



Cindy Feist  
Executive Director

## HAPPY VALENTINE'S DAY!

This month is all about being grateful for those who surround us on a daily basis as we go through our journeys. The love around each and every one of us is truly amazing. When diagnosed with a cancer diagnosis, medicine can take you only so far. Then comes the love of self and the courage to make the journey. The love, strength and courage shown by not only the survivors we see every day, but their families and friends alike, is truly amazing.

Remember not just for a day this month, but for the entire month those that you love. Those that stand with you and beside you as you face each new day and its challenges. Consider where you would be without the courage and strength gleaned from those relationships. Appreciate and be grateful for all those who have touched your life. It may surprise you by just how much love surrounds you each and every day.

WSW has seen this love every day in our office toward our survivors and toward those who support our local nonprofit. We are blessed by having so many dedicated board members, donors, and volunteers. Thank you all for your love and support throughout our 25 years. Big hugs from the staff of WSW and myself to you in this month of LOVE.

“Being deeply loved by someone gives you strength,  
while loving someone deeply gives you courage.” - Lao Tzu



### Regular Features:

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### Wish List:

Cardstock (White or Cream)  
Reams of white Copy Paper  
8 1/2 x 11 inches

# SUPPORT GROUP MEETINGS

## LOCAL services & support

### Salisbury (Wicomico)

Thursday, February 7th — 6:30PM  
Women Supporting Women's Office  
1320 Belmont Avenue  
410.548.7880  
Speaker/Topic: Open Forum  
Facilitator: Kyle Beebe

### Ocean City (Worcester)

Wednesday, February 20th — 1:00PM  
New Cancer Care Center  
9707 Healthway Drive, Berlin  
410.548.7880  
Speaker: Open Forum  
Facilitators: Bev Ward & Jocelyn Feist

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### Pocomoke (Worcester)

Thursday, February 14th — 5:30pm  
Pocomoke Community Center  
1410 Market St, Pocomoke  
410.548.7880  
Speaker/Topic: Open Forum  
Facilitator: Virginia Schneider

### Onancock, VA (Accomack)

Thursday, February 21st — 6:00PM  
Holy Trinity Episcopal Church  
66 Market St, Onancock  
757.787.4430  
Speaker/Topic: Open Forum  
Facilitator: Nicole Ayres

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### Ocean Pines (Worcester)

#### **CANCELLED THIS MONTH**

Richard A. Henson Cancer Center  
11105 Cathage Rd., Ocean Pines  
410.548.7880  
Speaker/Topic:  
Facilitator: Kathy Pisani

### Cambridge (Dorchester)

Tuesday, February 26th—6:30pm  
Christ Episcopal Church  
601 Church St., Cambridge  
410.463.0946  
Speaker/Topic: Open Forum  
Facilitator: Sue Todd

# SURVIVOR STORY

## Stacy's Story

When women take an active role in their healthcare, outcomes are always better. Stacy Feltman learned this the hard way in 2015. Stacy was a high-risk patient for breast cancer. Her mother and aunt both had breast cancer, and Stacy had dense breasts, which makes it more difficult for doctors to spot breast cancer on a mammogram. Before she was diagnosed, Stacy had three mammograms and all of them were clear.

“Every time I would go to my doctor, she told me I had dense breasts and that I needed an MRI or an ultrasound. I assumed it would be on the order at the imaging center, but when I got there, they told me I was just there for a mammogram. This went on for several years. I thought they knew my history, what they ordered is what I need. If it wasn't on the order, I thought I didn't need it yet. Maybe my doctor meant I needed it later.”

Stacy was a busy mom with three kids and a career as a realtor. She wasn't an expert in breast cancer, but she assumed her doctors would direct her to the right tests, given her personal and family history. If she'd understood what her doctor meant when she said, “Get an MRI or ultrasound,” she would have pressed for one. Unfortunately, by the time she found out how important they were, it was already too late.

“My last mammogram was in February 2015, and it was clean. In April, I had back surgery, and while I was recuperating, I felt my breast changing. I made an appointment with my OBGYN, who'd delivered my third child, but when I arrived, she wasn't there. I talked to her assistant instead, and she told me I had dense breasts, but ‘everything was fine.’”

Nevertheless, the lump kept getting bigger and harder. Then, in June, she noticed some milk leaking out of her breast and she knew something was seriously wrong.

“I went back to my OBGYN, and she ordered an MRI and an ultrasound. They told me right then and there ‘You don't have dense breasts. You have a mass.’ Literally, my body started shaking. All that time I knew something was changing, but I was told ‘You're fine. You just have dense breasts.’ The problem was that I wasn't with the right doctor. Now I've learned that if you have dense breasts or a family history, you should be with a specialist and you should be getting MRIs and ultrasounds. My OBGYN was

handling too much. She can't deliver babies, do pap smears, and take care of breast health, which is so important.”

Fortunately, Stacy had a strong support group. After she'd recovered from the shock of her breast cancer diagnosis, her husband and her friends started looking up cancer doctors. The first name they found was Dr. Lisa Curcio, a cancer surgeon at Breastlink Laguna Hills. Dr. Curcio brought her in right away for a biopsy. She got the results back on June 30, her 14<sup>th</sup> wedding anniversary, but Stacy already knew what they would be. Dr. Curcio scheduled surgery for the end of August. Given her family history, Stacy opted for double mastectomy. Dr. Gaon at Finesse Plastic Surgery, worked with Dr. Curcio to reconstruct Stacy's breasts, helping restore what had been lost.

“I'm super happy with the results, 10 out of 10,” Stacy told us. “I'm very lucky, no complications. They look great. That's the silver lining.”

Stacy hopes women will be able to learn from her experience and avoid her mistakes. Her advice:

“Find out if you have dense breasts or not. Many women don't know what they are and what that means. If you have dense breasts and a family history of breast cancer, you should be with a breast specialist and you should be getting MRIs and ultrasounds. Talk to your doctor about them.

“Be an advocate for your own care. When I went to my OBGYN because I was suspicious of something and they told me I was fine and sent me home, that's not okay. Be with a doctor that knows your personal and family history and can give you advice you can trust.”

When Stacy tells women her mammogram didn't find her cancer, it scares them. They don't understand that breast cancer is a complex disease and no one test can tell you if you're cancer-free. Finding a physician who understands that may be life saving.

“Most women don't know breast cancer specialists are out there. Neither did I. That's why I feel it's important that women hear my story.”

To find this story & more like it, visit: <http://www.breastlink.com/breast-cancer-stories/stacy-feltman/>

# MEDICAL UPDATE

## Body Weight & Breast Cancer

How does body weight influence breast cancer?

Another reason to move...

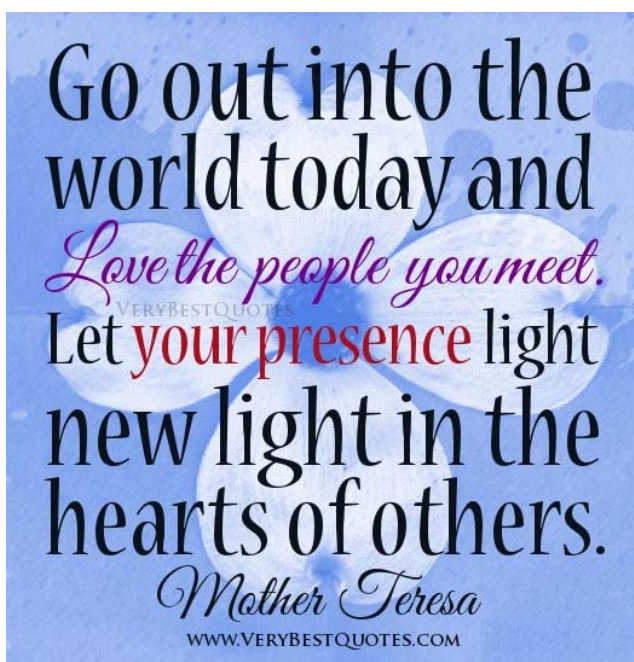
Women normally yoyo with weight throughout life. So, why would that stop after being diagnosed with breast cancer. Most patients with breast cancer gain weight both during and after active treatment, and much of the weight is never lost. Did you know, the average reported weight gain is 5.5-11 lbs, but a gain of 20 lbs or more is not uncommon? The reason for weight gain is multifactorial and include “stress eating,” reduced activity because of fatigue or other treatment-related adverse effects, lowered metabolic rate from chemotherapy, and use of pre-and post-chemotherapy medications such as dexamethasone for example. Women who experience treatment-related menopause often have accompanied relative fat gain and muscle loss.

Reasons why it is important to try to stay active when you are feeling up to the challenge. A recent review of the effect of lifestyle factors on breast cancer mortality



concluded that physical activity has the most robust effect of all lifestyle factors on reducing breast cancer. Encouraging at least 30 minutes of moderate physical activity at least five days a week, including two to three weekly strength training sessions for major muscle groups.

A healthy diet is just as important as being active. You need to fuel the body to get the proper amount of nurturance adding more fruits, vegetables, whole grains, and lean meats.





# COMPLEMENTARY CARE

## *Massage & Breast Cancer:*

### **What You Need to Know**

Nothing beats the therapeutic value of a massage after a hard day, and breast cancer treatment is a marathon of long, hard days. During this time, a trained massage therapist can help in many ways.

### **Ease your pain.**

Massage can reduce fatigue and soften muscles and connective tissues which might feel tight and uncomfortable. Cancer, stress, and side effects of treatment take a toll on the body, and the right massage can offer chemical-free relief.

### **Reconnect you with your body.**

The sensation of healing hands on your body can be a great reminder of the experience you're undergoing and the strength you're demonstrating to get through it. Your practitioner's hands on your own brave skin can offer support, validation, and comfort when you need it the most.

Cheryl Chapman, nurse and massage therapist, says that "massage allows a woman to let go of fear, anger and loneliness and deal with her altered self-image."

### **Restore your spirit**

Part of the massage experience, for many people, is a spiritual connection that transcends the physical experience happening in the room. The energy exchanged between the practitioner and the recipient can lift up both people, and that healing is especially beneficial in the atmosphere of breast cancer treatment.

**Before you schedule your next massage, talk to your doc!**

According to Lora Packel, MS, PT breast cancer patients need to be aware of some potential issues before they enjoy a massage. During and after treatment, she advises, your oncologist might want you to avoid putting your body in certain physical positions. For example, after surgery, you might not be able to lie on your stomach, or your masseuse might need to avoid contact with particular areas of your body while you're healing. If platelets are low, typical massage techniques might need to be modified. And risks for infection might be an issue if you're in chemotherapy

Get the information you need to give yourself the best resources for healing, and, as always, if in doubt, ask!

Find this article & more at: <https://breastcancer-news.com/2018/03/15/massage-and-breast-cancer-what-you-need-to-know/>



# NUTRITIONAL INFORMATION

## Quinoa Pizza Bowls

This tiny grain that when cooked unfolds into a visually appealing little curl, has potent anti-cancer and anti-inflammatory properties in the form of saponins and polyphenols, biologically active plant compounds that have been shown to suppress the growth of blood vessels to feed tumors as well as prevent the spread of tumors into surrounding tissue. It is also easy to digest, has the highest protein content of any grain and is also a complete protein, which means it has all 8 essential amino acids, unlike other plant proteins. Great for vegetarians and patients undergoing chemotherapy who are in need of a higher protein intake. Quinoa is gluten free, and also a good source of cancer-fighting epigallocatechin, which you may know from green tea.

This recipe gives this tiny grain a fun twist and a whole lot of pizzazz!

### Ingredients:

- ⌘ 1 cup (dry) quinoa
- ⌘ 2 cups chicken or vegetable stock
- ⌘ 2 (14-ounce) jars pizza sauce
- ⌘ 2 cups (8 ounces) shredded Mozzarella cheese
- ⌘ 2-3 cups of your favorite pizza toppings
- ⌘ optional toppings: grated Parmesan cheese, crushed red peppers



### Instructions:

- ⌘ Preheat oven to 425°F.
- ⌘ Cook quinoa in the chicken or vegetable stock according to package instructions.
- ⌘ When the quinoa has finished cooking, fluff the quinoa with a fork. Then stir about 1/2 cup pizza sauce into the quinoa until evenly combined. Set aside.
- ⌘ Lightly spray 6 large (10-ounce) oven-safe ramekins with cooking spray. Place the ramekins on a large baking tray.
- ⌘ Spread about 2 Tablespoons of pizza sauce evenly over the bottom of each ramekin.
- ⌘ Layer each with about 1/4 cup of quinoa, and spread with a spoon to flatten.
- ⌘ Layer each evenly with pinch of shredded Mozzarella.
- ⌘ Layer each with a single layer of pizza toppings.
- ⌘ Repeat by layering each with another layer of sauce, quinoa, Mozzarella, pizza toppings, followed by a final layer of Mozzarella. The ramekins should be full but not overflowing.
- ⌘ Transfer the baking sheet full of ramekins to the oven, and bake for 20 minutes, or until the cheese is melted and the ingredients are heated through. At this point, you can either remove the pizza bowls from the oven.
- ⌘ Remove and sprinkle each pizza bowl with a pinch of Parmesan cheese and crushed red peppers, if desired. Serve immediately.

To find this recipe and more, visit: <https://www.gimmesomeoven.com/easy-quinoa-pizza-bowls/>



# MENTORING MINUTE

## It's the Season for Cold & Flu

Jack Frost is still nipping at our noses. With the weather getting colder and colder. We should be taking precautions to keep ourselves healthy and well. The flu can come on suddenly, especially if our immune systems are already low. Early symptoms can include fatigue, body aches and chills, cough, sore throat, and fever. For most people, influenza (flu) can resolve on its own, but sometimes, the flu, and its complications, can be difficult to get rid of and last for weeks. A few easy steps can help avoid us from getting sick.

- ⌘ Frequent hand washing/Use alcohol-based hand sanitizer
- ⌘ Covering your nose/mouth when you sneeze/cough
- ⌘ Stay hydrated
- ⌘ Increase vitamin C to help your immune system
- ⌘ Staying home when you are sick until you are fever free for at least 24 hours

These are just a few simple and easy precautions to take. Of course, if home remedies and over the counter medications are just not helping or doing the trick. Call and make an appointment with your doctor to be checked out.

### Upcoming Events:

**March 14th**

Basket Bingo  
Salisbury Moose Lodge  
*Flyer on back page*

**April 13th**

Bourbon, Bowties, &  
Blackjack

**May 1st—21st**

Bras for a Cause

**May 23rd**

"Ladies Night Out"  
At the Shorebirds



## Stitch Therapy:

Love to knit, crochet, or want to learn how? Our group of knitters meets twice a month & is always looking for new faces!

**Ocean Pines—2nd Monday of each month from 1-3pm**

**Richard A. Henson Cancer Inst.**

**11105 Cathage Rd, Ocean Pines, MD**

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**Salisbury—1st Wednesday of each month from 1:30-3:30pm**

**Women Supporting Women**

**1320 Belmont Avenue, Suite 402, Salisbury MD**



Looking for a new project? WSW is in need of  
purse pocket slippers!

### Office Staff Members

**Cindy Feist**

*Executive Director*

**Cerah Edsall**

*Administrative Assistant*

**Sarah McGarity**

*PR & Marketing*

**Shelby Moore**

*Event Coordinator*

**Jocelyn Feist**

**&**

**Kathy Pisani**

*Mentoring Coordinators*

Follow us on social media to keep up with all of our day-to-day happenings!  
**@wswdelmarva**



# WSW NEWS AND HAPPENINGS

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

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

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

## FUN FACTS:

The largest American sporting event of the year is held in February—the Superbowl!

### Fun Facts About Valentine's Day!:

- Every year, more than 36 million heart shaped boxes of chocolate are sold across the country.
- Teachers receive the most Valentine's Day cards, followed by kids, mothers, wives and girlfriends.
- Hallmark was one of the first to mass produce a Valentine's Day card, all the way back in 1913.



## UPCOMING EVENTS:

### 18th Annual Pink Ribbon Bingo

Fun, food and fantastic prizes! Our Pampered Chef and Thirty-One Bingo is one of the largest events of our year and you need to be there. March 14, 2019 at the Salisbury Moose Lodge.

### Bourbon, Bowties, & Blackjack!

A new event for WSW! Join us at Ocean Downs for an evening of delectable foods, bourbon tastings, and of course, some blackjack! More details to come—keep an eye on our social media!



### YOGA. WINE. VALENTINE'S.

Join Women Supporting Women for "Stretch & Sip" at Jimmie and Sook's in Cambridge, MD. Class will be lead by yoga instructor, Kathy Molisani-Yorton.

- \$25/person in advance or \$30/person if registered after February 8th. Visit our website below to register.
- Fee includes two glasses of wine and hour-long yoga class
- Come in yoga appropriate attire and bring your own mat. Must be 21yrs old to participate. Jimmie and Sook's - 527 Poplar St., Cambridge, MD

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





# WSW News and Happenings



**CYCLE  
FOR A  
CAUSE**

*Seagull Century*  
SALISBURY UNIVERSITY | 10.05.2019  
[WWW.SEAGULLCENTURY.ORG](http://WWW.SEAGULLCENTURY.ORG)

**WSW**  
Local Services • Local Support

*Join Our Team!*  
RIDE FOR AWARENESS, SERVICES & SUPPORT!

CONTACT CERAH EDSALL FOR MORE INFO:  
[WICOMICO@WOMENSUPPORTINGWOMEN.ORG](mailto:WICOMICO@WOMENSUPPORTINGWOMEN.ORG)  
410.548.7880



*Get Ready to DIY...*

**BRAS FOR A CAUSE**

*May 1st - 21st*  
at the Centre at Salisbury!

**WSW**  
Local Services • Local Support



# COMMUNITY SUPPORT

## From our friends at PRMC

We hope that everyone's New Year's resolutions are going well as we head into the month of February. February is the month for all things heart related so it seemed only fitting to share some information related to lowering your risk factors with regard to developing heart disease! Coincidentally, many of these heart health measures can help to decrease your risk of breast cancer and other cancers!

**Watch your weight, get active and eat healthy-** Physical inactivity, obesity and high fat diet are risk factors for heart disease as well as breast cancer and other cancers. One of our community partners, MAC Center (Maintaining Active Citizens) offers many evidence based classes that can help individuals take control of their health through self-management. Classes include stretching and range of motion classes, yoga/chair yoga and personal training! If you would like more information about these programs the Mac Center can be reached at 410-742-0505 or you can visit their website at [macinc.org](http://macinc.org)

**If you drink alcohol, drink only in moderation-** According to the AHA (American Heart Association) moderation means 1 drink per day for women and 2 drinks per day for men. Drinking more alcohol can increase your risk of stroke, high blood pressure and can raise the levels of some of the fats in the blood (triglycerides). According to some research studies, drinking 2-3 alcoholic beverages per day may increase a women's risk for breast cancer by 20%.

**Quit smoking and stay away from secondhand smoke-** According to the American Heart Association, almost 1/3 of deaths from coronary heart disease are attributable to smoking or exposure to second hand smoke. Smoking is linked to a higher risk of breast cancer in younger women. There may also be a link between very heavy second-hand smoke exposure and breast cancer risk in post-menopausal women. If you don't smoke, don't start and if you are looking for assistance to stop smoking check your local health department for smoking cessation options.

Have a heart healthy February and we wish you great success with any changes that you may be making or planning to make to improve your health!

Carrie A. Kellams, BSN, RN, ACM, CN-BN  
Cancer Navigator



Our friends at Lower Shore Enterprises stopped in recently to help us stuff some of our seat belt pillows! These pillows make car rides a lot more comfortable for our survivors, so we're super thankful for all of their hard work!

# DONOR THANKS

## In Kind

Mary Deitch  
Dallas Marshall

## Business

Tanger Outlet's  
Patsy's Bridal

## In Honor

Clytie Taylor  
Robin Long  
Laura Maulsby-Kline  
Meg Whitehead

## In Memory

Christine Whaley  
Lisa Doyle  
Robert Watts  
Janice Watts  
Harry Fisher  
Ruth Culver

## Individual

Dorothy Burns  
Sharon Barto  
John & Suzanne Szymanski  
Holly Murphy  
Susan Kaverckas

## Civic

Snow Hill High School's SAAD Program  
Del-Mar-Va's Beauty Academy  
Glen Avenue School  
Women's Auxiliary BPOE 187

## SPONSORS

### Courage

\$5,000 +  
Spicer Bros. Construction Inc.

### Hope

\$2,500 +  
Apple Discount Drugs  
Kitty's Flowers  
Peninsula Imaging  
Richard A. Henson  
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: What do you get when you cross a snowman with a vampire?



A: Frostbite!



Local Services • Local Support

NONPROFIT ORG  
PAID  
SALISBURY MD  
21801  
PERMIT NO 146

**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  
marketing@womensupportingwomen.org

## Women Supporting Women 2019 Board of Directors

Dr. Cathy Townsend, President  
Julie McKamey, Vice-President  
Ginger Donovan, Treasurer  
Colleen Brewington, Secretary  
Penny Bradford, Past President  
Cindy Feist, Executive Director

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Alane Emerson  
Judy Herman  
Sally Hudson  
Jeanne Kenkel-Tajvar  
Courtney Moore  
Jenni Pastusak  
Billye Sarbanes  
Chalarra Sessoms



Annual Pink Ribbon Bingo

March 14, 2019

### 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  
No outside food/drinks will be permitted

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



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



Local Services • Local Support

All proceeds benefit Women Supporting Women.

