



CARE & SHARE NEWSLETTER

March 2024

Local Services • Local Support



Cindy Feist
Executive Director

WSW is lucky this spring to have three interns who have come to us from Salisbury University. Interns in our office not only give the interns experience working on a day-to-day basis within a nonprofit, but they also help WSW provide additional services to our breast cancer survivors. In Spring 2024, WSW will be holding a Recurrence Conference, a Mediterranean Cooking Class, and a Board Retreat with the help of our interns.

The Recurrence Conference, being put together by Cassidy, will be for those breast cancer survivors who have received a second diagnosis of breast cancer. Two topics included are Facing Recurrence

Fears and Nutrition. She is currently reaching out to a Medical Oncologist to be the main speaker for the event.

A Nutrition Class will be coming back to WSW as well. Brooke has been working with the Delmarva Mediterranean Market in Salisbury. The class will be small and intimate. Survivors will receive new recipes and techniques with a Mediterranean flare during this one-day event.

Colby is learning about SWOT Analysis, By-Laws, and Strategic Planning. All of this as he prepares to work with WSW's Board of Directors during their annual board retreat.

WSW, your local nonprofit, enjoys being an incubator for the younger generation. We give them the experience of working in a nonprofit setting. They learn from this how beneficial it is for them to help our local community and those we serve.

Welcome our new interns. Join WSW at one of our upcoming events (see pages 4-5). Register for one of the programs the interns are working on (see page 6). WSW's doors are always open to come in to wish our interns well as they move through their internships and onto their career paths.

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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



Happy St. Patrick's Day!



Nutritional Information

Orange Carrot & Ginger Smoothie

If you have a low appetite or mouth sores, this is a great recipe to add vitamins and nutrients into your diet. Not to mention the high amount of antioxidants from the vitamin C.



Ingredients:

- 1 small orange
- 1 medium carrot
- 1 small slice fresh ginger
- 1/2 tsp turmeric powder
- 1/4 tsp cinnamon powder
- 1/2 cup water

Directions:

1. Peel the orange and separate into wedges. Chop the carrot into pieces, or grate if you don't have a high powered blender.
2. Add the orange, carrot, ginger, turmeric, cinnamon and water to a blender cup. Blend until smooth
3. Serve straight away with an extra sprinkling of cinnamon powder if desired.

<https://www.realfoodhealthybody.com/orange-ginger-carrot-smoothie/>

Nutrition Facts:

Serving size: 1	Total Carbohydrate: 24.4g
Energy: 413kJ (99Cal)	Sugars: 16.1g
Protein: 2.1g	Dietary Fiber: 5.7g
Total Fat: 0.4g	Sodium: 42mg
Saturated Fat: 0.1g	Potassium: 488mg

Joke of the Month

Why was the Easter Bunny hired for the job?

He had the most eggs-pertence!



Support Groups

WSW March 2024 Support Groups Watch for Weather Updates/Cancelations

Salisbury: Thursday, March 7th
Canceled due to WSW's Pink Ribbon BINGO: Resume on Thursday, April 4th

Berlin: Wednesday, March 20th
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



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, March 8 Friday, June 14

Friday, April 12 Friday, July 12

Friday, May 10 Friday, August 9



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

Facilitator: Julie Krenzer

WSW Upcoming Events

WSW

BINGO



IS BACK!

Join us on Thursday, March 7, 2024 for
WSW's 22nd Annual Pink Ribbon Bingo

Doors open
at 4:30 P.M.

Willards Lions Club
36393 Hearn Street
Willards, MD

Game Starts
at 6:00 P.M.

[Get your tickets here:](https://womensupportingwomen.harnessgiving.org/events/1271)

<https://womensupportingwomen.harnessgiving.org/events/1271>
or in person at our office.

For more information, call 410.548.7880

\$35 in advance
\$40 day of if seating
is available

No one under
18 admitted

No outside food or
alcohol will be
permitted

Raffles, Themed Baskets,
cash games, and 50/50 raffle
available

Food and Drinks
available for
purchase

Thank you to
our sponsors!



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Upcoming Events - Continued

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

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



Pictured: Cindy Feist and Ernie Colburn, Rotarian President

On January 18, 2024, Executive Director of WSW, Cindy Feist, attended a meeting of the Rotary Club of Salisbury. At the meeting, President, Ernie Colburn, presented Cindy with a \$1,000 donation, collected over the past six months by the Rotary Club. We deeply thank the Rotary Club of Salisbury for thinking of WSW and we are extremely appreciative of their generous donation.

Community Support

ASPIRE TO SUCCEED & LEAD

MCE Women's Business Center
9th annual Women's Conference

Wicomico Youth & Civic Center



*Hosted
In Person!*

Join Us

March 15, 2024
9am-3pm

- Sponsorship Opportunities
- On-Site & Virtual Vendor Space Available



Contact Lisa Twilley, Director
410-546-1900 x108
ltwilley@marylandcapital.org



Come and visit Women Supporting Women at the MCE Women's Business Center's 9th Annual Women's Conference on Friday, March 15th at the Wicomico Youth & Civic Center at any time from 9 a.m. to 3 p.m.

Staff Update



Brooke Collins

Women Supporting Women welcomes Brooke Collins, who will be interning at the WSW office during her Spring semester! Brooke is from Frederick, MD, and attends Salisbury University. Brooke is pursuing a Bachelor's Degree in Health Science and plans to start nursing school in the Fall. Brooke loves to bake, go to the beach, and snowboard.



Kassidy Hare

Women Supporting Women welcomes new Spring intern, Kassidy Hare, a Salisbury University student obtaining her Bachelor's Degree in Public Health. After she graduates, Kassidy plans to attend the Johns Hopkins Hospital Schools of Medical Imaging Diagnostic Medical Sonography Program. She enjoys yoga, working out, and reading.



Colby Knight

Women Supporting Women welcomes Colby Knight! Colby will be interning with WSW for his Spring semester. Colby currently attends Salisbury University and is pursuing a Bachelor's Degree in Management and Human Resources. Although not local to Salisbury, Colby is a Maryland native from Hagerstown, MD.

Medical Update



Medicare Must Now Cover Lymphedema Treatment Garments

Lymphedema is no stranger to many breast cancer survivors. The chronic disease causes swelling and inflamed tissue in the arms and legs, which can be quite painful. Doctors will typically prescribe compression garments to survivors with lymphedema, but these supplies can be costly to the patient. Now, Medicare will be covering lymphedema compression supplies under the Lymphedema Treatment Act. This was signed into federal law at the end of 2022, but just went into effect on January 1, 2024. To learn more about Medicare's recent implementation of coverage for lymphedema treatment garments, click the button below.

<https://www.curetoday.com/view/medicare-must-now-cover-lymphedema-treatment-garments>

Complimentary Care



Brandi Nichole Wallace, MPC, HHP

The Hair Clinic Rx is a hair restoration and wellness center, specializing in hair loss recovery and nonsurgical hair replacements, also known as cranial prosthetics or medical wigs. Here, we use cutting-edge technology, #1 trichological, and clinically approved supplements to assist your hair growth journey

Services Offered:

- Holistic Hair Restoration
- Laser Scalp Therapy
- Non-Surgical Hair Replacement
- Hair Restoration for Chemo Patients
- Scalp Detox Treatments
- Hydrafacial Keravive Treatments

📞 **Phone Number:** 667-281-9603

✉️ **Email Address:** help@hairclinicrx.com

🌐 **Website:** Hairclinicrx.com

📍 **Location:** 235 W. Main St Ste E Salisbury, MD 21801

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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!



“If He Had been with me”
 By Laura Nowlin



“The Summons”
 By John Grisham



“Sun Damage”
 By Sabine Durrant



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

Women Supporting Women 2023 Board of Directors

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

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