



# W.O.T.'S UP NEWSLETTER

[www.wyeoaktherapeutics.com](http://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

### County Ride

RIDE FREE in 2023. 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](http://qac.org) and search "county ride" or follow them on social media @QACCountyRide

### Community Wellness Solutions

Supports families and individuals that are facing hardship, adversity, and/or trauma, by providing a safe environment that cultivates healing and true belonging within their own community. Assists individuals with identifying personal needs to nurture the acquisition of Self-Value, Purpose, Social Skills, and Life skills that bridge them through the developmental stages of life by offering parent and youth workshops, support groups, a variety of community resources and various support services. [www.wyeoaktherapeutics.com](http://www.wyeoaktherapeutics.com) - under CWS.

### National Alliance on Mental Illness (NAMI)

Provides advocacy, education, support and public awareness events and activities. [www.nami.org](http://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. <https://education.gale.com/l-sali50380/>

### Kinera

Kinera helps individuals with disabilities and special healthcare needs and their families by providing resources to support, inform and connect them with services and opportunities, that will enhance their quality of life. Offers local ST, PT, and OT. [www.kinera.org](http://www.kinera.org)

### Maryland Coalition of Families

One to one support for families of youth with mental health issues. [www.mdcoalition.org](http://www.mdcoalition.org)

### Wraparound Maryland

Provides care coordination services to families with children with severe emotional or behavioral needs. [www.wraparoundmd.org](http://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

### 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
- 17 **St. Patrick's Day**
- 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 **2023 WOMENS WELLNESS 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  
QACPS - 1/2 DAY, TCPS - early dismissal
- 29 **MEMORIAL DAY**  
AACPS CLOSED, CCPS CLOSED  
TCPS CLOSED, QACPS CLOSED

*You're Invited!*

**2023 WOMEN'S WELLNESS RETREAT**

**FLYER ON PAGE 2**

**Sunday 4/23/2023**  
**9am - 3pm**



Wye Oak Therapeutics is proud to announce that it has branched off and opened a NON-PROFIT sister organization called **COMMUNITY WELLNESS SOLUTIONS!**

**INFO ON PAGE 3**



Get ready to be empowered! Join us for our second annual Wye Oak Therapeutics (WOT) and Community Wellness Solutions (CWS) annual Women's Wellness Retreat! Discover how to improve your health and well-being through hands-on experiences and educational programs with our local female integrative and lifestyle healthcare specialists.

## 2023 WOMEN'S WELLNESS RETREAT



WYE-OAK  
THERAPEUTICS



Community  
Wellness Solutions

Join Us!

THE RETREAT HOUSE  
22005 CHURCH ST  
HILLSBORO, MD 21641

SUN  
DAY

APR  
23

9 - 3  
AM PM



CRYSTAL BLANCHARD, OWNER, PSYCHOTHERAPIST  
WYE OAK THERAPEUTIC SERVICES  
Mental Health & Journaling



ALIESHA MANN, BOARD CERTIFIED  
FAMILY NURSE PRACTITIONER  
Holistic Gut, Hormone & Fertility  
Health Specialist



NOELLE DOUGLAS, DIRECTOR  
TALISMAN THERAPEUTIC RIDING  
Equine Tranquility Riding



ALYSSA HUFF, OWNER  
& WELLNESS COACH, GRIT FIT, LLC  
Grit Fit - Personal Training & Wellness  
200 Hr. Yoga Instructor  
NASM Certified Personal Trainer  
NASM Certified Nutritionist  
Reiki Practitioner



LARISSA COSTELLO, CO-FOUNDER  
AD ASTRA WEALTH MANAGEMENT  
Financial Advisor  
Securities offered through  
Coastal Equities, Inc  
Member FINRA/SIPC  
Advisory services offered through  
Coastal Investment Advisors, Inc



CARRIE BAQUIE,  
WELLBEING EMPOWERMENT COACH  
ICF ASSOCIATED CREDITED COACH (ACC)  
Wellbeing Empowerment  
& Chronic Illness Coach  
Motivational Speaker



CYNTHIA AGYEMAN-ANANE, FOUNDER  
FOUNDER & THERAPIST  
OF CONVERSATIONS CREATE CHANGE LLC  
Individual & Family Therapist  
Gottman Level III Therapist  
Gottman Seven Principles  
Program Facilitator

REGISTER HERE:

[https://ccharities.fcsuite.com/erp/donate/create?  
event\\_date\\_id=1265](https://ccharities.fcsuite.com/erp/donate/create?event_date_id=1265)

**REGISTRATION INCLUDES**

**goodie bags, conference materials, breakfast and lunch!**

**\$60**

[https://ccharities.fcsuite.com/erp/donate/create?event\\_date\\_id=1265](https://ccharities.fcsuite.com/erp/donate/create?event_date_id=1265)

Wye Oak Therapeutics is proud to announce that it has branched off and opened a NON-PROFIT sister organization called  
**COMMUNITY WELLNESS SOLUTIONS!**



**The Mission Statement:**

Community Wellness Solutions supports families and individuals that are facing hardship, adversity, and/or trauma, by providing a safe environment that cultivates healing and true belonging within their own community.

**The Vision Statement:**

Community Wellness Solutions is driven to strengthen the family and community by providing a compassionate and thorough approach to identifying each families/individual needs to nurture the acquisition of Self-Value, Purpose, Social Skills, and Life skills that bridge them through the developmental stages of life.

**CWS PLANS TO PROVIDE THE FOLLOWING:**

- Assist with developing personal/family portfolios that incorporate all needs of an individual/family with a focus on contributing mental, physical, and social factors.
- Partner with other community organizations and professionals to offer various platforms and opportunities for individuals to access needed services and resources.
- Provide community members with various workshops and retreats that can provide education and support on parenting, disabilities, stress management, finance management, and more.
- Provide social groups for local youth that focus on social skills and social success, self-awareness/self advocacy, and building, maintaining, and repairing relationships.

*Website*

**COMING SOON**

# COMMUNITY EVENTS

## FREE WEBINAR on BIPOLAR DISORDER

Facebook Live: Bipolar Disorder in Adults

March 30, 2023 1:00–1:30 p.m. ET

In recognition of World Bipolar Day, the National Institute of Mental Health (NIMH) is hosting a Facebook Live event on bipolar disorder in adults. During the event, NIMH experts Francis J. McMahon, M.D., chief of the Human Genetics Branch, and Kathleen R. Merikangas, Ph.D., chief of the Genetic Epidemiology Research Branch, will lead a discussion on the signs and symptoms, risk factors, treatments, and the latest NIMH-supported research in this area.

No registration is required for this free event.  
Watch the live event on NIMH's Facebook page.

## FREE ADHD WEBINAR!

ADHD - Working w/Comorbidities

March 9 @ 12:30 pm - 1:30 pm

[www.webex.com/webappng/sites/umaryland/webinar](http://www.webex.com/webappng/sites/umaryland/webinar).



**QACAS HOSTS**  
**'ST. PITY PUPPIES'**  
&  
**'BEG'INNERS YOGA CLASS**

**LEAD BY INSTRUCTORS**  
**LAURA FELLER MARCH 15TH**  
**SAMANTHA BISKACH MARCH 18TH**

**Wednesday, March 15th & Saturday March 18th 5 - 6 PM**  
**Space is Limited! Email [srondeau@qac.org](mailto:srondeau@qac.org) to register today!**

**QUEEN ANNE'S COUNTY Animal Services**

The poster features a green background with a white vine and leaves in the top left corner. It includes several paw prints of different colors (green, brown, black) scattered across the middle. At the bottom, there is a colorful illustration of a woman in a yoga pose, a dog, a leprechaun, and other animals. The text is arranged in a clear, bold font.

Join Queen Anne's County Animal Services for a one of a kind experience as they hold our first ever, beginners yoga class with puppies! Join them for either - or both - classes held on Wednesday, March 15th and again on Saturday, March 18th from 5-6 PM.

Please bring your own yoga mat!

Contact our Volunteer and Event Coordinator, Sarah Rondeau, for more information or to register at [srondeau@qac.org](mailto:srondeau@qac.org) today! Space is limited, so please reach asap!

# MARCH RECIPE

## Cheesy Potato Pancakes



### Ingredients

4 russet potatoes, peeled and  
grated

2 eggs

½ cup milk

1 cup all-purpose flour

½ cup grated Parmesan cheese

½ cup shredded Cheddar cheese

¼ cup real bacon bits (Optional)

1 teaspoon onion salt

1 teaspoon baking powder

1 teaspoon salt

½ teaspoon ground black pepper

¼ cup corn oil

2 tablespoons butter

<https://www.allrecipes.com/recipe/220614/cheesy-potato-pancakes/>



### Directions

#### STEP 1

Mix together potatoes, eggs, and milk in a large bowl.

#### STEP 2

Stir flour, Parmesan cheese, Cheddar cheese, bacon bits, onion salt, baking powder, salt, and black pepper into potato mixture using a fork.

#### STEP 3

Heat corn oil and butter in a large skillet over medium heat.

#### STEP 4

Spoon about 2 tablespoons potato mixture into per patty into skillet. Cook patties until golden brown, about 4 minutes per side.

#### STEP 5

Drain cooked pancakes on paper towel-lined plate.

## BLOOD DRIVE

March 9

12:00 pm – 5:00 pm

Prospect Bay Country Club,  
Grasonville, MARYLAND.

To schedule:

[www.redcrossblood.org](http://www.redcrossblood.org) or  
1-800-RED CROSS.



American  
Red Cross

## QUOTE of the MONTH

**"Not until we are  
lost do we begin to  
understand  
ourselves."**

**— Henry David Thoreau**

## CONTACTS

### OFFICE

165 Log Canoe Circle, Suite B-3  
Stevensville, MD 21666  
443-249-3351

### SCHEDULING

443-249-3351  
[scheduling@wyeoaktherapeutics.com](mailto:scheduling@wyeoaktherapeutics.com)

### BILLING

443-249-3351

**Want to share your favorite recipe with us?  
Email to [Scheduling@wyeoaktherapeutics.com](mailto:Scheduling@wyeoaktherapeutics.com)**

**FOODS FOR OUR MOODS**