



W.O.T.'S UP NEWSLETTER

www.wyeoaktherapeutics.com

COMMUNITY RESOURCES

988 SUICIDE & CRISIS LIFELINE

"988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline

National Alliance on Mental Illness (NAMI)

Provides advocacy, education, support and public awareness events and activities
www.nami.org

Eastern Shore Mobile Crisis Response Services

If you or someone you know is having a mental health crisis, please call the Eastern Shore Crisis Response Helpline **1.888. 407.8018** available 24 hours a day, every day

Gale Courses - FREE ONLINE COURSES

Gale Courses is provided by the eight public libraries of Maryland's Eastern Shore. Provides coursework in Business, Finance, Education, Health and Wellness, Legal, Personal Development and more. 6 week interactive courses. formats.

<https://education.gale.com/l-sali50380/>

Maryland Coalition of Families

One to one support for families of youth with mental health issues.
www.mdcoalition.org

Wraparound Maryland

Provides care coordination services to families with children with severe emotional or behavioral needs.
www.wraparoundmd.org

QAC Free Family Law Clinics

Provides free limited legal advice (child support, custody, divorce, guardianship, visitation etc). Clinics available online and in person at the local court house and through scheduled clinics at the public libraries.
410-758-1773 ext 5128

IMPORTANT DATES

FEBRUARY 2023

- 3 CCPS - 1/2 DAY
- 14 **VALENTINE'S DAY**
- 17 CCPS - 1/2 DAY, TCPS - Early Dismissal Day
- 8 AACPS - 2 hour Early Dismissal Day
- 20 **PRESIDENT'S DAY**
AACPS CLOSED, CCPS CLOSED
TCPS CLOSED, QAPCS CLOSED



MARCH 2023

- 2 AACPS - 2 hour late arrival
- 3 AACPS - 2 hour early dismissal, QACPS 1/2 Elem & Middle
TCCPS - early dismissal
- 10 CCPS - CLOSED
- 24 CCPS - 1/2 day, TCPS - early dismissal
- 29 AACPS - 2 hour early dismissal, QACPS - 1/2 day
- 30 AACPS - 2 hour early dismissal, QACPS 1/2 Elem & Middle
- 31 AACPS - 2 hour early dismissal, QACPS 1/2 Elem & Middle
CCPS - 1/2 day

APRIL 2023

- 2-8 QACPS - CLOSED (SPRING BREAK)
- 9 **EASTER**
- 3-10 TCPS - CLOSED (SPRING BREAK)
AACPS - CLOSED (SPRING BREAK)
- 6-11 CCPS - SCHOOL CLOSED (SPRING BREAK)
- 21 AACPS - CLOSED
- 23 **2022 WOT WOMENS RETREAT**

MAY 2023

- 12 CCPS - 1/2 day
- 14 **MOTHER'S DAY**
- 18 & 19 CCPS - no PreK
- 25 & 26 AACPS - SCHOOLS CLOSED FOR ECI, PreK, and K
- 26 QACPS - 1/2 DAY, TCPS - early dismissal
- 29 **MEMORIAL DAY**
AACPS CLOSED, CCPS CLOSED
TCPS CLOSED, QAPCS CLOSED

SAVE THE DATE

2022 WOMEN'S RETREAT

Sunday 4/23/2022
9am - 5pm

THE RETREAT HOUSE
22005 CHURCH ST
HILLSBORO, MD 21641

**** FLYER COMING SOON ****

COMMUNITY EVENTS



Ride FREE in '23



Queen Anne's
County MARYLAND

ROUTE 1
KENT ISLAND &
GRASONVILLE TO
EASTON

ROUTE 2
CENTREVILLE
TO
STEVENSVILLE

ROUTE 3
CENTREVILLE TO
ANNAPOLIS

ROUTE 4
CENTREVILLE TO
CHESTERTOWN &
SUDLERSVILLE

Door to door service by calling (410)758-2357
Two days advance notice, subject to availability

WWW.QAC.ORG

RIDE FREE IN 23!

Starting January 3, 2023, there will be no fee to for the County Ride, our public transit program. This is a pilot program and will be available from January 3, till December 29, 2023

Join Queen Anne's County Commissioners and the Department of Community Services for a Ribbon Cutting ceremony to kick off this year long event.

Ribbon Cutting for Ride FREE in 23

QAC Department of Community Services - The Kramer Center
104 Powell Street
Centreville, MD
Jan 3, 9:00 AM

County Ride operates four routes, Monday through Friday, from 6:30 a.m. through 4:45 p.m.

For more information about County Ride visit qac.org and search "county ride" or follow them on social media @QACCountyRide



FREE ONLINE CLASSES

from Eastern Shore Public Libraries

<https://education.gale.com/l-sali50380/>

Gale Courses offers a wide range of highly interactive, instructor led courses that you can take entirely online. As a library card holder, you are entitled to these courses at no cost. Courses run for six weeks and new sessions begin every month.

How to Enroll:

1. Find courses by browsing through the categories on the left of your screen or by using the search bar above. Click "Enroll Now" next to the course of your choice.
2. Select your course start date and click "Continue."
3. Create a free Gale Courses account, or sign in to an existing ed2go account.

New Students - Enter your email address in the New Student area and click "Create Account."

Complete the "Account and Student Information" page and then click "Continue."

Returning Students - Enter your account email and password and then click "Sign In."

You will use your Gale Courses account email and password to log in to the My Classroom area to view your lessons once your session begins.

4. Enter your library barcode in the box labeled Submit. Then click "Use Library Card" to complete your enrollment.

IMPORTANT!

Students who have enrolled in a course must log in and view lessons one and two within 13 days after the start date of the course, or they will be automatically dropped.

Students who are dropped from a course will be able to enroll in the course during a later session.

COURSE CATEGORIES

- Accounting and Finance
- Business
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Law and Legal
- Personal Development
- Teaching and Education
- Technology
- Writing and Publishing

FEBRUARY RECIPE

Mexican Chicken Stew



Ingredients

4 tablespoons olive oil
1 medium onion, roughly chopped
4 large cloves garlic, roughly chopped
2 jalapenos, seeded and sliced
1 tablespoon dried oregano
1 teaspoon dried cumin
1 (28-ounce) can chopped tomatoes
3 cups shredded cooked chicken
Few dashes Worcestershire sauce
3 to 4 cups chicken stock
1 lime
1 cup cooked white rice
Kosher salt
Sour cream, for garnish
Fresh cilantro leaves, for garnish

<https://www.foodnetwork.com/recipes/dave-lieberman/mexican-chicken-stew-recipe-1917174>



Directions

- Heat oil in a saucepan over medium heat. Add onion and saute for 1 to 2 minutes. Add garlic and jalapeno and sweat until soft and translucent. Add spices and cook for 1 to 2 minutes until fragrant and aromatic. Add tomatoes, chicken, Worcestershire, and stock.
- Bring to a simmer and cook 20 minutes.
- Cut the lime in half, squeeze juice into the pot, and then add the juiced halves as well.
- Add white rice and cook 5 minutes longer to warm rice through. Season, to taste, with salt.
- Ladle into bowls and garnish with sour cream and cilantro.



**WYE OAK THERAPEUTICS
HAS A NEW OFFICE
EFFECTIVE FEBRUARY, 2023**

165 Log Canoe Circle, Suite B-3,
Stevensville, MD 21666

QUOTE of the MONTH

“You may never know what results come of your actions, but if you do nothing, there will be no results.”

— Mahatma Gandhi.



CONTACTS

OFFICE

139 Log Canoe Circle
Stevensville, MD 21666
443-249-3351

SCHEDULING

443-249-3351
scheduling@wyeoaktherapeutics.com

BILLING

443-249-3351

**Want to share your favorite recipe with us?
Email to Scheduling@wyeoaktherapeutics.com**

FOODS FOR OUR MOODS