



NEW YEAR - BE YOU

Every year we all look at making New Year’s resolutions. This in the hope of making us better in some way. It is joining the gym, so we exercise more and hopefully lose weight. Clean out the closets, rid out the books to try to get more organized. Learn a new skill or hobby (in your spare time) right...

This year, the only one that I want to focus on is **Live Life to the Fullest**. We all get so caught up in our day to day lives and forget to live. I know work must happen but make time to have lunch with a friend. Take a day off work when you can just to recharge yourself not just to do another project for someone else. Plan your vacation NOW during the winter months to spend however you wish this coming year, time away with your spouse or week away with the entire family. I know times are tight, can’t afford vacation? Do a staycation, but don’t do it cleaning or laundry.

The point is ENJOY YOU. Enjoy family. Enjoy the time we have on this earth so when the time comes there are no regrets, or I wish I would have. It doesn’t take much, small insignificant things to some mean so much to others. So, in this New Year think how you want to live your life to the fullest in 2023. Remember it is your New Year, your resolutions, make them great or small.

May you all have a Happy, Healthy and Safe New Year
Cindy Feist, Executive Director



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WSW Staff Members

- [Cindy Feist](#)
Executive Director
- [Jocelyn Feist](#)
Mentoring Coordinator
- [Cerah Cabrera](#)
Administrative Assistant
- [Andie Hess](#)
Event Coordinator

Mentoring Minute

Back to Work You Go

Getting back to work after a cancer diagnosis can be difficult. Are you going to be viewed differently, are coworkers going to view you as the “cancer person at the office”, will I be able to handle the same workload prior to being diagnosed with cancer, do I go back part time or full time?

Cancer+Careers.org is a wonderful resource to help get back into a work routine once you have the okay by your doctor to return to work. If that be, full time or part time. “Looking at your return to work as a major step forward in recovery and can positively impact your attitude too”. It’s getting back into your “normal” routine before a cancer diagnosis. Yes, returning to work can bring mix emotions: “relief, trepidation, hope, and even awkwardness. It all depends on how you approach the situation”.

So, what are the best ways to ease back into the routine of work? Cancer and Careers suggest, Follow Your Style. “If you’re naturally talkative and share information easily, you may want to update co-workers and your boss on your recovery. If you’re more private, just tell everyone you’re doing fine and let it go at that. (You can expect your supervisor to honor your requests for confidentiality.) How much you divulge can also depend on the work environment and whether other employees have taken time off for cancer treatment and returned to work successfully. Ultimately, the decision to share personal information is a completely personal decision, so weighing the costs and benefits to sharing is an important step.

Get up to Speed, feel confident again about your job abilities. Especially, if you have been out for a long period of time.

“Check in with yourself. Equally important to feeling capable of doing the job is feeling psychologically strong. If you’re struggling with someone of the emotional aspects, seek one-on-one counseling from a social worker or therapist, or join a support group”.

“Evaluate your readiness to work. Are you ready to come back full-time or part-time? If part-time sounds more feasible, consider what accommodations”.

“If possible, attend workshops or seminars to refresh your skills. Your employer may appreciate this as well. Some of these could be available virtually”.

Make a plan prior to returning to work. Discuss schedule, workload requirements, and any other reasonable work accommodations with your employer or with HR. Hopefully, able to come to an agreement of what feels comfortable and realistic once returning to work. Especially, if you are finishing out treatments. This plan might be best to discuss prior to having a return date set.

Lastly, Cancer and Careers touches about, “your cancer history, the law and your insurance”. Depending on status with your employer or HR can find out more information regarding FMLA, COBRA, HIPAA, etc. Don’t forget that there are laws in place that, “legally, your cancer history can’t be used against you in the workplace”. So, if you feel like you’re not being treated fairly at work, you can find information on how to deal with discrimination.

Resource: <https://www.cancerandcareers.org/>

January 2023 Support Groups
Winter Break
Weather Dependent:
Will resume in February!

W&C
Questions, please contact the office
410-548-7880

Joke of the Month

Q: What is a New Year’s resolution?

A: Something that goes in one year and out the other.



Upcoming Events

W^{SW}

BINGO

IS BACK!
Thursday, March 9, 2023

Doors open at 4:30PM

Games start at 6:00PM

Willards Lions Club
36393 Hearn Street
Willards, MD

Registration: www.womensupportingwomen.org
or call 410.548.7880

\$30 in advance (Limited Seating) **Raffles, Themed Baskets, cash games, and 50/50 raffle available** **\$40 at the door**

SPICER BROS. Construction, Inc. Sold out last year don't wait to get your tickets! **PRESTON Automotive Group PRESTONMOTOR.COM**

Watch for updates on our social pages and website.

PRETTIER THAN PINK

WSW received a grant through The Women's Fund a component fund of Community Foundation of the Eastern Shore. This program is geared towards survivors that have recently gone through or are currently going through chemotherapy. This program will focus on skincare, makeup application, wig styling and scarf placement.

We will have licensed professionals to help guide you through each category.

Please call the WSW office at 410-548-7880 for more information and to reserve a space for the next class scheduled for April 24 at 6 pm.

Space is limited so reserve your space early.



Nutritional Information

Sweet Potato Chickpea Bowl

Many vegan dishes are faulted for being unfulfilling, usually by those who follow a more traditional diet. Not this one. This deliciously hearty sweet potato chickpea bowl is packed with protein and will you beyond satisfied.

Ingredients: Makes 4 servings

1 small red onion, quartered

2 large sweet potatoes, halved

3 tablespoons olive oil, divided

1 (15-ounces) can chickpeas, drained, rinsed and patted dry

1 teaspoon cumin

3/4 teaspoon chili powder

1 tablespoon maple syrup

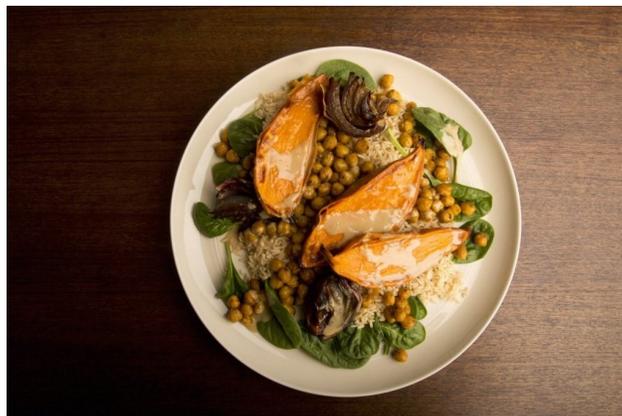
1/2 lemon, juiced

3/4 teaspoon garlic powder

1/2 teaspoon oregano

1/4 teaspoon turmeric

1/4 cup tahini



2-4 tablespoons hot water, as needed

1 cup raw spinach leaves, packed

2 cups cooked farro

Salt and Pepper to taste

Directions: Preheat oven to 400F. Coat the red onion and sweet potatoes with 2 tablespoons olive oil. Sprinkle with salt and pepper. Roast the vegetables in the oven for about 20 mins., or until fork tender. Then, remove them from oven and cool to room temperature. While the vegetables are roasting, toss the chickpeas, cumin, chili powder, garlic powder, oregano, turmeric, and salt and pepper in a medium-sized bowl.

Heat a medium-sized skillet over medium-high heat. Add the oil and the chickpea mixture. Cook the chickpeas until they are brown and fragrant, stirring frequently, about 8-10 mins. Set aside.

To make the tahini sauce, stir together the tahini, maple syrup and lemon juice. If the mixture is too thick to pour easily (molasses like), add a tablespoon of water and stir. Repeat this process until you have a pourable mixture.

Once the three components are finished, the roasted vegetables, chickpeas and tahini, put the spinach in a layer at the bottom of a medium sized bowl. Then put the farro (or rice) on top. Follow this with vegetables and chickpeas. Pour the tahini sauce on top

Prep Time: 20 minutes

Per Serving: Calories: 552; Total Fat: 22g (3 g saturated, 6 g polyunsaturated, 11 g monounsaturated); Sugar: 12 g Carbohydrates: 77 g; Protein: 18 g; Fiber: 16 g; Sodium: 840 mg

Chef Tips: These spicy chickpeas in this recipe are a delicious snack in their own right. Double them up and store the extra in an airtight container for up to 3 days - if they last that long!

Recipe by Julianne Scott, Drexel Food Lab: <https://www.cookforyourlife.org/recipes/sweet-potato-chickpea-bowl/>

Community Support



Jill Stone has been raising funds for WSW for several years now with her "Pink for a Purpose" event. This year, however, the weather didn't cooperate. Jill's event had to be cancelled. Jill and her attendees however, still met the challenge and any funds raised prior to the event date were divided between TidalHealth - Peninsula Regional and WSW. Total raised from Jill's "Pink for a Purpose" 3rd Party event was \$3,550.00. Thank you to everyone for still donating without participating in an in person event!

A wonderful donation received from Brooke Hitch (Lemongrass Spa, Independent Consultant) of organic, vegan, cruelty and fragrance free products. "Pink Healing through the Journey" event items will be added into our chemo "poufs" for survivors going through chemotherapy treatment.

Pictured: Andie Hess, Michele Sessoms, Brooke Hitch, and Cerah Cabrera



In the month of October, Peninsula Imaging's Staff raised an amazing \$353 during their "Wear Pink on Friday's" event. Thank you ladies. Great job!

Pictured: Kelly Long, Sherri Fitzgerald, Christine Cook, and Jocelyn Feist

Community Support (Continued)



Captain's Cove Golf & Yacht Club located on the west shore of Chincoteague Bay, bordering Maryland, hosted a golf tournament again this year during the month of October. Dressed in their pink attire during their Breast Cancer Golf Tournament they honored survivors and remembered those they lost. Members of the golf club invited WSW to visit them and presented us with a check in the amount of \$2,943.00 which they raised during the event. We can't thank all of the members who participated enough for all you do for WSW. Also, the guys looked great in pink! (**Pictured Above:** Cindy Feist/WSW; Ron McIntire, Carolyn Cox, Kathy McNally, Bill Leslie, Chuck Shinski, Jim Black, Mike Ditto, CCGYC Senior General Manager Colby Phillips and Jocelyn Feist/WSW)



Once again this year, Peninsula Imaging came out in support of Women Supporting Women as a Hope Sponsor in the amount of \$2,500.

Dr. Alexander Zito, MD took time out to present their annual sponsorship check to Executive Director, Cindy Feist.

Thank you to Peninsula Imaging for recognizing the hard work WSW does for those in our community who are diagnosed with breast cancer.



February 2023 Support Groups

All Weather Dependent

Salisbury: Thursday, February 2
 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, February 9
 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, February 15
 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

Questions, please contact the office
 410-548-7880



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WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

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

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

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