




"The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be."

- Horace Bushnell

This past year has shown all of us many difficulties in so many ways. Businesses trying to stay afloat during mandated closures, Nonprofits working to find the funding needed while unable to do any fundraisers, and each of us dealing with unplanned life changes due to the global pandemic. Ringing in the New Year, may we all find the inspiration and faith to bring all of us together to heal and hope for a Happy and Healthier tomorrow.

HAPPY NEW YEAR from all of us at WSW!

Cindy Feist, Executive Director



TENTATIVE IN PERSON  
WOMEN SUPPORTING WOMEN  
SUPPORT GROUP MEETING

**THURSDAY, FEBRUARY 4<sup>TH</sup>**  
**6:30 P.M.**

Oak Ridge Baptist  
361 Tilghman Rd.  
Salisbury, MD 21804

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*See Donation Slip on back page*

**If you missed a Christmas item for yourself? Visit**



**and choose Women Supporting Women as your nonprofit!**

# Complimentary Care

## How Alexa Can Help With Cancer Questions

By: Bonnie Annis

Several months ago, I received an Echo Dot from my youngest daughter. She assured me I'd love it. I'd heard of the voice-controlled appliance but had never used one. I'd recently mastered commanding Siri on my smart TV and iPhone, so I was anxious to try it. I assumed Alexa, the wizard of the Dot, would be just as congenial and willing to obey my every command as Siri had been.

It was fun asking Alexa to turn on the Meditation Station or to turn off the lamp in the living room using a smart plug. I also enjoyed using the Dot for quickly accessing recipes or finding out the day's weather. I kept the little round speaker waiting at the ready on the middle of my desk, it was fun to think of things to ask Alexa to do.

A few days later, when I received an email from the Cancer Treatment Centers of America informing me of a new Alexa powered app, I was intrigued. The email explained the program was developed to help those with cancer questions. I'd never thought of asking Alexa about anything cancer-related. I assumed she was programmed to obey simple commands. I didn't expect much from her, but as I read about the newly created Cancer Center, powered by Alexa, I was very interested.

The email gave clear instructions on downloading the program. After following them, I decided to give it a try, but instead of asking questions I already knew answers to, I decided to ask questions as if I'd been newly diagnosed.

To read the rest of this story follow this link <https://www.curetoday.com/view/how-alexa-can-help-with-cancer-questions>



**Due to Covid-19 the WSW Staff may be working from home at times during the winter months.**

**Please call the office at 410-548-7880  
For information or to set up an appointment.**

# Community Support



## **Wraparound Maryland, Inc.**

The Social, Welcome, and Celebration Committee led by Jamar Abner conducted a fundraiser at Wraparound Maryland, Inc. in support of WSW. It was the agency’s first time selecting a local organization to support its mission by raising funds. The fundraising efforts were held during Breast Cancer Awareness Month in October. After the success of the staff fundraiser, Wraparound Maryland, Inc. then matched the funds raised, donating \$650 in total to Women

## **WSW Staff Members**

**Cindy Feist**  
*Executive Director*

**Cerah Cabrera**  
*Administrative Assistant*

**Rachel Manning**  
*PR & Marketing*

**Jocelyn Feist**  
*Mentoring Coordinator*

# Community Support



Peninsula Imaging had special pink shirts printed that read “Peninsula Imaging goes PINK”. During the month of October, staff could donate \$5.00 each Friday to wear these or other pink shirts. They were able to raise and donate almost \$400 for Women Supporting Women!



# Community Support



Zach Evans from Mountaire Farms stopped by to drop off a check. Funds were raised by employees giving donations to wear pink on Fridays. Mountaire then matched the funding to raise over \$1,000. Thank you to all who participated!



Jill Stone, a breast cancer survivor, dropped by the WSW office to deliver a check for \$3,000 that she raised during "Pink for a Purpose" held October 3rd. These funds will go toward WSW's Lymphedema Compression Sleeve Program. This program helps breast cancer survivors who may not be able to afford lymphedema equipment.



## Community Support



In honor of Breast Cancer Awareness month, Tall Pines Harbor Campground once again out did themselves during the "Think PINK" weekend!!!! Lots of fun activities, silent auction and chances to help raise almost \$17,000 for Women Supporting Women! We can't thank Sherri Barker, BJ Maddox and their team for all their support.

# Community Support



One of USSSA's most popular girls' fastpitch softball tournament in the region each fall is Save Second Base. Teams deck out in all pink from bows to socks to custom jersey tops. USSSA East raises funds by contributing a portion of team entry fees, collecting donations and selling breast cancer awareness merchandise where 100% of the proceeds are contributed. Since 2011, USSSA East has generated over \$62,000 in donations spread out through local charities. Women Supporting Women is proud to be one of their recipients.

Thank you Bill Dowell and Andy Wisk for continuing to support WSW!



Much Success to John Rankin, our Grant Manager, who resigned from WSW in December 2020. He leaves to pursue other writing endeavors.

The staff wishes John and his family all the best as he continues on in his career.

## **PRMC**

### **What is Triple Negative Breast Cancer?**

Triple negative breast cancer occurs in about 10-20% of diagnosed breast cancers and is more likely to affect younger people, African Americans, Hispanics, and/or those with a BRCA1 gene mutations.

Triple negative breast cancer is not actually a specific cancer diagnosis or type of cancer but is instead a breast cancer that tests negative for three receptors including Estrogen (ER), Progesterone (PR) and human epiderma growth Factor (HER 2). Since breast cancer treatments often target one of these receptors, the use of these drugs is sometimes limited in triple negative cancers making them a little more difficult to treat. Although the use of specific drugs may be limited these types of cancers generally respond very well to chemotherapeutic drugs that are deemed appropriate for this type of breast cancer.

Specifically, triple negative breast cancer does not respond to hormonal therapy such as tamoxifen or aromatase inhibitors or drugs that target Her- 2, such as Herceptin or Tykerb. For this reason, some people with triple negative breast cancer may feel concerned or disappointed that they cannot do more to fight their cancer. These types of cancers do tend to be more aggressive and more difficult to treat, however there is a lot of research dedicated to finding new medications and therapies.

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

Richard A. Henson Cancer Institute  
TidalHealth

Phone: 410-543-7597

### **Joke of the Months:**

Q. What rock group consists of four famous men, but none of them sing?

A. The faces on Mount Rushmore



NO IN PERSON SUPPORT GROUP  
FOR  
JANUARY 2021  
BUT PLEASE JOIN  
WOMEN SUPPORTING WOMEN'S  
ZOOM SUPPORT GROUP MEETING

**THURSDAY JANUARY 21,  
2021 AT 6:30 P.M.**

See the Information below to Join

[HTTPS://ZOOM.US/JOIN](https://zoom.us/join)

MEETING ID: 785 5809 1935  
PASSCODE: Z4AVX2

QUESTIONS OR CONCERNS CONTACT  
JOCELYN FEIST, MENTORING COORDINATOR  
AT 410-548-7880 OR  
EMAIL  
[MENTOR@WOMENSUPPORTINGWOMEN.ORG](mailto:MENTOR@WOMENSUPPORTINGWOMEN.ORG)



**Annual Pink Ribbon Bingo**

**Postponed**

**until March 11, 2021**

Be on the look out for more information regarding this event!

## ***SPONSORS***

**Journey**

**\$10,000 +**

**Tall Pines Harbor  
Campground**

**Courage**

**\$5,000 +**

**Blue Water Development  
Corporation  
Furnitureland  
Spicer Bros**

**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 Holistic**

# DONOR THANKS

**Individual:**

|                    |                    |                         |
|--------------------|--------------------|-------------------------|
| Joanna Anderson    | Sandra Evans       | Patricia Robinson       |
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| Amy Blackwell      | Lisa Fensick       | Amy Schine              |
| Diane Bloxham      | Judith Grim        | Charlotte Selby         |
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| Laura Dibbern      | Hala G. Mclver     | Maria Weiss             |
| Mary Ellen Doughty | Sara Phillips      | Jennifer Anne Wheelless |
|                    | Molly Raneri       |                         |

**In Memory Of:**

|   |  |   |
|---|--|---|
| <p><u>Darlene Alexander</u><br/>Dennis Bergeron<br/>The MD &amp; DE Railroad Co.</p> <p><u>Barbara Blackburn</u><br/>D. Scott Blackburn</p> <p><u>Marion D'Armi</u><br/>Lawrence Dernulc<br/>Gillis Gilkerson<br/>Kathleen Hiltner<br/>The Bank of Delmarva</p> | <p><u>Patricia &amp; Kim Garigliano</u><br/>Michele Garigliano</p> <p><u>Helen Lutz</u><br/>Sandra Becker</p> <p><u>Gayle Martinson</u><br/>Bi State Ruritan Club Ch. No.<br/>2151<br/>Michele &amp; Sandra Baker<br/>Marcia Elliott<br/>Jean Mulville</p> | <p><u>Nicole Palenchar</u><br/>N.J. Althaus<br/>Janice Dunleavy<br/>Amie Palenchar<br/>Beverly Parks</p> <p><u>Sally Yates</u><br/>Karen Sallac</p> |
|---|--|---|

# DONOR THANKS CONTINUED

## Business:

2Kuz & Landon Septic Services LLC  
A B Construction  
Atlantic Hotel  
Carey Wholesales Inc.  
Farmers & Planters Too  
GGI Builders Inc.  
Kyle Edwards Jewelry LLC  
K&L Microwave  
Leisuretime Investments Inc. (Tall Pines  
Campground)  
Mason Branch Construction

Mountaire  
Ocean City Outlets  
Oceanside Resort LLC  
Pohanka  
S & G Assoc. Inc. (Racetrack Auto Co.)  
Seaside Plumbing, Inc.  
Squidnation  
The Parson Group, LTD  
USSSA, Inc.  
Vernon Powell Shoes Co.  
Wraparound Maryland, Inc.

## Civic:

Bikers Without Borders Foundation  
Community Foundation of Eastern Shore  
IotaChi Zeta  
Lil' Red Hen Nursery School  
NU RHO Chapter DELTA SIGMA THETA Sorority  
Peninsula Dressage  
Peninsula Imaging  
Pure Romance by Jennifer Bertrand  
Soroptimist International of Salisbury  
Wednes. Night Ladies Bowling League  
Winaway Farms

## In-Honor Of:

Ruth Culver  
Martha Yates  
Lynn Dymond & Ellen Ferguson  
Kathleen Abbott  
Heirloom Athletics  
All Survivors & Herself  
Marilynn Fanning

## In Kind:

Laurie Goldsboro

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## How Can You Donate?

### Monetary

- On Our Website
- Over the Phone
- Mail-In (Donation slip on back page)
- In Honor or In Memory Of

### In-Kind (Non-Monetary)

- Wigs
- All types of head coverings
- Prostheses
- Paper, cardstock, etc...



Local Services • Local Support

NONPROFIT ORG  
PAID  
SALISBURY MD  
21801  
PERMIT NO 146

**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

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

## Women Supporting Women 2021 Board of Directors

- Penny Bradford, President
- Julie McKamey, Vice-President
- Billye Sarbanes, Treasurer
- Cindy Feist, Executive Director
- Colleen Brewington
- Melodie Carter
- Lynn Creasy
- Ginger Donovan
- Alane Emerson
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- Jenni Pastusak
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### 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: \_\_\_\_\_

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City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_