



# CARE & SHARE NEWSLETTER

## April 2024

Local Services • Local Support



Cindy Feist  
Executive Director

Spring is officially here! Spring is a time of rebirth. The season when trees and flowers begin to open. Time for us to open our doors and windows to bring in the freshness and cleansing properties of spring. Time for all of us to think about spring cleaning not just for our homes, but for our bodies and souls as well. This April think about yourself and how you can be open to learning new ways to take care of you. Freshness and cleansing can come through healthy eating for your body.

New recipes such as those from WSW’s nutrition class on the Mediterranean way of eating could be a starting point (see page 6). To nurture your soul, read a few good books that give you information that will move you forward in a positive light with a spring in your step. Maybe a class is a better way to learn for you and meet new people at the same time. WSW will be hosting a Recurrence Conference for our survivors (see page 5). There are so many topics to learn about either virtual or in person, about gardening, exercise, cooking, crocheting, or writing. The doors (and windows) are open for you this spring. Take a chance, take a deep breath, and enjoy what is out there waiting for you.

From the WSW Staff

HAPPY SPRING!



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### WSW Staff Members

[Cindy Feist](#)

*Executive Director*

[Amaris Ward](#)

*Administrative Assistant*

[Jocelyn Feist](#)

*Mentoring Coordinator*

[Andie Hess](#)

*Event Coordinator*

[Raven Cook](#)

*PR Marketing Coordinator*

# Nutritional Information

## Seared Romaine & Chicken Caesar Salad

This salad is a twist on the traditional Caesar salad that is easy to make, flavorful and full of nutrient-rich plant foods.

### Ingredients:

#### Chicken Marinade

- 1 Tbsp. olive oil
- 1 Tbsp. Lemon juice
- 1 garlic clove, minced
- 1/2 tsp. Dried oregano
- 1/4 tsp. salt
- Black pepper to taste
- 1 lb. chicken tenders

#### Salad

- 3 tsp. olive oil, divided
- 2 romaine hearts, sliced in half
- 4 small tomatoes, cut into wedges
- 1 cup cucumbers
- 1 Tbsp. Caesar salad dressing
- 1/4 cup grated Parmesan



### Directions:

1. For marinade, place olive oil, lemon juice, garlic, oregano, salt and pepper in small bowl and stir to combine. Place chicken in large, resealable plastic bag. With marinade. Remove air from bag and seal. Place in refrigerator and marinate for a minimum of 1 hour or as long as overnight.
2. To sear chicken, heat 1 teaspoon of oil in large pan. Cook chicken until cooked through and golden on the outside. Remove to a plate and cover.
3. Brush remaining 2 teaspoons oil over both sides of each romaine heart. Sprinkle with salt and pepper.
4. In the same pan, cook two romaine halves until lightly charred, 1 to 2 minutes per side. Transfer to large serving platter. Repeat with remaining romaine. Add chicken, tomatoes, cucumbers, cheese, and dressing.

<https://www.aicr.org/cancer-prevention/recipes/seared-romaine-and-chicken-caesar-salad/>

### Nutrition Facts:

Makes 4 servings (240g)  
Per serving: 240 calories

13 g total fat  
70 mg cholesterol  
4 g carbohydrates  
27 g protein

1 g dietary fiber  
390 mg sodium  
2 g sugar

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## Joke of the Month

Did you hear about the cloud that tried  
catching some fog?

It mist



# Support Groups

## WSW April 2024 Support Groups

### Salisbury: Thursday, April 4th

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

### NEW ADDITION: EASTON

Mentor available by phone  
410-548-7880  
Facilitator: Staci Jelley

### Berlin: Wednesday, April 17th

Time: 1:00 P.M. Location: Regional Care Center  
9707 Healthway Dr. Berlin, MD

**Guest Speaker: Dr. Oyalowo, PharmD, BCOP, RN**  
**Topic: Medications/Vitamins the Do's and Don'ts**

Facilitator: Jocelyn Feist & Cathy Kerns

### Crisfield: Mentor available by phone

410.726.9060  
Facilitator: Monique Welch

### Cambridge, Onancock-Eastern Shore of VA, & Pocomoke:

#### Contact WSW Office

Support/Mentor available by phone  
410-548-7880  
Facilitator: Jocelyn Feist

Questions, please contact the office  
410-548-7880

# Stitch Therapy

## WSW Stitch Therapy

crochet, knit, cross-stitch, punch needle

**FREE!**  
Beginners  
Welcome!

Next  
Meeting!

### 2024 Tentative Schedule

1 p.m.  
to  
3 p.m.

Friday, April 12      Friday, June 14

Friday, May 10      Friday, July 12

Friday, August 9

TidalHealth Richard A. Henson Cancer Institute Ocean Pines  
11105 Cathage Rd., Berlin, MD 21811

Facilitator: Julie Krenzer

WSW Upcoming Events

WSW & Ovation  
Dinner Theatre

Proudly Presents...

**Murder on the Menu**  
**New Orleans Style!**

An audience interactive  
comedy murder mystery!

**Friday, April 19, 2024**

**Dove Pointe, Salisbury, MD**

Doors open at 5:30 p.m.  
showtime at 6:30 p.m.

**Admission:** \$65 per person

Call the WSW office to purchase tickets, **410.548.7880**

Includes a gourmet dinner, 1 drink ticket, and a hilarious show! A cash bar will be available



## Upcoming Events - Continued

# Breast Cancer **RECCURENCE CONFERENCE**

*Renew hope, ignite resilience*

**JOIN US!**

**Saturday, April 13, 2024, 9:30-11:30 a.m.**

Guest Speakers will dive into crucial topics like Recurrence Fears, Nutrition, and Counseling paired with a scrumptious Panera Bread brunch.



**FREE TO THE PUBLIC!**  
**Register to save your spot!**

## **WHERE?**

**Community Foundation of the  
Eastern Shore**

1324 Belmont Ave., Ste. 401,  
Salisbury, MD 21804



**Call the WSW office for  
information and Registration:  
410.548.7880**



## Upcoming Events - Continued

# Cooking For the New Me!

a **FREE** nutrition class for breast cancer survivors. Learning a new way to cook based on the Mediterranean diet. **Limited space!**

**Saturday, April 20th**  
**9:30 am- 11:30 am**

**Location: Delmarva Mediterranean Market**  
**1305 S Division St #19**  
**Salisbury, MD 21804**



**To register, call WSW office at 410-548-7880, Space limited!**



## Community Support



Executive Director, Cindy Feist, and PR & Marketing Coordinator, Raven Cook

On Friday, March 8, WSW attended Loakal Branch Brewing Company's event, Taps for TaTas, a third-party fundraiser created in honor of International Women's Day to benefit WSW. Thank you to everyone who attended, everyone who donated, and to all the vendors, patrons, and Loakal Branch Brewing Co. for supporting WSW!



# Community Support



Brandi Harmon (right),  
Winner of  
"Bless My Bloomers"



Linda Mrozinski, Winner of the  
Bear Dunes Golf Package



Kathy Swagler, Winner of  
"Nutritious Nibbles"



Jean Nicklas, Winner of  
"Book Worm's Bounty"



Jen Bennett, Winner of  
"Right Up Your Alley"

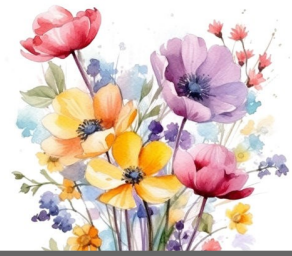


Ronald Ruark, Winner of  
"Chocolate Treasures"

On the night of Thursday, March 7, WSW held our 22nd Annual Pink Ribbon Bingo. It was a full house, as we sold out of tickets on the day of the event. We had a total of 18 prize baskets, two raffles, 3 cash games, and a 50/50 drawing worth \$880! We thank everyone who bought a ticket, our board members, our staff, the Willards Lions Club, our many sponsors, Penny Bradford, and the Twilley family for their undying support of WSW. With the great group of people who attend, run, and support our Pink Ribbon Bingo, it's easy to see why it's so successful every year.

With deep sincerity, THANK YOU!!!

# DONOR THANKS



**Individual:**  
 Lucile Henry  
 Jane Roach  
 Kevin Hughes  
 Susan Dupont

**In Memory:**  
 American Legion Auxiliary - Post 16  
**Terri Chelton**  
 Susan Revelle  
**Bill Beauchamp**  
 Susan Revelle  
**Betty Smith**

**Civic:**  
 James Bennett High 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

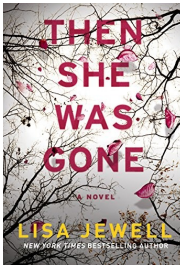
**WSW Office Hours:**

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

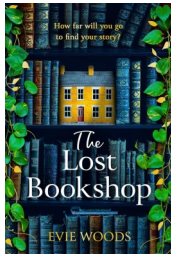
For wig and bra fittings please  
 call for an appointment



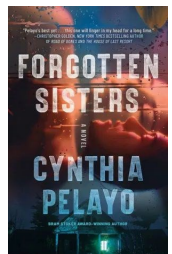
See what WSW staff members are  
 reading and recommending!



“Then She Was Gone”  
 By Lisa Jewell



“The Lost Bookshop”  
 By Evie Woods



“Forgotten Sisters”  
 By Cynthia Pelayo





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
- Staci Jelley
- Cathy Kerns
- Rachel Manning
- Beverly Meadows
- Cathy Nickels
- Kimberly Purvis
- Lisa Twilley
- 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.*

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 \_\_\_\_\_