers a music section if you need some relaxing background noise.
- ⌘ This app has limited options for free users, subscribers can unlock all features, however; there are still plenty of ways to get your “zen” on without spending the money.

### STOP, BREATHE, THINK

- ⌘ “How are you feeling?” Not many apps out there will ask you this question, but this one does. The idea is to take an assessment of your feelings and emotions in order to better deal with them in a mindful way.
- ⌘ Many of the meditation sessions offer different time options with shorter and longer choices to best fit your day.
- ⌘ This app seems to have the most free features but also allows the user to purchase “packs” if they want to access more.

\*\*\***BONUS:** MAYBE MEDITATION ISN’T YOUR THING? DON’T WORRY, THERE ARE OTHER OPTIONS THAT MAY HELP IMPROVE YOUR MENTAL WELLNESS. SOMETIMES WE ALL JUST NEED SOMEONE TO TALK TO. TRY **7 CUPS**. THIS APP PROVIDES TRAINED, ONLINE “LISTENERS” WHO ARE AVAILABLE TO CHAT WITH YOU ANYTIME YOU FEEL LIKE YOU COULD USE A LITTLE EXTRA SUPPORT, NIGHT OR DAY.

Sources: <https://www.headspace.com/>, <https://www.calm.com/>, <https://www.stopbreathethink.com/>

# NUTRITIONAL INFORMATION

## Cancer Got Your Appetite?

Try these simple tricks for getting the nutrition you need during cancer treatment.

By Elise Cushman, MS, RD, CSO, LD

### **Shakes or smoothies are a way to get in calories, protein, and fluid anytime.**

Cancer comes with many side effects. Appetite loss is one of them – and a common one at that. In people with cancer, a loss of appetite can stem from the cancer itself; anxiety or depression due to the diagnosis and its treatment; and, of course, cancer treatment, particularly chemotherapy and radiation.

When you have cancer, it isn't enough that your days be filled with medical appointments, chemo infusions, and getting poked and prodded by doctors and nurses, but you're also encouraged – even expected – to maintain your weight and eat as “normal” as possible. Regardless of whether you have some pounds to spare, weight loss during cancer treatment can have a negative impact on treatment side effects, speed of recovery, and survival rates. So, how do you get the calories you need when you're exhausted from treatment and busy shuttling to appointment after appointment?

Here are some simple tips and tricks to help you eat well during cancer treatment, even if it's left you with little to no appetite.

#### **◆ Eat often.**

Eating every two to three hours will maximize your calorie intake, helping you preserve muscle mass and weight. Cancer and its treatment increase your protein and calorie needs. So, if the thought of a small meal or snack is too much, try to take one or two bites of high-calorie, protein-rich foods every hour.

#### **◆ Eat by the clock.**

Don't follow the routine of eating breakfast, lunch, and dinner. Set a timer or use breaks between television shows to remind yourself to eat and drink.

#### **◆ Drink plenty of fluids.**

During meals, drink enough fluid to comfortably swallow while eating. And try to drink fluids between meals, as well. If water tastes off, try flavored seltzer water, diluted sports drinks or juices, herbal teas, or other non-caffeinated beverages to help meet your fluid needs. Soups, popsicles, gelatin, and even ice cream count as fluids, too. If you're sensitive to hot and cold temperatures, allow liquids to come to room temperature before drinking them. In a pinch, you can quickly warm up liquids in the microwave so you can drink them comfortably.

#### **◆ Curb off-putting smells.**

We eat not just with our eyes, but also our nose. For many people, the smell of cooking can turn off their appetite. When cooking, turn on the oven vent, open a window, or run a ceiling fan to ventilate the air. Hot foods are also more aromatic than cold foods. So, reach for room temperature or cold foods, such as cheese and crackers, chicken salad, or cottage cheese, if you find food smells to be particularly off putting.

*To read more this article was published in Coping® with Cancer magazine, May/June 2017.*

### **Seasoning Tips For Poultry**

Simmer chicken in water to cover with 1 bay leaf and 1 tsp. Celery Salt added to the water. Remove chicken from the bones and use in casseroles or chicken salad. Strain the broth and use for cooking vegetables, in casseroles or for sauces.



# COMMUNITY SUPPORT

Major Scott Kolb, Detective Brandon Caton and Colonel Dave Meienschein with the Salisbury Police Department presented Women Supporting Women with a check for \$1,600 from their 2017 “No Shave November” campaign.



1 and 2: In January we enjoyed our ceramics event as part of the WSW Healing Through the Arts program in Ocean City. Attendees got to make their own luminaries.

3 and 4: For February WSW organized a Stretch and Sip event in Cambridge where everyone participated in an hour long yoga class, made more interesting by the addition of wine.



# WOMEN SUPPORTING WOMEN TURNS 25

We take great pride in being able to offer free services to the local community. Over the last 25 years we were able to offer wigs, prosthesis, pre and post surgery bras, electric lift chairs for those who had a double mastectomy, attended many health fairs, facilitated support groups and the list goes on. Curious to know what these numbers add up to?

- ⌘ Informational Tote Bags—2,528 bags, includes newly diagnosed bags, chemotherapy and radiation bags and recurrence bags
- ⌘ Wigs—750, all cuts, styles and colors
- ⌘ Hats and Scarves—917 items, many which were donated and/or knitted by our knitting group
- ⌘ Post-Surgery Piglet Pillows—505 pillows, these are all sewn by hand with donated fabric and stuffing
- ⌘ Post Surgery Bras—538, many of these bras are donated with a large portion coming from Craig's Drugstore in 2017
- ⌘ Prosthesis—331, original Co-Founder, Sue Revelle, began toting prosthesis around in the trunk of her car. Today, we have a bra and prosthesis fitting room. Many of the items are donated with a large portion coming from Craig's Drugstore in 2017
- ⌘ Lift Chair Loaner Program—67 chairs, the program began in 2013
- ⌘ Support Groups—priceless in four counties
- ⌘ Health Fairs and Speaking Engagements

Wig room before 2009 at our old office in the Cannon Build-



Current wig room at the Women Supporting Women Office (2 of the walls)



# WSW NEWS AND HAPPENINGS

## FUN FACTS:

The month of March is home for St. Patrick's Day and International Women's Day.



Birthstone:  
Aquamarine

Flower: Daffodil

Zodiac Sign: Pisces  
and Aries

### Office Staff Members

**Cindy Feist**

*Executive Director*

**Kerrie Bunting**

*Event Coordinator*

**Amanda Smith**

*PR & Marketing*

**Sue Reville & Kathy Pisani**

*Mentoring Coordinators*

### **NEW! Stitch Therapy**

Love to knit or want to learn how?

Attend the WSW Knitters group on the 2nd Monday of every month from 1PM-3PM. They meet at the new Richard A. Henson Cancer Institute in Ocean Pines at 11105 Carthage Rd.  
Ocean Pines, MD 21811.

Or attend the WSW Knitters groups on the 1st Wednesday of every month from 1:30PM-3:30PM in Salisbury at the WSW office.

### **New! Support Group in Onancock, VA**

WSW is actively seeking members for a new support group on the Eastern Shore of Virginia. Dates and times are yet to be determined, however, meetings will be held at the Holy Episcopal Church, 66 Market St. Onancock, VA.

### **Stretch & Sip**

Stretch and Sip with WSW on March 21 at 5:30PM. Drink wine while doing yoga. This event will be held at Jimmie N Sook's in Cambridge. \$25/person or \$30/person the day of event.

### **Yard Sale**

Bring your items to sell at our community yard sale on April 7 from 7:00AM-11:00AM at St. Francis de Sales. Spaces are \$10 for individuals and \$20 for vendors. Contact WSW for more information.

### **Calling all Riders!**

The Salisbury University Sea Gull Century turns 30 this year. If you will be riding on October 6, 2018 and would like to show your support for WSW at the same time, contact us to find out how you can fundraise for us in our Silver Anniversary year.

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



Women Supporting Women is pleased to announce our two newest additions to the WSW Team, Lucy Francis and Cerah Edsall as our Spring 2018 Interns. Both are students from Salisbury University.





# BINGO

## PINK RIBBON BINGO

MARCH 8, 2018

### Salisbury Moose Lodge

833 Snow Hill Road

Doors open and food for sale at 5:00 PM

Games start at 6:30 PM

No one under the age of 18 will be admitted

Tickets \$20.00 in advance / \$25.00 at the door

Online registration: [www.womensupportingwomen.org](http://www.womensupportingwomen.org)

or in person at our office. For more information,

call (410) 548-7880

\*Tickets must be paid for in advance. No holds\*



The Pampered Chef, Thirty One Gifts,  
All prizes filled with complementary goodies.

*thirty one*



All proceeds benefit Women Supporting Women.



WOMEN SUPPORTING  
WOMEN PRESENTS:

## HEALING THROUGH THE ARTS

FIND SOME SOLICE THROUGH ART AND  
CONNECT WITH OTHER BREAST CANCER  
SURVIVORS DURING OUR MONTHLY  
SESSIONS :

FEBRUARY: SKETCHING  
MARCH: SMART PHONE PHOTOGRAPHY  
APRIL: MOSAICS  
MAY: JOURNALING

VISIT OUR WEBSITE 'EVENTS' TAB FOR  
MORE DETAILS AND TO REGISTER

[www.womensupportingwomen.org](http://www.womensupportingwomen.org)



## YOUR HEALTHIEST YOU

INTEGRATED HEALTH AND WELLNESS  
CONFERENCE



MAY 19, 2018

### WICOMICO YOUTH AND CIVIC CENTER

Participate in a day of health and wellness education with a  
holistic approach. Admission is free - 9:00 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 medical marijuana, preventative health, living a holistic lifestyle, relaxation and guided imagery
- Vendors from women's health, genetics, herbal teas, nutrition, reiki to acupuncture and more!
- Enjoy lunch while listening to guest speaker; cancer survivor, artist and author, Darryle Pollack
- Genetic testing, courtesy of Myriad (Fees may apply)

FOR FULL DETAILS, VISIT [WOMENSUPPORTINGWOMEN.ORG](http://WOMENSUPPORTINGWOMEN.ORG)

Conference funding provided  
by a grant from:



# MENTORING MINUTE

## Healing Through Forgiveness After a Cancer Diagnosis

All the challenges that one faces after a cancer diagnosis aren't just physical, some are emotional and psychological ones. It is not uncommon to feel: intense fear, anger, grief, hopelessness, and depression. Some people also ask the questions "Why me? What did I do to deserve this? It is crucial to recognize the way you think about cancer can affect your well-being. Yes, a diagnosis of breast cancer can be frightening and make you angry. Even your thoughts can cause suffering so you can choose to make peace with cancer and within yourself. Cancer can offer profound life lessons. Here are 5 keys to unlocking the healing power of forgiveness:

**Do not let cancer hijack your identity.** It is NOT who you are because the essence of your being is much, much more than a person with cancer. Sometimes that can be difficult due to appointments/treatments that overtake your life. Stay connected to your true identity.

**Be conscience of your thoughts.** Write down your thoughts (your cancer story that you relate when someone asks about your experience). Your thoughts and story have a tremendous power to influence your emotions, mood, and outlook – for the good and the bad. This way you can choose to release those thoughts that cause you pain.

**Pay attention to whom you are blaming and for what.** Many people blame themselves for getting cancer because of all the things they did or didn't do in their lifetime. You may need to forgive your body, God, fate, and/or life itself for dealing out such painful and unfair cards.

**Emotional release is an essential part of forgiving.** Anger can lock you in a mental and emotional prison. Whether your anger is directed at others, yourself, God, or the universe; practicing forgiveness can unlock the door to freedom and inner peace.

**Find the gifts.** Instead of cancer being the worst thing that ever happened to you, it could be one of life's best teachers. I realize it is hard to think that anything positive could come out of going through the breast cancer journey, but maybe it has forced you to slow down and take more time for yourself. You may no longer be putting things off, learning to say no, stop doing things you don't want to do and living more fully. You may learn to ask for help beyond your comfort zone or be forced to let others in.

**Cancer can be the doorway to healing your life by releasing the toxic energy of negative emotions and healing through forgiveness.**

Coping Magazine January/February 2018 pg. 20 & 21



Did you know you can ride in style while supporting Women Supporting Women at the same time? How? Simply purchase our organizational license plate for \$50; \$25 goes directly to WSW and is tax deductible. Forms are at the WSW Office.

## JOKE OF THE MONTH

Jim, Scott and Alex are tired after traveling all day and check into a hotel. When they get to the reception desk, they find out they'll have to walk 75 flights of stairs to get to their room because the elevator is out of order. Jim suggests that they do something interesting to pass time while they climb the 75 flights. Jim will tell jokes, Scott will sing songs, and Alex will tell sad stories. So Jim tells jokes for 25 flights, Scott sings songs for 25 flights and Alex tells sad stories for 25 flights. When they reach the 75th floor, Alex tells his saddest story of all,  
"Guys, I left our room key at reception."

# DONOR THANKS

## Individual

Raymond Shockley  
Charles R. Jenkins, Sr.  
Constance Blades

## Civic

Fruitland Primary School  
Asbury United Methodist Church  
Snow Hill Lions Club  
Ocean City/Berlin Rotary

## In Memory Of:

### Christine G. Whaley

Lisa Doyle

### Isabelle Clark

Ruth C. Culver

## In-Kind

Virginie Zoumenou  
Bonnie Muir  
Sherri Raymond  
Karen Curtis  
Janice Candy  
Tammy McWilliams Maunes  
Beverly Mattox  
Cindy Haspel  
Tammy Stevenson  
Regina Schmitt

## In Honor Of:

## Business

# **SPONSORS**

## **Journey**

**\$10,000 +**

**Midway GM/Toyota**

## **Courage**

**\$5,000 +**

**FurnitureLand**

**Spicer Bros. Construction Inc.**

## **Hope**

**\$2,500 +**

**Apple Discount Drugs**

**Kitty's Flowers**

**Peninsula Imaging**

**Peninsula Plastic Surgery**

**Richard A. Henson**

**Cancer Institute**

**Peninsula Regional Medical Center**

## **Pink Ribbon**

**\$1,500 +**

**Airport Self Storage**

**Pepsi Bottling Ventures**

## WANT TO GIVE TO WSW?

### MONETARY Support

- ⌘ Donate online through our NEW website
- ⌘ Donate over the phone
- ⌘ Mail a check (form on back)
- ⌘ Donate In Honor or In Memory Of
- ⌘ Host a third Party Fundraiser

### IN-KIND (NON-MONETARY) SUPPORT

- ⌘ Wigs
- ⌘ Bras
- ⌘ All types of head coverings
- ⌘ Protheses
- ⌘ Paper, cardstock, etc...
- ⌘ Volunteer your time to make pink ribbons



**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804  
Monday-Friday: 9:00 AM-4:00PM  
RETURN SERVICE REQUESTED

NONPROFIT ORG  
PAID  
SALISBURY MD  
21801  
PERMIT NO 146

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 2018 Board of Directors

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**Expanded Food and Nutrition Education Program**  
a **FREE** nutrition class for cancer survivors and caregivers  
**Saturday, April 7th, 14th, 21st & 28th**  
**11:30AM - 1:00PM at Shore Appliance Connection**

*Breast cancer survivors and their families will learn how to create healthier meals & snacks, be smarter when food shopping, and practice food safety. Class will be lead by Emily Hitchcock, an UME-UMES Extension Nutrition Educator. All classes are FREE with registration*

Thank you to the following businesses:



Please call Women Supporting Women  
to register for the **free** classes at  
410-548-7880