

BINGO

21st Annual Pink Ribbon Bingo

Thursday, March 9th, 2023

Willards Lions Club

36393 Hearn Street

Doors open and food for sale at 4:30 PM

Games start at 6:00 PM

No one under the age of 18 will be admitted
No outside food or alcohol will be permitted

Tickets \$30.00 in advance / \$40.00 at the door
Sold out last year don't wait to get your tickets!!

Tickets at: www.womensupportingwomen.org
or in person at our office. For more information,
call (410) 548-7880



The Pampered Chef, Thirty One Gifts,
All prizes filled with complementary goodies. *thirty one*



Local Services • Local Support
All proceeds benefit Women Supporting Women.



Table of Contents:

Mentoring Minute.....2
March Knitting Group.....2
Forward Focus Therapy
Program.....3
March Support Groups.....3
Complimentary Care.....4
Mini Golf Event.....5
Prettier Than Pink.....6
Sun Outdoors.....6
Peninsula Dressage.....7
April Support Groups.....8
April Knitting Group.....8
Donor Thanks.....9

WSW Staff Members

[Cindy Feist](#)

Executive Director

[Jocelyn Feist](#)

Mentoring Coordinator

[Cerah Cabrera](#)

Administrative Assistant

[Andie Hess](#)

Event Coordinator

Mentoring Minute

Survivor Guilt is a real thing. Most people think that surviving cancer is a time for celebrating. While it is a happy time, it can also come with other emotions. One of those emotions might be guilt. You've had a life altering experience and have met new people along this journey while in treatment. Some of those you may have lost a long the way. A normal response is, why them and not me?

Cancer survivor guilt is a part of PTSD (post-traumatic stress disorder), which has many different overwhelming feelings. These feelings are common with anyone who has experienced something tragic in their lives and survived. Just like veterans deal with regarding a fellow soldier lost on the battlefield.

There are ways to help with the emotions and feelings of survivor guilt. One, allow yourself to grieve. "It is okay to grieve the loss of those you knew who didn't win their battle. Friendships form with others you go through treatment with. The passing of one of these friends is no different from losing anyone else close to you. No one will fault you for it if you take the time to feel sad over the loss of someone you became close with during cancer treatment. Just be sure to focus on them as a person, and not on your guilt of being "the lucky one." You can do something positive in remembrance of those who lost their battle. A simple act of kindness can certainly help uplift any sorrowful mood. Show a kind gesture to someone who helped you during treatment.

Find a stress-reliever. Stress can be a part of survivor guilt as well. You can take up yoga, dance classes, go on a walk with friends or loved ones, try out a few different things until you find something you enjoy and feel relief. Fit it in your schedule.

Lastly, can find support groups or look for professional help. Survivor guilt shouldn't be something you deal with alone. Cancer survivor's guilt is normal, so don't feel bad if you're experiencing it. Overcoming can take time and some help from others. Talk about it with a professional if you find that the feeling is becoming more intense, or you can't get past it.

Cancer survivor guilt is a real thing and know you are not alone if you're feeling this way. It's important to know it is normal. It's learning how to cope and find ways to help with these feelings.

<https://www.compassonology.com/blog/how-to-deal-with-cancer-survivors-guilt>



WOW



Stitch Therapy

Knit, Crochet, Cross-Stitch,
Punch Needle

enjoy an afternoon of crafting with other survivors/caregivers for some relaxation and conversation

Monday, March 13th, 2023

Available 2nd Monday, of each Month
Time: 1:00 p.m. to 3:00 p.m.

UPDATE

Location: TidalHealth Oncology Center
Address: 11105 Cathage Rd, Berlin, MD 21811

FREE

Beginners are Welcome
Including Free Lessons

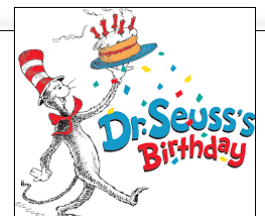
March Facts:

Flower: Daffodil

Zodiac: Pisces and Aries

Birth Stone: Aquamarine and Bloodstone

Holidays: Read Across America Day/Dr. Seuss Birthday (2nd), Pi Day (14th) and Saint Patrick's Day (17th), First Day of Spring (21st).



“Forward Focus” Therapy Program

WSW is proud to continue our “Forward Focus” Therapy Program. Breast Cancer survivors having difficulty handling current life situations may take advantage of this program. WSW has partnered with Congruent Counseling Services, LLC and Dunahoo Psychological Associates, LLC.

to provide up to 5 individual therapy sessions for current survivors. After the initial 5 sessions, survivors may continue with therapy if they so choose using their own insurance.

These therapy sessions will be done through telehealth. They are available for WSW breast cancer survivors who reside in the state of Maryland. 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



March Support Groups

WSW

March 2023 Support Groups

Happy
St. Patrick's
Day

Salisbury: Thursday, March 2
Time: 6:30 P.M. Location WSW office
1320 Belmont Ave Suite 402 Salisbury, MD
Facilitator: Jocelyn Feist
Topic: Lymphedema with Denise Seebode

Crisfield: Mentor available by phone
410.726.9060
Facilitator: Monique Welch

Pocomoke: Thursday, March 16
Time: 5:30 P.M.
Location Pocomoke Community Center
1410 Market St Pocomoke MD
Facilitator: Jocelyn Feist
Topic: Lymphedema with Beverly Becket

**Onancock, VA: Mentor available
by phone**
757.894.4389
Facilitator: Nicole Ayres

Berlin: Wednesday, March 15
Time: 1:00 P.M. Location Regional Care Center
9707 Healthway Dr. Berlin, MD
Facilitator: Jocelyn Feist

Cambridge: Mentor available by phone
703.798.1946
Facilitator: Bobbie Rideout

Questions, please contact the office
410-548-7880

Complimentary Care

Oncology massage vs. Traditional massage

Before you book a massage appointment at your local day spa, know that there is a difference between traditional massage and oncology massage. "Oncology massage is very specialized," says Thurman. "What we are doing is completely different from traditional forms of massage. Oncology massage uses light touch and slow, steady movements, working with the central nervous system to help the body relax."

She recommends finding a massage therapist specifically trained in oncology massage. Depending on your schedule and budget, it is safe to have a massage every day if you are working with a properly trained therapist, she adds.

"Massage therapy is safe for cancer patients as long as they are seen by someone trained in oncology massage," says Thurman. "Your therapist should have experience with lymphedema and understand how to work around ports and medical devices. Always talk to your doctor before undergoing oncology massage to make sure it is right for you."

BENEFITS OF ONCOLOGY MASSAGE

Massage therapy can be beneficial to your mind, body and spirit during cancer treatment. Cara Thurman, a licensed massage therapist who specializes in oncology massage at Cancer Wellness, explains what type of massage is best for those undergoing cancer treatment as well as the many benefits of massage therapy.

"Oncology massage is a form of non-invasive, compassionate touch," says Thurman. "Even though doctors and nurses are doing an amazing job helping them get better, patients are used to their caretakers causing pain during tests, treatments and surgery. Massage therapy is a form of touch that causes no pain."

THE PHYSICAL BENEFITS OF ONCOLOGY MASSAGE

The stress and anxiety associated with cancer treatment can put the body's central nervous system on high alert.

"During cancer treatment, the body sometimes forgets that feeling of actually being relaxed," says Thurman. "Patients may be stressed and anxious, even if they don't know it, so we work to relax the central nervous system so the body has space and time to heal and fight cancer. We also work on fingers and toes to help nerve endings relax and decrease pain and tingling."

Thurman's oncology massage clients report numerous physical benefits, including:

- Better ability to tolerate cancer treatment side effects
- Better sleep
- Fewer headaches
- Less chemotherapy-induced peripheral neuropathy (numbness)
- Less chemotherapy-related nausea
- Less chronic pain either from the cancer itself or treatment
- Less stress and anxiety

<https://www.piedmont.org/living-better/benefits-of-oncology-massage>

Oncology Massage

Caring and gentle touch
when it is most needed



Upcoming Events



\$15.00 Adult
\$10.00 Children
(12-under)



Enjoy with Family and Friends an evening of mini golf while raising funds for Women Supporting Women.

When: Friday, April 21, 2023

**Location: Under the Sea indoor course
68th Street, Ocean City, MD 218462**

Time: 6:00 p.m. to 10:00 p.m.

Purchase provides: Unlimited mini golf play,
1 slice of pizza, and a bottle of water.

contact the office to reserve your spot 410-548-7880

or

available to sign up at the event



Upcoming Events Continued

NEW PROGRAM

Prettier Than Pink

Focusing on skincare, makeup application, wig styling and scarf placement for breast cancer survivors currently going through chemotherapy. Licensed professionals will help guide you through the program.

**Available Dates: September 26, 2022 at 6 p.m.
December 5, 2022 at 1 p.m.
April 24, 2023 at 6 p.m.**



Please call the office for more information and reserve a space. Limited spots available.
410-548-7880

Funding provided by: 



October of 2022, Sun Outdoors Chesapeake Bay held their, “Think Pink Weekend.” They raised over \$7,000 for WSW during that time.

We look forward to participate this year in 2023. Thank you for all you do for WSW Delmarva!

Pictured from left to right: Cerah Cabrera, WSW Admin, Jocelyn Feist, WSW Mentoring Coordinator, Barbara Barnes, General GM, Kim Scott, MG, and Andie Hess, WSW Event Coordinator.

Thank-You to Our Sponsors
From the 14th Annual Peninsula Dressage Schooling
Show!



GRAND PRIX SPONSORS

Allison Turner
American Legion Post 64
A.S.A.P.
Atlantic Hotel, Ocean City
Aviva Nebesky
Debbie & Chris Eskra
Donna & Les Holden
Dorli Burke
Fancy Fingers Nail & Massage Salon
Farmer's & Planters
Katherine DeMarco
Kristan Golden
Laura Kramer
Lighthouse Sound Restaurant
Staff
Patricia Dembeck
Peninsula Dressage
Racetrack Auto
South Eastern Shore Society of 40
& 8
Standlee Premium Products
Terry & David Barrett
Tony Adrignolo



INTERMEDIARE SPONSORS

Amie Blackwell
Donna Blackwell
Kathy Fox
Marie Shea
Pete & Maureen Greenless



PRIX ST. GEORGES SPONSORS

Catherine Kashork
WinAway Farm

April Support Groups

WSW April 2023 Support Groups

Salisbury: Thursday, April 6
Time: 6:30 P.M. Location WSW office
1320 Belmont Ave Suite 402 Salisbury, MD
Facilitator: Jocelyn Feist

Crisfield: Mentor available by phone
410.726.9060
Facilitator: Monique Welch

Pocomoke: Thursday, April 13
Time: 5:30 P.M.
Location Pocomoke Community Center
1410 Market St Pocomoke MD
Facilitator: Jocelyn Feist

**Onancock, VA: Mentor available
by phone**
757.894.4389
Facilitator: Nicole Ayres

Berlin: Wednesday, April 19
Time: 1:00 P.M. Location Regional Care Center
9707 Healthway Dr. Berlin, MD
Facilitator: Jocelyn Feist

Cambridge: Mentor available by phone
703.798.1946
Facilitator: Bobbie Rideout

Questions, please contact the office
410-548-7880

April Facts:

Flower: Daisy and the sweet pea

Zodiac: Aries and Taurus

Birth Stone: Diamond

Holidays (2023): April Fool's Day (1st), Palm Sunday (2nd), Good Friday (7th), Easter (9th), Income Taxes due (15th), Patriot's Day (17th), Earth Day (22nd).



happy earth day!



WSW



Stitch Therapy

Knit, Crochet, Cross-Stitch,
Punch Needle

enjoy an afternoon of crafting with other survivors/caregivers for some relaxation and conversation

Monday, April 10th, 2023

Available 2nd Monday, of each Month

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

UPDATE

Location: TidalHealth Oncology Center

Address: 11105 Cathage Rd, Berlin, MD 21811

FREE

Beginners are Welcome
Including Free Lessons

DONOR THANKS

Individual:

Delores Blake
Ira Grupper
Martha Hill
Stephanie Huff
Kevin Hughes
Marilyn K. Johnson
Wendy K. Nathan
Sara Short
Janet Wilkins
Ashley Wilson

In Memory

Sylvia Angstadt
Diane M. Angstadt
Adriane Givant
Brenda Loux
Carol M. Myers
Mr. & Mrs. Potenza
Antonio Russo
Michael Barto
Sharon Barto
Jean Anne Carlock
Jennifer Leonard
Lynn Stafford
Cindy Dutton
G. H. Dutton
Edward Prager
BOE of Worcester Co.
Scott Blackburn
Mr. & Mrs. Bragg
Jean Richmond
Sylvia Robertson

Business:

Bank of Ocean City
Deely Insurance Group
Landmark Insurance & Financial
Group
Taylor Bank

In Honor

All Survivors
Karin Adkins
Elizabeth Bleile
Elizabeth Bleile
Alison Perdue-Tingle
Debra Shockley
Molly Burgoyne Brian
Diana Rein
Robin Wade
Donna L. Labounty
Richie Marie Lawrence
Stephanie Martin
Red Circle Management, LLC
Tronds Pool Construction, LLC

Civic:

United Methodist Women
Trinity UM Church
Washington Academy & HS
SADD

In Kind:

Marilyn Beach
Gail Hope
Kristen Pruitt

SPONSORS

Journey

\$10,000+
Preston Automotive
Group

Courage

\$5,000 +
Spicer Bros

Hope

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

Pink Ribbon

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





Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

NONPROFIT ORG
PAID
SALISBURY MD
21801
PERMIT NO 146



Please contact the office if you are not reading or if you no longer wish to receive our newsletter. Thank you.

410-548-7880 or
wicomico@womensupportingwomen.org

Women Supporting Women 2023 Board of Directors

- Penny Bradford, President
- Billye Sarbanes, Treasurer
- Cindy Feist, Executive Director
- Donna Altvater
- Colleen Brewington
- Judy Herman
- Crystal Heiser
- Rachel Manning
- Kimberly Purvis
- Chalarra Sessoms
- Lisa Twilley
- Ashley Wilson

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 _____