

HERE COMES THE SUN

I have the song in my head “Here Comes the Sun” by the Beatles. To me it has been a while since we have seen the sun. It has been a long winter in my eyes (or maybe a long 2020), not sure about everybody else. With the short winter days, recently colder temps, and all the rain, I thought it was never going to end.

The March and April issue of WSW’s newsletter just sounds like spring and music to my ears. We are pleased to bring back our “Meal Prep & Delivery” program (page 4). If you currently are not eligible for this program, enjoy the healthy, nutritious recipe (page 5) to get some spring into your step. Then get outside and take a walk. Enjoy the fresh air and the sounds of spring.

Unfortunately, at WSW, we have decided to cancel our Pink Ribbon Bingo for 2021 because of restrictions still in place due to Covid-19. Instead, you can join us for a new event, “Ticket to Win It” Raffle (page 8). Major prizes will be given out during this evening’s event and right before Mother’s Day. Perfect timing, I cannot wait! Until we see you in person again...

Let me hear you sing!

Here comes the sun do, do, do
Here comes the sun
And I say it's all right...

Happy Spring Everyone!

Cindy Feist, Executive Director



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See Donation Slip on back page

MARCH 2021 Support Groups

In-Person

Thursday, March 4, 2021

6:30 P.M.

Oak Ridge Baptist Church
361 Tilghman Rd.
Salisbury, MD 21804



ZOOM Meeting

Thursday, March 25, 2021

6:30 P.M.

<https://us02web.zoom.us/join>

Meeting ID:

891 9070 3219

Passcode:

719168

APRIL 2021 Support Groups

In-Person

Thursday, April 1, 2021

6:30 P.M.

Oak Ridge Baptist Church
361 Tilghman Rd.
Salisbury, MD 21804



ZOOM Meeting

Thursday, April 15, 2021

6:30 P.M.

<https://us02web.zoom.us/join>

Meeting ID:

830 9245 6743

Passcode:

719168

Complimentary Care

Ways to Manage Stress

Stress is part of being human, and it can help motivate you to get things done. Even high stress from serious illness, job loss, a death in the family, or a painful life event can be a natural part of life. You may feel down or anxious, and that's normal too for a while. Talk to your doctor if you feel down or anxious for more than several weeks or if it starts to interfere with your home or work life. Therapy, medication, and other strategies can help. In the meantime, there are things you can learn to manage stress before it gets to be too much. Consider these suggestions:

EXERCISE

To start with, physical activity can help improve your sleep. And better sleep means better stress management. Doctors don't yet know exactly why, but people who exercise more tend to get better deep "slow wave" sleep that helps renew the brain and body. Just take care not to exercise too close to bedtime, which disrupts sleep for some people. Exercise also seems to help mood. Part of the reason may be that it stimulates your body to release a number of hormones like endorphins and endocannabinoids that help block pain, improve sleep, and sedate you. Some of them (endocannabinoids) may be responsible for the euphoric feeling, or "runner's high," that some people report after long runs. People who exercise also tend to feel less anxious and more positive about themselves. When your body feels good, your mind often follows. Get a dose of stress relief with these exercises: *Running, Swimming, Dancing, Cycling, and or Aerobics*. If you don't have the time for a formal exercise program, you can still find ways to move throughout your day. Try these tips: *Bike instead of driving to the store. Use the stairs instead of the elevator. Park as far as you can from the door. Hand-wash your car. Clean your house. Or walk on your lunch break.*

DIET

The benefits of eating health foods extend beyond your waistline to your mental health. A healthy diet can lessen the effects of stress, build up your immune system, level your mood, and lower your blood pressure. Lots of added sugar and fat can have the opposite effect. And junk food can seem even more appealing when you're under a lot of stress. To stay healthy and on an even keel, look for complex carbohydrates, lean proteins, and fatty acids found in fish, meat, eggs, and nuts. Antioxidants help too. They protect your cells against damage that chronic stress can cause. You can find them in a huge variety of foods like beans, fruits, berries, vegetables, and spices such as ginger. Stick to a healthy diet with a few simple tips. Make a shopping list. Carry healthy snacks with you when you leave the house. Stay away from processed foods, and try not to eat mindlessly. Scientists have pinpointed some nutrients that seem to help lessen the effects of stress on the body and mind. Be sure to get enough these as part of a balanced diet: *Vitamin C, Magnesium, Omega-3 fatty acids.*

SLEEP

A common side effect of stress is that you may struggle to fall asleep. If this happens three times a week for at least 3 months, you may have insomnia, an inability to fall and stay asleep. Lack of sleep can also add to your stress level and cause a cycle of stress and sleeplessness. Better sleep habits can help. This includes both your daily routine and the way you set up your bedroom. Habits that may help include: *Exercise regularly; Get out in the sunlight; Drink less alcohol and caffeine close to bedtime; Set a sleep schedule; Don't look at your electronics 30-60 minutes before bed; Try meditation or other forms of relaxation at bedtime.* The role of your bedroom in good sleep hygiene also is important. In general, your room should be dark, quiet, and cool -- 60-65 degrees is thought to be an ideal temperature to stay asleep. Your bed also plays an important role. Your mattress should provide support, space and most of all, comfort.

RELAXATION TECHNIQUES:

*Yoga
Meditation
Deep breathing
Biofeedback
Connect with people
Behavior
Inner voice
Laugh therapy
Talk therapy*

For more information from this article you can find it at: <https://www.webmd.com/balance/stress-management/stress-management#1>

Survivor Story

Patricia Diagnosed at 26



"At my initial doctor visit they suggested because I had just turned 26, the lump I discovered while showering may have simply been a cyst."

Before my diagnosis, I was a top insurance sales professional. This disease, however, would disrupt what seemed to be the perfect career and lifestyle. Iyanla Vanzant said "before you enter a new experience, everything that needs healing rushes to the surface. You have to pause."

At my initial doctor visit they suggested because I had just turned 26, the lump I discovered while showering may have simply been a cyst. While cysts are very common, especially for younger women with dense breasts, it was recommended I get a needle biopsy. That was an invasive and painful experience. December 5th, my doctor gently shared with me that I would be a breast cancer survivor.

December 16th, I met with my surgical oncologist, and

February 12th I had a lumpectomy. Before surgery I did have my eggs harvested in case of infertility. My journey consisted of 16 rounds of chemotherapy, four adriamycin cytaxon, and 12 rounds of taxol. Chemotherapy affected me severely, both physically and emotionally. At this time, there were no distractions of work. Only the tasks to heal my spirit that was dying to live. To save myself, I sought counseling. Therapy forced me to feel and talk about it all. Good things, bad things, painful things, relationships, religion, fears, future plans - everything! I began indulging in hobbies I hadn't any time for before. I also spent a lot of time in nature when my body permitted. All these things helped me from illness into wellness. After chemo, I had 37 radiation treatments and was prescribed tamoxifen for five years. Before engulfing in corporate, I used to model and was a freelance makeup artist. Leading to my resignation, I managed my insurance career and makeup opportunities. My artistry made it that I seldom knew I was battling for my life! I knew after conquering cancer I wanted to share my beauty expertise and more with the world! Suddenly I was coming into my own. This transition was not that easy, however, and I lost everything. But having conquered cancer I was fearless!

Today my dreams are a reality. I am now a reputable beauty expert having been featured in an instructional beauty video for cancer patients. I also coach free beauty classes for the cancer community, and more recently I am a published co-author! For me, cancer was an introspective journey that forced me to retreat and release for a readiness to enjoy the best days of my life, the rest of my life. My words to those surviving is: "THIS IS TEMPORARY". I encourage you to have a plan for when you conquer cancer. You have come so far in life, and the best is yet to come.

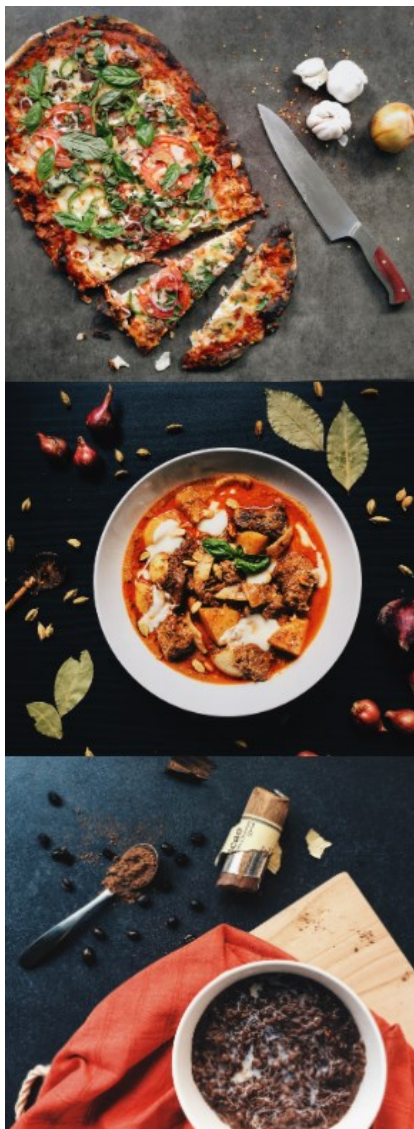
<https://www.youngsurvival.org/blog/survivor-stories/survivor/patricia>

March Facts:

- Birthstone: aquamarine and bloodstone
- Flower: daffodil
- Zodiac signs: Pisces and Aries
- March comes from the Roman God of War, Mars
- Each year March and June end on the same day of the week.
- It is the time of year when animals start to wake up from hibernation.

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





If you are a breast cancer survivor, currently going through breast cancer treatment in Wicomico, Somerset or Worcester County and are in need of food assistance please sign up for free meal deliveries by emailing mentor@womensupportingwomen.org



Due to Covid-19 the WSW Staff may be working from home at times during the winter months.

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

WSW Staff Members

Cindy Feist
Executive Director

Cerah Cabrera
Administrative Assistant

Rachel Manning
PR & Marketing

Jocelyn Feist
Mentoring Coordinator

Nutritional Information

Slow Cooker Chicken, Mushroom and Spinach Quinoa Risotto

Ingredients

- 1 1/2 cups quinoa, uncooked and rinsed
- 1 1/2 lbs. skinless, boneless chicken breasts, cut into bite-size pieces
- 3 cups sliced mushrooms
- 3 cups low-sodium chicken broth (plus up to 1 cup additional, if needed at the end)
- 1 large shallot, thinly sliced
- 5 cloves garlic, minced
- 1/2 tsp. each of dried thyme, basil and oregano
- 1 Tbsp. coconut oil*
- 1/2 tsp. pepper
- Juice of 1 lemon or 2 Tbsp. lemon juice
- 4 cups roughly chopped, packed spinach
- 2/3 cup grated Parmesan cheese



Makes 6 servings. Per serving: 11 g total fat (4.5 g saturated fat, 0 g trans fat), 90 mg cholesterol, 32 g carbohydrates, 37 g protein, 4 g dietary fiber, 280 mg sodium, 2 g sugar, 0 g added sugar.

Directions

1. Place all ingredients except spinach and cheese in slow cooker.
2. Cover and cook on low for 3 hours.
3. When almost done cooking, the liquid should be absorbed, and the mixture should be slightly sticky. If very sticky, add up to 1 cup additional broth and stir to combine until texture is creamy. Stir in spinach and cheese, cover and continue cooking just until spinach begins to wilt (about 2-5 minutes).

Notes

*May substitute coconut oil with oil of your choice.

This dish can be made vegan by omitting the chicken, swapping chicken broth for vegetable broth and replacing the Parmesan cheese with 1/4 cup nutritional yeast.

Quinoa risotto can be stored in the refrigerator for up to 5 days or frozen for up to 2 months.

<https://www.aicr.org/cancer-prevention/recipes/slow-cooker-chicken-mushroom-and-spinach-quinoa-risotto/>

Mentoring Minute

No one ever wants to hear from their doctor that your tests came back, and you are positive for cancer. It takes a moment to try and process, understand what was just told to you. This is hard information to take in for anyone at any age. But what if you are younger. Thinking that this does not happen to women my age, “I am only in my teens, my twenties, thirties, early forties.”

Questions will start to arise. Where do I go from here? What are my treatment options? Wait! What happens if I eventually want children later in life? Fertility preservation may not have been something you thought would have been necessary to think about. A lot of younger women do not even mention this to their doctors if they are thinking about planning to start a family, continue to grow a family, or have children someday. The potential options that are available now before starting breast cancer treatments is something worth asking your medical professional. Embryo Freezing, Egg Freezing, Ovarian Tissue Freezing, and Ovarian Suppression are a few preservation options. Do not be scared to ask your doctor questions about fertility before and/or after breast cancer treatments, life and future joyful possibilities do not have to stop.

According to Young Survival Coalition, “Fertility preservation before treatment is an option for women who want to protect their ability to have generically related children in the future. There are a number of options to consider, though each has its pros and cons.”

Embryo Freezing: Involves using a woman’s own eggs and the sperm of a male partner or donor. Ovaries are stimulated to produce multiple eggs in a single cycle, and those eggs are harvested through an outpatient surgical procedure. The eggs are fertilized in the lab with sperm (“In Vitro Fertilization” or “IVF”), then frozen and stored. The entire process takes between two and six weeks. Doctors are sometimes concerned that stimulating a woman’s ovaries and the resulting high hormonal levels may adversely affect her chances of cancer recurrence, although evidence for this concern is lacking.

Egg Freezing: Women who do not have a male partner or do not want to use donated sperm may choose to freeze eggs over embryos. Like embryo freezing, egg freezing begins by stimulating the ovaries to produce multiple eggs in a single cycle, and harvesting those eggs. The entire process takes between two and six weeks and may start at the beginning of a woman’s period.

Ovarian Tissue Freezing: Ovarian tissue freezing is an experimental procedure for women who feel they do not have the time to go through a cycle of egg or embryo freezing. Ovarian tissue is removed in a simple surgical procedure, then frozen and stored. When a woman is ready to become pregnant, the strips will be re-implanted. The tissue is meant to produce hormones so eggs will begin to mature again. Women whose treatment includes ovarian suppression will not be able to re-implant the ovarian tissue until after that treatment is completed. More than 20 babies have been born from the use of frozen ovarian tissue.

Ovarian Suppression: Ovarian suppression is an experimental option that may protect your fertility while you undergo treatment. It is possible to shut down your ovaries during treatment with monthly shots (Zoladex or Lupron). Some women consider ovarian suppression during chemotherapy in the hope that this will preserve fertility by making the ovaries less susceptible to the harmful effects of chemotherapy. Recent research showed that ovarian suppression during chemotherapy improved fertility preservation and the potential for a full-term pregnancy. Ask your doctor if this is an option for you.

Article information provided by:

<https://www.youngsurvival.org/learn/living-with-breast-cancer/fertility-and-family-planning/fertility-preservation>

TidalHealth

Beyond Active Treatment

Caring for Patients with Breast Cancer on the Eastern Shore

Robert L. Joyner, Jr., PhD, RRT, RRT-ACCS, FAARC
Director, Richard A. Henson Research Institute

Active treatment of patients with breast cancer (and cancer generally) has improved with an extraordinary reduction in mortality over the past few decades, expanding the number of survivors dramatically. It is estimated that there will be 26 million cancer survivors in 2040. Cancer survivorship starts at the time of diagnosis and lasts throughout the patient's lifespan. Our providers, nurses, radiotherapists, and others think of survivor care as an integral part of the cancer care continuum. Survivors are supported by their family members, friends, and caregivers.

Cancer survivors, their families, and friends frequently need support after active treatment is completed. For example, many patients need on-going support due to the continued risk of treatment side effects and knowing when to best contact their healthcare provider. In an effort to provide best possible survivorship care, the Richard A. Henson Research Institute collaborates with researchers from the Johns Hopkins University Bloomberg School of Public Health, in a study designed to determine the optimal way to provide Survivorship Care Planning to our patients. The study was recently published in the "Breast Cancer Research and Treatment" journal with Walid El Ayass, MD, and Nancy Mayonado, MS as the PRMC authors. This research, along with many others, directly facilitate modifications to our Survivorship Care Planning process to improve the way we care for our patients.

Peninsula Regional Medical Center continually seeks ways to best support breast cancer patients (and patients with all cancers) of the community we serve. It is with respect, admiration and a sense of responsibility for our patients that we are relentless in our search to better the care that we provide.



See what WSW staff members are reading or recommending!

1. *Relentless: From Good to Great to Unstoppable* by Tim Grover
2. *The Gifts of Imperfection: Let Go Of Who You Think You're Supposed To Be and Embrace Who You Are* by Brené Brown Ph.D., L.M.S.W.

Events Update



Local Services • Local Support

Ticket to Win It Raffle



PRIZES INCLUDE:
WIRELESS BLUETOOTH EARBUDS
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*Over 40 Chances
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\$20 Per Ticket

**Winners announced during Facebook Live
event on May 3rd**

Purchase tickets online

www.womensupportingwomen.org



Events Continued



Annual Pink Ribbon Bingo

Postponed

until March 2022

The poster features a background of soft-focus pink and purple roses with green foliage at the top and bottom. The central text is set against a light cream background with scattered gold confetti dots.

Please join BrightStar Care for the 1st Annual
SPRING INTO SUMMER SUN - RAISER
benefiting women's health and support services offered by:
Women Supporting Women (Lower Shore)
(Mid-Shore and Anne Arundel County beneficiaries to be announced)

TO PARTICIPATE:

Create and submit spring and summer décor by Friday, April 9, with a \$10 entry fee item.
Wreaths ♦ Swags ♦ Miniature and Topiary Trees
Seasonal Crafts ♦ Flower Arrangements
If it'll bring sunshine to your spring and summer days, we'll take it!

VOTING:

Items will be posted to BrightStar's Facebook pages for online voting from
Monday, April 12 – Monday, April 19 at 3 p.m.

The creation with the most online votes will be named the ***People's Choice Winner***.
A panel of judges will also select the ***Judges' Choice Winner***.
**** Winners will be named for each BrightStar location.****

PURCHASING:

Items will be auctioned from **Monday, April 12 – Monday, April 19 at 3 p.m.**
Bidding and Rules at: **www.facebook.com/groups/brightstarspringintosummer/**

Contact the BrightStar Team for Pick-Up of Your Creation:

BrightStar of Anne Arundel County ♦ Sharon Musterman
Sharon.Musterman@brightstarcare.com; 410-570-4164

BrightStar Care of Easton ♦ Christina Wingate-Spence
Christina.Wingate-Spence@brightstarcare.com; 410-463-2188

BrightStar Care of the Lower Shore ♦ Abby Husfelt
Abby.Husfelt@brightstarcare.com; 443-366-2137

DONOR THANKS

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Phyllis Predeoux
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Janice Watts
Christine Whaley
Lisa Doyle
Sally & Shirley Yates
Jerry Yates



April Facts:

- Birthstone: Diamond
- Flower: Daisy and the sweet pea
- Zodiac signs: Aries and Taurus
- In the initial Roman calendar April was the second month of the year until January and February were added in 700 BC
- The diamond of April symbolizes innocence.
- In Ancient Rome the month of April was sacred to the goddess Venus.

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



Joke of the Months:

Q. What do you call a rabbit with fleas?

A. Bugs Bunny!

How Can You Donate?

Monetary

- On Our Website
- Over the Phone
- Mail-In (Donation slip on back page)
- In Honor or In Memory Of

In-Kind (Non-Monetary)

- Wigs
- All types of head coverings
- Prostheses
- Paper, cardstock, etc...

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Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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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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All donations stay 100% local - WSW is not affiliated with any national organizations.

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