



## WSW Pink Ribbon Bingo is Back!

Women Supporting Women is pleased to announce that we will be holding our Pink Ribbon Bingo in person again this March. We can't wait to see everyone on March 10th at our NEW LOCATION for the event. See the flyer below for location information. Our snow date for our event is March 24th.

Until then, Stay safe, Stay well, and hope to see you at the Bingo!

Cindy Feist, Executive Director

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**IS BACK!**

Join us on Thursday, March 10th 2022 for  
WSW's 20th Annual Pink Ribbon Bingo

Doors open at 5:00PM

Willards Lions Club  
36393 Hearn Street  
Willards, MD

Game Starts at 6:00PM

**Online registration:**  
<https://2022pinkribbonbingo.eventbrite.com>  
or in person at our office.  
For more information, call 410.548.7880

\$30 in advance \$40 at the door if seating available	No one under 18 admitted	No outside food or alcohol will be permitted
Raffles, Themed Baskets, cash games, and 50/50 raffle available	Food and Drinks available for purchase	COVID protocols being followed, watch for updates on our social media pages

**Thank you to our sponsors**

### WSW Staff Members

[Cindy Feist](#)

Executive Director

[Jocelyn Feist](#)

Mentoring Coordinator

[Carol Camper](#)

Administrative Assistant

[Andie Hess](#)

Event Coordinator

[Abby Hoffman](#)

PR & Marketing

[Kennedy Boyd](#)

Intern



# **MARCH**

**Tentative  
Support Groups**



## **Salisbury**

Thursday,  
March 3, 2022

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

Time: 6:30 P.M.

## **Pocomoke**

Thursday,  
March 10, 2022

Pocomoke Community  
Center  
1415 Market Street  
Pocomoke, MD

Time: 5:30 P.M.

**POSTPONE**

## **Berlin**

Wednesday,  
March 16, 2022

Regional Care Center  
9707 Healthway Drive  
Berlin, MD

Time: 1:00 P.M.

## **Cambridge**

Tuesday,  
March 22, 2022

Christ Episcopal Church  
601 Church Street  
Cambridge, MD

**RSVP: 703-798-1946**

Time: 6:30 P.M.



## **WSW MARCH 2022**

### **Virtual Support Group**



**Tuesday, March 8, 2022**

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

**Meeting ID: 824 1145 7552**

**Passcode: 913875**



# NEW PROGRAM

## Introducing WSW's "Forward Focus" Therapy Program

Funding Provided by:



### "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 difficult 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](mailto:Mentor@womensupportingwomen.org)



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



# Nutritional Information

## Quinoa Power Salad

EatingWell.com; Hilary Meyer, February 2018

Make this satisfying salad in the evening and enjoy one portion for dinner, then pack the remaining portion for lunch the next day. Loaded with protein and fiber-rich ingredients like chicken, sweet potato and quinoa plus power greens, this meal is nutrition-packed!

**Active:** 20 mins **Total:** 40 mins **Servings:** 2

<https://www.eatingwell.com/recipe/262573/quinoa-power-salad/>



### Ingredients

1 medium sweet potato, and cut into 1/2 inch-thick wedges	1/2 red onion, cut into 1/4 inch-thick wedges
2 tablespoons extra-virgin olive oil, divided	1/2 teaspoons garlic powder
1/4 teaspoons salt, divided	8 ounces chicken tenders
2 tablespoons whole-grain mustard, divided	1 tablespoons cider vinegar
4 cups baby greens, such as spinach, kale and/or arugula, washed and dried	1/2 cup cooked red quinoa, cooled
1 tablespoon unsalted sunflower seeds, toasted	1 tablespoon finely chopped shallot and 1 tablespoon pure maple syrup

### Directions:

**STEP 1:** PREHEAT OVEN TO 425 DEGREES F. TOSS SWEET POTATO AND ONION WITH 1 TABLESPOON OIL, GARLIC POWDER AND 1/8 TEASPOON SALT IN A MEDIUM BOWL. SPREAD ON A LARGE RIMMED BAKING SHEET AND ROAST FOR 15 MINUTES.

**STEP 2:** MEANWHILE, ADD CHICKEN AND 1 TABLESPOON MUSTARD TO THE BOWL; TOSS TO COAT. WHEN THE VEGETABLES HAVE ROASTED FOR 15 MINUTES, REMOVE FROM THE OVEN AND STIR. ADD THE CHICKEN TO THE PAN. RETURN TO THE OVEN AND CONTINUE ROASTING UNTIL THE VEGETABLES ARE BEGINNING TO BROWN AND THE CHICKEN IS COOKED THROUGH, ABOUT 10 MINUTES MORE. REMOVE FROM THE OVEN AND LET COOL.

**STEP 3:** MEANWHILE, WHISK SHALLOT, MAPLE SYRUP, VINEGAR AND THE REMAINING 1 TABLESPOON OIL, 1 TABLESPOON MUSTARD AND 1/8 TEASPOON SALT IN THE LARGE BOWL.

**STEP 4:** WHEN THE CHICKEN HAS COOLED, SHRED IT AND PLACE IN THE BOWL WITH THE DRESSING. ADD BABY GREENS, QUINOA AND THE ROASTED VEGETABLES. TOSS WITH THE DRESSING AND SPRINKLE WITH SUNFLOWER SEEDS.

**Nutrition Facts: SERVING SIZE: 3 1/2 CUPS PER SERVING:** 466 CALORIES; PROTEIN 28.7G; CARBOHYDRATES 35.4G; DIETARY FIBER 5.5G; SUGARS 11.6G; FAT 21.1G; SATURATED FAT 3.1G; CHOLESTEROL 62.7MG; VITAMIN A IU 14701.2IU; VITAMIN C 29.7MG; FOLATE 42.6MCG; CALCIUM 116.4MG; IRON 4MG; MAGNESIUM 118.4MG; POTASSIUM 665.8MG; SODIUM 716.2MG; THIAMIN 0.2MG; ADDED SUGAR 6G.

**EXCHANGES:** 3 1/2 FAT, 3 LEAN PROTEIN, 1 1/2 STARCH, 1 VEGETABLE, 1/2 OTHER CARBOHYDRATE



## WOMEN SUPPORTING WOMEN

# *Mother's Day Raffle*

Make memories that last a lifetime

Tickets on sale Friday, April 1, 2022.

Drawing held on Thursday, April 28, 2022.

**One winner will receive a one-night stay at Lancaster Marriott at Penn Square in Lancaster, PA for two guests. The hotel stay includes breakfast for two at Two Kings restaurant and overnight parking.**

**Winner will also receive two adult complimentary tickets to see Sight and Sound Theater's production of DAVID.**

Estimated retail value = \$350.00

\$25 per raffle ticket

More information available on our social media pages.

@wswdelmarva

### March Facts:

**Flower:** Daffodil

**Zodiac:** Pisces and Aries

**Birth Stone:** Aquamarine and Bloodstone

Random facts:

- March is the time of year when animals start to wake up from hibernation.
- The month March comes from the Roman god of war, Mars.
- Much of Europe used to use March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

<https://www.ducksters.com/history/marchinhistory.php>



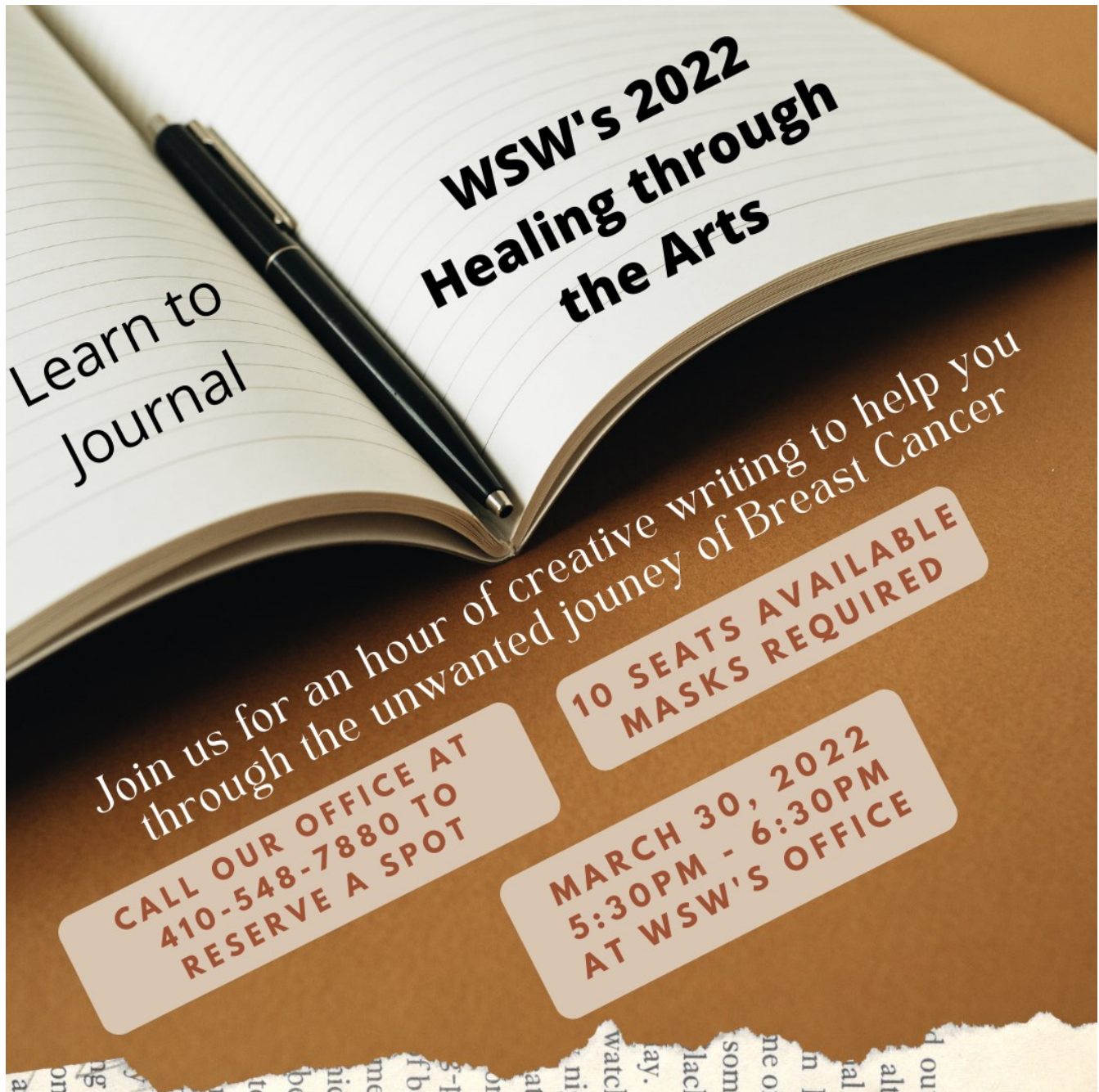
## Welcome WSW's 2022 Intern

Women Supporting Women is pleased to announce our spring 2022 Intern, Kennedy Boyd.

Kennedy began her position as an Intern with WSW on February 7th, 2022. She is currently a student at Salisbury University, obtaining a bachelor's degree in public health, and is eager to continue her career based education here with us. While learning, she can also share her experience and knowledge that she has gained from her recent courses and previous experience at the Wicomico mass vaccination site. When not working, she enjoys spending time with her friends and family and trying new cuisines.



## Events Coming Up!



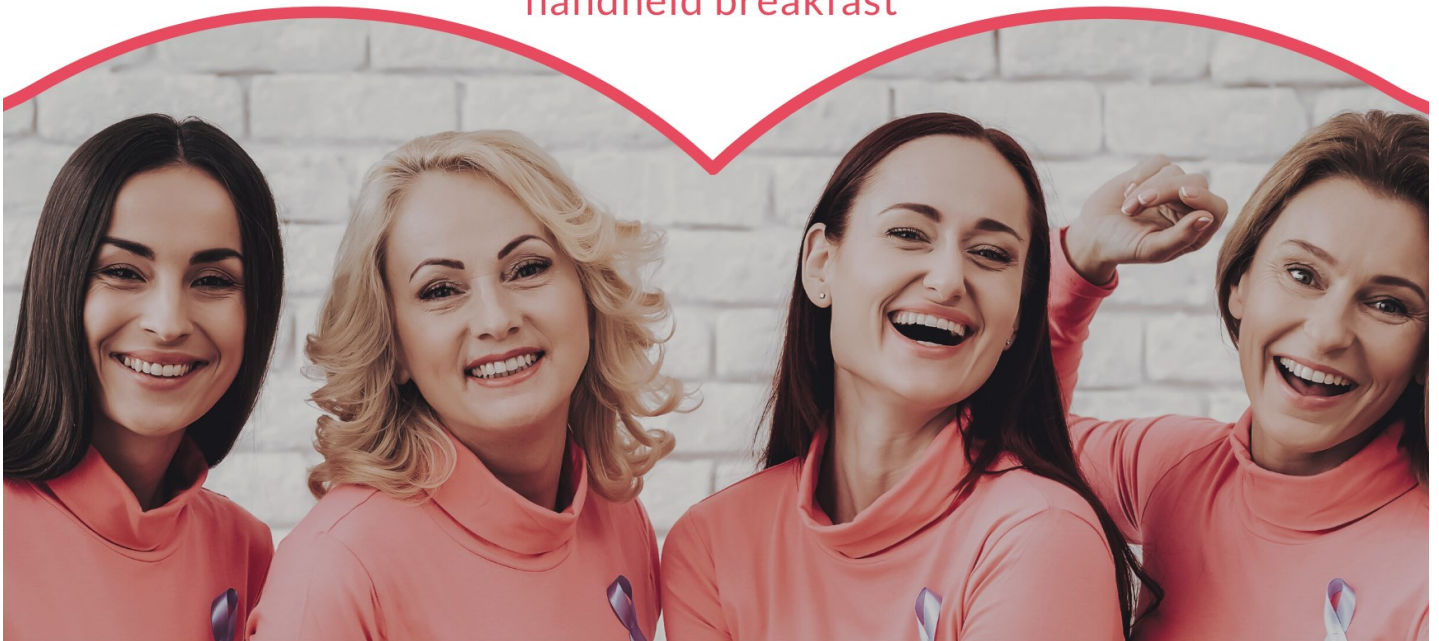


SATURDAY, APRIL 2, 2022

# Young Survivor Breast Cancer Conference

Join us for health, wellness, and heart to heart conversations during our Young Survivor Conference.

Featuring 3 health professional speakers and a complimentary healthy handheld breakfast



EVENT TAKING PLACE AT  
COMMUNITY FOUNDATION OF THE EASTERN SHORE  
1324 BELMONT AVE., STE. 401  
SALISBURY, MARYLAND

CHECK-IN STARTS AT 8:30 A.M. CONFERENCE BEGINS AT 9:00 A.M.

PRE-REGISTRATION IS REQUIRED  
Call WSW for more information at 410.548.7880



# **Mentoring Minute**

## **Intimacy During and After Cancer Treatments**

“Let’s talk about sex baby, let’s talk about you and..” wait this is an uncomfortable topic. Having questions and concerns? But this is something that you’re not sure you want to deal with on top of a cancer diagnosis. You might be thinking this isn’t on my radar right now. Is this really a topic we should be diving into? There are a few that may say yes, and some that may say no. An article from oncolnk.org may help with those questions and concerns that may



arise. Did you know, “some women experience a loss of desire for sex, an inability to have an orgasm, experience pain during sex, or just do not find sex pleasurable. Sexuality is an important factor in their quality of life for many women. These concerns are common, and your healthcare team can provide guidance”. It’s a good idea to write down any questions that you may have. Especially, if diagnosed at a younger age to ask your health care provider.

Sexual activity during treatment may be off the radar. But that doesn’t mean all affection is off the table for you and your partner. Especially, for women after surgery or during treatments. Simple things like hugging, holding hands, even a massage can be wonderful substitute to feel good and comforting while still having a physical connection. If intercourse is something you want to venture into during treatments. Remember that “chemotherapy can be excreted in saliva and vaginal secretions for 48-72 hours after a treatment (use proper precautions and avoid open-mouth kissing during that time frame). Keep communication open, talk with your partner about discomfort and when you are tired.” Listen to your body, with what works and what does not work for you while you are navigating through. Blood work showing low white blood cell count or low platelet count (concerns arise with platelets below 50,000) and should refrain from sexual activity”. These are just a few things to factor in, more concerns could be related about vaginal dryness and/or when is it okay to try to be intimate again? Tips for healthy and safe sexual activity can be found on oncolink.org or contact your healthcare provider.

Sexuality after cancer, “can encompass much more than sex; it includes physical, psychological, emotional, and social aspects of sex. This means how do you see yourself, how your partner views you, how do you date after cancer, how do you fulfill your need for sexual relationships after cancer and so much more”. Support can help, if that be with a healthcare team, your partner, friends, or even fellow survivors. If you seem to be having a more difficult time, a mental health care provider might be a better resource to help cope with the physical and emotional trauma cancer brings. This can help determine how to move forward, whether with a partner or looking for one. The best avenue is to look for a therapist who specializes in working with people with cancer and/or sexual and relationship issues.

<https://www.oncolink.org/support/sexuality-fertility/sexuality/women-s-guide-to-sexuality-during-after-cancer-treatment>



# **APRIL Support Groups**

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## **Salisbury**

**Thursday,  
April 7, 2022**

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

**Time: 6:30 P.M.**

## **Pocomoke**

**Tentative**

**Thursday,  
April 21, 2022**

**Pocomoke Community  
Center  
1410 Market Street  
Pocomoke, MD**

**Time: 5:30 P.M.**

## **Berlin**

**Wednesday,  
April 20, 2022**

**Regional Care Center  
9707 Healthway Drive  
Berlin, MD**

**Time: 1:00 P.M.**

## **Cambridge**

**Tuesday,  
April 26, 2022**

**Christ Episcopal Church  
601 Church Street  
Cambridge, MD**

**RSVP: 703-798-1946**

**Time: 6:30 P.M.**

# **DONOR THANKS**

## **Individual:**

Todd H. Lowell  
Carol A. Barnes  
Constance Blades  
Pamela Heying  
Sharon Dickson  
Pam Racco  
Karin Adkins  
Martha Hill  
Barbar H. Reginato  
Kevin Hughes

## **In Honor**

Alison Cernava  
Jocelyn Feist  
Jack & Danielle Snitzer

## **In Kind:**

Joann Musser  
Brenda Feathers  
Lisa Odenwelder

## **Business:**

Crisfield Academy High School  
Delmar Middle and High School  
Movement Foundation  
Stephen Decatur High School  
Westside Intermediate School  
Mountaire  
Snow Hill High School

## **In Memory**

Nancy Johnson & Lori Brown  
Tom and Gloria Shores  
Sue Revelle  
Harriett Fine  
Robert Watts  
Janice Watts  
Pasqualena Denker  
Josephine Vello



**WSW is monitoring changes daily  
regarding COVID-19.  
As of now our office is open  
Monday - Friday from 9:00AM - 4:00PM**

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

**WSW will also be closed on Good  
Friday, April 15th, to celebrate the  
Easter holiday.**

## **April Facts:**

**Flower:** Daisy and the sweet pea

**Zodiac:** Aries and Taurus

**Birth Stone:** Diamond

### Random Facts:

- In the initial Roman calendar, April was the second month of the year until January and February were added in 700 BC.
- It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime. It could also be that the name comes from the Greek goddess Aphrodite.
- The Japanese fiscal year for most businesses starts in April 1st.

<https://www.ducksters.com/history/aprilinhistory.php>





See what WSW staff members are reading and recommending!

1. *A Stranger in the House*  
by Shari Lapena (2017)
2. *Killer Content*  
by Olivia Blacke (2021)
3. *A Night to Remember*  
by Walter Lord (1955)
4. *An Unwanted Guest*  
by Shari Lapena (2018)

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### Joke of the Month:

Knock, Knock!  
Who's There?  
Noah.  
Noah Who?



Noah Body - April Fool's!

## SPONSORS

### Courage

\$5,000 +

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

## SAVE THE DATE

Saturday

May 14, 2022

# 18th Annual Ride for Awareness



Price: \$25 for a single rider, and \$10 for an additional passenger

Time: Registration starts at 9:00AM – Kickstands up at 10:00AM

Guided Motorcycle Ride through back roads of Wicomico and Worcester Counties.

Food and beverages will be available for purchase.

DJ spinning the tunes!

More Info: 410-548-7880 or [www.womensupportingwomen.org](http://www.womensupportingwomen.org)





Local Services • Local Support

**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804

RETURN SERVICE REQUESTED

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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

*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 \_\_\_\_\_