



Cindy Feist
Executive Director

HAPPY MOTHER’S DAY (MONTH)!

I don’t know about the rest of the population out there, but I think the Grandmothers, Mothers, and those special Aunts of the world all deserve more than just a day. So, here at Women Supporting Women, we are celebrating you the entire month of May. We hope all of you have a wonderful time enjoying Mother’s Day with your family and friends for the month making new memories and cherishing old memories with your loved ones.

Since May is all about Mothers and females, what a better time to remind those you love to schedule their mammograms. Remember, breast cancer doesn’t just get diagnosed in October during breast cancer awareness month. Breast cancer also is not just a women’s disease, men get diagnosed with breast cancer as well. So, in May whether you are gathering for Mother’s Day, a birthday, or a family cookout over Memorial Day, gently remind those you love to stay healthy and get tested. Early detection on any health issue helps not only you but your loved ones moving forward.

Stay well and Stay Safe
Cindy Feist, Executive Director



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Nutritional Information

Tastes-Like-Ice-Cream Kale Smoothie

This kale smoothie from The Blender Girl cookbook tastes like ice cream and is the most incredible green smoothie you will ever taste.

Prep Time 10 minutes

Total Time 10 minutes

Servings 2 16-ounce glasses

Author Tess Masters



Ingredients

1 cup (240ml) filtered water

1 cup (25g) torn-up curly green kale leaves

1/2 cup (70g) **raw unsalted cashews, soaked** and drained

1/4 cup (43g) **chopped pitted dates** (or 2 tablespoons **Lakanto**)

2 medium-sized bananas

1/2 teaspoon **natural vanilla extract**

1 teaspoon minced ginger, plus more to taste

2 cups (250g) ice cubes

Optional Boosters:

1 tablespoon **flax oil**

1 tablespoon **chia seeds**

1 teaspoon **wheatgrass powder**

Pinch **of Celtic sea salt**

1/2 teaspoon **probiotic powder**

Instructions

Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds, until smooth and creamy. <https://www.theblendergirl.com/recipe/tastes-like-ice-cream-kale-smoothie/#recipeCard>



WOW



Stitch Therapy

Knit, Crochet, Cross-Stitch,
Punch Needle

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

Monday, May 8th, 2023

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

Location: TidalHealth Oncology Center

Address: 11105 Cathage Rd, Berlin, MD 21811

FREE

Beginners are Welcome
Including Free Lessons



Community Support



Oak Ridge Baptist Church holds their Peace 1 Day Project

Sunday, April 2, 2023 Oak Ridge Church had a group of amazing volunteers put together piglet and seatbelt pillows that WSW provides for our breast cancer survivors. We can't thank them enough for giving of their time and talents during their Peace 1 Day Event!

WSW May 2023 Support Groups



Salisbury: Thursday, May 4
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, May 11**
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, May 17
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



SPRING
Questions, please contact the office
410-548-7880



Tuesday, May 9

🌸 Stretch with WSW
@ Anahata Yoga in
Cambridge, MD

Saturday, Sept. 16

🌸 **NEW!** Pistols & Petals
@ Delmarva Sporting Clays & Rifle Range
in Mardela Springs, MD

Saturday, Sept. 30

🌸 WSW's Healthiest You Conference
@ Oak Ridge Baptist Church in
Salisbury, MD

Saturday, Oct. 21

🌸 WSW's Walk for Awareness
@ Christian Community Center on Gordy Rd
in Salisbury, MD

Thursday, Nov. 2

🌸 **NEW!** WSW's Holiday Bingo
@ Willards Lions Club in Willards, MD

Any questions about our upcoming events please contact our office at 410-548-7880
or email at events@womensupportingwomen.org



STRETCH WITH WSW

Healing Through the Arts

lead by Cavin Moore at Anahata Yoga

TUESDAY, MAY 9TH
05:00 PM - 06:00 PM

443-521-7137
212 Dorchester Ave.,
Cambridge, MD

Just bring yourself and wear comfortable clothes!

Tickets are \$15/person.

Contact WSW office to sign up! Call 410-548-7880 or you can email
wicomico@womensupportingwomen.org

Medical Update

Insurance Companies Set To End Coverage for DIEP Flap Surgery

An obscure change in medical billing may eliminate health insurance coverage for DIEP flap breast reconstruction surgery. The procedure, which has been covered by most commercial health insurance companies since 2007, is not going to have a unique code anymore, making it impossible for surgeons to bill insurance companies.

Medical procedures are billed using codes administered by the Centers for Medicare & Medicaid Services (CMS), a federal agency. Doctors provide these codes when billing health insurance companies, which may — depending on the plan — cover some or all of the cost. Until recently, DIEP flap breast reconstruction and other perforator flap breast reconstruction surgeries had unique procedure codes.

In 2019, CMS decided to combine all flap breast reconstruction procedures together under one code and to phase out the unique codes for individual flap procedures by December 31, 2024. This means that surgeons performing DIEP flap surgery are only going to be able to bill insurance at the rate for TRAM flap surgery — an older, less advanced, and less common procedure that is associated with more long-term complications. TRAM flap surgery is also about 70% to 90% less expensive to perform than DIEP flap surgery.

Since surgeons cannot afford to perform DIEP flap surgery at that rate, people are going to need to either pay out of pocket for DIEP flap surgery (which can cost more than \$50,000) or choose treatment paths that may not be the best for them.

Although the coding changes don't go into effect until next year, some health insurers have already stopped covering DIEP flap surgery. The changes have also spurred some surgeons to only offer the surgery to patients who can pay the full cost of the procedure in cash and others to stop offering the surgery altogether.

If CMS's decision is not reversed soon, all commercial health insurers may stop covering DIEP flap surgery between now and next year.

According to the American Society of Plastic Surgeons, more than 137,000 women who have been diagnosed with breast cancer undergo breast reconstruction surgery each year. DIEP flap surgery is an advanced form of breast reconstruction that is preferred by many women because it allows them to use their own transplanted tissue instead of an implant, it doesn't involve moving or cutting muscle, and it has a faster recovery time and a lower risk of long-term complications than TRAM flap surgery.

Decisions about whether to get breast reconstruction and which type to choose are deeply personal. Most advocates, including Breastcancer.org, and most healthcare professionals agree that women need to be able to choose the type of surgery that's right for them.

People diagnosed with breast cancer are already struggling with high (and growing) out-of-pocket costs for their care. A 2022 Breastcancer.org survey found that of 1,437 people in the United States who were diagnosed with breast cancer in the past 10 years, 47% said their breast cancer-related out-of-pocket costs were a significant or catastrophic burden.

Access to breast reconstruction through health insurance is actually protected by some state laws and by a federal law. The Women's Health and Cancer Rights Act of 1998 (WHCRA) requires all group health plans and health insurance companies (including HMOs) that pay for mastectomy to also cover all stages of breast reconstruction. However, the law doesn't specify the types of breast reconstruction surgeries that must be covered, leaving this coding change in a legal gray area.

Members of Congress, including Senator Amy Klobuchar and Congresswoman Debbie Wasserman Schultz (both breast cancer survivors), are among those who have been calling for CMS to reverse its decision and reinstate billing code S2068.

This information is provided by [Breastcancer.org](https://www.breastcancer.org).

IMPORTANT UPDATE

Due to low attendance at our Pocomoke Support Group the 2nd Thursday of each month, this group meeting will be canceled until further notice.

WSW June 2023 Support Groups

Salisbury: Thursday, June 1
Time: 6:30 P.M. Location WSW office
1320 Belmont Ave Suite 402 Salisbury, MD
Facilitator: Jocelyn Feist
Speaker: Carla L. Dunahoo, Ph.D.
Topic: Coping w/ Depression & Anxiety

Crisfield: Mentor available by phone
410.726.9060
Facilitator: Monique Welch

Berlin: Wednesday, June 21
Time: 1:00 P.M. Location Regional Care Center
9707 Healthway Dr. Berlin, MD
Facilitator: Jocelyn Feist
Speaker: Amy Ginnavan, LCSW-C, LCADC
Topic: Coping w/ Depression & Anxiety

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

Cambridge: Mentor available by phone
703.798.1946
Facilitator: Bobbie Rideout

Questions, please contact the office
410-548-7880

Get to know our Support Group Guest Speakers for June

Carla L. Dunahoo, Ph.D. is a licensed clinical psychologist with over 30 years of experience. Dr. Dunahoo spent the first half of her career working in community mental health and hospital-based mental health clinics prior to opening a private practice in Salisbury in 2004. She has a broad range of experience working with people of all ages and backgrounds. In addition, she has specialized training and experience working with children and adolescents, the LGBTQ community and couples. She completed her Ph.D. at Kent State University and her internship at the Indiana University School of Medicine. She regularly participates in seminars and workshops to further her knowledge of psychology and psychotherapy.

Amy Ginnavan is a clinical social worker and the owner of Seaside Counseling & Wellness Center which was established in Fall 2012. Amy graduated from Salisbury University in 2004 with a Master of Social Work degree. She returned to school in 2010 to study Addictions Counseling & received her Licensed Clinical Alcohol & Drug Counselor (LCADC) License in September 2011. Amy has worked with adults, families, and children for over 19 years using individual, group, couples, family, & co-occurring therapies. She works with a wide range of Mental Health & Substance Abuse disorders. Amy also creates and presents continuing education workshops on a wide range of topics for state and local agencies and nonprofits.

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Joke of the Month

A man wasn't feeling well so he went to the doctor. After examining him the doctor took his wife aside, and said, "Your husband has a very sensitive heart. I am afraid he's not going to make it, unless you treat him like a king, which means you are at his every beck and call, 24 hours a day and that he doesn't have to do anything himself. On the way home the husband asked with a note of concern "what did he say?" "Well", the lady responded, "he said it looks like you probably won't make it."



Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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21801
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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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