

CARE & SHARE NEWSLETTER

November-December 2021

Thank you for making our 20th Annual Walk for Awareness a Success



WSW was thrilled to be able to hold our 20th Annual Walk for Awareness in October 2021. This year was especially exciting celebrating this major milestone. Kim Purvis, WSW Board Member above, cut the ribbon to start attendees on their 1 mile or 3 mile adventure at Pemberton Historical Park in Salisbury. Thank you to everyone who came out in support of Women Supporting Women! The funds raised during this event will allow us to continue to provide all of our programs and services FREE of charge. If you see any of our survivors pictured below, Congratulate them. They are our Heroes!

Until next year, take care and we'll see you all at the Walk!



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Shopping online during the holidays?

Remember you can donate through



Choose

Women Supporting Women

as your nonprofit



1

November Support Groups

Salisbury

Thursday, November 4, 2021

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

Time: 6:30 P.M.

Berlin

Wednesday, November 17, 2021

Regional Care Center 9707 Healthway Drive Berlin, MD

Time: 1:00 P.M.

Pocomoke

Thursday, November 11, 2021

Community Center 1410 Market Street Pocomoke, MD

Time: 5:30 P.M.

Cambridge

Tuesday, November 23, 2021

Christ Episcopal Church 601 Church Street, Cambridge, MD

Time: 6:30 P.M.

Survivor Story

Meet Sam Fouts

"I work in health care and I am educated in and help diagnose breast cancer. I never imagined that I, myself, would be on the receiving end of a breast cancer diagnosis. No amount of education, knowledge, or patient experience could've prepared me for hearing the words "YOU have breast cancer". Not only did it happen on Valentine's Day, but it also happened just as the world started shutting down due to the Covid-19 pandemic. I called Women Supporting Women and talked with Jocelyn. She had me visit the office and talked with me about all of the programs they had available to support me through my journey. I love to read, so she gave me books and pamphlets to go over, and even spent time with me in their free wig salon to help prepare me for when I lost my hair. Jocelyn would check in on me periodically to make sure I had everything I needed and make sure that I was doing ok; mentally and physically. When the restrictions for the pandemic were finally eased, WSW had in-person support group meetings. Meeting those women – those survivors - and listening to their stories, hearing how each of them had once been where I had been – reassured me that I was not fighting this alone. Words cannot thank Jocelyn and the WSW staff and for all that they do for breast cancer patients on the Delmarva Peninsula."



WSW Staff Members

<u>Cindy Feist</u> Executive Director

<u>Jocelyn Feist</u> Mentoring Coordinator

<u>Carol Camper</u> Administrative Assistant

Andie Hess
Event Coordinator

Abby Hoffman
PR & Marketing

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!

Nutritional Information

Apple & Cheddar Side Salad with Mustard Vinaigrette

EatingWell.com; Hillary Meyer, October 2018

This salad is easy and festive—the perfect healthy addition to your holiday table. The no-sugar-added dressing blends well with the sweet notes of apple and sharp Cheddar cheese, and crunchy pecans round out the dish.

Active: 20 mins Total: 20 mins Servings: 8

https://www.eatingwell.com/recipe/268403/apple-cheddar-side-salad-with-mustard-vinaigrette/



Ingredients

1 tablespoon chopped shallot	1 tablespoon whole-grain mustard
2 tablespoons cider vinegar	1/4 teaspoon ground pepper
Pinch of salt	1/4 cup extra-virgin olive oil
8 cups mixed salad greens, such as arugula, spinach, radicchio and/or green leaf lettuce	1 cup thinly sliced celery
1 large red apple, chopped	1/2 cup shaved or cubed extra-sharp Cheddar cheese
1/2 cup toasted chopped pecans	

Directions:

Combine shallot, mustard, vinegar, pepper and salt in a large bowl (or small bowl, if making ahead). Whisk in oil until well combined. Just before serving, add greens, celery, apple, cheese and pecans. Toss gently until the greens are coated with the dressing.

TIPS: TO MAKE AHEAD: MAKE THE DRESSING IN A SMALL BOWL (STEP 1) AND REFRIGERATE FOR UP TO 3 DAYS.

Nutrition Facts SERVING SIZE: 1 CUP PER SERVING: 180 CALORIES; PROTEIN 3.3G; CARBOHYDRATES 6.9G; DIETARY FIBER 2G; SUGARS 4.3G; FAT 15.5G; SATURATED FAT 3.3G; CHOLESTEROL 3.2MG; VITAMIN A IU 663.2IU; VITAMIN C 3.6MG; FOLATE 26.9MCG; CALCIUM 108.1MG; IRON 0.6MG; MAGNESIUM 21.2MG; POTASSIUM 176.2MG; SODIUM 125.6MG; THIAMIN 0.1MG. EXCHANGES: 2 FAT, 1/2 FRUIT, 1/2 HIGH-FAT PROTEIN, 1/2 VEGETABLE

Community Thanks!

Endless Summer Car Show at Ocean City Outlets

Women Supporting Women would like to thank Outlets of Ocean City for their generous fundraising donations at the Endless Summer Car show of Ocean City, MD. All registration fees and half of their 50/50 raffle were given to WSW totaling \$1,882.

Thank you Ocean City Outlets! We will see you again next Fall!



USSSA Hosts Annual "Save Second Base" Tournament





USSSA hosted their annual "Save Second Base" Softball Tournament. WSW staff attended the event to provide information regarding beast cancer and sold pink ribbon In Memory and In Honor cards.

A big Thank You again to USSSA for their continued support!

Donations from Alpha Kappa Alpha

Alpha Kappa Alpha Sorority Inc. generously donated bags that they assembled to help those going through Breast Cancer. These bags include lotions, a blanket, journal, peppermints, and much more. Thank you for helping support the women on the Delmarva Peninsula diagnosed with Breast Cancer.

Pictured from Left to Right: Terri Tucker - Target II, Chair; Dionne Church - Vice President; Joyce Farrare - President; Geri Mason -Golden Member; Tracey Martin, Target II, Co-Chair



Community Thanks! Cont.

Peninsula Dressage Hosts 13th Annual Dressage Schooling Show

Thank you to their Sponsors



INTERMEDIARE SPONSORS

GRAND PRIX SPONSORS

Jenny Miyniec Jessica Bunting Theresa Gordy WinAway Farm



Amie Blackwell
Donna Blackwell
Donna & Les Holden
Fancy Fingers Nail & Massage Salon
Hamilton Fox Farm
Marie Shea
Melissa Harrington
Patricia Dembeck
Pam Rice
Wizzard's Creations

A.S.A.P.
Atlantic Hotel, Ocean City
Aviva Nebesky
Dorli Burke
Erin Bryan, Bit of Luck Equine
Farmer's & Planters Too
Katherine DeMarco
Lighthouse Sound Restaurant
Staff
Peninsula Dressage
Racetrack Auto
Scott Ryan
Tony Adrignolo



Chincoteague Island Koa Resort Hosts "Jeep Jam"

The 2nd Annual Koa "Jeep Jam" was held on October 2nd, 2021, and raised \$1,285 for WSW. The Jeep Jam had vendors, food trucks, live music, and fun Jeep games. WSW appreciates all the hard work Chincoteague Island Koa Resort put into providing this event. We also want to thank their sponsors;

Hertrich of Pocomoke, Jeep Budget Build, and Evolution Jeep Alliance.



Peninsula Roofing Company Inc. Goes "Pink!"

For the month of October, Peninsula Roofing Company Inc., located at 1209 N Salisbury Blvd. in Salisbury, MD, turned pink to show their support of WSW and to help bring awareness to Breast Cancer Awareness month.

Thank you to Peninsula Roofing Company for showing off your colors in support of WSW along with your generous donation of \$500.

We appreciate all that you do for WSW!



Preston Automotive Group Hosts Frog Fairway Golf Tournament



Thank you to the Preston Automotive Group in Preston, MD for hosting the "Frog Fairway Golf Tournament in support of breast cancer awareness month. This event raised over \$38,000 which a portion of is being donated to Women Supporting Women.

Thank you to all the participants at the event and to Preston Automotive Group for their continued support!



Peninsula Orthopaedic Associates

During October, Peninsula Orthopaedic Associates (POA) located at 1675 Woodbrooke Drive in Salisbury wore pink for WSW. New shirts were designed specifically for breast cancer awareness month or employees had pink logos embroidered to show their support for Women Supporting Women. Donations received during the month totaled \$1,000.00.

Thank you to POA for joining us this year and look forward to seeing you all next year at the Walk for Awareness!

Penny's Loafer Fundraiser

Once again, Penny Traver's raises awareness and donations for WSW. This year her team brought in \$1,500.00. We can't thank you all enough for all your hard work in support of WSW.



<u>Tall Pines Harbor Campground</u> <u>"Think Pink" Weekend</u>





In 2011, Billye Jean Maddox started donating to WSW with her "Whinnies for Ninnies" Trail Ride. She wanted to do more than just a few hundred dollars and partnered in 2014 with Tall Pines Harbor Campground owned by Raymond and Sherri Barker. Since that time, the "Think Pink" Weekend has exploded! The campground in one weekend each October holds a pink parade of golf carts, Bra decorating contests with womanless models, silent auctions and so much more. In 2021 alone the "Think Pink" Weekend raised \$25,000 for WSW. Over the course of this partnership, they have donated \$79,851.67. With partnerships and friendships such as these, Women Supporting Women can not go wrong. WSW is humbled by this outpouring of support and can not thank Tall Pines Harbor Campground visitors/campers, BJ Maddox, and Raymond and Sherri Barker enough for all they have done through the years for WSW.

Until next time, Take care and God Bless.

INTRODUCING - "Forward Focus" Therapy Program

WSW is proud to present a new mental health therapy program called "Forward Focus". Cancer survivors feel alone and stressed during their breast cancer journey. When you add in the Coronavirus it is difficulty to balance good mental health. The "Forward Focus" Therapy Program is a step in the right direction. Survivors struggling with mental health issues at this time may take advantage of this grant. WSW has partnered with Congruent Counseling Services, LLC to provide up to 5 individual therapy sessions for current survivors suffering from anxieties of their diagnosis and the stress of being immune compromised during Covid-19. After the 5 sessions, survivors can continue therapy if they so choose and use either Medicare, Medicaid or other private insurance. These therapy sessions will be done through telehealth.

If you are a breast cancer survivor, currently going through breast cancer treatment and are in need of therapy, please contact WSW at 410-548-7880 or email Mentor@womensupportingwomen.org

Funding for this program was made possible through a grant from the Rural Maryland Council



December **Support Groups**

Salisbury

Thursday, December 2, 2021

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

Time: 6:30 P.M.

Berlin

Wednesday, December 15, 2021

Regional Care Center 9707 Healthway Drive Berlin, MD

Time: 1:00 P.M.

Pocomoke



Cambridge

Tuesday, December 28, 2021

Christ Episcopal Church 601 Church Street, Cambridge, MD

Time: 6:30 P.M.

DONOR THANKS

Individual:

Dorothy S. Turner
Veronique Diriker
Mr. & Mrs. Alfred Beattie
Kathleen White
Dr. Carolyn J. Elmore
Kevin Hughes
Penny Travers
Margret King

Business:

Mid Atlantic Primary Care
Willards Elementary School
Fruitland Primary School
K&L Microwave
Bank of Delmarva

In Kind:

Clytie W. Taylor
Ribbons made and donated in memory of
Lonna Renee Hudson

Civic:

Ladies Missionary of Faith Community Church
Tony Tank Tribe #149
American Legion Post #93
Lighthouse Full Gospel C.O.G.I.C.

In Honor

Ruth Culver
Martha Yates



In Memory

Kathleen Galloway

Frances Hauf

Mary Stokely

Debbie Kenney

Joseph Sabo

Peggy B. Hill

David & Dana Zucker

Robert Nock

Sidney Hayman

Judy Davis

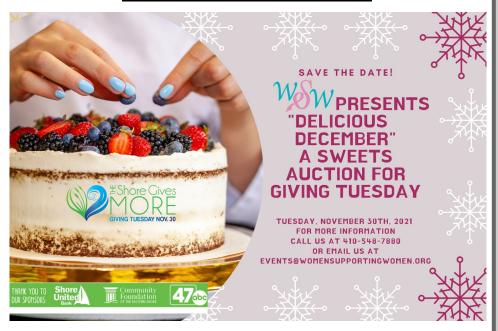
Leslie Shrieves

Wanda Sterling

Wendy Nathan

Buddy & Laura Jenkins

Events Coming Up!



Event Coming Soon!

NEW WEDNESDAY FAMILY FUN NIGHT

HAPPENING 3RD WEDNESDAY IN FEBRUARY

BEGINNING IN 2022

LOOK OUT FOR MORE ANNOUNCEMENTS



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 kind of music did the Pilgrims like to listen to?



Plymouth Rock!



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

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