



## Summer and Making Plans

It is time, whether you are a gardener or not, go outside and put your feet in the grass. Let your bare feet feel the cool earth between your toes. Smell the fresh, clean air. Become grounded. We have all been through so much over the past year, some much more than others. It is time to take a deep breath and start to feel refreshed and renewed.

In the month of May we see the rebirth of flowers. Take their cue and let us refresh our lives. Do what will make you feel renewed or uplifted whether that is decluttering a draw or closet to feel a little lighter, feel accomplished by planting a garden, a flower, or tomato plant to enjoy later this summer. Now is the time to review the past year, start to unwind, and begin to recover.

Moving forward, let's make some plans. Make a list of what you are looking forward to doing over the summer, six months from now, or in a year. Join WSW as we begin making plans. On the horizon, we see the Ride for Awareness happening in September and the Walk for Awareness returning and scheduled for Saturday, October 2nd. We are ready to see your faces, all those survivors, family, and friends we missed during 2020. Get ready with us. Make your own plans but add WSW on the list.

Until we see you out and about, Take Care and Stay Well

*Cindy Feist, Executive Director*

**This newsletter is funded by:**



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*See Donation Slip on back page*



# MAY Support Groups

## IN-PERSON SUPPORT GROUP

### *SALISBURY*

Thursday, May 6, 2021  
Meeting Time - 6:30 P.M.

**Oak Ridge Baptist Church**  
**361 Tilghman Rd.**  
**Salisbury, MD 21804**

Question or Concerns  
contact  
Jocelyn Feist, Mentoring Coordinator  
410-548-7880  
mentor@womensupportingwomen.org



## WSW Support Group Meeting In-Person

### *West Ocean City*

Wednesday, May 19th, 2021  
Meeting Time: 1:00 p.m. - 2:00 p.m.

*Ocean City Marlin Club Inc.*  
*9659 Golf Course Rd,*  
*Ocean City, MD 21842*

**Masks and Social Distancing  
Required**

**No Food will be Provided at this time.**

Question or Concerns  
contact  
Jocelyn Feist, Mentoring Coordinator  
410-548-7880  
mentor@womensupportingwomen.org

## Acupuncture

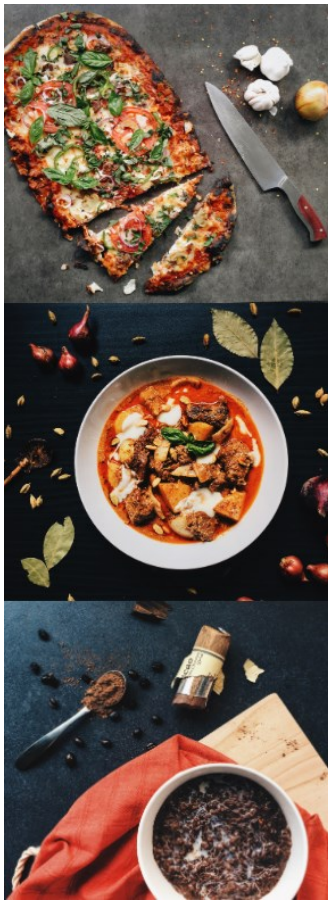


Wednesday, May 19, 2021  
6:30 P.M.

Presented by:  
**Natalie Vestal, Lisc. Ac, MAOM**  
**Red Dragon Wellness Center**

**ZOOM Support Group**  
Meeting ID: 861 3909 7228  
Password: 587737





If you are a breast cancer survivor, currently going through breast cancer treatment in Wicomico, Somerset or Worcester County and are in need of food assistance please sign up for free meal deliveries by emailing [mentor@womensupportingwomen.org](mailto:mentor@womensupportingwomen.org)



### May Facts:

**Flower:** Lily of the Valley

**Zodiac:** Taurus & Gemini

**Birth Stone:** Emerald which represents love and success

#### Random facts:

- Blue Jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis.
- The month May was named for Mala, the Greek goddess of fertility.
- On May 20 1932, Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.

<https://www.americantraininginc.com/mayfacts/>



### WSW's "Poufs" of Love



WSW received funding from a grant through the Community Foundation of the Eastern Shore to purchase supplies for WSW's Chemotherapy "poufs".

Our "Poufs" are pretty/inspirational cosmetic bags containing comfort items to use during treatment sessions. "Poufs" will be given to those breast cancer survivors currently going through chemotherapy.

Thank you to the Community Foundation of the Eastern Shore for their continued support.

# Mentoring Minute

Grill Season is FINALLY HERE!! I can already smell all the YUMMY foods that come with firing up the back yard grill. But did you know as a cancer survivor, grilling certain proteins can expose you to chemicals? According to BreastCancer.org, “When meat is cooked at high temperatures until well-done, a group of chemicals called heterocyclic amines (HCAs) forms. The longer and hotter the cooking, the more HCAs form, especially in the blackened parts of the meat.” The National Cancer Institute, “has identified 17 HCAs that may increase the risk of cancer. They also, identified another group of chemicals called, “polycyclic aromatic hydrocarbons” (PAHs). PAHs are formed in smoke when produced when fat burns or drips on hot grill coals”.

Thinking to yourself, “Oh great this is just one more thing I have to avoid in my diet thanks to cancer. But I just want to enjoy this piece of grilled BBQ chicken, this piece of steak, a hamburger.” So how can I enjoy grilled foods, if you say that there are these chemicals being released?

## **Steps you can do to help limit HCAs and PAHs.**

Choose lean Cuts of meat and trim the fat to avoid PAHs.

Grill at lower temperatures (low and slow).

Consider precooking (roasting or baking) meat before grilling to cook off fat.

Do Not use recipes for “Blackened” foods.

Trim off any charred or burned parts of food.

Avoid overcooking (and undercooking) by using a meat thermometer to cook meat to the correct temperature indicated on the thermometer.

Marinate meats in herb mixtures to reduce HCAs. Research has shown herbs in marinades reduce HCAs.

Remember moderation is key. I would not recommend grilling out every single night, now that the weather is nicer. But you can still enjoy grilled proteins, fruits, and vegetables just all in moderation.

*Exposure to Chemicals When Food Is Grilled/Prepared, September 11, 2020, [https://www.breastcancer.org/risk/factors/grilled\\_food](https://www.breastcancer.org/risk/factors/grilled_food)*

**Due to Covid-19 the WSW Staff may be working from home.  
at times during the summer months.**

**Please call the office at 410-548-7880  
For information or to set up an  
appointment.**

## **WSW Staff Members**

**Cindy Feist**

*Executive Director*

**Cerah Cabrera**

*Administrative Assistant*

**Rachel Manning**

*PR & Marketing*

**Jocelyn Feist**

*Mentoring Coordinator*

# Nutritional Information

## Grilled Chicken with Corn, Avocado & Tomato Salad

This meal is a well-balanced, high in protein, and hearty enough to serve the entire family.

### Ingredients:

- **2 cups** Corn Fresh or frozen
- **1** Avocado Peeled; Cut into 1/2 " pieces
- **1 pint** Cherry Tomatoes Halved
- **1/2 cup** Red Onion Finely diced
- **6** Chicken Breasts 5 oz
- **1 tbsp** Olive Oil
- **1 tbsp** Fresh Lime Juice
- **1** Garlic Clove Minced
- **1/2 tsp** Lime Zest Grated
- **1/4 cup** Fresh Cilantro Chopped
- **1/4 tsp** Salt
- **1/4 tsp** Black Pepper



### Instructions:

1. Combine the corn, avocado, tomatoes and onion in a large bowl.
2. Mix together the dressing ingredients in another bowl and pour over the salad and gently toss to mix.
3. Marinate chicken in 1 tablespoon of olive oil and fresh lime juice. Let marinate for 30 minutes in the refrigerator.
4. Grill each breast for ~ 4 minutes on each side and until internal temperature is 160 – 165 degrees.
5. Place chicken on top of plated salad.

### Nutrition Info:

Calories: **315**

Total Fat: **16g**

Saturated Fat: **2.6g**

Sodium: **243mg**

Potassium: **855mg**

Total Carbohydrate: **19g**

Dietary Fiber: **4g**

Protein: **27g**



*Recipe Provided by: Chef Manar Alsebai, Dana-Farber/Brigham and Women's Cancer Center*

<https://www.cancernutrition.org/recipes/grilled-chicken-with-corn-avocado-and-tomato-salad/>

# JUNE Support Groups

## *In Person Support Group*

Thursday June 3rd, 2021

6:30 P.M.

Oak Ridge Baptist Church  
361 Tilghman Rd.  
Salisbury, MD 21804

Questions or Concerns

Contact

Jocelyn Feist, Mentoring Coordinator  
410-548-7880

Mentor@womensupportingwomen.org

## **WSW TENTATIVE Support Group Meeting In-Person**

### *West Ocean City*

Wednesday, June 16th, 2021

Meeting Time: 1:00 p.m. - 2:00 p.m.

*Ocean City Marlin Club Inc.*

*9659 Golf Course Rd,  
Ocean City, MD 21842*

**Masks and Social Distancing  
Required**

**No Food will be Provided at this time.**

Question or Concerns  
contact

Jocelyn Feist, Mentoring Coordinator  
410-548-7880  
mentor@womensupportingwomen.org

WOMEN SUPPORTING WOMEN  
ZOOM SUPPORT GROUP

*Wednesday June 23*

*Time: 6:30 P.M.*



MEETING ID: 819 1664 1984

PASSCODE: 857002



# **BODY BEAUTIFUL**

*Colette Higgins*

WSW would like to thank Colette for speaking at our April ZOOM

Support Group meeting.



As owner and sole operator of Body Beautiful in Eden, Maryland, I became a Certified Professional Electrologist (CPE) twenty-nine years ago.

Five years later I returned to school and trained for Permanent Cosmetics. My most recent training took place in 2019 when I traveled to San Francisco to study 3-D Areola Regmentation, a service I now offer my clients who have undergone breast reconstruction surgery free of charge.

Many women lose their eyebrows with age or as a side effect to medications. Through Permanent Cosmetics I create or enhance eyebrows to a complimentary color chosen by the client and they leave my office with full, natural looking eyebrows. Another popular service is eyeliner – both or either upper and lower. Once I have completed my work clients can virtually throw away their mascara brushes. Some clients ask for permanent lip color, which can be changed with application of lipstick, if desired. The primary advantage to permanent cosmetics is that my clients can exercise, swim and simply wake up each morning looking terrific without the hassle and the time needed to apply cosmetics every morning.

I am very excited about offering 3-D areola regmentation. Many women, following a mastectomy, undergo breast reconstruction, which often leaves them without an areola and nipple. With my service the clients begin to feel “whole again”. Together we choose the color and size of the areola and nipple. By implementing various techniques and colors I can create a nipple that has a natural 3-D look. Women who have chosen this technique have been very happy with the results and I offer my services pro-bono for all clients after undergoing surgery.

For a free consultation call 410-334-6222 or email me at [cehiggins7@gmail.com](mailto:cehiggins7@gmail.com). You can also learn more about my services by visiting my website at [www.bodybeautiful1.com](http://www.bodybeautiful1.com).

## Event Update



Local Services • Local Support

# *Ticket to Win It Raffle*



**PRIZES INCLUDE:**  
**WOMEN'S FOSSIL WATCH**  
**WIRELESS CHARGING PAD**  
**32" SAMSUNG TV**  
**CAR CARE PACKAGE**  
**DESIGNER HANDBAGS**  
**OVERNIGHT STAY AT LOCAL BED & BREAKFAST**  
**BACKYARD FIREPIT**  
**AND MORE!**



*Over 40 Chances  
to Win!*



**\$20 Per Ticket**

**Winners announced during Facebook Live  
event on May 3rd**

**(winners do not need to be present)**

**Purchase tickets online**

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





## Events Continued



# ***SAVE THE DATE!***

## ***17TH ANNUAL RIDE FOR AWARENESS***



We can't wait to  
see you there!

**SEPTEMBER 18, 2021  
RIDE BEGINS AT 9AM**

VISIT [WWW.WOMENSUPPORTINGWOMEN.ORG](http://WWW.WOMENSUPPORTINGWOMEN.ORG) FOR  
MORE INFORMATION OR AT [EVENTBRITE.COM](http://EVENTBRITE.COM)

Women Supporting Women  
1320 Belmont Ave, Suite 402, Salisbury, MD  
21804  
410-548-7880



# **20th Annual Walk for Awareness 2021**

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

**Rain or Shine - October 2, 2021  
Pemberton Park**

Keep an eye out for more information regarding our  
2021 Walk for Awareness.

For questions and information call (410) 548-7880  
or visit [Womensupportingwomen.org](http://Womensupportingwomen.org)



# **DONOR THANKS**

## **Individual:**

Patricia Armwood  
Peggy Bowden  
Frazer Brooks  
Sheila Carter  
Denise Conklin  
Darlene Dixon  
Dana Inlsey  
Janice Kelley  
John Klaverweiden  
Teresa Pearson  
Joanne Richards  
Anna Rubino  
Michael Scott  
Helen Shirley  
Mr. & Mrs. Valenzano  
Donna Ward  
Sonya Whited

## **In Kind:**

Evelyn Allen  
Brenda Collins  
Teresa Pearson  
Brenda Shipman

## **Business:**

Deely Insurance Group  
Herl's Bath & Home Solutions

## **Civic:**

Rotary Club of Ocean City/Berlin

## **In Memory Of:**

Joan Klein Ennis  
Elizabeth Ruark

Ella Louise Manuel  
Ella Briddell

## **In-Honor Of:**

Beverly Bromley  
Doris Shockley

Lynn Dymond  
Heirloom Athletics

Clare Meyer  
Mary M. Davis



## **Joke for the Months:**

Why do bees have sticky hair?  
Because they use honeycombs!

## June Facts:

**Flower:** Rose and Honeysuckle

**Zodiac:** Gemini and Cancer

**Birth Stone:** Pearl, the Moonstone, and the Alexandrite

### Random Facts:

- June used to be the fourth month in the year. Before Julius Caesar came to power, the calendar year only had 10 months. In 46 BC he created the Julian calendar by adding two more months to the year, which made June the sixth month.
- June has both the longest and shortest days of the year depending on where you're standing.
- The Stars and Stripes are adopted as the American flag.

<https://www.thefactsite.com/june-facts/>

<https://www.escalontimes.com/209-living/fun-facts-about-june/>



## How Can You Donate?

### Monetary

- On Our Website
- Over the Phone
- Mail-In (Donation slip on back page)
- In Honor or In Memory Of

### In-Kind (Non-Monetary)

- Wigs
- All types of head coverings
- Prostheses
- Paper, cardstock, etc...

## **SPONSORS**

### **Journey**

**\$10,000 +**

**Tall Pines Harbor  
Campground**

### **Courage**

**\$5,000 +**

**Blue Water Development  
Corporation  
Furnitureland  
Spicer Bros**

### **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**





Local Services • Local Support

**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

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## Women Supporting Women 2021 Board of Directors

Penny Bradford, President  
Julie McKamey, Vice-President  
Billye Sarbanes, Treasurer  
Cindy Feist, Executive Director  
Colleen Brewington  
Lynn Creasy  
Ginger Donovan  
Alane Emerson  
Crystal Heiser  
Judy Herman  
Sally Hudson  
Jenni Pastusak  
Kimberly Purvis  
Robbie Tarpley Raffish  
Erica Ramos  
Chalarra Sessoms  
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 \_\_\_\_\_