



Cindy Feist  
 Executive Director

### Summer in Full Swing

Welcome to Summer! It is finally kicking in. Schools are out, friends and family are coming to vacation at the beach. All is well with the world.

Just remember those days at the beach can get really hot and humid. It is extremely important to remember to avoid too much sun exposure while going through both chemotherapy and radiation treatment. Remember to put on sunscreen even if you are only going to be outside in short spurts and drink plenty of fluids.

It is vital to stay hydrated. Staying hydrated aids in controlling heart rate and blood pressure, regulates body temperature and protects organs and tissue, including the eyes, ears, and heart. Consuming enough fluids is easier than you think. While drinking water is the best hydration, many foods contain water and can help replenish lost fluids. While at the beach, pack salads (lettuce is 95% water), watermelon (92% water), and snack on some broccoli (91% water).

The takeaways here for those hot, humid days at the beach: Sunscreen is a must, drink (and eat) your water, but most of all HAVE FUN! Enjoy your Summer and I'll see you at the Beach!

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*“The will of the people is the only legitimate foundation of any government, and to protect its free expression should be our first object.” ~Thomas Jefferson*

*“The best way to enhance freedom in other lands is to demonstrate here that our democratic system is worthy of emulation.” ~Jimmy Carter*

*I have always been among those who believed that the greatest freedom of speech was the greatest safety, because if a man is a fool, the best thing to do is to encourage him to advertise the fact by speaking.”*

*~Woodrow Wilson*

# SUPPORT GROUP MEETINGS

## LOCAL services & support

### Salisbury (Wicomico)

Thursday, July 4th — **CANCELLED**

WSW Office

1320 Belmont Avenue, Salisbury

410.548.7880

Speaker/Topic: **CANCELLED**

Facilitator: Kyle Beebe

### Onancock, VA (Accomack)

Thursday, July 18th — **CANCELLED**

Holy Trinity Episcopal Church

66 Market St, Onancock

757.787.4430

Speaker/Topic: **CANCELLED**

Facilitator: Nicole Ayres

### Pocomoke (Worcester)

Thursday, July 11th — 5:30pm

**Location to be provided by Virginia**

410.548.7880

Speaker/Topic: Plant Party at Carolyn's

Facilitator: Virginia Schneider

### Cambridge (Dorchester)

Tuesday, July 23rd — **CANCELLED**

Christ Episcopal Church

601 Church St., Cambridge

410.463.0946

Speaker/Topic: **CANCELLED**

Facilitator: Sue Todd

### Berlin (Worcester)

Wednesday, July 17th — 1:00PM

Regional Cancer Care Center

9707 Healthway Drive, Berlin

410.548.7880

Speaker/Topic: Open Forum

Facilitators: Bev Ward & Jocelyn Feist



Women's Health Boutique on  
the Shore  
9935 Stephan Decatur Hwy  
Ocean City, MD 21842  
Open House June 28th!  
5 pm—8 pm

Go to shop between July 1st—  
July 14th to enter for a chance  
to win a prothesis bathing suit  
valued at \$60-\$80. The winner  
will be drawn July 15th!

# **SURVIVOR STORY**



## **Breast Cancer Survivor**

### **News Icon Shares Stories of Laughter and Inspiration**

*An outspoken, successful journalist, **Linda Ellerbee** has worked at NBC and ABC, owns her own production company and created the award-winning “Nick News with Linda Ellerbee,” a Nickelodeon news program for kids. As a veteran newswoman who has covered many topics over the years, she knew next to nothing about breast cancer—at least until her diagnosis in 1992 of Stage II disease.*

At the time of her diagnosis at age 47, Linda had already found several benign lumps over the years that never turned into anything; in fact, she had stopped having annual mammograms. One day, however, she found a lump in her left breast that hurt when she pressed on it. Her doctor initially dismissed it, but the pain continued for six months. A mammogram and biopsy revealed a slow-growing tumor. Linda knew she needed to learn more about it.

“Journalists don’t actually know anything, they just know how to find out things,” she said.

So she got to it, researching, reading and talking to people. When it came time to find a surgeon, she wanted a specialist. But the first surgeon told her he hoped she wouldn’t annoy him with all of her questions, so Linda decided she needed someone new.

“I believe in being an informed patient,” she said. “Some women turn everything over to their doctor, and that’s their choice. But a good doctor is the difference between life and death, or disfigurement.”

Once she found a surgeon she trusted, they decided her options were a lumpectomy or a mastectomy. Because of a precancerous condition in her other breast, she opted to have a double mastectomy and made the very personal decision not to have reconstructive surgery.

“I traded my breasts for my life and have never regretted it,” she said.

After surgery came six months of chemotherapy, during which she lost her hair, eyebrows and even her toenails. After six months of treatment, it took another six months before she felt normal again. She compared her treatment to a valley she had to get through.

“You just keep walking until one day you look up and you’re out,” she said. “It was a long, hard process and nobody tells you that it doesn’t all go away right after chemo ends. It got depressing at times, but to risk it and go through it is to say, ‘I believe in tomorrow.’”

Linda discovered how crucial a support system was late in her journey. She’d made two early mistakes: not seeking other survivors sooner and not asking her family for more help. When she was diagnosed, she simply didn’t consider the thousands of breast cancer survivors out there. Once she became aware, however, she discovered how helpful support groups really were. She also discovered how her family felt during her treatment. Looking back, she realized she hadn’t let them in as much as she should have.

“They loved me very much and would’ve felt better too if I’d only asked for more help,” she said. “They felt useless. If you love them, feel what you feel, say what you feel and let them help. Asking for help isn’t just for you.”

Laughter was also beneficial during treatment. One day while throwing a ball for her dog, she bent down to pick it up and her breast prosthesis fell out of her T-shirt.

“My dog grabbed it up and took off down the street,” she said. “I started running after him, yelling for him to give me back my breast!”

As soon as she realized what she was doing and how silly it all must’ve looked, she stopped, sat down and started laughing—and it felt good.

“You’ll cry throughout your journey,” she said, “but nothing says you can’t laugh, too.”

Although a good attitude is helpful, she pointed out, it’s not a cure. “You can’t always be strong,” she said, “and you shouldn’t have to be. Feel whatever you’re feeling and know that it’s OK. Nobody dies from cancer from a bad attitude.” As she progressed into survivorship, Linda embraced breast cancer as part of her past, part of her present and part of her future.

“But it’s not who I am; it’s not who any of us is,” she said. “When you have cancer, don’t forget you’re still you.”

Now as a breast cancer survivor, Linda continues to share her story as an inspirational speaker—and continues to make a big noise about cancer.

[https://www.patientresource.com/Breast\\_Survivor\\_Story2.aspx](https://www.patientresource.com/Breast_Survivor_Story2.aspx)

# NUTRITIONAL INFORMATION

## Cantaloupe Cheese Salad

**Prep Time:** 15 min

**Cook Time:** 0 min.

**Yields:** 8 servings

### **Ingredients:**

1 Cantaloupe

$\frac{3}{4}$  lbs. **Amerisal Foods Perla** Queso Duro Blanco (sliced in bite-size cubes)

$\frac{1}{4}$  cup Fresh Mint Leaves (sliced)

2 tbs. **Bella Sun Luci** Olive Oil

$\frac{1}{3}$  lbs. thinly sliced prosciutto (torn into bite-sized pieces)

### **Instructions:**

Make melon balls or bite-size pieces of cantaloupe. Combine with fresh mint and cheese cubes, toss in olive oil. Add prosciutto. Serve immediately.



## Watermelon Caprese Salad

**Prep Time:** 15 min

**Cook Time:** 4 min.

**Yields:** 8 servings

### **Ingredients:**

1 Watermelon

$\frac{3}{4}$  lbs. **Amerisal Foods Perla** Queso Duro Viejo (sliced in bite-size cubes)

$\frac{1}{4}$  cup Fresh Basil Leaves (sliced)

1 tbs. **Bella Sun Luci** Olive Oil

**VRISI 36 Balsamic Vinegar** glaze for drizzling

### **Instructions:**

Slice watermelon into 1.5" slices, brush with olive oil and grill 2 min. each side. Slice grilled watermelon into cubes and toss the rind. Toss with fresh basil,  $\frac{3}{4}$  lbs. cheese cubes, and remaining olive oil. Drizzle with balsamic vinegar. Serve immediately.





# Mentoring Minute

## SUN & FUN

It's SUMMER TIME! And, if you are like me, you are trying to spend as much time as you can out in the warm, summer time weather. I will admit, I am bad at remembering to protect myself from the UVA and UVB. Soaking up natural vitamin D from the sun is great. But, do be cautious not to overdo it when you are out and about. Here are some tips to avoid getting too much sun.

- ⌘ Use sunscreen every day, even if it's cloudy.
- ⌘ Apply at least one ounce of sunscreen (enough to fill a shot glass) at least 15 to 30 minutes before going outside. Also use a lip balm or lipstick that contains sunscreen with a sun protection factor (SPF) of at least 30.
- ⌘ Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water resistant and has a SPF of 30 or higher. Other sunscreens may help keep you from getting sunburned, but they won't protect against skin cancer.
- ⌘ Reapply sunscreen every two hours. Reapply every hour if you are swimming or sweating.
- ⌘ Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun, which can increase your chance of getting a sunburn.
- ⌘ Limit the amount of time you're in the sun between 10:00 AM and 4:00 PM. This is when the sun's rays are the most intense. Practice the shadow rule: if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.
- ⌘ If possible, wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics. For additional protection, look for clothes made with special sun-protective materials.
- ⌘ Accessorize with a hat that shades your face, neck, and ears and a pair of sunglasses. Sunglasses with lenses that have 99% to 100% UV absorption provide optimal protection for the eyes and the surrounding skin.
- ⌘ Be even more cautious if you are taking medications that may make you more sensitive to the sun. These include specific types of antibiotics, anti-inflammatories, antifungals, blood pressure medications, and chemotherapies.

Enjoy the summertime weather. Protect your skin. Drink plenty of Water.

Jocelyn Feist  
Mentoring Coordinator

More information found:

<https://my.clevelandclinic.org/health/articles/5240-sun-damage-protecting-yourself>



# COMPLEMENTARY CARE

## Tips to Help You Look and Feel Your Best

Cancer is often a visible disease that affects you from the inside out. The treatments used to rid your body of disease may affect your looks and self-esteem. It's hard not to feel defined by this disease when it's on display for all to see—including yourself.

Now is the perfect time to pamper yourself: a guilt-free priority that boosts your mood, improves your attitude and helps you put your best face forward while fighting cancer.



### Makeup tips

Hair loss can also impact your eyebrows and eyelashes, and your complexion can undergo some serious changes as well. Follow these tips to help you look a little more like your old self:

- A mild, tinted face moisturizer with SPF can easily even out your complexion while providing necessary moisture and protecting your skin from the sun's harmful rays.
- Use a brightening concealer under your eyes to brighten up this often dark, shadowy area.
- Your face will likely lack color, but instead of caking on a powdered blush, opt for a liquid-based cheek stain or illuminator.
- Find a heavy-duty lip moisturizer that also contains a bit of color.
- Use an eyeshadow that is a shade or two darker than your natural brow color. Stay within the natural line of your brows and lightly smudge the powder.
- If you lose your eyelashes, try using a fine eyeliner brush and a dark gel liner to coat the inner rim of your upper lash line. If you have a special event, consider applying false eyelashes. Just be careful with the glue so you don't pull out any remaining eyelashes.
- Use a creamy, pearlescent eyeshadow in a shade that's close to your skin tone to combat any darkening and/or visible veins in your eyelids.

**While you should stay out of the sun, you don't need to resign yourself to pallor. To give yourself a healthy glow, try using a mild self-tanner on your entire body and face.**

### Nail maintenance

Certain chemotherapy drugs may cause your nails and nail beds to change color or become grooved, sensitive, brittle or lifted. The good news is that these changes are only temporary and easy to combat:

- Always keep your nails trimmed short and filed smooth during treatment. However, you should not file streaks, stains or brown spots.
- Cover your hands when working with them (gardening, cleaning) and during any prolonged exposure to water (washing dishes) to protect them and to prevent fungal infections.
- These could lead to infection. Also avoid silicone fillers for nails.
- This will help hide any discoloration. Just don't change polish very often because nail polish removers are harsh, and be sure to begin with a clear coat so the darker color doesn't absorb into the nail bed. Also avoid acrylics and nail gels, which carry a higher risk of fungal infection during chemotherapy.

**Tell your doctor if you notice dark or lifted nail beds, as those may be signs of infection.**



### Spring for the spa

- Regular manicures and pedicures are a sweet treat for your hands and feet. Not only is proper nail care important for the cancer patient, it also helps women feel pretty and polished.
- Massages and facials can be a welcome escape from your illness and stress in general. Get your doctor's advice prior to booking any appointments, and inform your therapist/aesthetician of your situation before your session begins so they can be sure to use gentle products and work around any sensitive areas to ensure maximum relief and an enjoyable spa experience. (Be sure to ask your insurance company if they'll cover any of the cost).



[https://www.patientresource.com/Breast\\_Cancer\\_Look\\_And\\_Feel.aspx](https://www.patientresource.com/Breast_Cancer_Look_And_Feel.aspx)

# MEDICAL UPDATE



**Report: Cancer-Causing Nitrates in Water Supply**  
By Steven Reinberg

*HealthDay Reporter*

WEDNESDAY, June 12, 2019 (HealthDay News) -- Millions of tons of nitrate from industrial farming find their way into America's drinking water each year, causing thousands of cases of cancer and other health problems, an environmental advocacy group says.

In a new report, researchers from the Environmental Working Group (EWG) quantify the risk. They say nitrate is responsible for nearly 12,600 cases of cancer a year.

"Industrialized farming relies heavily on nitrate fertilizers that can run off into the water table used by drinking water utilities," said Sydney Evans, a science analyst at EWG.

The risk varies from region to region, she said, noting that many small farming communities have the highest nitrate levels in their water -- and the highest risk. Iowa and California, two heavily agricultural states, were found to have the most nitrate-related cancer cases.

A Yale University researcher who reviewed the report said the danger it highlights is clear and exists throughout the country.

"An immediate response is warranted, so that we are not poisoning our water to produce our food," said Dr. David Katz, director of the Yale-Griffin Prevention Research Center in New Haven, Conn.

The report said 80% of the nitrate-related cancers were colorectal, with ovarian, thyroid, kidney and bladder cancer accounting for the rest. Treatment costs up to \$1.5 billion a year, according to the report.

Nitrate in tap water also has been tied to serious health issues for infants, the researchers said. Among them: nearly 3,000 babies with very low birth weight; more than 1,700 preterm births; and 41 cases of neural tube defects each year in the United States.

Katz said that although the study has limitations, it makes a compelling case that nitrates from what he described as "agriculture as usual" in the United States are "imposing grave costs measured in both lives and dollars."

Meanwhile, Evans called on the U.S. Environmental Protection Agency (EPA) to revisit its public health standards for drinking water. A main mission of her group is to prevent nitrate from fouling drinking water.

Since 1962, the federal standard for nitrate in drinking water has stood at 10 milligrams per liter. The report said problems have been found at one-tenth of that level.

The EPA was slated to re-evaluate its standards with an eye to reducing the permissible level in drinking water, but the Trump administration canceled those plans, Evans said.

For tap water to be safe, she said nitrate levels would have to be 70 times lower than today.

Nitrate is hard and costly to filter out of water, Evans said. Some towns and cities, however, do remove it and pass along the cost to residents.

Private wells can also have high nitrate levels. People who rely on well water have to spend thousands of dollars to add reverse osmosis systems if they want to remove nitrate, Evans said.

The best policy, she said, is to prevent large quantities of nitrate from getting into the water in the first place. It's up to the government to set safe standards and make sure the farm industry adheres to them, she added.

The report was published June 11 in the journal *Environmental Research*.

WebMD News from HealthDay

[https://www.webmd.com/cancer/news/20190612/report\\_cancer-causing\\_nitrates\\_in\\_water\\_supply#1](https://www.webmd.com/cancer/news/20190612/report_cancer-causing_nitrates_in_water_supply#1)

# 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*

**Shelby Moore**

*Event Coordinator*

**Jocelyn Feist**

*Mentoring  
Coordinator*

## UPCOMING EVENTS:

**Beginning Beauties Celebration** July 17th, 2019—Mary Kay's Beautique Studio in Salisbury starting at 6 pm. Help WSW fundraise for our new program, "Prettier Than Pink" where survivors will learn skin care, how to apply eyelashes & make-up.

**WSW Luau Party** August 7th, 2019—Partnering with Brew River Restaurant . Join us for a Charity Guest Bartender All-Star event from 6 pm—10 pm. Dine or drink at the Dock Bar! 20% of the proceeds and a portion of tips goes to WSW.

**Maui Jack Day** August 17th, 2019—All day event at Maui Jack's Waterpark on Chincoteague Island, VA. Reduced ticket price for survivors and families, \$10 tickets through WSW. \$25 day of event.

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



WSW PRESENTS  
*Beginner  
Beauty  
Celebration*

**NEW!!!!**

Come Join  
Women Supporting Women  
in Beginning our  
"Prettier Than Pink"  
Program  
Wednesday July 17th at 6pm  
The Beautique Salon  
701 E Naylor Mill Rd  
Salisbury, MD 21804

Women Supporting Women's  
launch party to fundraise for our  
"Prettier Than Pink"  
Program  
Please help us create this new program for  
patients going through Breast Cancer

For more information,  
please call (410) 548-7880 or email  
wicomico@womensupportingwomen.org

MARY KAY



WSW  
PRESENTS

**GUEST  
BARTENDER  
LUAU**

Come Have Fun With  
Women Supporting  
Women!

**WEDNESDAY  
AUGUST 7TH 2019  
6PM TO 10PM  
BREW RIVER**





# WSW DAY

**YOU'RE INVITED!**

**where:** Maui Jack's Waterpark,  
Chincoteague, VA

**what:** Fun in the sun, games, and  
more!

**when:** August 17, 2019

**tickets:** \$10 if purchased from WSW,  
\$25 at the gate!\*

\*Maui Jack's will be donating \$1.00 for every ticket sold at  
the gate the day of the event!

Contact WSW at 410-548-7880 for ticket information.

[WWW.WOMENSUPPORTINGWOMEN.ORG](http://WWW.WOMENSUPPORTINGWOMEN.ORG)

[WWW.MAUIJACKS.COM](http://WWW.MAUIJACKS.COM)



# COMMUNITY SUPPORT

June 8th, 2019—WSW's 'Your Healthiest You' Conference @ Civic Center



Vendor—Lemonade Bookstand



Vendor—Yalich Clinic



'Your Healthiest You' Conference had up to 21 vendors varying from Red Dragon Acupuncture to Seaside Counseling & Wellness, Corelife Delmarva, Lyme Disease Assoc. of Delmarva and Apple Discount Drugs to name a few. Breakout speakers included: Peninsula Holistics, Master Gardening, Nutrition and more.



Our guest speaker, Beth Ohlsson, storytelling to our lunch crowd. The stories included takeaways of having everything in you to heal yourself and that you are the most important person. Remember to take care of you.

# **DONOR THANKS**

## **In Kind**

Catherine Curran

Kimberly Davenport

Melinda Ingalls

## **Individual**

Lisa Twilley

Norma Era

## **In Memory**

Elizabeth "Betty" Ertel

John & Deborah Burke

Kathryn Owens

First MD Volunteer Infantry Reg.

Barbara Jones

William & Patti Carmine

## **Civic**

Westside Primary School

Eastside Memorial VFW Post 2996

# **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**

**Peninsula Holistics**

## **Joke of the Month:**

**Q:** What's the difference between a duck and George Washington?

**A:** One has a bill on their face and the other has their face on a bill.



# *How to Donate:*

### Monetary

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

### In-Kind (Non-monetary)

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



Local Services • Local Support

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**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  
wicomico@womensupportingwomen.org

## Women Supporting Women 2019 Board of Directors

- Dr. Cathy Townsend, President
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- Jenni Pastusak
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- Chalarra Sessoms

*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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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

*Please notify the following person of my gift:*

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