



Looking Back at 2021 and Welcoming in 2022

As we all gathered this holiday season, we remembered those no longer with us and cherish the memories we have of past celebrations with them. We are thankful to be able to have all those good times and places we shared imprinted in our minds and in our hearts.

From last year, I have those same thoughts about Women Supporting Women. Remembering the events and programs the staff, board, and I were able to hold. Sometimes laughing at situations that happened during them, but always surprised at the end of the day of what we accomplished. Thinking about all the survivors who came to visit us and use our services, hoping WSW was able to make their cancer journey in 2021 a little more bearable. I couldn't be more grateful for and love what this local, nonprofit organization does for our community.

WSW was only able to provide many of our programs and services due to the generosity and kindness of those in our community who believe in WSW as I do. We never know if some day the services we offer may provide comfort to our own family and/or friends. You all have made it possible for Women Supporting Women to continue on and to welcome in 2022 with a renewed spirit. Thank-you to our sponsors, donors, survivors, volunteers, board members, and especially staff for all you have done for WSW during this time.

With sincere gratitude for all your support throughout the year
to Women Supporting Women and me.

Have a Safe and Happy New Year!
Welcome 2022

Cindy Feist, Executive Director

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WSW Staff Members

[Cindy Feist](#)

Executive Director

[Jocelyn Feist](#)

Mentoring Coordinator

[Carol Camper](#)

Administrative Assistant

[Andie Hess](#)

Event Coordinator

[Abby Hoffman](#)

PR & Marketing

HAPPY★NEW★YEAR

January Support Groups

Salisbury

Thursday,
January 6, 2022

Women Supporting
Women's Office
1320 Belmont Ave
Suite 402
Salisbury, MD

POSTPONE

Time: 6:30 P.M.

Pocomoke

Thursday,
January 13, 2022

Pocomoke Community
Center
2410 Market Street
Pocomoke, MD

POSTPONE

Time: 5:30 P.M.

Berlin

Wednesday,
January 19, 2022

Regional Care Center
9707 Healthway Drive
Berlin, MD

POSTPONE

Time: 1:00 P.M.

Cambridge

Weather
Permitting

Tuesday,
January 25, 2022

Christ Episcopal Church
601 Church Street
Cambridge, MD

RSVP: 703-798-1946

Time: 6:30 P.M.

WOMEN SUPPORTING WOMEN'S
VIRTUAL SUPPORT GROUP

Tuesday
January 11, 2022
Time: 6:30 P.M.

Join Zoom Meeting
<https://us02web.zoom.us/join>

Meeting ID: 841 4772 7832
Passcode: 494686



Mentoring Minute



Winter is finally here!

This can mean snow ball fights, hot chocolate, and holiday fun. However, many people can feel SAD (Seasonal Affective Disorder) during the winter months.

With a lack of sunlight, chilly mornings, and snow blocking the road, it can be hard to beat these feelings away when compared to warmer months.

A 5-Point Winter Depression Plan

1. **Take Vitamin D Supplements:** Sunlight can be short during the winter months, and your body doesn't store Vitamin D.
2. **Invest in a Light Therapy Box:** It can help your body create vitamin D and the light itself can improve your mood.
3. **Nutrition:** Winter comfort food are fine in moderation, but it's important to remember that good nutrition makes a positive difference to your mental health.
4. **Exercise Outdoors When Possible:** It will get dark early, so working outdoor exercise in around work schedules can be tough, Consider a brisk walk at lunch or a lap around the parking lot when you arrive at work and the sun is up.
5. **Schedule Fun Activities:** There are things about winter you could enjoy. Make a list of activities or holidays you look forward to this winter and put them on you calendar now.

HealthyPlace.com

“Forward Focus” Therapy Program

WSW is proud to present a new mental health therapy program called “Forward Focus”. Cancer survivors feel alone and stressed during their breast cancer journey. When you add in the Coronavirus it is difficulty to balance good mental health. The “Forward Focus” Therapy Program is a step in the right direction. Survivors struggling with mental health issues at this time may take advantage of this grant. WSW has partnered with Congruent Counseling Services, LLC to provide up to 5 individual therapy sessions for current survivors suffering from anxieties of their diagnosis and the stress of being immune compromised during Covid-19. After the 5 sessions, survivors can continue therapy if they so choose and use either

Medicare, Medicaid or other private insurance. These therapy sessions will be done through telehealth.

If you are a breast cancer survivor, currently going through breast cancer treatment and are in need of therapy, please contact WSW at 410-548-7880 or email

Mentor@womensupportingwomen.org



Funding for this program was made possible through a grant from the

Rural Maryland Council



Nutritional Information

Easy Italian Wedding Soup

EatingWell.com; Robin Bachinsky, January/February 2019

Forget the marble-size meatballs you find in many versions of this soup. In this easy recipe, they're full-size, full-flavored and plenty filling.

Active: 20 mins **Total:** 20 mins **Servings:** 6

<https://www.eatingwell.com/recipe/269824/easy-italian-wedding-soup/>



Ingredients

4 tablespoons extra-virgin olive oil, divided	1 1/3 cups chopped yellow onion
2/3 cups chopped carrot	2/3 chopped celery
2 tablespoons minced garlic	6 cups unsalted chicken broth
6 ounces Orzo pasta, preferably whole wheat	1 1/2 tablespoons chopped fresh oregano
1/2 teaspoon kosher salt	24 cooked chicken meatballs (12 ounces) (can be bought pre-made)
4 cups baby spinach	1/4 cup grated Parmesan cheese

Directions:

STEP 1: HEAT 1 TABLESPOON OIL IN A LARGE POT OVER MEDIUM-HIGH HEAT. ADD ONION, CARROT, CELERY AND GARLIC; COOK, STIRRING OCCASIONALLY, UNTIL THE ONION IS TRANSLUCENT, 4 TO 5 MINUTES. ADD BROTH, COVER AND BRING TO A BOIL. ADD ORZO, OREGANO AND SALT; COVER AND COOK, STIRRING OCCASIONALLY, UNTIL THE ORZO IS JUST TENDER, ABOUT 9 MINUTES.

STEP 2: STIR IN MEATBALLS AND SPINACH; COOK UNTIL THE MEATBALLS ARE HEATED THROUGH AND THE SPINACH IS WILTED, 2 TO 4 MINUTES. SERVE SPRINKLED WITH CHEESE AND DRIZZLED WITH THE REMAINING 3 TABLESPOONS OIL.

Nutrition Facts: SERVING SIZE: 1 1/2 CUPS PER SERVING: 415 CALORIES; PROTEIN 25.8G; CARBOHYDRATES 36.1G; DIETARY FIBER 3.7G; SUGARS 5.2G; FAT 19G; SATURATED FAT 4.7G; CHOLESTEROL 100.6MG; VITAMIN A IU 5269.9IU; VITAMIN C 20.3MG; FOLATE 22.9MCG; CALCIUM 165.3MG; IRON 3.4MG; MAGNESIUM 67.6MG; POTASSIUM 680.9MG; SODIUM 728MG.

EXCHANGES: 2 FAT, 1 1/2 LEAN PROTEIN, 1 1/2 STARCH, 1 1/2 VEGETABLE, 1/2 MEDIUM-FAT PROTEIN

Writing As A Therapeutic and Creative Outlet

Writing can serve as a therapeutic and creative outlet. More specifically, journaling offers opportunities for expression and reflection and can help those going through a cancer diagnosis process the emotions and loss that come with the territory. Writing isn't necessarily just for the patient either. It is a powerful tool that can be useful for families, caregivers, and children.

There is no right or wrong way to start this mindful practice. Set aside 10 minutes during your day, it could be the first thing when you wake up (before you pick up your phone and start scrolling through news and emails), or it can be during your lunch break or in the evenings as part of your nighttime routine. Writing can take on many forms such as journaling about your day, keeping a gratitude journal, or even making lists of all the accomplishments from the day (think – opposite of a “to do” list)!

Research from University of Rochester Medical Center suggests that writing and journaling can have numerous benefits and help:

Manage Anxiety Reduce Stress Cope with Depression

It can also improve mood by:

Helping you prioritize problems, fears, and concerns

Tracking any symptoms day to day so that you can recognize triggers and learn ways to better control them

Providing an opportunity for positive self-talk and identifying negative thoughts and behaviors

How do you get started? Simple. Set a timer and let your mind relax as you write your stream of consciousness. Don't worry about penmanship, grammar, or punctuation. Writing helps us make sense of our lived experiences. It can help us process what we are going through as well as provide an outlet for decompressing.

Whether it is journaling or writing expressive poetry, it is a beautiful and therapeutic art form that is encouraged to try!

Stuck on what to write about, try any of these writing prompts:

Three things I value about myself are (perfect for fostering abundance and self-worth)

I feel like myself when (great way to get to know your inner self)

I would love to get some support with (if you're trying to do it all on your own but it's just not happening)

Article: www.survivingbreastcancer.org



FAMILY FUN NIGHT

COMING SOON IN 2022

LOOK OUT FOR MORE ANNOUNCEMENTS



Community Thanks!

Preston Automotive Group Hosts Frog Fairway Golf Tournament



Thank you to the Preston Automotive Group in Preston, MD for hosting the “Frog Fairway Golf Tournament” in support of breast cancer awareness month. This event raised \$30,000 for WSW.

Thank you to all the participants at the event and to Preston Automotive Group for their continued support of WSW!

Pictured from left to right: Nicole Gonzon – Executive Assistant for Preston, Amanda Wilson– Asset Management Specialist for Preston, and Cindy Feist – Executive Director for WSW



Apple Drug’s Sponsorship

Apple Drug has continued to support WSW, every year as a major sponsor.

We look forward to continue working with Apple Discount Drug in 2022.

Pictured from left to right: Abby Hoffman, Jocelyn Feist, Tish Withers-Marketing Director of Apple Discount Drug, Cindy Feist, and Andie Hess.

Peninsula Imaging’s Sponsorship

Thank you to Peninsula Imaging for continuing to be a major sponsor for WSW in 2021.

We appreciate all that you and your staff do for WSW!

Pictured from left to right: Lou Ann Leonard– Marketing Representative at Peninsula Imaging, and Cindy Feist of WSW





USSSA East Donation

USSSA East hosted their annual Save Second Base Tournament at Henry S Parker Athletic Complex. This annual tournament raised \$2,500 for WSW.

Thank you to all the teams and umpires who participated in this event and to USSSA East for their continued support.

Pictured from left to right: Cindy Feist and Andy Wisk– USSSA East, program Operations Director

Hamilton Custom Woodworking and Jewell Custom Woodworking

WSW would like to thank Hamilton Custom Woodworking and Jewell Custom Woodworking for hosting a raffle on November 1st, 2021 through Facebook Live.

Hamilton and Jewell raffled off items that were made within their woodworking shops. These items included Cornhole boards, Charcuterie Board, Wine Caddie and Drink Coasters.

Donations raised through their raffle totaled \$1,830. WSW appreciated all of the hard work put forth to provide us with this generous donation.

Pictured from left to right: Trey Jewell, Andie Hess and Daniel Hamilton



Jill B. Stone's Donation

WSW would like to thank one of our favorite supporters, Jill B. Stone, for donating \$4,750.

This donation was raised through Jill's annual "Pink for a Purpose" event.

Thank you Jill for all of our support.

Pictured from left to right: Abby Hoffman, Jocelyn Feist, Jill B. Stone, Cindy Feist, and Andie Hess.

Schools go Pink!

Local Schools are going pink to support Breast Cancer Awareness. Throughout the month of October, many local schools wanted to show their support by hosting Pink games. WSW would like to thank all of the schools who participated in these Pink games.



Somerset Intermediate School

Thank you to Somerset Intermediate School's Middle School Field Hockey team, located in Westover, MD, a donation of \$374 was granted to WSW through their annual pink Field Hockey game.

Holly Grove Christian School

Thank you to Holly Grove Christian School's Field Hockey Team, located in Westover, MD, for their contribution to WSW through Facebook donations during their annual pink Field Hockey game.



Parkside High School

Thank you to Parkside High School Field Hockey Team, located in Salisbury, MD, for their donation of \$768.36. The team collected these funds through raffles, admissions fees and a bake sale.

Delmar Middle School & Senior High School

Thank you to Delmar Middle School & Senior High School's Field Hockey team, located in Delmar, DE. An incredible donation of \$1,730 this year for WSW during their pink Field Hockey game. Thank you so much for your continued support.



February Support Groups

Salisbury

Thursday,
February 3, 2022

Women Supporting
Women's Office
1326 Belmont Ave
Suite 402
Salisbury, MD

Time: 6:30 P.M.

Pocomoke

Thursday,
February 10, 2022

Pocomoke Community
Center
410 Market Street
Pocomoke, MD

Time: 5:30 P.M.

Berlin

Wednesday,
February 16, 2022

Regional Care Center
9707 Heathway Drive
Berlin, MD

Time: 1:00 P.M.

Cambridge

TENTATIVE

Tuesday,
February 22, 2022

Christ Episcopal Church
601 Church Street
Cambridge, MD

RSVP: 703-798-1946

Time: 6:30 P.M.

Women Supporting Women
Virtual Support Group

Wednesday,
February 9th, 2022
Start: 6:30 P.M.

Join Zoom Meeting
<https://us02web.zoom.us/join>

Meeting ID: 859 3374 2377
Passcode: 869754



DONOR THANKS

In Memory

Brenda Jager-Long

Deborah Malone-Kenney

Joanne Stewart Hall

Paula Todd

Jennifer Mrohs

Phyllis Predeoux & Tonia Edwards-Davis

Annette Austin

Joan W. Davis

Donald Davis

Individual:

Terry Barrett

Sandra J. Becker

Kevin Hughes

Katherine Demarco

Dorothy Burke

Patricia Dembeck

Marcia Ryan

Diane Bloxham

Adria Bloxham

Pamela Boyer Rice

Jessica Bunting

Amy Schine

Anthony Adrignolo III

Marie Shea

Amie Blackwell

Donna Blackwell

Teresa Gordy

Dorothy E. Baker

Linda K. Mitchell

Marilyn Fanning

Jennifer Pastusak

Carolyn E. Parsons

Chris Kahlar

Manetta Pusey

Lois Outten

Elizabeth Bleile

Kevin Hughes

In Kind:

Coastal Aesthetics and Wellness

Linda Fentress

Business:

Mardela Middle and High School

Peninsula Orthopaedic Associates

Lil' Red Hen Nursery School

Worcester County Board of Education

Hamilton Fox Farm

Atlantic Hotel Inc

Farmers & Planters Too LLC

A.S.A.P. Services Corp

S&G Smith Assoc. (Racetrack Auto Co)

Farmers Bank of Willards

Peninsula Dressage

Laird & Associates

Somerset Intermediate School

Fruitland Primary School

Parkside High School

Preston Ford Inc.

Caroline County Emergency Services

Beaver Run School

Bank of Ocean City

GGI Builders, Inc.

Civic:

Chincoteague Island KOA

Ocean City Jeep Club

JeepHers of MD Eastern Shore

Wednesday Night Ladies Bowling League

Salisbury Elks Lodge #817

Delta Sigma Theta Sorority Princess Anne Alumae

American Legion Post #237

In Honor

Paula Todd

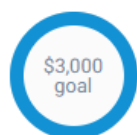
Jennifer Mrohs



See what WSW staff members are reading and recommending!

1. *milk and honey*
by Rupri Kaur
2. *The Seven Husbands of Evelyn Hugo*
by Taylor Jenkins Reid
3. *It Takes What It Takes*
by Andy Staples and Trevor Moawad
4. *Taste*
by Stanley Tucci

Thank you for Giving Tuesday



\$3,766

Raised by 37 donors

Thank you to all of our donators and supporters for their generous donations during our 2021 Giving Tuesday events.

The combination of \$645 from our “Sweet Dessert” auction and Shore Gives More campaign, raising \$3,766, WSW raised \$4,411 in total from our Giving Tuesday events.

Thank you to all who helped make our goals possible!

SPONSORS

Courage

\$5,000 +

**Blue Water Development Corporation
Spicer Bros**

Hope

\$2,500 +

Apple Discount Drugs

Kitty’s Flowers

Peninsula Imaging

Tidal Health Richard A. Henson Cancer Institute

USSSA - East

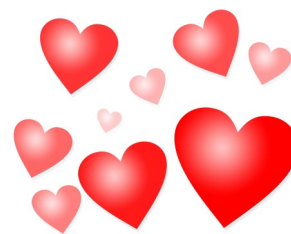
Pink Ribbon

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

Peninsula Holistic



Joke of the Month:

What do you call two birds in love?

Tweethearts!



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 2022 Board of Directors

Penny Bradford, President
Billye Sarbanes, Treasurer
Cindy Feist, Executive Director
Ginger Donovan
Crystal Heiser
Kimberly Purvis
Erica Ramos
Chalarra Sessoms
Tish Withers

Willards Lions Club

36393 Hearn St.
Willards, MD

\$30 per
ticket

No one under
18 admitted

Thursday, March 10th 2022