



Share & Care

NEWSLETTER
FEBRUARY 2012

www.womensupportingwomen.org



Sue Revelle
Executive Director

Happy Valentine's Day!

As February is a month to celebrate love, I am reminded of a quote:

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." ~Lao Tzu

As important as medicine is in facing a diagnosis of breast cancer, we must not discount the other, non-medical forces that allow us to face such devastation - and triumph. The strength and courage shown by not only the survivors we see every day, but their families and friends alike, is truly amazing. A great part of that force is love.

Remember those you love, and who love you, as you face each new day with its challenges. Consider where you would be without the courage and strength gleaned from those relationships. Appreciate and be thankful for them. You may be surprised at how much love surrounds you every day.

Over the years, Women Supporting Women has seen some incredible things happen... and we have made some pretty wonderful things happen as well. Simply the fact that we are still supporting and growing after 18 years is a product of a labor of love. I know that we would not be thriving as an organization without the love of our donors, volunteers and staff. And the love I have for you all for helping keep the dream of Women Supporting Women a reality is immeasurable. Thank you.

Have a great month!

- Sue

"It's useless to hold a person to anything he says while he's in love, drunk, or running for office."

~ Shirley MacLaine



Women Supporting Women

2011 - 2012

Board of Directors

Penny Bradford
(President)

Tina Nichols
(Secretary)

Brenda Hearn
(Treasurer)

Billye Sarbanes
(Past President)

Sue Revelle
(Executive Director)

Colleen Brewington

Dean Coffelt

Mary Doak

Keisha Evans

Janis Foley

Judy Herman

Karen Lemon

Cindy Lunsford

Nancy Marasco

Ann Taylor

Dick VanGelder

MEDICAL NEWS

Breast Cancer and the Environment

A Report from the Institute of Medicine

For every breast cancer patient who has wondered whether something in the environment caused her to get this disease, this study is not the answer. It does serve as a useful summary of what is known today, and in the process identifies the challenges for the future. That is in itself a sign of progress.

“Will we ever be able to know? Will we ever be able to act?” Those were the questions posed by one member of the media following the news conference at the San Antonio Breast Cancer Conference on the newly released Breast Cancer and the Environment report. They are questions that every woman who has faced breast cancer, or worries about getting it, has asked as well.

The report, prepared by a group of medical and scientific experts from a wide variety of fields, doesn't contain new information. It does address a broad range of the things in our life that could influence that risk and makes some recommendations on actions that women can take both to avoid increasing and decrease their risks. These include avoiding inappropriate medical radiation exposure; avoiding menopausal hormone therapy that combines estrogen and progesterone; not smoking; avoiding passive smoking; limiting or eliminating alcohol consumption. On the positive side, the study recommends maintaining or increasing physical activity; maintaining a healthy weight, especially after menopause, and limiting exposure to workplace, consumer and environmental chemicals. For women at increased risk for breast cancer, which can include just reaching the age of 60, the study says that women should consider participating in a chemoprevention program.

That may seem like a long list but it leaves a lot of unanswered questions for women looking for a clear set of guidelines. How, for example, should a woman evaluate the “appropriateness” of medical radiation? The study distinguishes between the low levels of radiation involved in routine mammography screening and the much higher levels that a woman receives if she has an abdominal CT scan. These decisions are going to require awareness on the part of both the woman and her doctors and discussion about the relative risks of having or not having a diagnostic procedure that involves ionizing radiation, and they are going to be individual.

The researchers concede that much more work needs to be done to assess the risks of chemical exposure. They point out that it is very hard to pinpoint the effects of any single agent. We are often exposed to chemicals in combinations. The exposure can be very low level or short term. It may also make a big difference when in a woman's life

she is exposed to a chemical – or chemicals. The study stressed the importance of what it termed taking a “life course” perspective in evaluating the risk of environmental factors. This means doing research at every phase of a woman's life, from infancy through adulthood. They also pointed out that it is possible to group certain types of chemicals together, those used in cosmetics, or farming or in the workplace and study their combined impact.

There was genuine optimism though that science is progressing in ways that will help advance this research and answer these important questions. They point out that researchers are more and more able to identify the “tell tale fingerprints” of specific chemicals which should lead to much better ways of assessing which ones increase risks, as well as which ones do not.



Insurance Influences Whether Women Get Immediate Reconstruction

For many women, having breast reconstruction at the same time they have surgery to treat their breast cancers is a good option. A new study shows that a number of factors influence whether or not that happens. This study analyzed data from a number of hospitals, and did not involve talking to patients about their choices or preferences. The study showed that younger women (diagnosed before the age of 50) have higher rates of immediate reconstruction than older women, especially women over the age of 70. In the past, Caucasian women have had immediate reconstruction more often than African-American women, but that gap has closed significantly, almost disappearing by 2010.

The largest factor influencing whether women get immediate reconstruction appears to be financial – specifically, whether or not they have private insurance. While the law requires all insurance companies to cover the cost of breast reconstruction, reimbursement rates across insurance plans vary a great deal. This association is strongest with younger women. The study concludes that all women who undergo surgery for breast cancer should be aware of the option for immediate reconstruction and have access to this option, regardless of their kind of insurance.

Source for both articles: y-me.org

DID YOU KNOW?

By Dr. R. L. Horsley



Did you know that it doesn't have to be that hard to live a healthy lifestyle? Sometimes we get so overwhelmed by the enormous amounts of information and ambiguities that it is easy to "give up" or justify not being as healthy as we know we could be. We owe it to our loved ones, friends, and most of all to ourselves to try and be the healthiest we can be and the best we can be at whatever it is we do. I can think of no better way to achieve health than by eating more nutritiously. In fact, just a few simple changes in your diet and lifestyle can create a huge positive outcome and can also prevent costly health problems in the future.

Unhealthy dietary choices include coffee and doughnuts for breakfast; a hamburger for lunch (or no lunch); candy, cookies, soft drinks for snacks, followed by a huge dinner with more protein than a person needs. This sets an example to our younger generation (remember, they are always watching us) that leads to heart disease at a much earlier age than ever before and it's not from just a poor diet but also from the increase in inactivity due to TV, video games, computers, etc.

You can reverse this trend by: stopping smoking, eating a balanced diet, drinking plenty of water, exercising regularly, and augmenting your balanced diet with appropriate nutritional supplements.

Here are some worthy goals and easy ways to accomplish them:

LIFESTYLE CHANGES

- Exercise at least 20 to 30 minutes three or four days a week. Walking is great.
- Eat out more sparingly. Food preparation methods in restaurants often involve high amounts (and the wrong types) of fat and sugar.
- Brown-bag your lunch to control your fat and sugar intake while adding nutritious fruits, vegetables, and grains to it.
- Limit alcohol and quit smoking. Drinking alcohol excessively and/or smoking hinder your body's ability to absorb nutrients from your food.

DIETARY CHANGES

- Eat more raw foods. Cooking and canning destroy much of the nutrition in food. (With the exception of

canned tomatoes, which can help prevent prostate cancer.) Fresh or frozen fruits and vegetables always have more natural vitamins and minerals than cooked food.

- Select organically grown foods when possible because they have lower amounts of toxic elements, such as pesticides and heavy metals.
- Consume 25 to 30 grams of fiber a day. Whole-grain breads and cereals, beans, nuts, and some fruits and vegetables are good sources of fiber. High-fiber diets can help prevent digestive disorders, heart disease, and colon cancer.
- Drink water. To calculate the correct amount for you, just divide your body weight in pounds by two. Then replace pounds with ounces, and that is the minimum number of ounces of water to consume per day. Example: (180 lbs./2 = 90 lbs. -- 90 oz. = Drink 90 oz. of water per day if you weigh 180 lbs.)
- Don't "self-prescribe" nutritional supplements. Consult a health care practitioner, such as a Doctor of Chiropractic, to determine what supplements are best for you. Especially if you have symptoms, such as headaches, chronic fatigue or cardiac problems, seek professional advice from a health care provider who specializes in nutrition.

It's true that it takes a little commitment, time, and even a little bit of money to truly achieve health and wellness - and there is no better time than the present to start the journey. The question had been asked, "When is the best time to plant a tree?" The answer was, "A year ago." Knowing that last year has already come and gone the question was asked, "When is the next best time to plant a tree?" The answer followed, "Today!"

Let's make it a great year everyone and let us all start TODAY!

Dr. R.L. Horsley, D.C.
Delmarva Health Centre
Delmar, DE
302-846-9547

NUTRITIONAL UPDATE

BEANS: PROTIEN-RICH SUPERFOODS

High in fiber and antioxidants, beans aren't just good for the waistline, they may aid in disease prevention, too.

More than just a meat substitute, beans are so nutritious that the latest dietary guidelines recommend we triple our current intake from 1 to 3 cups per week. What makes beans so good for us? Here's what the experts have to say:

Chronic conditions such as cancer, diabetes, and heart disease all have something in common. Being overweight increases your chances of developing them and makes your prognosis worse if you do, says Mark Brick, PhD -- which means that trimming your waistline does more for you than make your pants look better. Brick, a professor in the department of soil and crop sciences at Colorado State University, is investigating the ability of different bean varieties to prevent cancer and diabetes.

Beans are comparable to meat when it comes to calories, says Dawn Jackson Blatner, RD, a registered dietitian at Northwestern Memorial Hospital's Wellness Institute in Chicago and a spokeswoman for the American Dietetic Association. But they really shine in terms of fiber and water content, two ingredients that make you feel fuller, faster. Adding beans to your diet helps cut calories without feeling deprived.

Our diets tend to be seriously skimpy when it comes to fiber (the average American consumes just 15 grams daily), to the detriment of both our hearts and our waistlines. One cup of cooked beans (or two-thirds of a can) provides about 12 grams of fiber -- nearly half the recommended daily dose of 21 to 25 grams per day for adult women (30 to 38 grams for adult men). Meat, on the other hand, contains no fiber at all.

This difference in fiber content means that meat is digested fairly quickly, Brick says, whereas beans are digested slowly, keeping you satisfied longer. Plus, beans are low in sugar, which prevents insulin in the bloodstream from spiking and causing hunger. When you substitute beans for meat in your diet, you get the added bonus of a decrease in saturated fat, says Blatner.

Still not convinced? In a recent study, bean eaters weighed, on average, 7 pounds less and had slimmer waists than their bean-avoiding counterparts -- yet they consumed 199 calories more per day if they were adults and an incredible 335 calories more if they were teenagers.

Beans have something else that meat lacks, Blatner says: phytochemicals, compounds found only in plants (*phyto* is Greek for "plant"). Beans are high in antioxidants, a class of phytochemicals that incapacitate cell-damaging free radicals in the body, says Brick. (Free radicals have been implicated in everything from cancer and aging to neurodegenerative diseases like Parkinson's and Alzheimer's.)

In a U.S. Department of Agriculture study, researchers measured the antioxidant capacities of more than 100 common foods. Three types of beans made the top four: small red beans, red kidney beans, and pinto beans. And three others -- black beans, navy beans, and black-eyed peas -- achieved top-40 status.

The bottom line? Beans are pretty much the perfect food, Brick says.

Source: webmd.org



"Are you sure sitting on a bean bag chair isn't considered getting a daily requirement of vegetables?"

Insanely Easy Vegetarian Chili

Prep Time:	Cook Time:	Ready In:
25 min	30 min	55 min

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 3/4 cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 3/4 cup chopped celery
- 1 tablespoon chili powder
- 1 1/2 cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn, undrained
- 1 tablespoon ground cumin
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried basil

Calories:	Total Fat:	Cholesterol:
155	3 g	0 mg

Source for both recipes:
allrecipes.com



Directions:

1. Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

Red Bean Salad with Feta and Peppers

Prep Time:	Ready In:
20 min	20 min



Calories:	Total Fat:	Cholesterol:
245	12 g	33 mg

Ingredients:

- 1 (15 ounce) can kidney beans
- 1 red bell pepper, chopped
- 2 cups chopped cabbage
- 2 green onions
- 1 cup crumbled feta cheese
- 1/3 cup chopped fresh parsley
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 1 tablespoon olive oil

Directions:

1. Rinse kidney beans under cold water. Drain well.
2. In a large salad bowl, combine beans, red pepper, cabbage, onions, feta, parsley, garlic, lemon juice, and olive oil. Cover and refrigerate for up to 3 days.

COMPLEMENTARY CARE

What Are You Doing to Beat the Odds?

by Morry Edwards, PhD

In the 35 years I have been involved in cancer care, I have seen many people make liars out of statistics – outliving their prognoses or going into complete remission. I always wonder what factors enabled that person to be an outlier and successfully beat the odds. Shouldn't we study them more closely?

However, until that happens (and considering there are no guarantees), what can a person diagnosed with cancer do to “stack the deck” in his or her favor?

For starters, take a deep breath and quickly become as informed as possible about your disease and treatment options. This can help reduce fear and panic – neither of which helps in decision making. Information helps you partner with your medical team, and people who actively participate in treatment decisions may do better in treatment with fewer complications. Perhaps they feel more in control or have more confidence in their team. Once you've decided on a course of treatment, unless there are adverse effects, try to comply

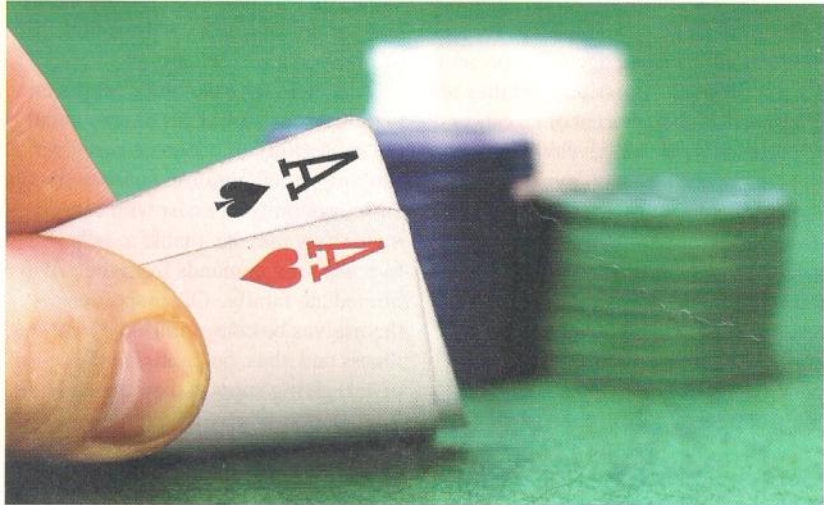
Don't change just because you should. Make positive changes because they help you feel better.

fully to get the complete therapeutic effects. Create your own healing path.

Recognize what you can take responsibility for and what you cannot control. This is the Serenity Prayer in action. Stay focused on what you can or want to do. Don't change just because you *should*. Make positive changes because they help you feel better, give you more strength or energy, and encourage you to enjoy and get the most out of life. Focus on your real priorities. Spend more time doing more of what brings you joy.

Evaluate your lifestyle to assess areas of change. It may seem as though cancer diagnosis is not an opportune time to change, but it may be quite the contrary, as cancer often makes people uncomfortable and motivated enough

to change. Changing your diet is a good example. You may not want to become a vegetarian or vegan, but you may be willing to cut down on “bad” fats, salt,



It's good to have an ace in the hole. Here are some things you can do to stack the deck in your favor when it comes to living a full life after a cancer diagnosis.

sugar, and junk food. You also may not want to train for a marathon, but you may be willing to start walking, doing some stretching, or strength training.

Likewise, you might want to reduce toxic ingestion of alcohol (or other substances) or toxic exposure to hazardous materials in the environment.



Dr. Morry Edwards

physical functioning is controversial, there is evidence that decreasing depression and stress may help immune function. Improved psychological functioning,

such as appropriate assertiveness and emotional discharge, may redirect energy to increase motivation to enjoy life's activities.

Another way to improve your outcome is to garner social support. This is more than joining a cancer support group, although it may be helpful to hear how others are coping. It is also inspirational to see others who have been

through the fire and are years beyond treatment. Not all people want to join support groups or think about cancer all the time. There are many other interest groups around. You may not even have to look outside your family. Your focus may be to improve these relationships.

Lastly, explore a spiritual connection – whatever form that takes for you. It may be returning to church, synagogue, or mosque. It may be turning to nature or science. Often, people with cancer wrestle with questions of How this could happen; What does it mean; or Why me? You may not get all the answers, but you may find some answers that bring you inner peace and that turn your focus from why this happened to how best to live.

Editor's Note: Dr. Morry Edwards is a licensed psychologist and certified biofeedback practitioner who specializes in treating people with cancer and other chronic illnesses. He currently practices at Neuropsychology Associates and is director of Psychological Services at the West Michigan Cancer Center in Kalamazoo, MI. His book *MindBody Cancer Wellness: A Self-Help Stress Management Manual* is available through www.acornpublishing.com. ■

SURVIVOR STORIES

In celebration of their years of continued service to Women Supporting Women, we are reprinting two survivor stories:

Penny Bradford

Penny Bradford is a businesswoman, a mother, a grandmother... She is also a survivor. When she was diagnosed with breast cancer several years ago, Penny joined Women Supporting Women; she is currently the President of the Board of Directors.

Sue Revelle, Executive Director of WSW, refers to Penny as "my right arm." Penny gives her time to speak at various organizations, writes material for the patient packets that WSW distributes, contributes ideas for events and policy, is a shoulder and ear for survivors and their families, shares from her experience with the disease, and also shares business advice. She contributes balloons and flowers from her business, Kitty's Flowers, for events, and for several years has provided fresh roses at each survivor meeting in Salisbury for every member attending. She is constantly working behind the scenes to make things happen and get things done. Members describe Penny as, "upbeat, caring giving, thoughtful, dependable, a most generous person." She's always there, a rock that they can count on.

In addition to running Kitty's, now in Ocean Pines as well as Salisbury, and all of her work for Women Supporting Women, Penny is also active in her church and in the Soroptimist Club. Her busy and loving family includes son Wayne, his sons Ross and Ryan, Penny's daughter Robin, her husband Albert Gravenor, and their daughter Julie. The family works together in the business founded by Penny's mother, Kitty Dennis. Penny loves spending time with her grandchildren and often helps care for Julie.



Penny's story first appeared in our November 2004 newsletter. She continues to be an ambassador for our organization and currently leads our Board of Directors. Thank you, Penny, for all you do, and for your years of continued support and dedication to Women Supporting Women. You've been an inspiration to our staff and a source of comfort and joy to many survivors, their families and friends.

Odette Lineweaver

I am a cancer survivor. In April 1993, at the age of 66, I observed a major change in my right breast and I was diagnosed with breast cancer. No lump could be felt, but a mammogram confirmed my findings. I had a mastectomy plus removal of 30 lymph nodes. I then faced chemotherapy and 43 radiation treatments, plus five years of tamoxifen.

Women Supporting Women had just had their first or perhaps second meeting when I heard about them. I thought the organization might be of help to me, so I attended the meeting at the hospital. Approximately 10-12 women were there. There were no hand-outs, no bags of information to peruse, no tapes or books with information - only the encouragement of Sue Revelle, Carol Prager, and Harriet Fine. We continued meeting there, and later at the Asbury Methodist Church. Occasionally, there were speakers on massage or aroma therapy, acupuncture, etc. Slowly, written materials appeared. Later we moved to Holloway's and currently are on West Circle Avenue. Sharing information on our progress and concerns as we went through chemotherapy and radiation was both helpful and comforting - we were not alone.

In these 15 1/2 years, how far this organization has come. The abundance of information via books, tapes, speakers, and tote bags of educational material for patients, spouses and children is astonishing. The gift of wigs, prosthesis, bras, etc. is wonderful. Most of all, Women Supporting Women has provided a place where breast cancer patients and survivors can come for information, comfort, and support. Through Sue's leadership, we have grown to be a very large group, always with free services, and well-supported by the local public. I no longer attend meetings, but support the organization by writing the thank you notes for contributions of money and material things, plus providing the stamps for these notes. In the several years I've been doing this, well over 1,000 notes have gone out. I find my volunteer work to be a small thank-you to Women Supporting Women; and my other volunteer work at the hospital and the Joseph House a thank-you for living in this community.

My thanks to Sue and the staff for their encouragement and friendship.

Odette

Odette's story first appeared in our October 2008 Newsletter. Odette continues to be a valued and faithful volunteer, having hand-written over 1,500 thank you notes to date. Thank you, Odette, for being such an inspiration to all and for your years of continued and dedicated service.

MEETINGS AND EVENTS

February 2

Survivor Meeting
"Can I Deduct This?"
Patricia Cumberland
H&R Block
Salisbury Office
7:00 PM

February 21

Knitting Class with Cindy DuBuque
Salisbury Office
1:00 - 2:00 PM

February 23

Kim Scott Memorial Benefit
Breaktime Sports Grill & Pub
Salisbury, MD
7:00 PM

March 1

Survivor Meeting
Salisbury Office
7:00 PM

March 8

Pink Ribbon Basket Bingo
Salisbury Moose Lodge
Salisbury, MD
Doors Open: 5:00 PM
Games Begin: 6:30 PM

March 20

Knitting Class with Cindy DuBuque
Salisbury Office
1:00 - 2:00 PM

Cambridge

Sue Todd, Facilitator

February 28

Survivor Meeting
Christ Episcopal Church
6:30 PM

March 27

Survivor Meeting
Christ Episcopal Church
6:30 PM

Wicomico County Chapter Staff Members

Sue Revelle
Executive Director

Marly Lynk
Director of Community Relations

Carlos Mir
Director of Fund Development

Donna Anderson
Terry Beauchamp
Julie McKamey
Office Volunteers

WICOMICO COUNTY CHAPTER NEWS

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

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

Knock on wood, the weather hasn't slowed us down this winter... So grab your Valentines, and get ready for some events to support Women Supporting Women!

Survivor Meeting in our Salisbury Office - February 2, 7:00 PM

Our guest speaker this month is Patricia Cumberland from H&R Block. She will be discussing the details of tax preparation amidst a medical crisis, and passing on some timely advice to help you prepare your returns this year. She will also be explaining a new program in which new H&R Block customers can make a donation simply by having their taxes prepared. *More information on page 13*



Knitting Class with Cindy DuBuque in our Salisbury Office - February 21, 1:00 PM

Whether you're an experienced knitter or somebody who refers to knitting needles as "sticks", you'll find fun and friendship in Cindy's easy, relaxed class. If you find that you have a desire to learn, but no extra time in the afternoon, please contact our office at 410-548-7880. With enough interest, Cindy will consider an evening class as well!

Kim Scott Memorial Benefit at Breaktime Sports Grill and Pub - February 23, 7:00 PM

In a true testament of love, Pat Scott will once again open Breaktime to host a benefit in memory of his wife, Kim. Please join us for an evening of food, drink, entertainment and live auctions to celebrate Kim's life and raise funds for Women Supporting Women. Tickets are \$20, and available at Breaktime and the WSW Salisbury office. *More information on page 9*



Pink Ribbon Basket Bingo at the Salisbury Moose Lodge - March 8, 5:00 PM

Grab your dabbers and good luck charms and get ready to win some new prizes this year at our 11th Annual Pink Ribbon Basket Bingo! In addition to the regular Longaberger baskets filled with goodies, we will also have some Pampered Chef packages for winners. Plus, you can receive a free raffle ticket for brining in a cell phone or ink cartridge to recycle. Tickets are \$20 in advance from WSW or \$25 at the door. *More information on page 9*

Bras for a Cause at the Centre at Salisbury - May 1-31

We had such a great time with this event at the Art Institute and Gallery last year that we decided to make it annual... and make it BIGGER! Between all three WSW chapters, we are hoping to have 100 bras decorating the JC Penney Court at The Centre at Salisbury for the month of May this year. Please help us reach that goal by designing and titling a bra around a creative theme, and entering it into our Bras for a Cause contest by Friday, April 20. Then, encourage your friends to vote for your entry for \$1 per vote at the Centre during the month of May. Entry into the contest is free, and if your bra is chosen as the winner in one of six categories, you will receive the coveted bra trophy and bragging rights for an entire year! *More information on page 14*

Thank You!

The staff of the Salisbury office of Women Supporting Women would like to extend a sincere thank you to Donna Anderson, Terry Beauchamp, Cindy DuBuque and Julie McKamey for their regular volunteer service to our chapter. We simply would not be able to make this office run without your help, ladies. Your time, skills, service and commitment are truly appreciated!



11th Annual Pink Ribbon Basket Bingo

Salisbury Moose Lodge
833 Snow Hill Road
Thursday, March 8, 2012

Doors Open At 5:00 p.m. - Games Start At 6:30 p.m.

New this year: 10 prizes filled with The Pampered Chef items



10 Longaberger® Baskets filled with donated goodies



BRING YOUR OLD CELL PHONES, IPODS, AND INK CARTRIDGES TO BENEFIT WSW GET A FREE RAFFLE TICKET!



Tickets \$20.00 In Advance / \$25.00 At The Door
Refreshments For Sale- 50/50 - 2 Special Raffles
Call (410) 548-7880 For Tickets Or Further Information

This event is not affiliated or endorsed by The Pampered Chef & The Longaberger® Companies.



proudly presents

The 4th Annual Kim Scott Memorial Benefit

Thursday, February 23rd at 7 pm



Music by "Transfusion"

- Meatballs Marinara
- Loaded Fry Rack
- Hash Brown Casserole
- California Green Beans
- Crab & Spinach Dip
- Jambalaya
- Shaved Roasted Prime Beef

- BBQ Wings
- Old Bay Wings
- Smokehouse BBQ Ribs
- Blue Moon Drunken Tenders
- Baked Ziti
- Five Fruit Salad
- Creamy Macaroni Salad

Tickets are \$20.00 & available at Break Time & Women Supporting Women in Salisbury

All Proceeds to Benefit:



Your ticket includes all you can eat with a cash bar & auction.

For more info, please call 410-548-7880 or 410-742-7665

Printing by Minuteman Press 410-548-7122

MEETINGS AND EVENTS

February 15

Potluck Luncheon Survivor Meeting
Berlin Office
12:00 PM

March 21

Survivor Meeting
Berlin Office
6:30 PM

March 30

Fashion Show
Ocean Pines Community Center
Ocean Pines, MD

...

May 12

Golf Tournament
Deer Run Golf Club
Berlin, MD

October 28

Mermaid March

Survivor Meeting Changes

In an attempt to provide a variety of opportunities for our ladies to gather and share information, we are altering the schedule for our monthly survivor meetings beginning in February. We will hold lunch time and evening meetings on alternating months. Our first potluck luncheon of the New Year is scheduled for Wednesday, February 15 at noon at the Berlin office. The luncheon will replace the February evening survivor meeting. Please come, enjoy the company and bring a dish to share with your fellow survivors.

On March 21 at 6:30 PM we will hold our next evening survivor meeting.

Worcester County Chapter Staff Members

Rota Knott
Coordinator
Debbie Heiland
Administrative Assistant

WORCESTER COUNTY CHAPTER NEWS

THE EUNICE SORIN OFFICE
10026 OLD OCEAN CITY BOULEVARD, SUITE 4
BERLIN, MARYLAND 21811
410-641-2849

OFFICE HOURS:
TUESDAY - FRIDAY, 10:00 - 4:30

We have an exciting and busy year ahead of us at the Worcester County chapter and we need your help and support to make it all happen. We are planning a full schedule of events for 2012 that includes the return of our fashion show in March, the kick-off of a new golf tournament in May and a Worcester County breast cancer awareness walk in October.

Our Birds and Blooms Fashion Show and Luncheon is scheduled for Friday, March 30 with fashions by Bruder Hill, CraZy LadyZ! and other local boutique shops. We need ladies to model the fashions and to help run the silent auction.

We have also started planning a brand new Mother's Day weekend golf tournament at Deer Run Golf Course on Saturday, May 12. Deer Run's owner, Ed Colbert, is a huge supporter of WSW and has generously offered the course for this fund-raiser. It will be a massive undertaking and we need lots of help both prior to the event and on the day of the tournament.

As part of the golf tournament we are holding a cash raffle with two prizes of \$500 each for the winners. Tickets are just \$5 each and only 1,000 will be sold. Tickets are available at the Berlin office and at Deer Run. Stop by and pick up yours today – you could turn your \$5 into \$500.

Save the date of Sunday, October 28 for our first ever Mermaid March. The Worcester County Chapter has just starting planning a breast cancer awareness walk that will be a scream. Just days before Halloween, we want you to come in costume and help raise funds and awareness about this dreadful disease. Children and dogs are welcome too.

We need volunteers to help with all of our special events. If you want to lend a hand on any of our upcoming fund-raisers please give me a call at 410-641-2849. All of our events help raise the funds that are necessary to continue offering our local services and local support to women in Worcester County who have been diagnosed with breast cancer.

Wigs for Life - Among our many programs is Wigs for Life, which was established in honor of Laura M. Pinno, who died of esophageal cancer in 2008 at age 56. During her treatment, it was important to Laura that cancer did not diminish the outward beauty and love that she felt within.

Leah LeCates, Laura's friend of 30 years, established Wigs for Life in Laura's memory so that women cancer patients in Worcester County can maintain a sense of outward normalcy.

Of particular importance to Laura was the concept of women supporting women, which she carried out through her college years, career and personal life. Wigs for Life provides annual wig donations to the Worcester County WSW chapter so that we can continue Laura's legacy. To make a donation to Wigs for Life please visit www.wigsforlife.org.

Thank You – Our appreciation goes out this month to the Berlin Ocean City Soroptimists for a contribution of \$298, Rainbow Florist of Berlin for a \$50 donation, the Red Hats by the Sea in honor of Sharon Armstrong for a gift of \$70, Twisters Inc. of Berlin for a \$28 donation, the Delmarvalous Stampers for a \$50 donation and their ongoing gift of wonderful handmade cards. We also want to thank Emma Briddel, Mikey Maier, Joan McNeil, Mary Jean Pawich, Ginny Reister, Virgil and Jeanne Shockley and Gloria Wells for their individual contributions to the WSW Worcester County chapter.

Goodbye to Betty - Betty Holland has left WSW as the facilitator for our Worcester County support group. As our facilitator for the last few years, Betty was a great help to our ladies and to WSW in general. We wish her the best of luck in her retirement.

Coupon Books – The Berlin office is now selling the Ocean City Family Coupon Book to benefit WSW. These wonderful coupon books are just \$10 each and WSW’s Worcester County Chapter receives \$5 from each purchase. They include 125 coupons for local restaurants, entertainment venues, hotels and much more. Even if you use just one or two of the coupons, it’s worth buying this booklet. And don’t forget, we get half of the money from every coupon booklet sold. Buy them now and use them all year – the coupons are good through December 2012. Thanks to Arleen Pace, owner of Ocean City Family Coupon Book, for giving us this wonderful fund-raising opportunity.

Recycle Cell Phones & Ink Cartridges - You can also help support our mission by donating your old cell phones and printer ink cartridges to be recycled and generate revenue for Women Supporting Women. Drop off cell phones and ink cartridges that you no longer need at WSW’s Worcester County office, located at 10026 Old Ocean City Boulevard, Suite #4 in Berlin.

Drop off cell phones at the Ocean Pines or Ocean City branches of the Worcester County library, or at the Coldwell Banker office, 120th Street in Ocean City. Call out office at 410-641-2849 or Sheila Hodges at 301-775-1968 for more information about recycling cell phones.



Arleen Pace, owner of the Ocean City Family Coupon Book, and Rota Knott, Worcester County coordinator, show off a copy of the coupon booklet. For every booklet WSW sells, it will receive a \$5 donation.



Rota Knott, Worcester County coordinator, accepts a donation to WSW from Judy and John Fisher of j.j. Fish Studio and Fine Crafts Gallery in downtown Berlin.



Rota Knott, Worcester County coordinator, accepts a donation to WSW from Sarah Conley and Krissy Wheaton, owners of Rainbow Florist in downtown Berlin.



Above:
Worcester County Commissioner Virgil Shockley and Rota Knott, WSW Worcester County Coordinator.



Members of our Worcester County Chapter gathered in December for our annual holiday party.



MEETINGS AND EVENTS

February 16

Survivor Meeting
Crisfield Office
6:30 PM

March 15

Survivor Meeting
Crisfield Office
6:30 PM

...

June 9

Somerset Walk
Crisfield Marina
Crisfield, MD

SOMERSET COUNTY CHAPTER NEWS

THE KATE TAWES OFFICE
609 WEST MAIN STREET, UNIT 103
CRISFIELD, MARYLAND 21817
410-968-9131

OFFICE HOURS:
TUESDAY - THURSDAY, 10:00 - 3:00

Happy Valentine's Day from the Kate Tawes Chapter! Boy, its February already! Time goes by so fast. We need to stop, slow down a little, and enjoy every day to its fullest. Start relaxing by supporting some of the upcoming fundraisers planned by the Kate Tawes chapter:

February Valentine's Day Basket Raffle – We have a Valentine's Day Basket at Gordon's Confectionary that will be raffled off at close of business on Monday, February 13th. Tickets are \$1 each, 6 for \$5 or 12 for \$10.00. Please stop by Gordon's and purchase a ticket to help support our chapter.

8th Annual Pink Ribbon Spring Fling Dance – We are starting to plan this year's PRSF, which will be held in April. Please stay tuned for more information to follow on this event.

H&R Block Non-Profit Referral Program – This program pays \$25.00 to WSW for every **new referral** we send to H&R Block. To participate, the customer must fill out WSW's referral form and get their taxes done between January 1st and April 18th. If you have any questions or need a referral form, please contact our office and we will help set you up as a new customer. *More information on page 13*

Bras for a Cause – Our chapter will participate in the **Bras for a Cause** event hosted by ALL the chapters of WSW. If you are interested in participating in this event, please contact our office at 410-968-9131. *More information on page 14*

Mother's Day Raffle Basket – We plan to have another basket raffle for Mother's Day. More information will follow in the next issue of the newsletter.

5th Annual Somerset Walk – Our 5th annual Somerset Walk is set for Saturday, June 9 at Somers Cove Marina in Crisfield. Please mark your calendars and stay tuned for more information to follow.

Thank You for Your Support!

Our 2nd annual Chili Cook-Off was a success! We would like to thank our judges: Steve Frene, Adam Riggan and Jane Riggan for tasting all the chili and for choosing the winners of the competition. Special thanks to ALL of our cooks and to ALL of our volunteers for volunteering their time to help out at the event (winners, volunteers, and cooks will be announced in the next issue of the newsletter). We would also like to thank the American Legion for their donation of \$500.00 and for sponsoring this event. And of course, the event would not have been a success without **The Country Grass Band**. Thank you all for volunteering your time to play again this year. You all are the best!!!!

Thank You Pocomoke High School – We would like to thank the students, Ms. Kim Baker, Athletic Trainer, and the teachers of Pocomoke High School for sponsoring another **Pocomoke Pink Out** for our chapter. This pink out consisted of three basketball games and the students raised money for WSW by having a bake sale full of delicious pink goodies. They also sold sheets of pink paper for airplanes which were tossed from the bleachers into a kiddie pool in the middle of the court for prizes. We also received money raised through their concession stand. The event was a success and a lot of fun. Thanks for thinking of our chapter again and for supporting us. We look forward to the next event at PHS!

Thank You for Your Donations – Special thanks to Crisfield Events and to the Crisfield Heritage Foundation for their donation of \$544.33, which was one third of the proceeds earned from the Christmas House Tour held in Crisfield on December 17. Thanks for your support!



Thank you to all who attended our annual Christmas Party. We had a lovely evening with good friends, old and new!



Somerset County Chapter Staff Members

Linda Wilmer
Coordinator
Paula Holmes
Assistant Coordinator
Cindy Abbott
Facilitator



Raise money for Women Supporting Women by having H&R Block prepare your taxes.*

1. Go to a participating H&R Block office with your organization's referral form. To find the nearest H&R Block office, go to hrblock.com.
2. Give the referral form to your tax professional.
3. If you're a new client, your organization will receive \$25.
4. Feel good knowing you helped your organization raise money and you received exceptional tax preparation service.

Women Supporting Women Referral Form

As a new Block client, your organization will receive \$25.*

To redeem this offer, visit a participating H&R Block office to have your taxes prepared between **1/1/12** and **4/18/12**. To make an appointment or locate an office, call **1-800-HRBLOCK** or visit hrblock.com.

\$25 TO:
Women Supporting Women
1320 belmont avenue
salisbury
md, 21804



H&R BLOCK®

Non-Profit ID — for office use
40000814169503

ENTER NP ID INTO THE TPS CLIENT TRANSACTION SCREEN.

*Only approved 501(c)(3) organizations are eligible to receive \$25 for each new client referred to a participating U.S. H&R Block office when that person pays for the preparation of an original personal income tax return or current year Second Look® Review between 01/01/2012 to 04/18/2012. An eligible tax form includes: 1040, 1040-A and 1040-EZ. A new client is a person who did not have his/her 2010 taxes prepared by H&R Block. Referral form must be presented prior to completion of the initial tax interview. Amended returns do not qualify and H&R Block employees are not eligible. Allow approximately 8 weeks after May 1, 2012 for delivery of check. Offer may not be combined with any other referral program, coupon or discount offer. ©2012 H&R Block Services, Inc.

Bras for a Cause

A creative fundraiser to benefit breast cancer awareness

WHO: Gather your friends, family, neighbors, classmates, co-workers, fellow club members to make it a team effort... or just go it alone. *(One entry per team or individual, please)*

WHAT: Decorate a themed bra, title it, and enter a fun competition to help Women Supporting Women (WSW), a grass-roots local non-profit breast cancer support organization.

WHERE: The Centre at Salisbury - JC Penney Court



WHEN: Registration and Submission - Friday, April 20

Grand Revealing - Tuesday, May 1 at 5:00 PM

Public Viewing and Voting (**\$1 per vote**) - Tuesday, May 1 through Wednesday, May 30

Awards and Trophies - Thursday, May 31 at 6:00 PM

As determined by \$1.00 votes:

- People's Choice – Business Entry
- People's Choice – Group Entry
- People's Choice – Individual Entry
- People's Choice – Youth (18 & under)

As determined by judges:

- Best Title for Design
- Best Overall Creative Design

Show us your
BRA!

HOW: To register, go to: <http://www.firstgiving.com/womensupportingwomen/bras-for-a-cause>
Click on "Join Now" and follow the prompts to create your page.
Share your page through Facebook and email to encourage others to vote for your bra.
Forms are also available at WSW offices.

Bragging rights go to last year's

2011 Trophy Winners

OFFICIAL RULES:

- Any bra size or type is eligible.
- All entries must be on hangers. (Hangers are available at WSW offices.)
- Entries must be received no later than 4:00 PM Friday, April 20.
- Entries must be accompanied by a signed entry form.
- Organizers (WSW) may reject any entry deemed inappropriate.
- All entries must be available for display at the Centre at Salisbury from May 1 to 31.
- Entries and photos thereof may be used for promotional and other purposes as organizers deem appropriate.

"Hand Cups"
Best Overall Design
Salisbury Police Department
Sandy Kadera



"Save the Racks"
Best Title-Design Match
Amanda Longfellow



"Big Melons"
People's Choice Award – Youth
Kellie Benner



"Perky Puppies"
People's Choice Award – Business
Peninsula Imaging L.L.C.
Lou Ann Leonard



"Shore Survivor"
People's Choice Award – Individual
Rita Harkless

Fun for all
three chapters!



DONOR THANKS

In Memory of Mary Fisher

Etta Todd

In Memory of Gil Vastine

Anne Clay

In Honor of Sharon Armstrong

Red Hats by the Sea

Business

Bennett Construction, Inc.
Cathy's Pet Salon
Rainbow Florist
Twisters, Inc.

Civic

Berlin Ocean City Soroptimists
Crisfield Heritage Foundation
Delmarva Irish American Club
Delmarvalous Stampers
Fruitland Intermediate School

Personal

Delores Adams
Anonymous
Dorothy Baker
David & Terry Barrett
Emma Briddel
Marie Campbell
Erlinda Carter
Thomas & Diana Clark
Cheryl Collins
Mary Conner
William & Cecilia Dennis
Franklin Disharoon
Thomas & Pamela Hampton
Michael & Debra Harris
James & Brenda Hearn
Dennis Hopson
Cinday Jansen
Gail Jenkins
Kathleen Jenkins

Albert & Marie Kessler
Betty Kulp
Richard & Rhonda Livingston
Cristina Machin
Micky Maier
Joan McNeil
Kevin & Mary McNiff
John & Anna Morris
Candie Nelson
Mark & Sarah Pavlica
Mary Jean Pawich
Ginny Reister
Virgil & Jeanne Shockley
Betty Simms
Debbie Sockriter
Pat Stang
Johnny & Norma Taylor
Dottie Turner
Gloria Wells

JOKE OF THE MONTH

A woman came home in a flurry of excitement, tires squealing as she pulled her car into the driveway. She ran into the house, slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!"

The husband said, "Woo hoo! What should I pack? Do I need beach wear? Or maybe mountain gear?"

"It doesn't matter," She said. "Just get out!"

SPONSORS

Courage

Apple Discount Drugs

Craig's Pharmacy

Harley Davidson of Annapolis

Richard A. Henson Cancer Institute
Peninsula Regional Medical Center

State Farm Insurance
Julie Case, Karen Davis, Gamee Elliott

Hope

Herl's Bath and Tile Solutions

Kitty's Flowers

Peninsula Imaging

Pink Ribbon

Third-Party Event Sponsors

Break Time Sports Grill & Pub
In Memory of Kim Scott

CraZy LadyZ Boutique

Bob & Keisha Evans

Gordy Tiger Marts

Midway Chevrolet GM
Pocomoke, MD

Outback Steakhouse of Salisbury

Robin Walter Salon & Day Spa
In Memory of Christine Whaley

Rommel's ACE Hardware

Support

Atlantic General Hospital

Peninsula Plastic Surgery



NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146

www.womensupportingwomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

<p>\$20,000</p> <p>Community Foundation of the Eastern Shore ENDOWMENT FUND CAMPAIGN</p>	<p>Our endowment through the Community Foundation of the Eastern Shore has reached</p> <p>\$15,219.22</p> <p>If you wish to contribute to this fund, please contact our office for more information.</p> <p>Thank you!</p>
--	--

ATTENTION:

Your name and address are kept confidential. They are used only to distribute this newsletter. We will not sell or share your information.

If you no longer wish to receive this newsletter, wish to have it emailed to you, or have any other questions or concerns, please call our office at 410-548-7880.

WISH LIST

If you happen to have any of the following that you would like to donate, we would greatly appreciate your help:

- ♥ Cell phones, iPods, PDAs, and print cartridges for recycling
- ♥ End table for meeting area
- ♥ Volunteers to answer phones and/or input data in office
- ♥ Volunteers to make pink ribbon pins and "Piglet Pillows"
- ♥ Wigs for survivors
- ♥ Yarn for knitting

FREE

Manicures for Survivors at

Del-Mar-Va Beauty Academy

Stop by the Salisbury office for your coupon.

Yoga for Survivors

Fridays, 1:00 - 2:00 PM at MAC, Inc.

First class is FREE!

Call 410-742-0505 x144 for information.

When you shop on line, first visit:

www.marketamerica.com/wsw

Women Supporting Women will receive up to 35% cash back every time you make a qualifying purchase!

Cancer Survivorship Program

The National Institute of Health estimates that there are more than 11 million cancer survivors in the United States. Peninsula Regional Medical Center has approximately 1,200 cancer survivors. As the survivor population grows, it is increasingly important to address the unique needs of cancer survivors for medical surveillance, continuation of care and information about how their cancer and its treatment may affect their future health and the risk of developing recurrence and/or new cancers. Approximately 880,300 of the 11 million cancer survivors have been diagnosed with a second cancer.

Realizing the unmet needs of cancer survivors and a gap in the continuum of care, Peninsula Regional's Richard A. Henson Cancer Institute began offering survivorship and follow-up care to colorectal cancer survivors beginning in November 2010. In 2011, the success of the program led the Henson Institute to extend the program to breast cancer survivors as well.

The survivorship care team at the Richard A. Henson Cancer Institute consists of a medical oncologist/hematologist, a nurse, a social worker and administrative staff. We meet with the survivor and care givers to identify physical and psychological stressors and special needs to manage their future and help them to reach their new normal lifestyle.

Our goal is to meet survivors' unmet needs, improve communication, decrease the duplication of care and maximize quality of life after cancer. Please call the Richard A. Henson Cancer Institute survivorship program at 410-543-7012 or 1-866-9-cancer (922-6237) for an appointment.

