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See Donation Slip on back page

With October right around the corner, I thought the poem above would be appropriate at this time. It is for all our survivors. Those women we have met who carry the scars from breast cancer. You all are amazing and beautiful. We honor you, not just in October, but everyday for the strength you have shown to all of us. Remember, you all are and have been on a breast cancer journey, and no two paths will be exactly alike. Women Supporting Women is here to guide you as little or as much as you need us.

Until we see you again, Take Care and Stay Well

Cindy Feist, Executive Director

The poem above is from the July 2021 edition of SilkandSonder guided monthly journals. Visit www.silkandsonder.com for more information



September Support Groups

Salisbury

Thursday,
September 2, 2021

1320 Belmont Ave, Suite 402
Salisbury, MD

Time: 6:30 P.M.

Pocomoke

Thursday,
September 9, 2021

CANCELED

Berlin

Wednesday,
September 15, 2021

Regional Care Center
9707 Healthway Drive
Berlin, MD

Time: 1:00 P.M.

Cambridge

Tuesday,
September 28, 2021

Christ Episcopal Church
601 Church Street,
Cambridge, MD

Time: 6:30 P.M.

Survivor Story

Meet Eneisha Collier



Hello beautiful ladies,

My name is Eneisha Collier and I am truly honored to be able to share my story in this Newsletter.

Back in December of 2020, I was diagnosed with Breast Cancer. However, even before then I was suffering from ovarian cysts and fibroids which led to me getting a partial hysterectomy. So far I've had a total of 4 surgeries. Now I'm at the point of just throwing the whole body away and getting a new one.

I am the first person in my family diagnosed with cancer (talk about being the odd duckling). Though with all that I've been through, I also know that by the Lord's stripes I am healed and that He only gives the toughest battles to His strongest. I went through Chemotherapy like a champ! Because of the Lord's help I hardly had any problems. My head is now as bald as a peach and smooth as a baby's bottom.

I've also been out of work for 6 months. So I took the opportunity to go back to school. I went to Wor-Wic Community College to take up a trade while still going through chemotherapy. Thanks to the Lord I never missed a day of class and I also got a chance to meet an amazing teacher named Mrs. Norma, who is the beautiful lady in the picture above. I am now a certified nursing assistant working with cancer patients at Tidal Health Peninsula Regional Medical Center.

To me it's amazing how the Lord can take something so bad and turn it around to make something good. Everything that I've been going through showed me a different outlook on life. It taught me how to be patient and appreciate the little things in life, because tomorrow is not guaranteed. I hope that my story brought you some sort of comfort and inspiration. Remember it's not over until God says it's over.

THANK YOU FROM WSW!

Perdue Farms Through its Franklin P. and Arthur W. Perdue Foundation

WSW received \$2,500 from a grant through Perdue Farm's Franklin P. and Arthur W. Perdue Foundation. This grant is to help support its new Meal Prep and delivery program. This new program will deliver prepared meals to breast-cancer survivors that are unable to cook for themselves currently. Especially during the pandemic, cancer survivors face a much greater risk of contracting a virus due to being immune compromised. This delivery program will help ease the minds of cancer survivors as they do not need to be concerned about compromising their health by going to the grocery store or feeling the physical toll of cooking for themselves. Thank you to Franklin P. and Arthur W. Perdue Foundation for their continued support and making this program possible.



Grant Received from Women's Fund of the Community Foundation of the Eastern Shore

WSW would like to thank the Community Foundation of the Eastern Shore for their generous grant of \$1,647 through their Lower Shore Funds for Community Needs. With this grant, WSW was able to purchase products to create small care packages, or "Poufs", for those who are going through Chemotherapy. Each "Pouf" is a small travel bag that contains comfort items that can help patients as they go through their Chemotherapy treatments and can help alleviate some symptoms. These "Poufs" would not have been made possible if it were not for the generous grant we received from the Community Foundation of the Eastern Shore. For more information, or if you would like to make a donation through Community Foundation of the Eastern Shore, please visit <https://www.cfes.org/>



Nutritional Information

Zucchini Noodles with Avocado Pesto and Shrimp

EatingWell.com; Breana Killeen

Cut some carbs and use spiralized zucchini in place of noodles in this Zesty pesto pasta dish recipe. Top with Cajun-seasoned shrimp to complete this quick and easy dinner.

Active: 35 mins **Total:** 35 mins **Servings:** 4

<https://www.eatingwell.com/recipe/257004/zucchini-noodles-with-avocado-pesto-shrimp/>



Ingredients

5-6 medium zucchini (2 1/4–2 1/1 pounds total,) trimmed	1/4 cup extra-virgin olive oil plus 2 table-spoon, divided
3/4 teaspoon salt, divided	3 cloves garlic, minced
1 ripe avocado	1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
1 cup packed fresh basil leaves	1-2 teaspoons Old Bay seasoning
1/4 cup unsalted shelled pistachios	1/4 teaspoon of ground pepper
2 tablespoons of lemon juice	

Directions:

Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with 1/2 teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.

Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining 1/4 teaspoon salt in a food processor. Pulse until finely chopped. Add 1/4 cup oil and process until smooth.

Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.

Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

Nutrition Facts

Serving Size: 1 3/4 Cups each **Per Serving:** 446 calories; protein 25.9g; carbohydrates 15.8g; dietary fiber 6.6g; sugars 6.6g; fat 33.2g; saturated fat 4.7g; cholesterol 158.8mg; vitamin a iu 1143.9IU; vitamin c 54.7mg; folate 112.3mcg; calcium 140.8mg; iron 2.4mg; magnesium 109.6mg; potassium 1271.2mg; sodium 712.9mg; thiamin 0.2mg. **Exchanges:** 6 FAT, 3 LEAN PROTEIN, 1 1/2 VEGETABLE

October Support Groups

Salisbury

Thursday,
October 7, 2021

Women Supporting Women
1320 Belmont Ave, Suite 402
Salisbury, MD

Time: 6:30 P.M.

Pocomoke

Thursday,
October 14, 2021

Community Center
1410 Market Street
Pocomoke, MD

Time: 5:30 P.M.

Berlin

Wednesday,
October 20, 2021

Regional Care Center
9707 Healthway Drive
Berlin, MD

Time: 1:00 P.M.

Cambridge

Tuesday,
October 26, 2021

Christ Episcopal Church
601 Church Street,
Cambridge, MD

Time: 6:30 P.M.

Events Coming Up!

Peninsula Dressage presents:

The Thirteenth Annual Dressage Schooling Show To Benefit Women Supporting Women



Saturday October 2, 2021

WinAway Farm, Willards, MD

All Riders & Horses Welcome: Any
age/Any Breed/Any Level!

Riders & Horses are Encouraged to
Wear Pink; Formal Show Attire not
Required!



Sponsor the show & get your business name out to the community!

Get Your Name/Business Name in:

Peninsula Dressage Newsletter

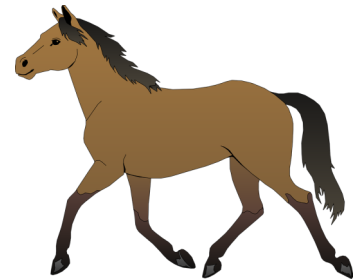
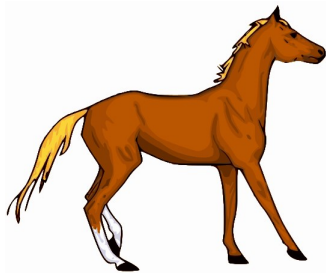
Women Supporting Women Newsletter

Sponsorship Levels

Prix St. Georges - \$25

Intermediary - \$26 to \$100

Grand Prix – \$100 + - includes a business card ad (monetary donations only) in
Peninsula Dressage Club Newsletter!



Prize for individual raising the most money!

Bring your horse and join us in the show to ride and support this im-
portant cause!

For more information about donations contact: Amy Schine,
amys@geried.com

410-430-8267

For show information contact: Jenny Mlyniec, odeon_tamuro@yahoo.com
(443) 880-8439

Events Continued

17TH ANNUAL RIDE FOR AWARENESS

Registration at

9:00 AM

Ride begins at

10:30 AM



Lunch and
Beverages will
be available for
purchase

Saturday, September 18, 2021

📍NEW ROUTE!📍

*Starting at Women Supporting Women's
Office, Ending at the VFW Post #2996*

\$25 for a single rider, and \$10 for an additional passenger

Call 410-548-7880 For More Information
www.WomenSupportingWomen.org

**WSW is monitoring changes daily regarding COVID-19.
WSW staff will be working from home periodically.
Please call ahead for office hours.**

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

NEW TO WSW...

Are you having trouble making it to a support group but would like to talk to other survivors? We have an online support group on Facebook called “Boobs, Sweat and Tears-WSW”. Join the group now!



Prevails

Cancer cannot defeat you
...it only makes you stronger

Though the battle be tough...
hope is on your side

When there is hope
...anything can be endured

And then comes the day

When Hope Prevails

- Jillene Wehappi

DONOR THANKS

Individual:

Christina Spence
Donna Blackwell
Sylvia & Harrison Langelier
Dawn Bellamy
Kevin Hughes
Katherine Layton
Robbie Raffish
Richelle Crispens
Judy Cupas
Ella Briddell
Terry Barrett
Teresa Pearson

In Kind:

Trudy Collins
Douglas DeWitt
Shannon Meekins

Business:

Delmarva Senior Care Inc.
A.S.A.P.R. Integrated Marketing
Provident Bank of Preston
Peninsula Eye Center

Civic:

Women's Club of Ocean Pines
Eastside Memorial VFW Post 2996

WSW Staff Members

Cindy Feist

Executive Director

Carol Camper

Administrative Assistant

Andie Hess

Event Coordinator

Jocelyn Feist

Mentoring Coordinator

Abby Hoffman

PR & Marketing



New WSW Employees

Women Supporting is pleased to announce the two newest members to our staff, **Andie Hess** and **Abby Hoffman**.

Andie began her position as our event coordinator on July 19, 2021. Andie is excited to begin a new chapter with WSW. She has many years of experience in the event industry and is looking forward to planning amazing events and fundraisers to help those that need the support. When she is not working, she is busy spending time with family and travelling around the world on her treadmill with IFIT trainers.

Abby began her position as PR and Marketing Director with WSW on July 21, 2021. She is a recent graduate of Salisbury University, has a BS degree in Marketing, and would like to share her experience and knowledge that she has gained by sharing it with WSW. When she is not working, she enjoys spending time with her friends, family, and her dog. She also works part time at a restaurant in Ocean City, MD with her friends.



See what WSW staff members are reading or recommending!

- | | |
|---|---|
| 1. <i>People We Meet on Vacation</i> by Emily Henry | 3. <i>Pride and Prejudice</i> by Jane Austin |
| 2. <i>The Last Thing He Told Me</i> by Laura Dave | 4. <i>Set Boundaries, Find Peace</i> by Nedra Glover Tawwab |

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

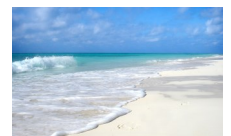
Pepsi Bottling Ventures

Peninsula Holistic

Joke of the Month:

What did the Ocean say to the Beach?

Nothing, it just Waved.





Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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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

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Judy Herman

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Robbie Tarpley Raffish

Erica Ramos

Chalarra Sessoms

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:

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