



Local Services • Local Support

CARE & SHARE NEWSLETTER

January - February 2024



Cindy Feist
Executive Director

Happy New Year!

January, the month of new beginnings and cherished memories. Outside the temperature drops and the days seem so long, giving us the time to sit quietly and reflect. It allows us the time to remember those most dear to us, near and far. Looking at 2023, we can breathe a sigh of relief for making it through the tough times and pat ourselves on the back for all the accomplishments that we made. This is the month to dream, to look forward to the year ahead and our journey within.

Wherever your journey may take you in 2024, the staff at Women Supporting Women wish you and your family a very Happy, Healthy, and Safe New Year.

*“And now let us welcome the New Year
Full of things that have never been.”*

-Rainer Maria Rilke



Table of Contents:

- Nutrition Info..... 2
- February Support Groups..... 2
- Upcoming Events 3
- Community Support 3-5
- Mentoring Minute 5
- Save The Date 6
- Donor Thanks & Book Recommendations..... 7

WSW Staff Members

[Cindy Feist](#)

Executive Director

[Amaris Ward](#)

Administrative Assistant

[Jocelyn Feist](#)

Mentoring Coordinator

[Andie Hess](#)

Event Coordinator

[Raven Cook](#)

PR Marketing Coordinator

WSW Newsletter Announcement:

Due to cost, all WSW 2024 Newsletters will be converted to online format only. WSW will be sending out “Save The Date” and “Upcoming WSW Events” Postcards instead of physical newsletters. We apologize for any inconveniences this change causes. To read the online version of our full newsletters, go to our website, click on the “Newsletter” option in pink at the top bar of the home page.

Nutritional Information

Sweet Potato Chili

The ideal chili recipe for cancer patients who have difficulty swallowing and/or mouth sores from treatment and/or who are sensitive to acidity.

Ingredients:

1 tbsp. Olive oil	1/2 tsp. Garlic powder
1/2 Onion, chopped	1/2 tsp. Salt
1 lb. Ground turkey	3 Sweet Potatoes, diced
1 tbsp. Chili powder	3 cups Chicken broth
1 1/2 tsp Cumin	1 can Kidney beans, drained



Directions:

1. Heat olive oil over medium heat in heavy bottomed pot
2. Add onions to pan and cook for 5 minutes, until translucent
3. Add ground turkey, spices, and salt and cook in the pot. Remove from pot and set aside
4. Add sweet potatoes and broth to the pot. Bring to a boil, simmer and cook for 10 minutes or until soft
5. Once soft, puree sweet potatoes with blender until desired consistency (optional)
6. Place pot back over medium heat, add turkey mixture and beans and mix into chili.
7. If too thick, add 1 cup of water or broth to thin the chili

<https://www.cancersupportcommunity.org/recipe/sweet-potato-chili>

Support Groups

WSW
January - February 2024 Support Groups
Watch for Weather Updates/Cancelations

Salisbury: Thursday , February 1st Time: 6:30 P.M. Location: WSW office 1320 Belmont Ave Suite 402 Salisbury, MD Facilitator: Jocelyn Feist	Berlin: Wednesday, January 17 & February 21st Time: 1:00 P.M. Location: Regional Care Center 9707 Healthway Dr. Berlin, MD Facilitator: Jocelyn Feist
Pocomoke: Mentor available by phone 410-548-7880 Facilitator: Jocelyn Feist	Onancock, VA: Mentor available by phone 757.894.4389 Facilitator: Nicole Ayres
Cambridge: Contact WSW Office Support/Mentor available by phone	Crisfield: Mentor available by phone 410.726.9060 Facilitator: Monique Welch

Questions, please contact the office
410-548-7880

WSW Upcoming Events

The poster features a background of a bingo card with numbers and colored lines. The text is arranged as follows:

- WSW** (in a stylized font)
- BINGO** (in large pink circles)
- IS BACK!** (in bold pink text)
- Thursday, March 7, 2024** (in bold pink text)
- Doors open at 4:30 P.M.** (in a pink circle)
- Willards Lions Club**
36393 Hearn Street
Willards, MD (in a pink box)
- Games start at 6:00 P.M.** (in a pink circle)
- Registration: click the button below or call the office at 410.548.7880** (in blue text)
- \$35 in advance (Limited Seating)**
\$40 day of (in pink text)
- Raffles, Themed Baskets, Cash Games, and 50/50 Raffle available** (in pink text)
- Logos for **PRESTON Automotive Group**, **G & Bros Roofing LLC**, and **TIGER mart** are at the bottom, flanked by pink ribbons.

Community Support



Captain's Cove held a breast cancer awareness walk on October 24th, 2023. They raised a total of \$1,005 in support of WSW. The funds raised for WSW will help provide the much needed items and support for those in our community going through breast cancer. Thank you to Captain's Cove for your continued support!

Community Support - Continued

Peninsula Imaging raised \$410 during the month of October. Thank you to Peninsula Imaging for all your support of WSW and for those in our community who are diagnosed with breast cancer.



Delmarva Power raised \$669.89 From selling t-shirts and hoodies. The proceeds of this fundraiser went to support WSW. The funds raised for WSW will help provide the much needed items and support for those in our community going through breast cancer. Thank you to Delmarva Power for all your support.

Pictured: Cindy Feist, Nicole Bruno

Peninsula Dressage hosted the 15th annual Dressage Schooling Show on October 7th, 2023. The total raised from this event was \$6,000. Thank you to Peninsula Dressage for your continued support.

Pictured: Cindy Feist, Jocelyn Feist, Jessica Briles, Emma Briles, Matt Penrose, Frankie Zurla, Shawn McEntee, Amaris Ward



Community Support - Continued



Thank you to everyone who helped raised funds during The Shore Gives More event on Tuesday November 28th 2023. The total raised for WSW was \$3,158.95. Thank you to Shore United Bank, Community Foundation and 24abc for sponsoring the event. A special thank you to Community Foundation of the Eastern Shore for all the hard work that went into this event.

Mentoring Minute

DIEP FLAP update for 2024

Last year, the Centers for Medicare and Medicaid Services decided to eliminate a trio of medical billing codes for breast reconstructive surgery that enabled doctors to collect much more money for DIEP flap operations than for simpler types of breast reconstruction.

This caused an uproar in the breast cancer community among survivors, physicians, and supporters. If you're not familiar with what a DIEP flap procedure is, this is a reconstruction surgery in which skin, fat, and blood vessels are used from a women's abdomen to create a new breast instead of having to have implants. "The DIEP flap procedure has potential benefits over implants and operations that take muscle from the abdomen. For example, although implants are less costly and less time-intensive to perform, they generally need to be replaced every 10 years or so. But DIEP flap surgery is also more expensive. If patients go outside an insurance network for the operation, it can cost more than \$50,000.

In an Aug. 22 memo, "The majority of the commenters feel their accessibility will be, or has already been, impacted by the decision to eliminate the S codes," the agency wrote in reversing its earlier plan. The agency's announcement came after it convened a public hearing in June, during which several patients, physicians and representatives of breast cancer advocacy organizations implored CMS officials to scrap their original plan. Otherwise, they said, access to DIEP flap surgery would diminish.

CMS' initial plan would have made it "impossible to continue doing high-volume, high-quality complex breast microsurgery for breast cancer patients," Dhivya Srinivasa, a plastic surgeon in California who specializes in breast reconstruction, said during CMS' June 1 hearing.

After receiving those types of comments, CMS wrote in its final decision that it is canceling its plan. "We recognize the importance of the patient-provider relationship and the practice of medicine in determining the most appropriate breast reconstruction procedure for each patient," the agency wrote.

Article: [cbsnews.com/news/breast-cancer-reconstruction-diep-flap-federal-coding-change-backlash/](https://www.cbsnews.com/news/breast-cancer-reconstruction-diep-flap-federal-coding-change-backlash/)

Save The Date!

Murder on the Menu New Orleans Style!

April 19, 2024

Dove Pointe

1225 Mt Hermon Rd, Salisbury, MD 21804

Dinner and cocktails at 5:30 P.M.

Admission: \$65 per person

To purchase tickets, call the WSW office, 410.548.7880

An audience interactive comedy murder mystery!
Includes a gourmet dinner, 1 drink ticket, and a hilarious show!

WSW

All proceeds benefit
Women Supporting Women



Ovation
Dinner Theatre



.HAPPY.
Valentine's
Day

WSW Office Hours:

Monday - Friday
9:00 am - 4:00 pm

For wig and bra fittings please call
for an appointment

Joke of the Month

Why should you not trust a pastry chef on Valentine's Day?

Because they will Dessert you!



DONOR THANKS



Business:

Wicomico Department of Social Services

Farmers Bank of Willards

Worcester Count Board of Ed.

Rommel Harley-Davidson of Delmarva

Captain's Cove

Seaside Plumbing

Peninsula Imaging

Delmarva Power

Office of the County Commissioners

Mason Branch Construction

Mirror Salon

Landmark Insurance

Hamilton Fox Farm

Peninsula Dressage

Bay point

Winaway Farm

Atlantic Hotel

Squidnation Inc.

Farmers & Platers too

Individual:

Trudy Collins

Constance Blades

Marlene & Wallace Dorsey

Patricia Goslee

Molly Raneri

Joanna Anderson

Amy Schine

David & Terry Barrett

Susan Purnell

Katherine Demarco

Robert & Dorothy Burke

Allison Turner

Donna Holden

Ulla Parker

Scott & Marcia Ryan

Debra Eskra

In Honor:

Anne Beach

Anne Maner

Edith Hayhurst

Penny Bradford

In Memory:

Troy & Lisa Doyle

Christine Whaley

Civic:

Wicomico Day School

Parkside Highschool Field Hockey

Wednesday Night Ladies Bowling League

Princess Anne Elementary School

SPONSORS

Journey

\$10,000+

Preston Automotive Group

Courage

\$5,000 +

Chesapeake Utilities

Hope

\$2,500 +

Apple Discount Drugs

D3Corp

Kitty's Flowers

Peninsula Imaging

Tidal Health Richard A. Henson

Cancer Institute

USSSA - East

Pink Ribbon

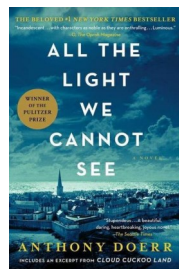
\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

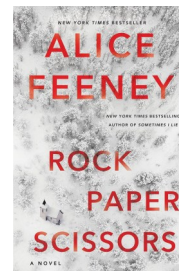


See what WSW staff members are reading and recommending!



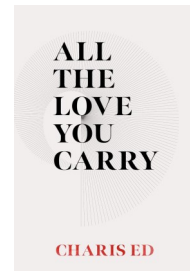
"All the Light We Cannot See"

By Anthony Doerr



"Rock Paper Scissors"

By Alice Feeney



"All The Love You Carry"

By Charis Ed



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
- Donna Altvater, Treasurer
- Billye Sarbanes, Historian
- Cindy Feist, Executive Director
- Colleen Brewington
- Crystal Heiser
- Rachel Manning
- Beverly Meadows
- Cathy Nickels
- Kimberly Purvis
- Lisa Twilley

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 _____