



Cindy Feist
Executive Director

October Breast Cancer Awareness Month

October, this is the month that Women Supporting Women looks forward to the most every year. As you will see from this edition of our Care & Share Newsletter, we are extremely busy. This is the time of year when everything goes “Pink” for breast cancer awareness month; from sports teams wearing pink socks, jerseys, and hats to employees at businesses for “Pink Out” Fridays.

Pink Ribbons seen around town during October is recognized by most people as the breast cancer symbol. It is also a time to fundraise for someone that you know, family member, spouse, friend/friends that have been diagnosed with this disease.

For Women Supporting Women, it is **OUR** time. Yes, to raise those much-needed dollars, to help us with our mission, but to also bring awareness, education, and understanding of breast cancer to our LOCAL community. Did you know, the American Cancer Society states 30% (or 1 in 3) of all new female cancers each year are breast cancers. In 2023 approximately 5,760 women will be diagnosed with breast cancer in Maryland, a statistic that WSW would like to see eliminated. Until that time, our office doors are open to anyone diagnosed, with breast cancer, men or women, and offer mentoring services to help you through your breast cancer journey, support groups, loaner recliner chairs for after double mastectomy surgery, wigs, hats, scarves, and lots of support or hugs given freely.

October, and beyond, Women Supporting Women will be here for you or someone you love. During this time, please consider donating to help Women Supporting Women in fulfilling our mission. Should the time come that you or someone you know needs us, please remember Women Supporting Women; for Local Services and Local Support.

JOIN US

22nd Annual Walk for Awareness
Saturday, October 21st
Christian Community Center on Gordy Road in Salisbury

Table of Contents:

Nutrition Info.....2

October Support
Groups.....2

Healthiest You
Conference.....3

Staff Update..... 4

Community Support.....4-5

WSW Walk Event6-7

Upcoming 3rd Party
Events.....8

Medical Update.....9

Bingo Save The Date.....10

WSW Staff Members

[Cindy Feist](#)

Executive Director

[Amaris Ward](#)

Administrative Assistant

[Jocelyn Feist](#)

Mentoring Coordinator

[Andie Hess](#)

Event Coordinator

[Samar Abdelrahim](#)

PR Marketing Coordinator

[Raven Cook](#)

Intern

Nutritional Information

Easy Potato Soup!

This potato soup is simple to make. The flavor and texture can help when you have taste changes or an upset stomach but can also be enjoyed when you're feeling great. Bone broth is as mild as chicken or vegetable broth but with more protein, for those days when you need

Ingredients:

- 1 baking potato
- 2 cups bone broth

Instructions:

1. Preheat oven to 400 degrees. Bake potato for 30 minutes, or until flesh gives slightly when squeezed. Let the potato cool, then remove skin.
2. Bring broth to a boil.
3. Carefully combine the potato and bone broth in a blender and puree until smooth.

Serve warm.



Nutritional Information:

Calories: 91calories

Carbohydrates: 13g

Cholesterol: 0mg

Fat: 0g

Fiber: 1g

Protein: 10g

Saturated Fat: 0g

Sodium: 83mg

October Support Groups

WSW

October 2023 Support Groups

<p>Salisbury: Thursday, October 5 Time: 6:30 P.M. Location WSW office 1320 Belmont Ave Suite 402 Salisbury, MD Facilitator: Jocelyn Feist</p>	<p>Crisfield: Mentor available by phone 410.726.9060 Facilitator: Monique Welch</p>
<p>Pocomoke: Thursday, October 12 Time: 5:30 P.M. Location Pocomoke Community Center 1410 Market Street Pocomoke City, MD Facilitator: Jocelyn Feist</p>	<p>Onancock, VA: Mentor available by phone 757.894.4389 Facilitator: Nicole Ayres</p>
<p>Berlin: Wednesday, October 18 Time: 1:00 P.M. Location Regional Care Center 9707 Healthway Dr. Berlin, MD Facilitator: Jocelyn Feist</p>	<p>Cambridge: Contact WSW Office 410-548-7880 Support/Mentor available by phone</p>

Questions, please contact the office
410-548-7880

WSW Upcoming Events



“Your Healthiest You” Integrative Health and Wellness Conference

**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!

**Wear Athletic Clothing to Enjoy
Sample Fitness Classes**

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

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

FUNDING PROVIDED THROUGH A
GRANT FROM:



Staff Update



Women Supporting Women welcomes Raven Cook, who will be interning at the WSW office! Raven is a Marylander attending Salisbury University, pursuing a bachelor's degree in Communications and a minor in English. Raven enjoys thrifting clothes, cooking, and listening to classic rock in her free time.



Fun 3 facts about Raven:

1. Has complete heterochromia.
2. Obsessed with all things vintage.
3. Loves documentaries and video essays.

Community Support

Thank You to Our "Boom Boom 4 Boobies" Sponsors



Community Support—Continued

Congratulations to Boom Boom 4 Boobies Winners!



1st Place Women : *Jamie Tonge*



1st Place Man: *Rodney Nelson*



Boobie Prize: *Debbie Bender*

Thank you to everyone who participated in this first Annual “Boom Boom 4 Boobies” Clay Shooting Event on Saturday, September 16th at Delmarva Sporting Clays. All funding raised from this event will help WSW provide those survivors who have been diagnosed with free programs and services to help them through their journey.

If you see any of our WINNERS from this event, please give them a huge shout out! Those individuals who participated seemed to have a great time and showed WSW their skills in clay shooting. We Look forward to seeing you all again next year!



1st Place Team: *Justin Firth, Jeff Chery, Rodney Nelson, Matt Ozman*

WSW Upcoming Events



Women Supporting Women 22nd Annual Walk for Awareness

22nd Annual Walk for Awareness
Saturday, October 21, 2023

At: Christian community center
408 Gordy Rd, Salisbury, MD 21804

Walk begins at: 10:00 AM

Registration begins on-site at 8:00AM.

Survivor Group Photo at 9:30AM

Walk begins at 10:15AM.

Food trucks will be available for walkers to purchase lunch after the walk. Lunch no longer included with registration!

Contact us for more info:

410-548-7880

Events@womensupportingwomen.org



**IN MEMORY OF / IN HONOR OF
SIGN PURCHASE**

PURCHASE A 12” x 18” SIGN
Sign are a great way to support or
remember a friend or loved one.

Donor Name: _____

Address: _____

City/ State/ Zip: _____

Phone: _____

Email: _____

In Honor of:

From:

Number of Signs: _____ (one name per sign) Cost
per sign : \$30.00

Amount enclosed: \$ _____

COMPLETED FORM FOR SIGNS MUST BE
RETURNED TO WOMEN SUPPORTING WOMEN
BY SEPTEMBER 14, 2023

TROPHIES AWARDED TO:

- ◆ 1ST, Place Individual Fundraisers
- ◆ 1st, Place Team Fundraisers
- ◆ Largest Team

Gift card for oldest WSW walk T-shirt

Gift Card for best decorated T-shirt

Pick up a team packet to get started on fundraising today!

REGISTRATION FORM

Team Name: _____

Team Captain: _____

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

(Check one): Supporter Survivor
PRIZE FOR OLD- EST WSW WALK T-SHIRT
PRIZE FOR BEST DECORATED T-SHIRT

Registered walkers will receive a drawstring bag
_____ \$20.00 Walker
_____ \$5.00 Canine Companion Registration
_____ Additional Contribution

WAIVER MUST BE SIGNED

RELEASE: In consideration of the acceptance of my entry, I myself, my personal perspectives and assigns do hereby release and discharge Women Supporting Women, and other sponsors, of all liability, claims, damages, demands, actions and cause of actions whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event, that I am physically fit and sufficiently trained to participate in this event. I understand that by signing this release I am giving up substantial legal rights, including injuries or damages which I may incur during or as a result of this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature/ Parent or Guardian *Date*
(Parent's signature required for anyone under 18 years of age)

Please mail form or drop off with payment to;
Women supporting Women
1320 Belmont Avenue, Suite 402
Salisbury, MD, 21804
410-548-7880
Or fax to; 410-548-7535

Registration can also be completed online at:
[Www.womensupportingwomen.org](http://www.womensupportingwomen.org)

Upcoming 3rd Party Events



Peninsula Dressage presents:

The **Fifteenth Annual** Dressage Schooling Show To Benefit Women Supporting Women

- ☐ **Saturday October 7, 2023**
- ☐ **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
- ☐ Intermediare - \$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 important 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**

Mentoring Minute

Supporting a Friend or Family member who has Cancer

When a friend or a family member is diagnosed with cancer. The first thing we ask is what can I do to help? Most of the time the response is I don't know. Or there is already a mind set of "I don't want to burden you or anyone else with this". It is overwhelming for those who are diagnosed with cancer. It can be overwhelming when friends and family members ask nonstop of what can I do to help? So, what is the best way to support a friend or a family member during this unwanted journey? First, as a friend or family member, consider taking a step back to process your own feelings. You may be feeling a lot of different emotions once you hear the news. Taking the time to acknowledge and cope with your own emotions before seeing or talking to them. Then you can regroup and focus on your friend/loved one during this difficult time.

It's important to remember that there are no set rules, and every relationship is different. Be sure to think about your unique dynamic and let that guide you as you try to support your friend or loved one. Keep it simple. Remember that it is often the little things that mean the most.

- **Ask permission.** Before visiting, giving advice, and asking questions, ask if it is welcome. Be sure to make it clear that saying no is perfectly okay.
- **Make plans.** Do not be afraid to make plans for the future. This gives your friend something to look forward to, especially important because cancer treatment can be long and tiring.
- **Be flexible.** Make flexible plans that are easy to change in case your friend needs to cancel or reschedule. The effects of cancer can be unpredictable.
- **Laugh together.** Be humorous and fun when appropriate and when needed. A light conversation, a funny story, or a silly video or meme can make a friend's day.
- **Allow for sadness.** Do not ignore uncomfortable topics or feelings if they come up. You may not be able to fix it, but you can provide comfort by just being with them. This may be called "holding space."
- **Check in.** Make time for a check-in phone call or text message. Your friend can respond to your outreach when they feel up to it.
- **Offer to help.** Many people find it hard to ask for or accept help, but your friend will likely appreciate the offer. Offer specific things you can help with, such as childcare, pet care, a ride to an appointment, or preparing a meal. If your friend declines the offer, do not take it personally. (They are trying to navigate through this to the best of their ability).
- **Follow through.** If you commit to helping them, it is important that you follow through on your promise.
- **Treat them the same.** Try not to let your friend's cancer get in the way of your friendship. As much as possible, treat them the same as you always have.
- **Talk about topics other than cancer.** Ask about their interests, hobbies, and other topics not related to cancer. Come ready to talk to them about something unrelated to cancer. People going through treatment often need a break from talking about the disease.
- **Read their blog, web page, or group emails.** Some people living with cancer choose a main avenue of communication to keep their support network updated. This can be writing a blog or social media page about their experience in detail that they can share with friends and family. Or a family member will post updates to a personal web page or send a group email or text. Stay current with these updates so that your friend does not have to repeat experiences or information multiple times. These updates are also a great way to start a conversation and show that you care about what they are experiencing.

Save The Date!



Holiday
B I N G O

Thursday, November 2, 2023

Willards Lions Club
36393 Hearn Street
Willards, MD

REGISTRATION: WWW.WOMENSUPPORTINGWOMEN.ORG
OR CALL 410.548.7880

Raffles, Holiday Themed Basket, Cash Games, and 50/50 Raffle Available

Watch for updates on our social pages [WSWDelmarva](#) and website

Doors open at 4:30pm
Games start at 6:00pm

\$35 in advance
Limited Seating
\$40 at the door

PRESTON Automotive Group
PRESTONMOTOR.COM

SPICER BROS.
Construction, Inc.

obhf
OuttenBrothers
HOME FURNISHINGS

WSW

Tickets Available Starting October 1st!

Joke of the Month

So if a cow doesn't produce milk, is it a Milk Dud Or an Udder Failure?



DONOR THANKS

In Kind:

Martha Mathews
Barbara Willingham
Barbara Purnell

Individual:

Emma Dixon

In Memory:

Laura Layton
Kathy Smith

Civic:

Willards Elementary School

SPONSORS

Journey

\$10,000+

Preston Automotive
Group

Courage

\$5,000 +

Spicer Bros

Hope

\$2,500 +

Apple Discount Drugs
D3Corp

Kitty's Flowers

Peninsula Imaging

Tidal Health Richard A. Henson
Cancer Institute

USSSA - East

Pink Ribbon

\$1,500 +

Airport Self Storage
Pepsi Bottling Ventures



WSW Office Hours:

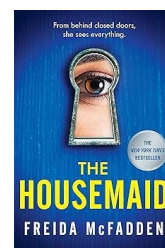
**Monday - Friday
9:00 am - 4:00 pm**



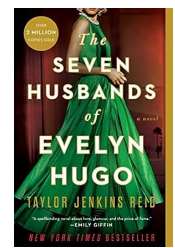
See what WSW staff members
are reading and recommending!



The People We Keep
by Allison Larkin



The Housemaid
by Freida McFadden



Seven Husbands of Evelyn Hugo
by Taylor Jenkins Reid



Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

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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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 _____