

Time for Celebrations

Over the next two months, May and June, all of us will be celebrating three major events.

In May, we recognize Mothers everywhere. Those who gave birth to us, those who married into our families, and others we just recognize as our Moms or wish they were our Moms. To those Mothers, Stepmothers, Grandmothers, and Godmothers we can't thank you enough. On Sunday, May 8th, we recognize you and remember you for everything you have done and continue to do to teach, nurture, and love us unconditionally. Hugs to all our Mothers on your day!

On Sunday, June 19th we celebrate the other half of our parents on Father's Day. To the Fathers, Stepfathers, Grandfathers, and Godfathers who have raised and guided us with strong voices and bear hugs, we wouldn't be who we are today without you. On Father's Day we remember the good times, the rough and tumble playtimes, and the guidance you gave from lessons learned by you along the way. We look up to you for guidance and strength even after childhood.

Then on, Monday, May 30th whether you are celebrating by hosting a backyard BBQ or having a simple moment of silence with your loved ones, Memorial Day is a special time to honor America's history and commemorate the bravery, courage and honor of our troops. Our entire country will be celebrating all our Veterans here and passed on this day. Without the brave men and women who joined in the armed services, we as a country would not be here today. On Memorial Day we stand proud and say THANK YOU for all you have done in sacrificing your time, lives away from family and friends, and using your talents to protect and service all of us.

From all of us at Women Supporting Women
Be well, staff safe, and Enjoy your Celebrations
Cindy Feist, Executive Director

"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." - Franklin D. Roosevelt

Table of Contents:

Director's Article.....1
Support Groups.....2/9
Virtual Support.....2
Thank You'3
Medical Info.....4-5
Nutritional/Book club.....6
Events Coming Up!.....7-10
Donor Thanks.....11
Joke/Sponsors.....11



MAY SUPPORT GROUPS

Salisbury - Thursday, May 5 at 6:30 p.m. WSW Office 1320 Belmont Ave. Suite 402 Salisbury MD; Jocelyn

Pocomoke - Thursday, May 12 at 5:30 p.m. Canceled until further notice; Virginia

Berlin - Wednesday, May 18 at 1:00 p.m. Regional Care Center 9707 Healthway Dr. Berlin MD; Jocelyn, Tina, or Monique

Cambridge - Tentative: Tuesday, May 24 at 6:30 p.m. Christ Episcopal Church 601 Church St. Cambridge MD; Bobbie

Crisfield - Support is available by phone 410-726-9060; Monique

Onancock, VA - Support is available by phone or email 757-894-4389/kencoleayres@yahoo.com; Nicole

Virtual Support Group - May 19th

WSW presents, "Education on Genetic Testing: Myriad Genetics - A Single Testing Solution". Join us Virtually on Thursday, May 19th, at 6:00 p.m. with guest speaker Dr. David Weintritt.

Join ZOOM Meeting - <https://us02web.zoom.us/join>

Meeting ID: 834 6728 9722 Passcode: 748244

Or call in to join by phone with One tap Mobile: 1-301-715-8582 US (Washington DC)

Meet Dr. Weintritt



Dr. Weintritt is a board certified breast surgeon and founder of the National Breast Center and Foundation. Dr. David Weintritt completed his college and medical education at the University of Florida and surgical residency in North Carolina. From there he served as a surgeon in the United States Air Force at Andrews Air Force Base. In 2003, Dr. Weintritt started a practice in Alexandria, VA, bringing new programs and breast surgery techniques to Northern Virginia. In 2010, Dr. Weintritt was named director of the INOVA Mount Vernon Breast Care Institute. In 2012, he founded the National Breast Center to continue raising awareness of new treatment options and to expand services available for breast cancer patients. In 2014, Dr. Weintritt founded the National Breast Center Foundation with the goal of improving access to care, technology for breast cancer screening and treatment, and giving women in the Washington Metropolitan Area the option they deserve. Dr. Weintritt is a perennial Washingtonian Top Doctor chosen by his peers and continues to focus on clinical research and development and implementation of new breast cancer procedures.

Myriad
genetics

Women Supporting Women 2022 Board of Directors

Penny Bradford, President
Billye Sarbanes, Treasurer
Cindy Feist, Executive Director
Ginger Donovan
Crystal Heiser
Kimberly Purvis
Erica Ramos
Chalarra Sessoms
Tish Withers

WSW Staff Members

[Cindy Feist](#)

Executive Director

[Jocelyn Feist](#)

Mentoring Coordinator

[Carol Camper](#)

Administrative Assistant

[Andie Hess](#)

Event Coordinator

[Kennedy Boyd](#)

Intern

SU “Pie-ing for Pink”

Thursday, March 17, 2022, WSW attended Salisbury University’s Student Government Association's "Pie-ing for Pink" event. SU students, faculty & staff were invited to purchase pies to throw at friends, SGA members, or faculty members. Salisbury University's SGA was able to raise \$957 for WSW.

Thank you to Salisbury University’s SGA for making this event possible.



Pictured from Left to Right: Kennedy Boyd (WSW Intern), Andrew Wilson (President of SGA), Katelyn Stella-Breeding (SGA member), Aiden Stanislavsky (SGA member), and Abby Hoffman

MEDICAL UPDATE

Stress hormones' role in breast cancer illuminated by NIEHS research

The scientists uncovered a biological mechanism by which hormone treatment promotes the activation of a gene in breast cancer cells.

BY ROBIN ARNETTE

Although stress is part of modern life, many people may not know that stress hormones regulate gene activity in breast cancer. Recently, a team of NIEHS researchers figured out the biological mechanism involved. Stress hormones control whether human genes are turned on or off, according to NIEHS biologist Jackson Hoffman, Ph.D. (See [sidebar](#).) These hormones exert control by affecting specialized regions of DNA called enhancers. He and his colleagues examined how treatment with the stress hormone dexamethasone (Dex) affected enhancers in breast cancer cells.

Hoffman, a member of the NIEHS [Chromatin and Gene Expression Group](#), led by incoming NIEHS Deputy Director Trevor Archer, Ph.D., is co-lead author of a research study that looked at the glucocorticoid receptor (GR), which controls cells' response to stress hormones. The work was a collaboration between Archer's lab and the institute's [Single Cell Dynamics Group](#), led by Joseph Rodriguez, Ph.D. Both research groups are part of the NIEHS [Epigenetics and Stem Cell Biology Laboratory](#).

"There has been a lot of research on the role of the estrogen receptor and progesterone receptor in breast cancer, so we focused on the glucocorticoid receptor," said Hoffman. "As technology has progressed, we've been able to ask more detailed questions to understand the involvement of the glucocorticoid receptor in how stress hormones control breast cancer genes."

Loop switching mechanism

The work focused on a gene called DNA damage inducible transcript 4 (DDIT4). The researchers chose that gene because it responds to many different stresses human cells undergo, such as those important in initiating tumor formation or the progression of cancer.

DDIT4 is located in a regulatory region of DNA, a place where GR binds to four separate enhancers. Team members deleted each of the four sites individually to determine whether DDIT4 got turned on or off. In the absence of Dex, GR does not bind, and one of the enhancers causes the DNA to curve around so that the four enhancers form a loop and bind with each other. This loop prevents them from interacting with DDIT4, keeping gene activity low. In the presence of Dex, GR binds to the four enhancers and the loop between them becomes disrupted, allowing the other three enhancers to form a different loop with DDIT4 to turn it on. "In what we call a loop switching mechanism, the DNA forms two different loops," said NIEHS biologist Kevin Trotter, Ph.D., co-lead author of the paper and member of the Archer group. "Hormone treatment causes a repressive loop to switch to an active loop that promotes gene activation in humans."

Hormone regulation

The research demonstrated that stress hormones like Dex have a profound impact on enhancers in the breast cancer genome. Although the scientists were able to give a detailed mechanism for an individual gene, there are more genes to study.

"The exciting prospect is that there are probably hundreds, if not thousands, of other genes we can now investigate to see how these hormones function," said Archer.

Citation: [Hoffman JA, Trotter KW, Day CR, Ward JM, Inoue K, Rodriguez J, Archer TK](#). 2022. Multimodal regulatory elements within a hormone-specific super enhancer control a heterogeneous transcriptional response. *Mol Cell*; doi: 10.1016/j.molcel.2021.12.035 [Online 20 January 2022].

COMPLIMENTARY CARE

Mindfulness Meditation

Does meditation really help when you are going through breast cancer? Does it really benefit you even after breast cancer treatments? UCLA, has been doing some research and studies stating, yes! Mindful Meditation does help. Especially, practicing this type of meditation that may offer some relief from depression, fatigue, anxiety, and stress that happens after and even during treatment.

“UCLA-led research has found that just 6 weeks of mindfulness meditation significantly reduced depression symptoms in survivor of breast cancer. And the effects lasted more than 6 months after medication stopped.”

During cancer treatment, women often experience constant change and feelings of uncertainty. Which is completely normal after everything you have been through physically and emotionally. When treatment ends, survivors may experience fear of recurrence, loneliness, concerns about physical appearance or anger at the disruption cancer caused to their life. Left unaddressed, serious anxiety, depression or other psychological distress may leave women unable to tend to their health.

According to UCLA, “Mindfulness meditation can help survivors acknowledge and accept difficult emotional experiences and embrace change – bringing a sense of control and allowing healing to begin.”

For breast cancer survivors, the benefits include:

- Improved sleep (and less fatigue), by helping you settle your mind at bedtime
- Increased focus, allowing you to pay attention to the matter at hand and suppress distracting information
- More emotional control, so that you can disengage from emotionally upsetting thoughts and focus better on processing new thoughts
- Stress reduction, as you learn to incorporate mindfulness throughout the day
- Symptom relief for depression and anxiety, especially in survivors under the age of 50, who are more likely to have persistent mental distress after treatment

How to for Meditation:

Find a quiet space where you won't be disturbed. Get comfortable using a cushion or chair and sit up straight, but don't stiffen your upper body. Gently cross your legs if you're on the floor. If sitting in a chair, have the bottoms of your feet touch the floor. With your upper arms at your sides, let your hands drop onto the tops of your legs. Feel your breath - Close your eyes and feel the physical sensation of your breathing. Don't control your breathing but follow it as your chest falls and rises and your belly expands. If it helps your focus, mentally note “breathe in” and “breathe out” as you inhale and exhale. Guide your focus - Your thoughts will inevitably wander, especially if you are a beginner. That's OK. When you become aware of your mind wandering, simply notice the thought that's distracting you. Let it go and gently return your awareness back to your breathing. When your mind wanders again (and it will), don't get frustrated. This aspect of meditation builds your mindfulness skill. The more you do it, the better you will get at being mindful outside of your meditation. Finish with a daily intention. - When you are ready, open your eyes and look around. Before you move, notice your environment, your thoughts and how your body feels. Take a moment and make an intention or goal that will guide your day.

Resource provided by: uclahealth.org

MONATARY SUPPORT

- ⌘ Donate online through our NEW website
- ⌘ Donate over the phone
- ⌘ Mail a check (form on back)
- ⌘ Donate In Honor or In Memory Of
- ⌘ Host a third Party Fund-raiser

WANT TO GIVE

TO

WSW?

Nutritional Information

Charred Pineapple Salsa w/ Gilled Salmon

Serving-1

Fantastic twist to spice up salmon.

Calories 334, Total Fat 22g, Saturated Fat 4.5g, Sodium 164mg, Potassium 521mg, Total Carbohydrate 10g, Dietary Fiber 1g, Protein 24gs.

9 Oz Pineapple about 1/2 of a pineapple charred and diced	1/4 Red onion diced
1/4 Oz Red pepper diced	2 Tbsp Olive Oil
3 Tbsp Fresh Cilantro Chopped	2 Tbsp Rice Wine Vinegar
1/2 Tbsp Montreal Seasoning	4 Oz Salmon Filet



CUT OFF OUTER COATING OF PINEAPPLE, SLICE PINEAPPLE AND GRILL ON BOTH SIDES. DICE PINEAPPLE. IN A MIXING BOWL ADD DICED PINEAPPLE WITH RED ONION, RED PEPPER, CILANTRO, 1 1/2 TABLESPOONS OLIVE OIL, RICE WINE VINEGAR, 1/4 TABLESPOON MONTREAL SEASONING AND MIX WELL. CHILL SALSA FOR 2 HOURS UP TO 24 HOURS. MARINATE SALON WITH 1/2 TABLESPOON OF THE OLIVE OIL AND 1/4 TABLESPOON OF MONTREAL SEASONING AND RUB INGREDIENT EVENLY OVER SALMON FILET. GRILL SALMON TO DESIRED INTERNAL TEMPERATURE. TRANSFER TO SERVING PLATTER AND TOP WITH 3OZ OF PINEAPPLE SALSA.



1. *The People We Keep*
By Allison Larkin
(2021)

2. *It Ends With Us*
by Colleen Hoover
(2016)

3. *The Couple Next Door*
By Shari Lapena (2016)

4. *The Silent Wife*
By Kerry Fisher (2019)

Events Coming Up!



Guest Bartending Event

Wednesday, May 11, 2022

5:00PM-9:00PM

Brew River

502 W Main St.

Salisbury, MD



**20% of all Dock bar sales will be donated to
Women Supporting Women**



**Dress up as your
favorite T.V. Character
Join us for Drinks,
Music, and a Costume
Contest**

**For more information
Contact WSW's office: 410-548-7880
or Email: Wicomico@womensupportingwomen.org**

18th Annual Ride for Awareness

Saturday,

May 14, 2022



Price: \$25 for a single rider, and \$10 for an additional passenger

Online Registration: <https://wswride.eventbrite.com>

Start: Women Supporting Women's Office

(1320 Belmont Avenue, Suite 402, Salisbury, MD)

End: Berlin American Legion Post #123 Boggs Disharoon

(10111 Old Ocean City Blvd, Berlin, MD)

Time: Registration starts at 9:00AM – Kickstands up at 10:00AM

Guided Motorcycle Ride through back roads of Wicomico and Worcester Counties.

Food and beverages will be available for purchase.

50/50 and Gift Card Tree Raffle available.

DJ spinning the tunes!

More Info: 410-548-7880 or www.womensupportingwomen.org

Thank you to our Event Sponsors:





JUNE Support Group



Salisbury Thursday June 2, 2022

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

Cambridge Mentor available by phone

703.798.1946/BMRideout@aol.com

Facilitator: Bobbie Rideout

Crisfield Mentor available by phone

410.726.9060

Facilitator: Monique Welch

Pocomoke Thursday June 9, 2022

CANCELED until Further Notice

Onancock, VA Mentor available by phone

757.894.4389/kencoleayres@yahoo.com

Facilitator: Nicole Ayres

Berlin Wednesday June 15, 2022

Time: 1:00 P.M. Location: Regional Care Center
9707 Healthway Drive Berlin MD
Facilitator: Jocelyn Feist



Forward Focus”Therapy Program

WSW is proud to continue our mental health “Forward Focus” Therapy Program. Breast Cancer survivors having difficulty handling current life situations may take advantage of this program. WSW has partnered with Congruent Counseling Services, LLC to provide up to 5 individual therapy sessions for current survivors. After the initial 5 sessions, survivors may continue with therapy if they so choose and use either Medicare, Medicaid or other private insurance.

These therapy sessions will be done through telehealth. They are available for WSW breast cancer survivors who reside in the state of Maryland. If you are a breast cancer survivor, currently going through breast cancer treatment and are in need of therapy, please contact WSW at 410-548-7880 or email

Mentor@womensupportingwomen.org



This program is funded by a grant through the Rural Maryland Council





FATHER'S DAY RAFFLE

Tickets go on sale Monday, May 16 – Wednesday June 8, 2022

Winner picked on Thursday, June 9, 2022

Purchase a chance to win this great prize package:

Charter head boat fishing trip for (2) two on Captain's Lady Charter fishing boat. A fishing charter company located in Delaware. The Captain's Lady boat is docked in Bowers Beach, DE at Paskey's Wharf.

&

Weber Spirit E-310 Gas Grill Black -Step up your grilling game with the Spirit II E-310 gas grill. This three burner grill has a spacious grilling area and convenient side tables for placing serving trays, and tool hooks for hanging your tongs and spatula. With the powerful GS4 grilling system and iGrill capability, you're already set up for BBQ success.



Retail Value= \$860.00

Tickets can be purchased by calling WSW at 410-548-7880 or online

[WOMEN SUPPORTING WOMEN, INC. | BiddingForGood Fundraising Auction](https://www.biddingforgood.com)

Thank you for your donations:



DONOR THANKS

Individual:

Tyrone & Lawanda Mills
Kevin Hughes
Barbara A. Reginato
Donna S. Altvater
Penny Bradford
Denise Inkrote
Donna M. Brown
Kevin Hughes
Tyvette Burton
Dawn M. Bellamy

In Honor

Alison Cernava
Patricia Lankford
Jocelyn Feist
Patricia Capezio
Jack & Danielle Snitzer
Janice S. Sanders

Civic

American Legion Auxiliary #123

In Memory

Rebecca Ruark Paparella
Deborah Malone-Kenney
Dr. Geraldine Nardi-Rossi
Dr. Amy Stephens Meeking
Janice Frock
Myrna G. Humpheys

Business:

Westside Intermediate School
James M. Bennett High School
Washington High School

Joke of the Month:

Dogs can't operate MRI
Machines. But catscan.



SPONSORS

Courage

\$5,000 +

Spicer Bros

Hope

\$2,500 +

Apple Discount Drugs

Kitty's Flowers

Peninsula Imaging

TidalHealth Richard A. Henson

Cancer Institute

USSSA - East

Pink Ribbon

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

Peninsula Holistic



HAPPY
Father's
DAY!
best dad ever



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

Keep an eye out for
our:



Online auction

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 _____