

CHANGES ARE COMING & EVENTS ARE BACK!

It has been a long time coming, but restaurants, businesses, and EVENTS are opening up and coming back. Like all of you, WSW has missed seeing everyone. We are still taking precautions for your safety and will have our doors open soon. Until then, we are hard at work on some upcoming events both over the summer and into the fall.

Mark your Calendars! Our 20th Annual Walk for Awareness is scheduled for **Saturday, October 2nd at Pemberton Park** in Salisbury. New date and New location! Form a team or get your friends together. Start now by putting on your thinking caps and figuring out how your team will mark the 20th Year of WSW's Walk for Awareness. We have all been cooped up too long, it is time to shake off the dust and have some fun! Remember, there is an award for Best Decorated Team and Dog. Let's make our 20th Walk for Awareness the most **PINK** one yet!

Changes are happening here at WSW, read about our new Administrative Assistant on page 9 of this issue and incoming board members on page 11. Help us Welcome in the new Team members!

Until we see you out and about, Take Care and Stay Well
Cindy Feist, Executive Director

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See Donation Slip on back page

This newsletter is funded by:



July Support Groups



West Ocean City In-Person Support Group

Wednesday, July 21st, 2021

Starting Time: 1:00 P.M.

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

Thank you again to the
staff at the
O.C. Marlin Club

Contact us:

410-548-7880

OR

MENTOR@WOMENSUPPORTINGWOMEN.ORG

JULY MEETING

Thursday

July 1st, 2021

CANCELED

**SALISBURY WILL
NOT BE HOSTING A
SUPPORT GROUP
MEETING
FOR JULY**

WSW Staff Members

[Cindy Feist](#)

Executive Director

[Carol Camper](#)

Administrative Assistant

[Rachel Manning](#)

PR & Marketing

[Jocelyn Feist](#)

Mentoring Coordinator

Free In-Person Event to Build Resiliency and Hope!

Please register by emailing: Cindy@womensupportingwomen.org

Healing Connections, within and between each other, through the Arts

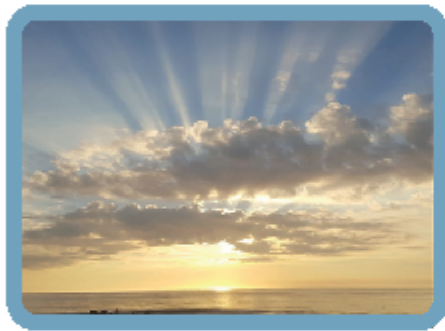


Presented by Marilyn B. Spenadel, LCPC, ACS
for Women Support Women



Wednesday July 28th from 4:00pm-6:00pm

check-in 3:50pm at Center for the Arts, 502 94th street, Ocean City



Join Maryland licensed clinical counselor, Marilyn B. Spenadel, for this 2 hour **Holistic Self-Care Workshop** as she teaches attendees to gain insight into finding mind/body connections to stress, wellness, and spiritual strength. While we can't change difficult situations of the past, we can work on shifting our perception to be more hopeful and appreciative of our moments. As you practice healing mindfulness and compassionate techniques, you can tap into feeling more present and empowered.

After a mindful universal light inspired meditation, you will create your Mandala (healing circle) to connect to the uplifting resource and energy.

These mandala art pieces will be collected to create the traveling **"Wall of Compassion,"**© community healing interactive art display.

Funding for this event is in part provided by Worcester County Arts Council, Maryland State Arts Council and National Endowment of the Arts, organizations dedicated to cultivating a vibrant cultural community where the arts thrive.



FREE ADMISSION TO GALLERIES

502 94th St. bayside - 410-524-9433

Open Mon-Fri 9-4 Sat-Sun 11-4



www.ArtLeagueofOceanCity.org



TIDALHEALTH MINUTE

Alternative Therapy for Breast Cancer

Breast cancer treatment can be extremely wearing on your mind, body and soul. Exploring alternative therapies to supplement traditional treatment can help to alleviate side effects of traditional medicine. Some examples of alternative therapies include:

- Acupuncture (relieves fatigue, controls hot flashes, decreases nausea)
- A healthy diet (double up on fruits and vegetables, avoid high-fat foods)
- Reiki, Aromatherapy, & Meditation (relieves stress & anxiety)
- Biofeedback (muscle tension, heart rate, & blood pressure)

Integrating the evidence-based alternative therapies with traditional treatments may help relieve many symptoms associated with cancer and improve quality of life. Speaking with your physician before beginning any alternative is wise because they can advise on what therapy would work best for you specific breast cancer. It is important to keep in mind that these are alternative therapies and shouldn't be used in place of your physician approved treatment plan.

If you have a question or concern about a breast issue and you are not sure where to go, the navigator is often a good place to start. We hope that you feel comfortable reaching out to us, whatever your needs may be. To reach a navigator at the Peninsula Breast Center, please call 410-543-7597 or 410-912-6908.

Crystal Wilkins, RN
Cancer Navigator
Richard A. Henson Cancer Institute
TidalHealth
Phone: 410-912-6908



Grant Received from Women's Fund of the Community Foundation of the Eastern Shore

WSW received \$3,000 from a grant through Women's Fund of the Community Foundation of the Eastern Shore to purchase books for WSW's signature tote bags.

Our signature tote bags are given to those women diagnosed with breast cancer during a visit to their Surgeon's office at either of 2 locations in Salisbury and 2 locations in Berlin. The totes contain two major books which offer comprehensive patient and caregiver information. These books help the survivor understand the disease, treatments, emotions and recovery from breast cancer.

Thank you to Women's Fund of the Community Foundation of the Eastern Shore for their continued support.

Nutritional Information

Spinach Salad with Roasted Sweet Potatoes, White Beans, & Basil

EatingWell.com; Carolyn Casner

Roasted sweet potatoes are paired with spinach, cabbage and white beans and tossed together with a bright basil dressing in this healthy main dish salad.

Active: 40 mins **Total:** 40 mins **Servings:** 4



Ingredients

1 sweet potato (12 ounces), peeled and diced (1/2 inch)	2 teaspoons whole-grain mustard
5 tablespoons extra-virgin olive oil, divided	10 cups baby spinach
½ teaspoon ground pepper, divided	1 (15 ounce) can low-sodium cannellini beans, rinsed
¼ teaspoon salt, divided	2 cups shredded cabbage
½ cup packed fresh basil leaves	1 cup chopped red bell pepper
3 tablespoons cider vinegar	1/3 cup chopped pecans, toasted
1 tablespoon finely chopped shallot	

Directions:

Preheat oven to 425 degrees F.

Toss sweet potatoes, 1 tablespoon oil, 1/4 teaspoon pepper and 1/8 teaspoon salt together in a large bowl. Transfer to a large rimmed baking sheet and roast, stirring once, until tender, 15 to 18 minutes. Let cool for at least 10 minutes.

Meanwhile, place basil, the remaining 1/4 cup oil, vinegar, shallot, mustard and the remaining 1/4 teaspoon pepper and 1/8 teaspoon salt in a mini food processor. Process until mostly smooth. Transfer to the large bowl. Add spinach, beans, cabbage, bell pepper, pecans and the cooled sweet potatoes. Toss to coat.

NUTRITION FACTS

Serving Size: 3 Cups **Per Serving:** 415 calories; protein 11.8g; carbohydrates 44.3g; dietary fiber 14.7g; sugars 6.7g; fat 23.6g; saturated fat 2.9g; vitamin a iu 22749.1IU; vitamin c 103.7mg; folate 48mcg; calcium 194.4mg; iron 5.9mg; magnesium 145.9mg; potassium 498.1mg; sodium 564.5mg; thiamin 0.2mg. **Exchanges:** 4 1/2 Fat, 1 1/2 Starch, 2 Vegetable, 1 Lean Protein

August
Support Groups



TENTATIVE
POCOMOKE
In-Person
Support Group

Weather Permitting

Thursday, August 12th, 2021

Starting Time: 5:30 P.M.

Outside Support Group Meeting

Park across from the

Delmarva Discovery Museum

2 Market Street

Pocomoke City MD

Contact us:

410-548-7880

OR

MENTOR@WOMENSUPPORTINGWOMEN.ORG

SALISBURY

AUGUST MEETING

THURSDAY

AUGUST 5, 2021

STARTING AT 6:30 P.M.

Support Group location

will be held back at

**Women Supporting Women's
OFFICE**

1320 Belmont Ave

Suite 402

Salisbury, MD 21804

410-548-7880

BERLIN IN-PERSON
SUPPORT GROUP

Wednesday
August 18th, 2021
Start Time: 1:00 P.M

REGIONAL CARE CENTER

Atlantic Health Center Conference Room

9714 Health Drive

Berlin, MD 21811

410-548-7880; Jocelyn Feist, Mentor
for any questions or concerns

THANK YOU FROM WSW!

Red Dragon Wellness Center

Natalie Vestal, Lisc Acupuncturist, MAOM

WSW would like to Thank Natalie for speaking at our May virtual Support Group meeting.

When Natalie was 15, she was diagnosed with Lyme Disease. Natalie and her family were introduced to acupuncture and alternative medicine at that point. Natalie found acupuncture treatment was very effective for her condition.

Once she graduated from high school, she attended Wor-Wic Community College where she earned her Associates in General Studies with a focus in sciences. She then earned her combined Masters and Bachelors at Texas College of Traditional Chinese Medicine.

She has had the privilege of helping the Salisbury, MD area heal since March 2012. It is the mission of her practice to help, to the best of their ability, as many patients as possible to live with mental, emotional and physical health.

For more information call 443-614-7534 or you can also learn more about the available services by visiting the website at www.reddragonwellnesscenter.com

Tuna and Tiaras 1st Annual Ladies Tuna Tournament

THANK YOU to Pam Taylor, her team, and all those that participated in the Tuna Tournament over June 18 and 19th weekend. WSW is pleased to have been picked as the nonprofit to receive funding from the event.

Congratulations to all the winners!



Mentoring Minute

Myriad Genetics to Share New Data at 2021 ASCO Validating Personalized Breast Cancer Risk Assessments for Women of All Ancestries

Many may know about or have heard about the company Myriad and the Genetic testing they offer. But some may not know that Myriad Genetics is planning to launch a new kind of testing called riskScore. riskScore is geared for all ancestries which Myriad is looking to launch later this year as part of its myRisk clinical test. In addition, “the company recently announced plans to launch a standalone consumer version of riskScore in 2022. The consumer version will further expand riskScore access to a new population of 93 million women who do not already qualify for hereditary cancer testing due to their personal or family history”.

Here is a little back round regarding the new riskScore; for all ancestries is a clinically validated precision medicine tool that enhances the Myriad myRisk Hereditary Cancer test. The “test incorporates data from more than 90 single nucleotide polymorphisms identified through 20 years of genome wide association studies in breast cancer. It previously was validated to predict breast cancer risk in women of European descent and is now validated for all ancestries. This data is then combined with a personal and family history algorithm, the Tyrer-Cuzick model, to provide an individualized breast cancer risk assessment”.

The Myriad myRisk Hereditary Cancer test, “uses advanced technologies and proprietary algorithms to evaluate 35 clinically significant genes associated with eight hereditary cancer sites including: breast, colon, ovarian, endometrial, pancreatic, prostate and gastric cancers and melanoma”. This is amazing how genetic testing can help the health and wellbeing for so many individuals, which gives a better knowledge in being proactive in health decisions.

The Safe Harbor added these statements regarding these press release contains “forward-looking statements” within the meaning of the Private Securities Litigation Reform Act of 1995, including statements related to the results and impact of a new study that validates the use of a new method for polygenic breast cancer risk assessments in women of all ancestries; the study helping more women take control of their health by understanding their risk of developing breast cancer; the expansion of the Company’s current riskScore offering to all women who meet clinical criteria and qualify for hereditary cancer testing, regardless of ancestry; the Company’s plan to launch a standalone consumer version of riskScore in 2022; and the Company’s strategic directives under the caption "About Myriad Genetics."

You can learn more by going to WSW website and clicking on, “Explore Your Genetics” which will take you to Myriad’s office web page.

Provided by GlobeNewswire

May 19, 2021

Maxwell, Jared and Smith, Nathan

<https://www.morningstar.com/news/globe-newswire/8239852/myriad-genetics-to-share-new-data-at-2021-asco-validating-personalized-breast-cancer-risk-assessments-of-all-ancestries>

**During the summer months, WSW staff will be working
from home periodically.**

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

New WSW Employee

Women Supporting Women is pleased to Welcome the newest member to our staff, Carol Camper. Carol began her position as Administrative Assistant with WSW on June 29th. She brings with her over 20+ years experience in both human resource services and is a licensed cosmetologist.

Carol has a warm, welcoming personality that fits perfectly in her new position with us. She is professional, committed, compassionate and ready to help those survivors coming through our doors.

Help us give Carol a warm welcome as the newest member of the WSW Team.

NEW TO WSW...

Are you having trouble making it to a support group but would like to talk to other survivors? We have an online support group on Facebook called “Boobs, Sweat and Tears-WSW”. Join the group now!

Event Update



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 FOR
MORE INFORMATION OR AT EVENTBRITE.COM**

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

DONOR THANKS

Individual:

Nancy Johnson
Lisa Edwards
Connie Flanagan
Shah & Farah Yahya
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Janine Motsko
Kathleen Hartsock
Ginger Williams
Barbara Culhane
John McDonald

In Kind:

Mary Mills
Louise Lassiter
Denise Becker
Rhonda Moore
Ira Grupper
Joanne Coffin

Business:

Civic:

The Brown Pelican Fund
Salisbury Fraternal Order of Eagles #4503
Eastside Memorial VFW Post 2996

In Memory Of:

Clare Meyer
Mary M. Davis

Jessica Wilkin
Paula, Jim, & Lauren Marple

Phyllis Saltz
Ellen Dize

Kathleen Galloway
Arlene Olive Linn
Liz and Bob Farlow

In-Honor Of:

Jill Stone
Ellen Dize



Welcome to WSW's New Board Members

Women Supporting Women is pleased to announce the appointment of four new members to the 2021 board of directors. This brings the number of board members to fifteen.

Crystal Heiser comes to us from Home Instead Senior Care where she is currently their Home Care Consultant.

Dr. Kimberly Purvis is employed by Worcester County Public School as the Principal for Snow Hill High School.

Ericka Ramos joins us after many years of volunteering for WSW from Truist Bank (previously known as SunTrust Bank).

Tish Withers another long standing volunteer for WSW joins us from one of our Major Sponsors, Apple Discount Drugs where she is their Marketing Director.

Thank You all for joining our Team! Our current board members and staff look forward to working with you over the next three years.



See what WSW staff members are reading or recommending!

- | | |
|---|---|
| 1. <i>The Silent Patient</i> by Alex Michaelides | 3. <i>The Body Keeps the Score</i> by Bessel van der Kolk |
| 2. <i>People We Meet on Vacation</i> by Emily Henry | 4. <i>The Devil May Dance</i> by Jake Tapper |

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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

Joke of the Month:

Where do sheep go on vacation?

The Baaa-hamas.





Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

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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 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
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.

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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

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