



CARE & SHARE NEWSLETTER

May 2024

Local Services • Local Support



Cindy Feist
Executive Director

TAKE CARE OF YOU!

Welcome to May! What plans do you have for the month? Let me help you consider some options. Did you know May is Women’s Healthcare Month? Guess where I am going with this one. Have you had or scheduled your mammogram? If not, there is no time like the present. Perhaps there are other pieces of your healthcare that you have neglected lately. Schedule any appointments that need to be done now. We want to make sure they are at least on the calendar for this year. That is one piece of the puzzle set.

Next, May is also known for being National Walking Month. How timely is this? Maybe you have considered getting healthier and weren’t sure where to start, let’s begin with a walk. Walking is calming while listening to the sounds of nature or an audiobook you enjoy. Walking clears your mind of intrusive thoughts as you breathe in the fresh air. Not only is walking good for your mental health, but it will also help to maintain a healthy weight. During May, open the door and take a walk outside. You’ll feel better for it.

See you all outside!



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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

Mexican Shrimp Ceviche

Mexican ceviche is full of omega-3 fatty acids, vitamins, minerals and antioxidants. Ceviche is not cooked but the high amounts of citric acid reduces risk of eating raw fish. The fish or shrimp can always be cooked instead of marinating.

Ingredients:

- 1 lb shrimp peeled
- 1 cup lime juice
- 1 lemon
- 2 Roma tomatoes
- 1/2 red onion
- 1 bunch cilantro
- 4 serrano peppers
- 1 jalapeno
- 1 cucumber
- 1 avocado
- 1 tbsp tajin (optional)
- Salt and sugar to taste



Directions:

1. Prepare the tomatoes, red onion, cucumber, and jalapeno pepper. Remove the seeds, chop everything into small pieces.
2. Squeeze the limes and lemon until you have about 1 cup of fresh juice.
3. Roughly chop the cilantro and serrano peppers, then add them to a blender with a little juice, pinch of salt, and a pinch of sugar (adds balance) Pulse a few times - you still want to see some cilantro pieces intact.
4. Cut the shrimp into smaller pieces.
5. Add the blended cilantro/serrano, the rest of the lime juice, cucumbers, and onion then mix well and make sure everything is submerged in the juice. Do not add the tomatoes yet. Let this marinate in the fridge for 15-20 minutes.
6. After 15-20 minutes, the shrimp should be pink on the outside and white/opaque in the center. If it's still translucent, let it sit a bit longer.
7. Add the tomatoes. If you plan to eat everything right away, you can add some diced avocado as well. Top ceviche with avocado slices at the end.
8. Mix well. Serve right away with tostadas, tortilla chips, or ritz crackers. Top with avocado slices. Can be stored in the refrigerator for up to 2 days, but the texture of the shrimp will change over time so try to eat it faster than that.

Nutrition Facts:

Serving: 125g Carbohydrates: 10g Fat: 8g
Calories: 216 Protein: 26g

<https://stellanspice.com/mexican-shrimp-ceviche/>

Joke of the Month

What do you get when you cross a
flower with a dog?

A "collie"-flower!



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



Support Groups

WSW May 2024 Support Groups

Salisbury: Thursday, May 2nd

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, May 15th

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



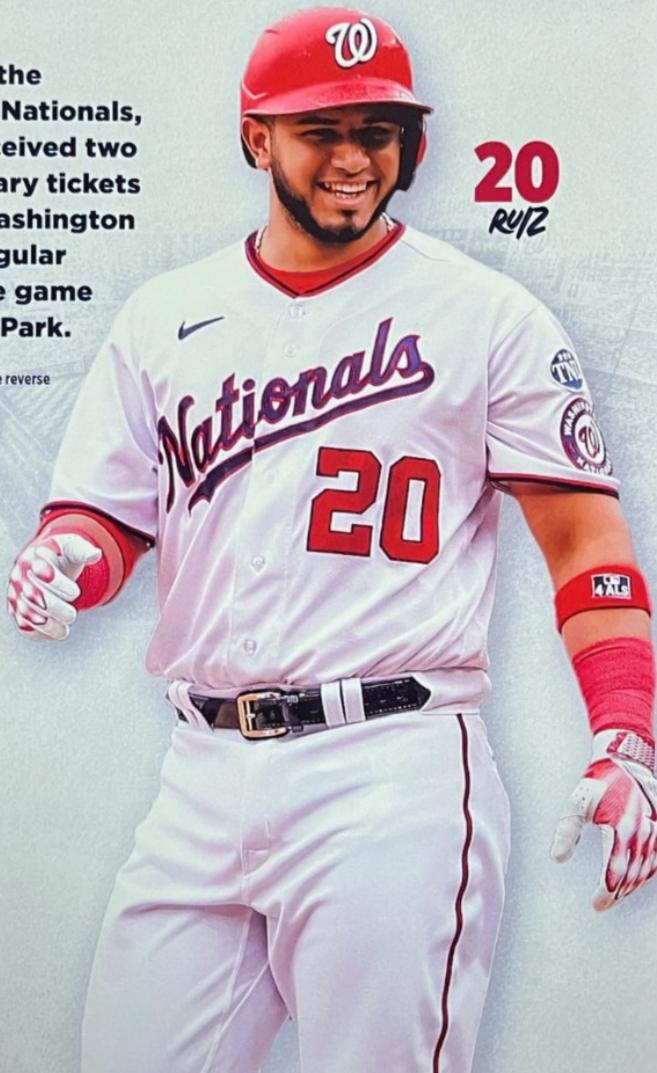
Upcoming Events

BASEBALL FEVER RAFFLE

TAKE ME OUT TO THE BALLGAME

Courtesy of the Washington Nationals, you have received two complimentary tickets to a 2024 Washington Nationals regular season home game at Nationals Park.

Certain restrictions apply; see reverse side for additional details.



20
R112

WSW will be holding an online raffle for 2 Washington Nationals tickets starting on April 29! It only costs \$20 to enter, and multiple entries are allowed! The drawing will occur live on Facebook on Thursday, May 23rd.



Upcoming Events

**WOMEN SUPPORTING
WOMEN
FUNDRAISER
AT GUIDOS PIZZA &
BREW**

May 11th, 4pm-8pm



When you join us for dinner between 4pm-8pm 15% of your check's proceeds go towards Women Supporting Women organization

- 📞 410-524-3663
- 🌐 www.guidospizzabrew.com
- 📍 1303 S Salisbury Blvd, Salisbury MD 21801

 **Dine and Donate** *WSW*

Raise funds for Women Supporting Women by purchasing from Playa Bowls all day on Tuesday, May 14th

8 a.m. - 9 p.m.
1012 S. Salisbury Blvd
Salisbury, MD 21801

Community Support



On the night of Friday, April 19th, WSW held their sold-out 2024 Hope Dinner, Murder on the Menu - New Orleans-Style. The night was a major success; attendees enjoyed a delicious New Orleans-themed buffet dinner prepared by Dinner Express and were able to witness a truly hysterical comedy murder mystery, put on by Ovation Dinner Theatre. It was a great night filled with food, drinks, laughter, and fun. The support of all these people and businesses is what makes events like the Hope Dinner possible, so from the bottom of our hearts, thank you!!!

Community Support



Attendees of the conference listening to Michelle Dix speak on Nutrition Tips.



Red Bird Legacy Foundation manning their vendor table during the conference.

WSW held the Breast Cancer Recurrence Conference on Saturday, April 13th. The conference centered around breast cancer survivors and the fears of cancer recurrence that come after a diagnosis. There were 3 guest speakers present, Veronica Correa, Michelle Dix, and Dr. Roopa Gupta. We are also very grateful to the Community Foundation of the Eastern Shore for providing a grant that allowed this conference to happen.



WSW held a nutrition class on Saturday, April 20th, called "Cooking For the New Me", which taught breast cancer Survivors how to make a couple healthy and yummy Mediterranean dishes. This class took place at the Delmarva Mediterranean Market in Salisbury, with the owner, Ms. Ahmed, as the instructor. We thank Ms. Ahmed deeply for partnering with WSW to create this class for survivors.

Community Support



In 2023, WSW attended Tuna & Tiaras, a tuna fishing tournament for women only, which took place in Ocean City.

This is an annual third-party event where funds are raised and a portion is donated to WSW. In total, the event was able to raise a stupendous \$6,000 for WSW! We greatly thank Tuna & Tiaras and Pam Taylor for organizing this unique and fun event.

WSW is looking forward to the 2024 tournament!

On Friday, March 8th, 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. During the event, WSW and Loakal Branch were able to raise \$820.80! We are extremely appreciative of Loakal Branch Brewing Co.'s initiative for this event and their generosity.

Thank you to Loakal Branch!



Board Members Update



WSW warmly welcomes **Donna Altvater**, our Treasurer on the Board of Directors. Donna is a seasoned leader with over 40 years of experience in profit and nonprofit business management. She served as the Executive Director of the Richard A. Henson Foundation for 22 years, before retiring in 2021. Now, a breast cancer Survivor, Donna enjoys gardening, spending time with her family, crocheting, traveling, and finding fulfillment in her work with WSW.



WSW welcomes **Beverly Meadows** to the board. As a breast cancer survivor, Beverly is excited to be on the Board of Directors for Women Supporting Women. She was diagnosed in July of 2020 and WSW's loan of lift chairs following two of her surgeries was a tremendous help for her recovery. Beverly shares her story of finding cancer with many, as it didn't show up on a mammogram or ultrasound, but was stage 3A by the time she found the lump. Beverly currently works at BBSI in Salisbury as an HRG, assisting clients with payroll, human resources, and workman's comp. She has two daughters, Laura and Emily



WSW welcomes **Cathy Nickels**. Cathy is a Wife and a Mother of two wonderful young men. She is also the owner and operator of Simple Solutions with Cathy in Salisbury. Cathy has been a part of the breast cancer Survivor community since August 2015 and was able to take advantage of all the wonderful things that Women Supporting Women provides. She expresses what an honor and a privilege it is to be part of an organization that cares deeply about its community and the support they provide from diagnosis through survivorship.

Upcoming Holidays



DONOR THANKS



In Kind:
Brenda & Tom Shipman

Business:
Rommel Harley-Davidson Delmarva
Atlantic Tournaments
Loakal Branch

Individual:
Kevin Hughes
Diane Doughty
Casey Corbin
Molly Thomas

In Memory:
Linda White
Betty Smith

Civic:
Faith Community Church of Salisbury

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

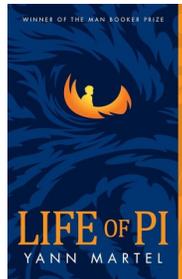
WSW Office Hours:

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

For wig and bra fittings please call
for an appointment



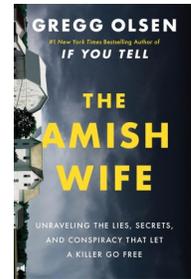
See what WSW staff members are reading and recommending!



"Life of Pi"
By Yann Martel



"Long Lost"
By Harlan Coben



"The Amish Wife"
By Gregg Olsen



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 _____