



Local Services • Local Support

CARE & SHARE NEWSLETTER

March-April 2020



2020 is Coming in Bright

This is truly turning into a very exciting year for Women Supporting Women. We offer services over five counties on the Eastern Shore and our mission (To provide awareness, education and support to all those affected by breast cancer) remains the same throughout the entire Delmarva Peninsula. Sometimes, amidst all of the joys, sorrows, and hard work that it takes to keep us going, we lose sight of that very important fact. For this reason, we are very excited to be introducing three

opportunities for all of our survivors, families, friends, volunteers and businesses to work together to raise funds allowing us to continue our very important mission.

*First, please take a look at page 5, where you will find information about this year's Annual Pink Ribbon Bingo. Check out what is **NEW** this year! Along with The Pampered Chef and Thirty-One gift baskets, there will be Cash Prizes! Visit www.womensupportingwomen.org website to register now for tickets. First come, first serve basis this year on tables, so be sure to get there early. Doors open at 5:00 pm.*

Second, we are very excited to host our 10th Annual Bras for a Cause event. This year, the Ocean City Art League will be the venue displaying all the bras. If you need more information than is provided on the enclosed insert, please feel free to contact the WSW office. Friendly competition is always good and this year's theme "All Things Maryland" should create a stir.

*Last, but certainly not least, we wanted to make sure you put this date on your calendar. The **Walk for Awareness** is moving in 2020! New Date and New Location! Join us on **Saturday, June 27th** at **Pemberton Park** ready to walk, run or join in the fun as we include a new inflatable obstacle race.*

*So, please allow us to join you in practicing what most survivors already know... Fundraising can be **FUN** and with your help, we can accomplish a lot more when we work together.*

Take care and see you at an upcoming event!

Cindy Feist, Executive Director

Table of Contents:

- Nutrition.....2
- Survivor Story.....3
- Medical Update.....4
- Bingo Flyer.....5
- Mentoring Minute.....6
- Your Healthiest You.....7
- March Calendar.....8
- April Calendar.....9
- Community Update.....10
- Upcoming Events.....11
- Spring Interns.....12
- Nutrition Class.....13
- Donor Thanks/Joke.....14
- Walk for Awareness/WSW Book Club.....15
- See insert for Bra Registration



Nutritional Information

Dump-and-Bake Spring Pasta

Prep Time 10 minutes

Cook Time 45 minutes

Total Time 55 minutes

Servings 4 servings

Calories 246.6 kcal

Ingredients

1 cup diced cooked chicken*

1 14 ounce can quartered artichokes, drained

1 cup diced fresh asparagus about 10 spears

½ cup grated carrots I used a bag of “matchstick carrots” from the produce section as a shortcut

1 ½ cups uncooked penne pasta

1 ¾ cups low-sodium chicken broth or vegetable broth for a vegetarian option

½ cup loosely-packed chopped fresh chives or green onions divided

¼ cup chopped fresh parsley divided

2 teaspoons minced garlic

¼ teaspoon salt

½ cup fresh or frozen peas

1/4 cup grated Parmesan cheese divided



Instructions

Preheat oven to 425 degrees F (220C). Spray an 8-inch square baking dish with cooking spray. In the prepared dish (or in a separate bowl), stir together cooked chicken, artichoke hearts, asparagus, carrots, uncooked pasta, chicken broth, about half of the chives, half of the parsley, minced garlic, and salt, and 2 tablespoons of Parmesan.

Cover the dish tightly with foil and bake for 35 minutes.

Uncover; stir. At this point you should check the pasta to make sure that it is al dente (firm but just about finished cooking). If it's still too hard, cover the dish and return to the oven until pasta is al dente. Then move on to the next step.

Stir in the frozen peas and sprinkle remaining 2 tablespoons Parmesan over the top. Bake uncovered for 5-10 more minutes (or until pasta is tender).

Garnish with remaining chives and parsley just before serving.



<https://www.theseasonedmom.com/dump-bake-spring-pasta/>

Survivor Story

Shannen Doherty's Breast Cancer Has Returned At Stage 4. Why Does Recurrence Happen?

"It's a bitter pill to swallow in a lot of ways," she said in an interview with *Good Morning America*.

By Korin Miller

Feb 4, 2020

Nearly three years ago, Shannen Doherty announced on Instagram that her breast cancer was in remission. Now, she shared in an emotional new interview that her breast cancer is back—and it's stage 4. "I don't think I've processed it. It's a bitter pill to swallow in a lot of ways," Doherty told *Good Morning America*.

Doherty, 48, said she's struggled with the diagnosis. "I definitely have days where I say 'Why me?' And then I go, 'Well, why not me? Who else? Who else besides me deserves this?' None of us do," she said. "But I would say that my first reaction is always concern about how am I going to tell my mom, my husband."



Doherty first revealed that she had breast cancer in 2015, and regularly documented her treatments and life with the disease on Instagram. But the actress said she wanted to be more private about her cancer journey this time around.

One reason was that she wanted to honor her friend, Luke Perry, who died while filming the *90210* reboot. "It's so weird for me to be diagnosed and then somebody who was, you know, seemingly healthy to go first," she said. "It was really shocking, and the least I could do to honor him was to do that show."

She also wanted to prove that she could still work. "Our life doesn't end the minute we get that diagnosis. We still have some living to do," she said. (Alex Trebek shared the same sentiment when he was diagnosed with stage 4 pancreatic cancer.)

Doherty also anticipated that her diagnosis would come out as part of her lawsuit against insurance agency State Farm. After her California home was damaged in the Woolsey wildfire in 2018, Doherty said she's had to pay some costs out of pocket that she believes insurance should cover. "I'd rather people hear it from me. I don't want it to be twisted. I don't want it to be a court document. I want it to be real and authentic," she said. "And I want to control the narrative. I want people to know from me."

<https://www.prevention.com/health/health-conditions/a30765371/shannen-doherty-stage-4-breast-cancer-recurrence/>

Medical Update

Newer and Experimental Breast Imaging Tests

The most commonly used breast imaging tests at this time are mammograms, ultrasound, and breast MRI. Newer types of tests are now being developed for breast imaging. Some of these, such as breast tomosynthesis (3D mammography), are already being used in some centers. Other tests are still being studied, and it will take time to see if they are as good as or better than those used today.

Molecular breast imaging (MBI), also known as **scintimammography** or **breast-specific gamma imaging (BSGI)**, is a type of nuclear medicine imaging test for the breast. A radioactive chemical is injected into the blood, and a special camera is used to see into the breast. This test is being studied mainly as a way to follow up breast problems (such as a lump or an abnormal mammogram), or to help determine the extent of breast cancer that has already been diagnosed. It's also being studied as a test that can be used along with mammograms to look for cancer in women with dense breasts. One potential drawback is that it exposes the whole body to radiation, so it's unlikely this test would be used for screening every year.

Positron emission mammography (PEM) is a newer imaging test of the breast that is very similar to a PET scan. A form of sugar attached to a radioactive particle is injected into the blood to detect cancer cells. A PEM scan may be better able to detect small clusters of cancer cells within the breast. Right now it's being studied mainly in women with breast cancer to see if it can help determine the extent of the cancer. As with MBI, it exposes the whole body to radiation, so it's unlikely to be a test that could be used every year for breast cancer screening.

Contrast-enhanced mammography (CEM), also known as **contrast-enhanced spectral mammography (CESM)**, is a newer test in which a contrast dye containing iodine is injected into a vein a few minutes before two sets of mammograms (using different energy levels) are taken. The contrast can help the x-rays show any abnormal areas in the breasts. This test can be used to get a better look at areas that appear abnormal on a standard mammogram, or to help assess the extent of a tumor in women just diagnosed with breast cancer. Studies are now comparing it to breast MRI in these settings, as well as possibly for use in screening women with dense breasts. If it proves to be as good as MRI, CEM could become more widely used because it is quicker to do and is less expensive than MRI.

Optical imaging tests pass light into the breast and then measure the light that returns or passes through the tissue. The technique does not use radiation and does not require breast compression. Studies going on now are looking at combining optical imaging with other tests like MRI, ultrasound, or 3D mammography to help look for breast cancer.

Electrical impedance imaging (EIT) scans the breast for electrical conductivity. It's based on the idea that breast cancer cells conduct electricity differently from normal cells. The test passes a very small electrical current through the breast and then detects it on the skin of the breast. This is done using small electrodes that are taped to the skin. EIT does not use radiation or compress the breasts. This test can be used to help classify tumors found on mammograms. But at this time there hasn't been enough clinical testing to use it for breast cancer screening.

Elastography is a test that can be done as part of an ultrasound exam. It's based on the idea that breast cancers tend to be firmer and stiffer than the surrounding breast tissue. For this test, the breast is compressed slightly, and the ultrasound can show how firm a suspicious area is. This test might prove to be useful in telling if the area is more likely to be cancer or a benign (non-cancerous) tumor.

Last Medical Review: October 3, 2019

<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/experimental-breast-imaging.html>



Annual Pink Ribbon Bingo

March 26, 2020

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 or alcohol will be permitted

Tickets \$25.00 in advance / \$30.00 at the door

Online registration: 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, Cash Prizes

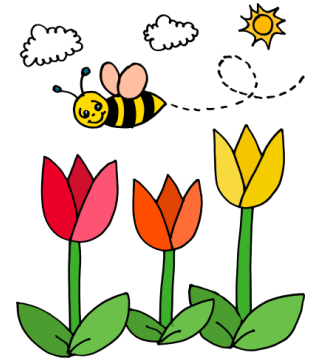
All prizes filled with complementary goodies.



All proceeds benefit Women Supporting Women.



Mentoring Minute



Birds are chirping, Flowers are blooming, Sun is shining. Oh, is this Spring I'm feeling? Does this mean the start of spring cleaning can begin? The ability to get out of this seasonal depression and wintertime blues. A fresh start into a new and warmer season. Did you know you can also spring clean more than just your closet and stuff? There are actually 12 simple ways to Spring Clean your Health!

Now that the weather is getting nicer. Adding fresh produce from Farmer markets and local produce stands can be a great source for healthy/fresh options to add into your diet. Start by checking out local produce stands. Ask local farmers to learn and see what is available for the months of March & April. Nutrition is key for energy and strength. Few types of vegetables that are good for breast cancer health: Leeks, Chives, Spinach, Broccoli, Cabbage, Kale, and Horseradish. These are just a few veggie options.

Ready, Set, lets get outside and go on a stroll. Walking is not only great for your cardio and help burn a few calories. But even just having the ability to take a stroll down to the mailbox can add a little boost in your step, especially taking in a few nice deep breaths of some fresh spring air. Having the option to take a walk on the beach, in a park, or woods can bring you back to the basics. "According to a study published in the International Journal of Immunopathology Pharmacology. Called forest bathing, which researchers found that walking in the forest lowers blood pressure and stress and boosts the immune system" (Melone, CSCS).

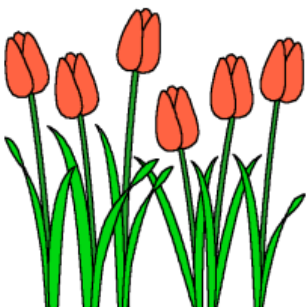
Trying to shed little extra winter pounds, while heading into spring months? Change up your wheat intake. Easier said than done, but you can always cut or limit wheat in your diet. If this seems like a difficult task to accomplish. No problem try healthier options. By avoiding white breads, sweeter grains, pastas. Healthier grain options to have whole wheat, rye, oats, quinoa, bulgur, and barley.

Spring Showers are bringing some beautiful flowers. But those showers, make it hard to enjoy the outdoors. Curling up on the couch and taking a few minutes to enjoy some tv or even a good book doesn't hurt every so often. Don't let your brain turn into mush though. Books and TV can be a nice way to zone out. Add some brain-boosting options into your selection. Try and watch/read something that will stimulate thoughtful conversations, creative thinking, and boost engagement. This is good to help with chemo brain, adding brain-building chemicals such as dopamine and oxytocin.

Welcome to Spring! These are just a few great ideas to help spring clean your health. If you are interested in learning more about this topic. Check out the link below. Plus keep an eye out for our 3rd

Annual "Your Healthiest You" conference in April.

Jocelyn Feist
Mentoring Coordinator



*Melone, CSCS, Linda. (5 Apr 2013). 12 Simple Ways To Spring Clean Your Health
<https://www.prevention.com/health/g20432207/12-spring-updates-for-your-health-routine/>*



Local Services • Local Support

"Your Healthiest You" Conference

**INTEGRATIVE HEALTH & WELLNESS
EVENT**

**\$10.00 PER PERSON
BREAST CANCER SURVIVORS FREE
WITH COUPON CODE**

18 APRIL 2020 | 8:30 A.M.- 12:00 P.M.

**THE RIDGE - OAK RIDGE BAPTIST
CHURCH**

347 TILGHMAN ROAD, SALISBURY, MD 21804

Learn about alternative health and exercising made fun. All topics on breakout sessions are available on the Eastern Shore!



**FUNDING PROVIDED BY THE
COMMUNITY FOUNDATION OF
THE EASTERN SHORE.**

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Salisbury Stitch Therapy 1:30 pm - 3:30 pm Pint & Pose @ EVO 5:30 pm	Salisbury SG - Britney Herz with Bibilography		
8	9	10	11	12	13	14
	Ocean Pines Stitch Therapy 1 pm—3 pm			Pocomoke SG - Kim Abplanalp with Holistic Health		
15	16	17	18	19	20	21
		St. Patrick's Day	Berlin SG - Denise Seebode on Lymphede- ma	Onancock SG - Crystal Heiser with Inspira- tional Story		
22	23	24	25	26	27	28
		Cambridge SG Juliann Pax, PhD on Nutrition		Pink Ribbon Bingo		
29	30	31	1	2	3	4

Notes:

April

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			Salisbury Stitch Therapy 1:30 pm - 3:30 pm	Salisbury SG - Maria Von Kollmar on Lymphedema		
5	6	7	8	9	10	11
				Pocomoke SG Open Forum	Good Friday Office Closed	
12	13	14	15	16	17	18
Easter	Ocean Pines Stitch Therapy 1 pm—3 pm		Berlin SG - Open Forum	Onancock SG Open Forum		'Your Healthiest You' Conference
19	20	21	22	23	24	25
26	27	28	29	30	1	2
	Bra Submissions due to WSW	Cambridge SG Open Forum				

Notes:

Community Update

(Pictured Left) During the month of October 2019, Ocean Downs Casino sold pink dice necklaces with all proceeds benefiting WSW. They raised \$840!

(Pictured Right) Outlets Ocean City held OC Endless Car Show on October 11, 2019 which raised at total of \$1,525! Then, on October 30th they held the Pink Party Luncheon at Outback and raised a total of \$2,055! So, for the month of October grand total raised was \$3,580!!



(Pictured Left) Dr. Alex Zito and Lou Ann Leonard with Peninsula Imaging present \$2,500 for their annual sponsorship with WSW.



Upcoming events:

Pint & Pose

March 4, 2020 at EVO 5:45 PM—6:45 PM. Tickets are \$25 in advance/\$30 after February 26th which includes 2 drink tickets. Come in yoga attire and bring your own mat or donate \$5 for a pink one!

18th Annual Pink Ribbon Bingo

Pampered Chef, Thirty-One and Cash Prizes! Have you purchased your tickets yet? March 26, 2020 at the Salisbury Moose Lodge. See page 5 for more details!

3rd Annual 'Your Healthiest You' Conference

Join us on April 18th at "The Ridge" Oak Ridge Baptist's Youth Center from 8:30 am to 12 pm. Olympia Fitness will be offering multiple group exercise classes. See page 7 for more details! Exercise attire is encouraged. Sign ups for our Nutrition Class will be available during this conference.

All WSW events and details can be found on our website under the "Events" tab.

Office Staff Members

Cindy Feist

Executive Director

Cerah Edsall

*Administrative
Assistant*

Rachel Manning

PR & Marketing

Jocelyn Feist

Mentoring Coordinator

John Rankin

Grant Manager



PINTS. POSE. YOGA.

Join Women Supporting Women for "Pint & Pose" at Evolution Craft Brewery in Salisbury, MD. Class will be lead by yoga instructor, Lauren Gilmore from Soul Yoga. Class begins at 5:45pm!

- \$25/person in advance or \$30/person if registered after February 26th. Visit our website below to register.
- Fee includes two craft beers or glasses of wine and hour-long yoga class
- Come in yoga appropriate attire and bring your own mat or available for donation of \$5. Must be 21yrs old to participate. Evolution Craft Brewery - 201 East Vine St., Salisbury, MD

www.womensupportingwomen.org



Welcome SU Spring Interns!



Emily Ent

Emily Ent is from Belvidere, New Jersey and is finishing up her senior year at Salisbury University majoring in Community Health with a minor in Psychology. Emily is passionate about community outreach and bettering the health outcomes for women on Delmarva as well as raising awareness for breast cancer within the community.

Ent says, “the mission of Women Supporting Women aligns very well with my own beliefs and values and what I would like to achieve as a community health educator.” WSW is looking forward to having Emily in the office and is excited to educate her on how we support, educate, and raise awareness for breast cancer survivors in our local community.



Amanda Dipasquale

Amanda DiPasquale is a senior at Salisbury University with a major in Community Health. As an undergraduate student, she studied abroad in Lisbon, Portugal, which focused on the Portuguese Drug Relations. During her time studying abroad in Portugal, she visited rehabilitation treatment centers, which made her passionate about working with others and helping individuals cope and overcome the health issue that they may be dealing with.

Amanda enjoys spending time helping others and serving her community. Helping others is a passion of hers. With that said, as a Community Health major, our goal is to promote, protect and prevent health issues within a community, which is exactly what she loves doing and wants to continue doing once she receives her degree in Community Health. Amanda has hopes and plans of having a career in working for a non-profit organization or furthering her education to become a substance abuse counselor.



Attention ALL Cancer Survivors and caregivers

WESW presents:

COOKING for the NEW ME

Sign ups available at 'Your Healthiest You' Conference

Classes will begin in May.

Each session includes five classes.

Class Topics:

Class 1: Brain Boosting

Class 3: Immune Boosting

Class 2: Hormone/Mood Balancing

Class 4: Nausea Nixing

Class 5: Food Store Tour

You will learn how to use healthy fats and vegetables. Become familiar with several sources of protein. Prepare new ingredients a healthier way.

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

DONOR THANKS

Individual

Ashley Arnold
 Rachel Cress
 Leona Demaline Creamer
 Jennifer Disharoon
 Susan DuPont
 Dr. Carolyn Elmone Ed. D
 Gina Goslee
 Martha Hill
 Rebecca Kambarn
 Della Kenkel
 Diane Koch
 Katherine Layton
 Victoria Leiby
 Barbara Lewis
 Ginnie Malone
 Shae Muir
 Holly Murphy
 Ruth Polk
 Diana Rein
 Jessica Rose
 Edward Tucker
 Ruth Yesko

In Kind

Barbara Bednar
 Katherine Cunningham
 Brenda Lankford
 Steve Rybacki
 Sue Stein
 Gina Tihila
 Janet Wilkins

In Memory of:

Elizabeth Esham
 Debra Stavely
Lizabeth C. Judy
 Caleb Abbott
 Jane Cole
 Chelsea Collins
 Timothy Crouse
 Mr. & Mrs. Irving
 Cecilia Shim
 Jodie Wedel
Patty Mowbray
 Linda & Bob Sprey
 Jennifer Oursler
 Mr. & Mrs. Charles Stapleton
 Dealers Building Supply Corp
Bobbi Cooper West
 Linda & Bob Sprey
Sally Yates
 Karen Sallac

Civic

Asbury United Methodist Church
 Charles Chipman Elementary School
 Snow Hill Lions Club
 United Methodist Women

Business

First Shore Federal
 Fisher's Architecture
 Sobos Management

Joke of the month:

How do you make a waterbed
 more bouncy?



Add spring water.

SPONSORS

Courage

\$5,000 +

**Spicer Bros. Construction Inc.
 Blue Water Development
 Corporation**

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 Holistic**





WALK FOR AWARENESS 2020

Join us for our Walk!
New Date! New Location!

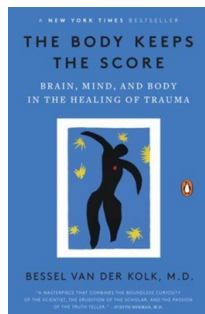
JUNE 27, 2020 RAIN DATE JUNE 28, 2020
PEMBERTON PARK

Keep an eye out for more information regarding our
2020 Walk for Awareness.
For questions and information call (410) 548-7880
or visit Womensupportingwomen.org

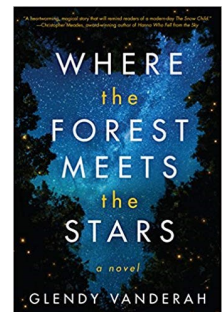


See what WSW staff members are reading or recommending!

The Body Keeps Score
by *Bessel van der Kolk*



Where the Forest Meets the Stars
by *Glendy Vanderah*



Check out Wor-Wic:

- March 12th at 7 pm for a poetry reading by Dr. George David Clark.
- April 6th and 7th at 7 pm for a poetry talk and reading by Hailey Leithauser and Ned Balbo.



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
wicomico@womensupportingwomen.org

Women Supporting Women 2020 Board of Directors

- Penny Bradford, President
- Julie McKamey, Vice-President
- Billye Sarbanes, Treasurer
- Cindy Feist, Executive Director
- Colleen Brewington
- Melodie Carter
- Lynn Creasy
- Ginger Donovan
- Alane Emerson
- Judy Herman
- Sally Hudson
- Jenni Pastusak
- Robbie Tarpley Raffish
- Chalarra Sessoms



Annual Pink Ribbon Bingo

March 26, 2020

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 or alcohol will be permitted

Tickets \$25.00 in advance / \$30.00 at the door

Online registration: 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, Cash Prizes

All prizes filled with complementary goodies.



All proceeds benefit Women Supporting Women.

