




Cindy Feist
Executive Director

On June 21, 2023, Summer officially started. The weather right now might not feel like it, but the sunshine is on the way. To me every season is a new start, a new beginning, something to be grateful for. Think of all the new things you can try, new projects to start, or new places to visit. No matter what circumstances or challenges surround you, make today a new beginning.

It doesn't take much to make it a good day for your new start, especially during the summer. Pack a picnic basket and head to the park with the family. Find

a free zoo and take the kids. Head to the beach and put your feet in the sand! Whatever you and your family enjoy doing the most, make it happen and make it memorable.

Of course, we all have those days that get us down, challenges that rock our world, but there is a path through those days. Together with family and friends we plow through to enjoy the better days and make memories that last a lifetime. That is why we are all here. To help each other. Enjoy each other's company and the world around us.

Today, tomorrow, but sometime this summer put your feet in the sand. Jump in a lake. Watch your kids swing in the park. Make the most of your summer, however you choose, but make it memorable. Remember if a new challenge comes along, you can always start anew in the Fall.

"Together we can face challenges as deep as the ocean and as high as the sky" – Sonia Gandhi

Have a Safe and Sunny Summer—Cindy Feist, Director



**WSW summer office hours will be:
Monday—Thursday 9:00 am—4:00 pm
and CLOSED Friday's until after Labor Day weekend.**

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WSW Staff Members

[Cindy Feist](#)
Executive Director

[Amaris Ward](#)
Administrative Assistant

[Jocelyn Feist](#)
Mentoring Coordinator

[Andie Hess](#)
Event Coordinator

Nutritional Information

Overnight Oats

Overnight oats make for an energizing, iron- and protein-rich breakfast. Top with peanut butter or sliced almonds for additional protein.

Ingredients

- ½ cup rolled oats
- ½ cup low-fat milk
- ½ cup nonfat plain yogurt (Greek or regular or coconut cream)
- ½ cup unsweetened applesauce
- 1 teaspoon cinnamon
- 1 teaspoon brown sugar



Instructions

Combine all ingredients in a bowl and let soak overnight in refrigerator. Stir well before serving.

Nutritional Information

- Calories: 270 calories
- Carbohydrates: 45g
- Fat: 3.5g
- Fiber: 5g
- Protein: 17g
- Saturated Fat: 1g
- Sodium: 85mg
- Sugar: 24g

<https://www.mskcc.org/experience/patient-support/nutrition-cancer/recipes/overnight-oats>



WSW July 2023 Support Groups



**We will not be meeting for
Support Groups in the
month of July.**

**Support Groups will resume
in August.**



Questions, or need to talk to someone during support group summer break, please contact:
office 410-548-7880



Staff Update



Women Supporting Women welcomes Amaris Ward who will become the full-time administrative assistant in WSW office. She is from Pennsylvania and graduated from Wilkes University, PA. She majored in Psychology. Amaris enjoys outdoor activities, spending quality time with her two cats, Gravy and Tippy, and watching movies.



Fun 3 Facts about Amaris:

1. Philadelphia, Eagles fan
2. Has been to 7 different states
3. Has 7 siblings

Community Support

Women Supporting Women was the 2023 Faith Filled Women "Fearless" Conference local charity recipient. Each year, FFW holds a themed centerpiece contest; this year 46 centerpieces were entered. The judges selected an entry created by Sonia Crandell (pictured below) who chose WSW as her charity. All contest entry fees and additional donations from conference attendees were given to WSW.

Accepting the check for \$1,500 is (L to R): Jocelyn Feist (WSW Mentoring Coordinator), Crystal Heiser (WSW Board Member), Sonia Crandell (centerpiece designer), Penny Bradford (WSW Board Member), Susan Webster (FFW contest Coordinator), and Cindy Feist, (WSW Exec. Director).



Community Support—Continued

OC Lioness Club held their first Spring in Bloom Fashion Show this past April Ocean City, MD. This event benefited Women Supporting Women and the Grace Center for Maternal and Women's Health. WSW was honored to receive \$3,000 from the OC Lioness Club.

Fashions were by CraZy LadyZ Boutique. There were various vendors, a gift card raffle and Chinese silent auction of 50 items! WSW staff was happy to attend and fun was had by all!



In May, the Soroptimist of Salisbury held their Awards Banquet awarding several individual's and local charities. Women Supporting Women was one of their Community Service Projects Monetary Awards recipients awarded \$1,500. Thank you for your continued support.



Community Support—Continued



PLAY FOR A CAUSE: **WOMEN** **SUPPORTING WOMEN**

SUNDAY, JULY 23 • 2PM–6PM

Entry is \$20 per person with all proceeds benefitting Women Supporting Women.

PLAY TO WIN YOUR SHARE OF \$1,000 FREE PLAY!

1st Place: **\$650 FREE PLAY** • 2nd Place: **\$250 FREE PLAY**

3rd Place: **\$100 FREE PLAY**

Plus, all participants receive
\$10 FREE PLAY!



Local Services • Local Support

Must be 21 years of age or older to enter the casino. Please play responsibly. For help, visit mdgamblinghelp.org or call 1-800-GAMBLER.

DE - MD - VA
SHORE MADE
Artisan Collective

Sizzling Summer
Artisan Market
10:00a - 2:00p
Crown Sports Center
Fruitland, Maryland
ShoreMade.org

CROWN
SPORTS CENTER

Community Support—Continued

Friday, August 4th, 2023


Come to the ballfield for a fun night out with the Delmarva Shorebirds while raising funds for WSW ~ Flock for a Cure Night
Purchase tickets via ticket link

&

\$5 dollars of each ticket will be donated to WSW.


QR Code:
Takes you directly
to Ticket Link

A vertical event poster for WSW 2023. At the top left is the 'WSW' logo in a stylized script. To its right is a black box containing '2023' in white and a Shorebirds logo. Below this, the text 'SHOREBIRDS FLOCK FOR A CURE NIGHT' is written in large, bold, orange and black letters. Underneath, it says 'AUGUST 4 AT 7:05 PM'. At the bottom, it says 'PRESENTED BY PRESTON Automotive Group' with a green frog logo. At the very bottom, in smaller text, it reads: 'INCLUDES: AN UPPER RESERVED TICKET TO THE SHOREBIRDS AUGUST 4 GAME FEATURING FLOCK FOR A CURE NIGHT PRESENTED BY PRESTON AUTOMOTIVE GROUP'.

WSW 2023 

**SHOREBIRDS
FLOCK FOR A
CURE NIGHT**

AUGUST 4 AT 7:05 PM

PRESENTED BY  **PRESTON**
Automotive Group

INCLUDES: AN UPPER RESERVED TICKET TO THE SHOREBIRDS
AUGUST 4 GAME FEATURING FLOCK FOR A CURE NIGHT
PRESENTED BY PRESTON AUTOMOTIVE GROUP



*Upper Reserved
Tickets \$14.00 each
including fees*

NEW WSW EVENT!



16 years & over are welcome to join!

Saturday, September 16, 2023 Delmarva Sporting Clays, Mardela Springs

Registration check in: 8:30 A.M.

Registration Fee: \$80.00 includes 50 clays, lunch & event hat

PLEASE NOTE: Gun rentals and ammunition are NOT included in your registration fee. Gun rentals and ammunition can be purchased through Delmarva Sporting Clays upon arrival.

Non Shooter Lunch Fee: \$25.00 (lunch only)

Shooter groups will be 4 people per team and made one week in advance of the event. If you want to shoot with a particular group call the office at 410-548-7880 or email events@womensupportingwomen.org

Online Registration: <https://www.eventbrite.com/e/wsw-boom-boom-4-boobies-registration-637504211257>





Your Healthiest You Conference Integrative and Wellness

SATURDAY, SEPTEMBER 30TH 2023
8:30 A.M. to 1:00 P.M.



OAK RIDGE BAPTIST CHURCH
347 TILGHMAN RD - SALISBURY, MD 21804

\$10.00 PER PERSON

Learn about alternative health and exercising made fun with Olympia Fitness. All topics on breakout sessions are available on the Eastern Shore!

Keynote Speaker, Marcy Brenner is a polished performing songwriter, recording artist & author. Who will be speaking on the "Unexpected Gifts"

**REGISTER ONLINE OR CALL:
WOMENSUPPORTINGWOMEN.ORG / 410-548-7880**

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Medical Update

Drug found to reduce risk of breast cancer coming back

Kisqali is already FDA approved, but the new data means it could be used in a broader range

A breast cancer drug already on the market has been found to lower the chances of breast cancer recurring, an advancement that could open the drug to a broader range of patients.

The pharmaceutical company Novartis announced the findings Friday about its breast cancer treatment Kisqali, a drug already approved by the U.S. Food and Drug Administration for people with more advanced stages of breast cancer.

The vast majority of breast cancer patients are diagnosed in the early stages of disease. Right now, many are treated with chemotherapy and endocrine therapy.

The new data shows that adding Kisqali after primary treatment will reduce the risk of the cancer coming back.

This finding could be good news specifically for women who are diagnosed in the earlier stages of the disease and those who are hormone-receptor positive, and HER2 negative, who make up 70% of the breast cancer population, according to the National Cancer Institute.

"Women who have this subtype can have recurrences even 20 to 25 years after their initial diagnosis," Dr. Dennis Slamon, director of the Revlon/UCLA Women's Cancer Research Program and lead investigator of the Kisqali clinical trial, told "Good Morning America." "We found that adding this drug to the best available standard therapy will decrease the recurrence rate by as much as 25%."

Suzanne Garner, 45, participated in the clinical trial for Kisqali after being diagnosed with Stage 2 cancer five years ago.

She said she was treated with chemotherapy and endocrine therapy, but the potential outcome of the treatments "didn't feel right."

"I felt that my risk of recurrence was still too high," Garner told "GMA." "I have a young daughter who needs her mom around for as long as possible and I would absolutely do anything to reduce my risk of recurrence so I can be her mom for as long as she needs me."

Novartis announced the findings on Kisqali at the 2023 annual meeting of the American Society of Clinical Oncology.

<https://abc7ny.com/breast-cancer-breakthrough-kisqali-ribociclib-new-drug/13333502/#:~:text=Kisqali%20is%20already%20FDA%20approved,a%20broader%20range%20of%20patients.&text=New%20research%20found%20the%20medication,earlier%20stages%20of%20breast%20cancer.>

IMPORTANT UPDATE

Due to low attendance at our Pocomoke Support Group the 2nd Thursday of each month, this group meeting will be canceled until further notice.

WSW August 2023 Support Groups



Salisbury: Thursday, August 3
Time: 6:30 P.M. Location WSW office
1320 Belmont Ave Suite 402 Salisbury, MD
Facilitator: Jocelyn Feist

Crisfield: Mentor available by phone
410.726.9060
Facilitator: Monique Welch

Berlin: Wednesday, August 16
Time: 1:00 P.M. Location Regional Care Center
9707 Healthway Dr. Berlin, MD
Facilitator: Jocelyn Feist

**Onancock, VA: Mentor available
by phone**
757.894.4389
Facilitator: Nicole Ayres

Cambridge: Mentor available by phone
703.798.1946
Facilitator: Bobbie Rideout

Questions, please contact the office
410-548-7880



Joke of the Month

What's it called when you steal somebody's coffee?



A mugging

DONOR THANKS

In Kind:

Mildred Gillespie
 Jill Krater
 Barbara Purnell
 Brenda Shipmen
 Vanessa Townsend

Business:

The Bank of Delmarva

In Honor:

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 Kathy Smith
Dawn Thompson
 Rosemarie Bagnell

Individual:

Penny Bradford
 Kevin Hughes
 Catherine Smith
 Barbara Willingham
 Ashley Wilson

Civic:

Faith Filled Women
 Ladies Missionary of Faith
 Comm. Church
 OC Lioness Club
 Salisbury Middle School
 Soroptimist Intern. of Salisbury
 Westside Intermediate School
 Wheels That Heal Car Club
 Wicomico High School
 Women's Club of Ocean Pines

In Memory:

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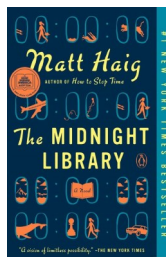
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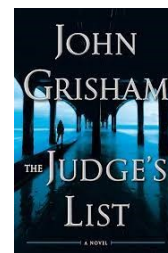
\$1,500 +
 Airport Self Storage
 Pepsi Bottling Ventures
 Peninsula Holistic



See what WSW staff members are reading and recommending!



Midnight Library by Matt Haig



The Judge's List by John Grisham



Everything All At Once by Steph Catudal



Local Services • Local Support

WomensSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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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 2023 Board of Directors

- Penny Bradford, President
- Donna Altvater, Treasurer
- Billye Sarbanes, Historian
- Cindy Feist, Executive Director
- Colleen Brewington
- Judy Herman
- Crystal Heiser
- Rachel Manning
- Kimberly Purvis
- Chalarra Sessoms
- Lisa Twilley
- Ashley Wilson



22nd Annual Walk for Awareness

Save the Date

Saturday, October 21, 2023

Location

Delmarva Evangelistic Church/ Christian Community Center
408 Gordy Road, Salisbury

1 Mile Fun Walk / 2 Mile Walk

Rain or Shine / Vendors

Food Trucks to Purchase Lunch

Contact 410-548-7880
events@womensupportingwomen.org

