



CARE & SHARE NEWSLETTER

June 2024

Local Services • Local Support



Cindy Feist
Executive Director

WELCOME TO SUMMER

It begins! First day of summer on June 20th, 2024. The time we all look forward to picnicking with family and friends, outdoor concerts, going to the beach, and vacationing whenever and wherever we can. There are however a few things to remember especially for those battling a cancer diagnosis of any kind. Staying safe in the summer heat needs to be a top priority. Here are 5 tips for cancer patients to keep in mind from the University of Texas MD Anderson Cancer Center:

Don't underestimate the value of good hydration - Try chilled water infused with produce or fruits. Or add ¼ cup of your favorite juice to a large pitcher of water. Or, try an iced, low-sugar sports drink or low-sugar popsicles to keep cool and hydrated.

Think twice before swimming if you're in cancer treatment or immunocompromised - Many people enjoy taking a dip to cool off when it's hot outside, but check with your doctor to be sure that swimming is a safe option for you. Sometimes radiation therapy can make people more sensitive to the chemicals used in pool water, such as chlorine.

Avoid getting overheated during cancer treatment - Regulating body temperature is generally not a problem for most cancer patients. But high humidity makes it harder for your body to cool off by sweating, so try to avoid really hot places like saunas, steam rooms, hot yoga classes, or hot tubs.

Watch for warning signs of heat stroke and heat exhaustion - Cancer treatment side effects can cause dehydration, so doctors do everything they can to prevent it.

Limit sun exposure - Certain forms of chemotherapy and radiation therapy can make cancer patients more sensitive to sunlight. Anyone who spends time outdoors should use a sunscreen of at least SPF 30, frequently. Wearing a hat is particularly important for people who have lost their hair or are receiving radiation for head/neck cancer.

<https://www.mdanderson.org/cancerwise/staying-safe-in-the-summer-heat--5-tips-for-cancer-patients.h00-159462423.html>

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- WSW Staff Members
- [Cindy Feist](#)
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- [Amaris Ward](#)
Administrative Assistant
- [Jocelyn Feist](#)
Mentoring Coordinator
- [Andie Hess](#)
Event Coordinator
- [Raven Cook](#)
PR Marketing Coordinator

WSW Summer Office Hours:

Monday - Thursday 9:00 am - 4:00 pm

CLOSED Friday's until after Labor Day weekend

For wig and bra fittings please call for an appointment



Nutritional Information

Grilled Chicken Kabobs

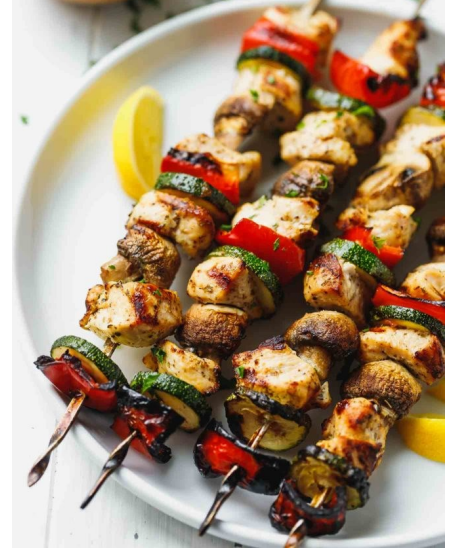
The summer is filled with cook outs but you do not have to miss out. This recipe provides a healthy twist on traditional summer cuisine that is also delicious.

Ingredients:

- 2 chicken breast
- 1 zucchini
- 1 bell pepper
- 8 mushrooms
- 1/4 cup soy sauce
- 2 Tbsp pineapple juice
- 1/4 cup oil
- 1/2 Tbsp honey
- 1/4 tsp minced garlic

Directions:

1. Cut chicken breasts into 1½-inch cubes.
2. Combine soy sauce, pineapple juice, oil, honey, and minced garlic. Reserve 2 Tbsp of mixture to baste skewers on the grill.
3. Seal remaining soy sauce mixture and chicken breast cubes in a Ziploc bag and marinate in the refrigerator for 3-4 hours or overnight.
4. Preheat grill to medium heat.
5. Cut zucchini into ½-inch slices and bell pepper into 1½-inch slices. Destem mushrooms.
6. Place 4 chicken breast cubes, 2 zucchini slices, 2 pepper slices, and 2 mushrooms on each skewer, alternating to make a pattern.
7. Cook for 5-7 minutes, flip skewers, and baste with the reserved marinade. Cook for another 5-7 minutes or until chicken reaches 165°F.



Nutrition Facts:

Calories: 271kcal	Saturated fat: 3g	Sugar: 2g
Carbohydrates: 4g	Cholesterol: 27mg	Vitamin C: 41.6mg
Protein: 9g	Sodium: 555mg	Calcium: 16mg
Fat: 24g	Potassium: 363mg	Iron: 0.7 mg
	Fiber: 1g	

<https://illinoiscancercare.com/news/recipes-perfect-for-grilling-out/>

Joke of the Month

My dad said he wanted something groundbreaking for Father's Day.

I got him a shovel.



Support Groups

WSW June 2024 Support Groups



Salisbury: Thursday, June 6th

Time: 6:30 P.M. Location: WSW Office
1320 Belmont Ave., Suite 402 Salisbury MD

Guest Speaker: Jessica Hagy LCSW-C

Topic: Chair Yoga

Facilitator: Jocelyn Feist

Easton: Mentor available by phone

410-548-7880

Facilitator: Staci Jelley

Cambridge and Onancock-Eastern Shore of VA: Contact WSW Office

Support/Mentor available by phone
410-548-7880

Facilitator: Jocelyn Feist

Berlin: Wednesday, June 19th

Time: 1:00 P.M. Location: Regional Care Center
9707 Healthway Dr. Berlin, MD

Facilitator: Cathy Kerns

NEW LOCATION: Pocomoke: Tuesday, June 11th

Time: 5:30 P.M. Location: Bayside Community
Church Meeting Center

206 5th St, Pocomoke, MD 21851

Facilitator: Cathy Kerns

Crisfield: Mentor available by phone

410.726.9060

Facilitator: Monique Welch

Questions, please contact the office
410-548-7880

Stitch Therapy

WSW *Stitch Therapy* crochet, knit, cross-stitch, punch needle

FREE!
Beginners
Welcome!

Salisbury Stitch Therapy

Wednesday, June 5th

Wednesday, July 3rd

Wednesday, August 7th

Wednesday, September 4th

Women Supporting Women Office

1320 Belmont Ave. Suite 402
Salisbury, MD 21804

Facilitator: Donna Altvater

Berlin Stitch Therapy

Friday, June 14th

Friday, July 12th

Friday, August 9th

Friday, September 13th

TidalHealth Richard A. Henson

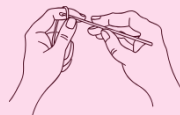
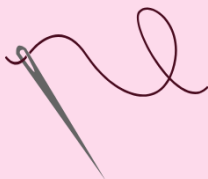
Cancer Institute Ocean Pines

11105 Cathage Rd
Berlin, MD 21811

Facilitator: Julie Krenzer

1:00 p.m.
to
2:30 p.m.

1:00 p.m.
to
3:00 p.m.



Upcoming Events

BEST TIME OF YEAR FOR YELLOWFIN AND BIGEYE TUNA

JUNE 14-15, 2024

**LADIES ONLY
TUNA TOURNAMENT**
WOMEN OWNED AND OPERATED

OVER \$13,000 GIVEN AWAY
TO WOMEN SUPPORTING WOMEN
(LOCAL CHARITY)

57 BOATS 291 LADIES 2,500 LBS. OF FISH

PHOTO CONTEST FREE TO ENTER.

OVER \$110,000 AWARDED IN 2023

TUNA & TIARAS
Ladies Tuna Tournament
Ocean City, MD

Facebook.com/tunaandtiaras Instagram@tuna_and_tiaras

WWW.TUNAANDTIARAS.COM

Community Support



Left to right: Jocelyn Feist, Andie Hess, Tish Withers, Kyla Withers

On Friday, May 10th, Apple Discount Drugs held their Mother's Day Raffle. In total, this basket was worth \$750! A total of \$870 was made from ticket sales from the raffle, all of which was donated to WSW! We would like to say a big thank you to all the businesses who donated, Apple Discount Drugs for holding the raffle, and anyone who bought a ticket!! The support we receive from the community fills our hearts with joy and appreciation!

New Board Members



Women Supporting Women proudly welcomes Staci Jelley. Staci is a breast cancer Survivor who tries to use her journey to inspire others. As a dedicated Mama and Wife, she cherishes her family above all else. Staci is a seasoned event pro and a former corporate flight attendant, bringing her passion for creating unforgettable life experiences to everything she does. She is known for her love of pineapples, leopard print attire, and her tendency to overthink everything - a trait that fuels her workaholic nature.



Women Supporting Women welcomes Cathy Kerns to the Board of Directors. Cathy is a five year breast cancer Survivor. She worked hard to earn her MBA and worked in accounts receivable for over 30 years. In September of last year, Cathy retired from Perdue Agribusiness. Now, in her free time, Cathy likes to garden, she enjoys reading, she collects different sorts of glassware, and spends time with her three children and eleven grandchildren.

Medical Update

Male Breast Cancer

Yes, although males being diagnosed with breast cancer is rare, it's not uncommon. It's often detected later and may cause the cancer to become further progressed and more fatal. Did you know that breast cancer in men have the same causes as for women? The higher levels of estrogen, family history, genetics lifestyle or other exposures can contribute to males being diagnosed with breast cancer. There's also a stigma that goes with a man being diagnosed. "Many men don't feel comfortable speaking about a breast cancer diagnosis since this disease is usually associated with women".

Male Breast Cancer Statistics

While breast cancer is overwhelmingly affected by women, men also have breast tissues, which means they can also develop breast cancer. Previous years, in 2023, roughly 2,800 men will be diagnosed with breast cancer and approximately 530 will die from the disease. About one in 833 men will develop breast cancer in their lifetime. While that statistic may not sound as daunting as the equivalent for women—one in eight will be diagnosed in their lifetime—the fact that male breast cancer is so rare makes it uniquely challenging. Most men aren't being checked for early detection and possible by the time it is diagnosed, it's found in other areas or organs. Dr. Fatima Cardoso and the BCRF-supported International Male Breast Cancer Program suggests that men are frequently undertreated for breast cancer. Her 2018 study of 1,482 men with breast cancer reported that men were less likely to get breast-conserving surgery for early-stage breast cancers or receive endocrine therapy for ER-positive disease compared to women with similar breast cancers. Dr. Cardoso and her colleagues have also reported that male breast cancers are biologically and molecularly different compared to female breast cancers—underscoring the need for more research. In 2019, researchers at the Mayo Clinic analyzed data from more than 10,000 men in the National Cancer Database. Their study found that factors such as a higher age at diagnosis, being African American, having a high grade/stage tumor at diagnosis, and receiving total mastectomy all negatively affected breast cancer outcomes. Those men with a higher economic status, a progesterone receptor-positive breast cancer, and who received radiation, chemotherapy, and endocrine therapy had better outcomes. The final phase of the International Breast Cancer Program, Dr. Cardoso hopes to initiate a clinical trial to test a combination hormone therapy in men with breast cancer. Her team continues to conduct molecular profiling on the more than 500 tumor samples from the retrospective component of the study. Through research at BCRF, they'll gain greater insight into the clinical and biological characteristics of breast cancer in men and be able to provide male patients with better treatments and ultimately improve outcomes.

Be Informed with Symptoms and Risk Factors

Symptoms of breast cancer for men are no different than they are for women. What is different? Men need to be aware they can be diagnosed with breast cancer and know any symptoms, needs to be checked. Soreness of breast or lumps and bumps may not be just because of a hard workout in the gym or other heavy lifting, etc. Other symptoms may include a lump or swelling under the arm in the lymph node area as well as the collar bone. A common cause and diagnosis for men with these symptoms can be gynecomastia which is an enlargement of breast tissue and is not related to cancer. In the United States, the average man's lifetime risk of developing breast cancer stands at a seemingly modest 0.1%. However, when diving deeper into genetics, the picture becomes more complex. Men with BRCA1 and BRCA2 mutations face significantly elevated risks. Specifically, those with BRCA1 mutations have a 1-5% risk, while BRCA2 mutations push the risk to a notable 5-10%. Beyond the realm of genetics, there's a plethora of factors shaping one's vulnerability. From tracing family history to understanding personal lifestyle choices, from evaluating dietary habits to gauging stress levels and physical health — every facet plays a role. It's a multifaceted puzzle, where every piece, be it weight management or exercise routines, warrants due consideration.

<https://www.bcrf.org>

BCRF June 5, 2023

DONOR THANKS



Individual:

Linda Houser
 Kamesha Johnson
 Megan Nittle
 Emily Paslick
 Susan Bradford
 Franklin & Sylvia Disharoon
 William & Jennifer Doyle
 Erlinda Miller
 Hanne Nilsson
 Patricia Richardson
 Tony & Billye Sarbanes
 Virginia Schneider

Business:

Lecates Creates

In Honor:

Arlene Wertman
Beverly Frank

Civic:

Faith Community Church of Salisbury

SPONSORS

Journey

\$10,000+
 Preston Automotive
 Group

Courage

\$5,000 +
 Chesapeake Utilities

Hope

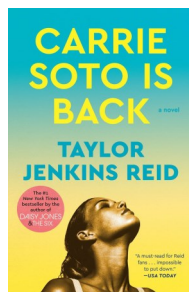
\$2,500 +
 Apple Discount Drugs
 D3Corp
 Kitty's Flowers
 Peninsula Imaging
 Tidal Health Richard A. Henson
 Cancer Institute
 USSSA - East

Pink Ribbon

\$1,500 +
 Airport Self Storage
 Pepsi Bottling Ventures



See what WSW staff members are reading and recommending!



"Taylor Jenkins Reid"
 By Carrie Soto



"Happy Place"
 By Emily Henry



"Every Summer After"
 By Carley Fortune



Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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 2023 Board of Directors

- Penny Bradford, President
- Donna Altvater, Treasurer
- Billye Sarbanes, Historian
- Cindy Feist, Executive Director
- Colleen Brewington
- Crystal Heiser
- Staci Jelley
- Cathy Kerns
- Rachel Manning
- Beverly Meadows
- Cathy Nickels
- Lisa Twilley
- Tish Withers

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: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email: _____

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:

Name: _____

Address: _____

City: _____ State _____ Zip _____