



Local Services • Local Support

## CARE & SHARE NEWSLETTER

October & November  
2019



Cindy Feist  
Executive Director

### ***What Cancer Cannot Do***

*"Cancer is so limited... It cannot cripple love, it cannot shatter hope, It cannot corrode faith, It cannot destroy peace, It cannot kill friendship, It cannot suppress memories, It cannot silence courage, It cannot invade the soul, It cannot steal eternal life, It cannot conquer the spirit"*

- Author Unknown

Every month there seems to be another disease or cause people are asking you to donate to. It is difficult to decide who to give to and how much to give. You want to make sure your money is going to help those in your community. Always remember to check an organization's financials to see where the money goes and how the money is spent.

October is breast cancer awareness month and unfortunately, Delaware, Maryland and Virginia are the highest ranked states in the country for individuals being diagnosed with breast cancer. If you don't know who WSW is and what we do, you may also not know that we are the only grass-roots, **LOCAL**, breast cancer nonprofit where all funding stays right here on the Eastern Shore. Approximately 86% of all funds are put back into programs and services which we provide free of charge.

This month is when WSW raises most of our much-needed funding. In the poem above, you see *What Cancer Cannot Do*. What WSW cannot do is exist without individual and business donations and major sponsors. People get diagnosed all year long. As long as there are men and women in our communities being diagnosed with breast cancer, WSW will continue to fundraise in order to keep our office doors open for those in need. Join us this month in our fundraising efforts because breast cancer doesn't discriminate.

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*Donation Slip Back Page*

\*See Insert for Walk  
Registration



**amazon**smile  
You shop. Amazon gives.

Started Christmas shopping yet? Using and Android app?

AmazonSmile is now available for Android phones in the app!



# WSW Welcomes 2019 Fall Intern!



Paige Twilley-Webster says, "I am honored to be a part of the team at Women Supporting Women as their Fall 2019 intern. I currently am finishing up my final year at Salisbury University. My major is communications and I am minoring in marketing. Prior to taking on the internship role at Women Supporting Women, I had the opportunity to also intern with a direct marketing company called The Torchbearer Group in Clearwater Florida. Through this internship, I was able to travel parts of Florida and met with new people which allowed me to expand both my marketing and communication skills. After I graduate in Spring 2020, I plan to move to Florida to further my career in marketing while continuing my makeup business. Contributing to my communication skills, I am a full-time makeup artist for Designers Edge Hair and Spa salon in Salisbury Maryland. I have been with this organization for over four years now which has taught me the importance of commitment and building relationships. I am looking forward to my future while increasing my skills and relationships at Women Supporting Women.



*Olympia Fitness Clubs  
presents...*

## **XTREME HIP HOP STEP BLOCK PARTY**

4 OCTOBER 2019 • 5:45 PM  
OLYMPIA PARKING LOT  
\$12/PERSON  
ALL PROCEEDS TO BENEFIT WOMEN  
SUPPORTING WOMEN



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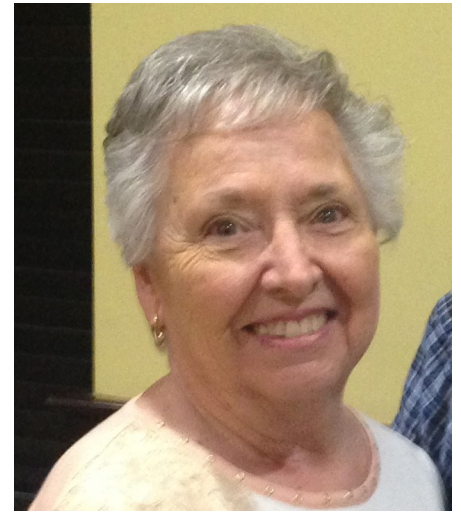
If you love XTREME Hip Hop the way we do, you won't want to miss this party that we are planning, and for a great cause!! Join R Chris Washington and Dwayne Price and help them raise awareness for Women Supporting Women. WEAR YOUR PINK.

\$12/person, ONLY 35 spots available!



# Survivor Story

*Louise Lassiter*



While living in Harford County, MD at age 65 I went for my yearly mammogram and was surprised to get a recall. After my follow-up appointment the radiologist told me that they had found a lump in my right breast. After researching doctors and upon the advice of a dear friend who was a nurse, I made an appointment to see Dr. Neil Friedman, Director of the Breast Center at Mercy Hospital in Baltimore. After a biopsy and confirmation of breast cancer we had big decisions to make – lumpectomy or mastectomy, reconstruction or none. As with most of us survivors, my husband and family played a big part in my decision making and follow-up care. I chose to have a right mastectomy followed by chemo treatments. During this time, we had custody of our 2 granddaughters, at the time ages 8 and 10. There were lots of questions from them, but we also look back at the funny episodes. Like the time I answered the door and forgot to put on a hat or wig. Their little friend on the other side of the door was shocked seeing me with no hair and immediately went running back home! All went well and life got back to normal.

After retiring, we chose to make Ocean Pines on the Eastern Shore our fulltime home. I still return to Mercy Hospital for routine mammograms and checkups. Upon moving to Ocean Pines, I connected with WSW and attended various meetings and social events.

After living at the beach for 18 years, we moved back to Harford County to be closer to family. Years go by quickly during retirement but surviving for 5-10-15 years makes you complacent and recurring cancer does not pop into your subconscious as much as it previously did. However, just before Christmas 2018, I discovered a lump under my armpit. I immediately contacted my nurse and directly following that, I had a needle biopsy done. As the test showed positive for breast cancer, I was scheduled with Dr. Neil Friedman at Mercy. After 21 years as a cancer survivor I was again facing surgery and follow-up treatment. Dr. Friedman removed 2 masses and a node from my right armpit. This was followed by a 6-week regimen of radiation (no chemo this time, thank goodness!) and daily Letrozole medication. I have been blessed with experienced, competent, caring and compassionate medical staff at both Mercy and the Kaufman Cancer Center in Bel Air where I received radiation. My family has been very supportive, and I am blessed to be feeling healthy again.

## Office Staff Members

**Cindy Feist**  
*Executive Director*

**Cerah Edsall**  
*Administrative  
Assistant*

**Shelby Moore**  
*Event Coordinator*

**Jocelyn Feist**  
*Mentoring  
Coordinator*

# Upcoming events:

WSW has a very full calendar over the next two months! Throughout this newsletter you will find flyers and information on everything going on. If you have any questions, please just give us a call, 410-548-7880.

**9/28 – 9/29 Whinnies For Ninnies** – Make reservations to camp with your horses during this weekend and participate in the campground "Think Pink" activities to raise money towards our goal this year for Women Supporting Women. Registration begins at 9:00 am; pink parade at 10:00 am. The cost is \$25.00 per rider and 100% of proceeds is given to Women Supporting Women. There will also be Buck Cancer t-shirts available for purchase as well.

**10/4—Xtreme Hip Hop Step Block Party**— Hosted by Olympia Fitness with R. Chris Washington and Dwayne Price in Olympia Fitness Parking lot from 5:30 pm—6:30 pm. See page 2 for details.

**10/5 - Peninsula Dressage presents 10th Annual Dressage Schooling Show** at WinAway Farm, Willards, MD.

**10/11 – Ocean City Outlets Car Show** - 50/50 proceeds come to WSW.

**10/12—18th Annual Walk for Awareness at Winter Place Park.** Registrations are open! There is still time to fundraise in order to claim the title of Top Fundraiser for either Individual or Team. Team and fundraising packets are available for pick-up in our office. See page 5 and insert for full details.

**10/19-10/20 - Autumn Wine Festival at Pemberton Park** - Wicomico Tourism has once again chosen to turn the festival PINK and allow WSW exclusive areas to set up fun activities including a VIP event! Go to [www.autumnwinefestival.org](http://www.autumnwinefestival.org) for more information or see page 8 for details.

**10/25 - Light the River** at the Salisbury Park - This beautiful event honors all of those who have fought the fight while taking in the serenity of dedicated wish lanterns making their way down the river. See page 8 for details.

**10/26—Fighting Fillies Against Cancer Event**—Join Annie and her horses at Windy Way Horses in Hurlock, MD from 10 am—2:30 pm to learn how horses can be therapeutic. Lunch is provided! Must register ahead—call **Annie Trice** at **443-205-3429**

**10/30 - OC Outlets and Outback Steakhouse presents “Pink Party Luncheon”** - Join us at Outback Steakhouse in West Ocean City from 11:00 am to 2:00 pm. There will be prizes, giveaways and more! Tickets are available for \$15.00 at OC Outlets Customer Service, Ste. 685 or WSW office.

**11/1 – WSW “Sock Hop” Hope Dinner** - This event will be held at Dove Pointe in Salisbury. Doors will open at 6:00 pm. There are plenty of opportunities for business participation. See page 9 for details.

## Fun Facts:

### National Breast Cancer Awareness Month



Birthstone: Opal and  
Tourmaline

Flower: Marigolds

Zodiac Signs: Libra and  
Scorpio



Birthstone: Citrine and Topaz

Flower: Chrysanthemum or better known as “mum”

Zodiac Signs: Scorpio and Sagittarius



18th Annual

# Walk for Awareness

Saturday | October 12 | Winterplace Park  
6737 Blue Ribbon Rd | Salisbury MD

## Doggies



\$5 Includes:

- Goodie Bag
- Bandanna
- AYCD (All you can drink) Water

*WSW*  
Walk For Awareness  
2019



## Humans

\$25 in Advance/  
\$30 Day of

Includes:

- Lunch (Texas Roadhouse)
- Free T-Shirt
- Bottled Water

## Local Vendors | Dove Release

Registration Begins at 8:30

Call 410-548-7880 For More Information  
[www.WomenSupportingWomen.org](http://www.WomenSupportingWomen.org)



# October

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
			Stitch Therapy in Salisbury 1:30 pm— 3:30 pm  PRMC Breast CA Conference	Salisbury  Support Group: Open Forum	Xtreme Hip Hop Block Party @ 5:45 pm	Sea Gull Cen- tury  Peninsula Dressage
6	7	8	9	10	11	12
				T-Shirt Pick-Up 9:00 am—6:00 pm  Pocomoke Sup- port Group: Open Forum	OC Outlets Car Show	Walk for Awareness
13	14	15	16	17	18	19
	Stitch Therapy in Ocean Pines 1:00 pm— 3:00 pm		Berlin Support Group: Mas- sage Therapist Sheri Jones	Onancock  Support Group: Swab Heredi- tary Screening Devita Wash- ington		Autumn Wine Fest—Rise N Wine @ 11:30 am
20	21	22	23	24	25	26
Autumn Wine Fest		Cambridge  Support Group: Phar- macist Jennifer Grier			Light the River	
27	28	29	30	31	1	2
	Witches Brew at Sobo's 6:30 pm	Witches Brew at Sobo's 6:30 pm	Pink Party Luncheon at OC Outlets Outback	Halloween		

**Notes:** If you would like to host a 3rd Party Event for WSW in the month of October please contact Shelby Moore at [events@womensupportingwomen.org](mailto:events@womensupportingwomen.org) or at 410-548-7880.

# November

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					"Sock Hop" Hope Dinner at Dove Pointe	
3	4	5	6	7	8	9
			Stitch Therapy in Salisbury 1:30 pm— 3:00 pm	Salisbury Support Group: Phar- macist Matt Balish		
10	11	12	13	14	15	16
	Stitch Therapy in Ocean Pines 1:00 pm— 3:00 pm			Pocomoke Support Group: Speaker TBD		
17	18	19	20	21	22	23
			Berlin Support Group: Open Forum	Onancock Support Group: Open Forum		
24	25	26	27	28	29	30
		Cambridge Support Group: Open Forum		Thanksgiving- WSW Office Closed	WSW Office Closed	

**Notes:** If you would like to host a 3rd Party Event for WSW in the month of October please contact Shelby Moore at [events@womensupportingwomen.org](mailto:events@womensupportingwomen.org) or at 410-548-7880.

Saturday, October 19th at 11:30am

# Rise 'N' Wine

A Yoga VIP Experience with Autumn Wine Festival



Local Services • Local Support

WICOMICO COUNTY  
SALISBURY • MARYLAND  
Autumn Wine Festival



Olympia  
Fitness  
Clubs

A SHORE STRONG  
COMPANY

For Questions and Information Email  
[events@womensupportingwomen.org](mailto:events@womensupportingwomen.org)

JOIN COURTNEY MOORE, E-RTY  
AT THE AUTUMN WINE FESTIVAL  
FOR WINE & YOGA. \$10 DOLLARS  
WILL GET YOU A GLASS OF WINE,  
A GIFT, AND A 45 MINUTE YOGA  
SESSION! ALL PROCEEDS  
BENEFIT WOMEN SUPPORTING  
WOMEN.



**FRIDAY - OCTOBER 25 - 5:30-7:00 PM**

**FREE EVENT - SALISBURY CITY PARK**

Join us for a night of remembrance and togetherness as we honor those who have fought the battle of breast cancer and those whom we have lost.

We encourage all breast cancer survivors, supporters, friends and family to attend.

Luminaries available for \$5 each.



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**AUCTION**  
**TROPHIES**  
**WINE PULL**  
**SUNDAE BAR**  
**DANCING**  
**BUFFET**

**SHAKE**  
**RATTLE**  
**'N' ROLL**

**Ask your Guy, Grab your Gal**  
**Slick back your hair**  
**Grab your poodle skirts**  
**We're jivin' back to the 50's**  
**For Women Supporting Women's**  
**"Sock Hop" Hope Dinner**



**Friday, November 1, 2019**

**Dove Pointe**

**1225 Mount Hermon Rd.**

**Salisbury, MD 21804**

**6:00 PM to 10:00 PM**

**Tickets \$60 for one or \$110 for a Couple**

**Call 410-548-7880**

**Music by DJ Dino of Doo-Wop**



# EXCEPTIONAL HEALTHCARE. EXCEPTIONAL PEOPLE.

## Medical Minute

The Richard A. Henson Cancer Institute at PRMC along with our community partners will be hosting our 15<sup>th</sup> Annual Breast Conference to be held on Wednesday, October 2<sup>nd</sup> at the Wicomico Youth and Civic Center in the Midway Room. The topic this year will be “Find Your Focus, Healthy Living in a World of Headline Hype.” The conference will include speaker, Karen Collins, MS, RDN, CDN a Registered Dietician who will present “Helping People Make Sense of Nutrition Research.” There will also be an opportunity to ask questions of our panel of experts.

There will be appetizers and beverages served beginning at 4:30. Attendees will be able to visit various vendors who will be displaying information to breast cancer and health services. Afterwards, a buffet dinner will be served. There will also be door prizes! If you are interested in attending please register online at [www.peninsula.org/breastconference](http://www.peninsula.org/breastconference).

Kathy Jarman Foxwell, BSN, RN, CN-BN  
Cancer Navigator

Richard A. Cancer Institute

Peninsula Regional Medical Center  
410-543-7597



Mark your calendars for  
**Tuesday, December 3, 2019!**

Giving Tuesday is quickly approaching! Scheduled donations begin on 11/25/19.  
Keep your eyes peeled on WSW's social media channels for more details!

# DONOR THANKS

## In Kind

Louise Lassiter  
Alice Spicer  
Linda Conley  
Ann Giverz  
Rich Fallar  
Tina Crocetti

## In Honor of

Wendy Caitlin  
Nichols Carrol  
Holly Murphy  
Cheryl Presto & Elleda Zimer

## Individual

Christina Donoho  
Sindee Thomas  
Alfred Beattie  
Nancy Rowe  
Suzanne Stevenson

## In Memory of

Barbara Jones  
Suzanne Williams

## **SPONSORS**

### **Courage**

\$5,000 +  
Spicer Bros. Construction Inc.

### **Hope**

\$2,500 +  
Apple Discount Drugs  
Kitty's Flowers  
Peninsula Imaging  
Richard A. Henson  
Cancer Institute  
Peninsula Regional Medical Center

### **Pink Ribbon**

\$1,500 +  
Airport Self Storage  
Pepsi Bottling Ventures  
Peninsula Holistics

*How to  
Donate:*

#### Monetary

- 🎗 Online
- 🎗 Over the Phone
- 🎗 Mail-In
- 🎗 In Honor or In Memory
- 🎗 Host a 3rd Party Event

#### In-Kind (Non-monetary)

- 🎗 Wigs
- 🎗 Bras
- 🎗 Prosthesis
- 🎗 Hats
- 🎗 Scarves
- 🎗 Head coverings
- 🎗 Wish-List Items

## Joke:

Q: How are you supposed to talk in the apple library?

A: With your incider voice.







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**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804

RETURN SERVICE REQUESTED



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 2019 Board of Directors

Dr. Cathy Townsend, President  
Julie McKamey, Vice-President  
Billye Sarbanes, Treasurer  
Colleen Brewington, Secretary  
Penny Bradford, Past President  
Cindy Feist, Executive Director  
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Chalarra Sessoms

NONPROFIT ORG  
PAID  
SALISBURY MD  
21801  
PERMIT NO 146

*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 \_\_\_\_\_