



Local Services • Local Support

CARE & SHARE NEWSLETTER

December 2024



Jocelyn Feist
Executive Director

LET EVERY DAY BE CHRISTMAS

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Christmas is forever, not for just one day, for loving, sharing, and giving, are not to put away like bells, lights, and tinsel, in some box upon a shelf. The good you do for others is good you do for yourself.

As we move into the New Year remember to hold dear. Love, Kindness, and Laughter, for those three things could mean the most to someone this time of Year.

-Unknown

WSW Staff Members

[Jocelyn Feist](#)
Executive Director

[Andie Hess](#)
Event Coordinator

[Raven Cook](#)
PR Marketing Coordinator

On behalf of the WSW Board and Staff we wish you a Very Merry Christmas and a safe and Happy New Year!



Nutritional Information

Baked Pomegranate Oatmeal with Cranberries

This oatmeal recipe is filled with antioxidants from the pomegranate seeds and cranberries it uses, and it is also easy to swallow for those going through treatment. It bursts with flavor and is a great breakfast option for the holidays.

Ingredients:

- 2 cups of uncooked rolled or old fashioned oats
- 1 1/2 tsp. of baking powder
- 1/4 tsp. of salt
- 1/2 tsp salt
- 1 tsp. of cinnamon
- 1 1/2 cups of milk of choice
- 2 eggs
- 1 1/2 tsp. of butter, melted
- 1/3 cup of maple syrup (plus more for drizzling)
- 1 tsp. of vanilla extract
- 1 cup of cranberries (fresh, frozen, or dried)
- 1 cup of pomegranate seeds



Directions:

1. Preheat oven to 350 degrees.
2. Coat the inside of a 2 quart baking dish with butter, oil, or non-stick spray
3. Mix dry ingredients (oats, baking powder, salt, cinnamon).
4. Beat in eggs, milk, butter, maple syrup, and vanilla extract.
5. Mix all ingredients together, saving cranberries and pomegranate seeds for last to prevent staining and/or crushing, and spread inside the dish.
6. Bake for 30-35 minutes, until oats are tender and all moisture has been absorbed.
7. Drizzle with extra cranberries, pomegranate seeds, and a little maple syrup, to taste.

Nutrition Facts:

| | |
|--------------------|-------------------|
| Calories: 187 | Saturated fat: 3g |
| Carbohydrates: 28g | Sodium: 298mg |
| Protein: 6g | Fiber: 3g |
| Fat: 7g | Sugar: 19g |

<https://www.bucketlisttummy.com/cranberry-pomegranate-baked-oatmeal/#mv-creation-92-jtr>

Joke of the Month

What do you call a snowman with a six-pack?

An abdominal snowman.



WSW Support Groups

WSW December 2024 Support Groups

Salisbury: Thursday, December 5th

Time: 6:30 P.M. Location: WSW Office
1320 Belmont Ave, STE 402
Salisbury, MD 21804
Facilitator: Jocelyn Feist

Easton: Thursday, December 19th

Time: 6:00 P.M. Location: Lotus Oncology
Hematology
401 Purdy St STE 102 Easton, MD 21601
Facilitator: Staci Jelley

Pocomoke: Tuesday, December 10th

Time: 5:30 P.M. Location: Bayside
Community Church Meeting Center
206 5th St, Pocomoke, MD 21851
Facilitator: Cathy Kerns

Berlin: Wednesday, December 18th

Time: 1:00 P.M. Location: Regional Care
Center
9707 Healthway Dr, Berlin, MD 21811
Facilitator: Cathy Kerns

Crisfield: Mentor Available by Phone

410.726.9060
Facilitator: Monique Welch

Cambridge & Onancock-Eastern Shore of VA, Contact the WSW Office

Support/Mentor available by phone
410-548-7880
Facilitator: Jocelyn Feist

Questions, please contact the WSW Office at 410-548-7880

WSW Stitch Therapy

crochet, knit, cross-stitch, punch needle

FREE!
Beginners
Welcome!

Salisbury Stitch Therapy

Wednesday **CANCELED!** 1st

1:00 p.m.
to
2:30 p.m.

Wednesday, February 5th

Wednesday, March 5th

Wednesday, April 2nd

Women Supporting Women Office

1320 Belmont Ave. Suite 402
Salisbury, MD 21804

Facilitator: Donna Altvater

Berlin Stitch Therapy

Friday, January 10th

Friday, February 14th

Friday, March 14th

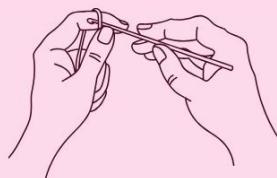
Friday, April 11th

TidalHealth Richard A. Henson
Cancer Institute Ocean Pines

11105 Cathage Rd
Berlin, MD 21811

Facilitator: Julie Krenzer

1:00 p.m.
to
3:00 p.m.



Upcoming Events



PLAY FOR A CAUSE: *WOMEN SUPPORTING WOMEN*

SUNDAY, DECEMBER 22 • 2PM–6PM

Entry is \$20 per play 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, participants receive

\$20 FREE PLAY PER PLAY!



Local Services • Local Support

Gambling Problem? Call 1-800-GAMBLER.

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.

BINGO

IS BACK!!!

Thursday, March 20, 2025

**Raffles, Themed Baskets, Cash Games,
and 50/50 Raffle Available**

Willards Lions Club
36393 Hearn Street
Willards, MD

Stay Tuned for More Details to Come!



Pure Goes Pink - Move for the Cure



Back in October, Pure Family Fitness held the 2nd Annual Pure Goes Pink - Move for the Cure event, a night filled with music, bright lights, pink, and Zumba! Event organizer and Zumba Instructor, Joyce, was able to round up over 25 spectacular raffle items, door prizes, goodie bags, a slew of guest instructors, and a whole spread of food for attendees. There was also a 50/50 raffle and a gift card tree to get everyone excited! On Wednesday, December 11th, WSW Staff traveled to the Salisbury location of Pure Family Fitness where they were presented with a check worth \$6,500!!!

We cannot thank Joyce, Pure Family Fitness, and the attendees enough for this kind and generous donation! It moves all of us at WSW to know how much time and effort was put into the execution of this event, as well as the fact that so many people love this event and returned from last year! With 98 attendees, over 100 pre-registrations, and raving reviews, we could not be more thankful and grateful to Pure Family Fitness. Thank you, thank you, thank you to everyone involved with Pure Goes Pink!!!



PURE GOES *Pink*



Check Presentations

Back on October 5, 2024, WSW attended Johnson's Seed & Feed's 1st Annual Pinktober Fest! The event was a huge success and lots of fun! There was a great Fall plant sale, a Chinese Auction, the cutest doggies and kitties available for adoption, a bounce house, Playa Bowls, Bra Pong, face painting, and so much more. There were several different vendors to see, including our friends at Tuna & Tiaras! After the event, Johnson's Seed & Feed as well as Tuna & Tiaras held month-long October sales with a percentage of proceeds going to WSW. In total, Pinktober Fest raised \$1,005 for our organization!!! This was a large event with several moving parts, so WSW would like to send a huge thank you to



Johnson's Seed & Feed, Tuna & Tiaras, all the vendors for coming out, everyone who attended, all who participated in the Chinese Auction, all the Survivors who visited our table, anyone who purchased a plant from the event, and especially Shannon Thomas, who made this event possible! We are already counting down the months until 2025's 2nd Annual Pinktober Fest!!!



On the evening of November 5th, WSW Executive Director, Jocelyn Feist, and WSW PR & Marketing Coordinator, Raven Cook, traveled to Crown Sports Center in Fruitland to receive a check from a fundraiser AC Salisbury Soccer Club held in October. In total, the AC Salisbury Soccer Club was able to raise a total of \$2,750 for WSW through 2 raffle baskets and personal donations! We thank the AC Salisbury Soccer Club team, its coaches, its families, and everyone who purchased a raffle ticket for graciously contributing to our organization!



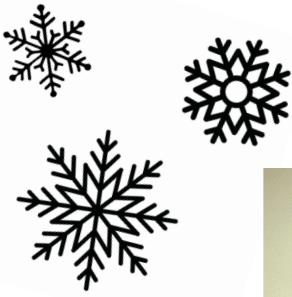
Check Presentations



On October 20, 2024, Preston Automotive Group held their 4th Annual Frog's Fairway Golf Tournament, a third party fundraiser benefitting WSW, Making Strides, and TidalHealth's Mobile Mammography. On Wednesday, November 6th, WSW Staff visited the Preston Autoplex in Hurlock, MD, where they received a check worth **\$60,095.91!** WSW can not begin to fully express the amount of gratitude we hold for Preston Automotive Group for this kind and generous donation. The continued and growing support from Preston over the years not only warms our hearts, but also the hearts of Survivors living here on the Eastern Shore who desperately need our services and support. Thank you, thank you, THANK YOU to Preston Automotive Group!!!



In September, Peninsula Dressage held their 16th Annual Women Supporting Women Dressage show. The event had many different exhibitor classifications, disciplines, and levels to range from in their participating guests. In total, Peninsula Dressage was able to raise 3,442.40 for WSW! We sincerely thank Peninsula Dressage for fundraising for the organization and for promoting education and awareness of breast cancer amongst younger generations. Thank you to all who came out, supported, and donated to WSW!



Check Presentations



Throughout the month of October, local Salisbury restaurant, Dover Street Grill, held a fundraiser for WSW. When customers mentioned WSW or showed the flyer with their order, a portion of their sale was donated to the organization. Through personal donation and fundraising, Dover Street Grill was able to raise \$500 for WSW!! Thank you to Dover Street Grill for this generous contribution!



WSW Staff recently traveled over to the Peninsula Imaging Office, located in Salisbury. Here, WSW was presented with a check for \$770! These funds were raised by Peninsula Imaging's Staff via casual days and with a raffle of a pink Stanley cup. WSW deeply thanks Peninsula Imaging for their continued support over the years!

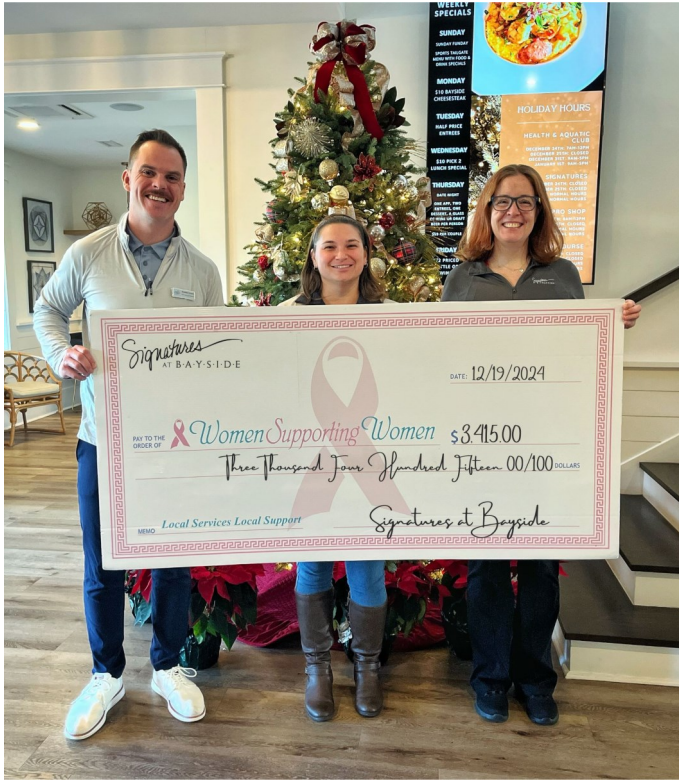
Check Presentations

During October, Seaside Plumbing Inc. collected 50% of their dispatch fees and donated them to WSW in honor of Breast Cancer Awareness Month. WSW Staff traveled to their office in Bishopville, where they were presented with a check for \$1,326! We deeply thank Seaside Plumbing for thinking of and supporting our organization!



Throughout October, new local business, Delmarva Home Grown, held a fundraiser for WSW. They ordered special "Boobie Cacti" and created a pink display in the front of their store to spread awareness of breast cancer to all who entered. The fundraiser featured boobie cacti, pink plants, pink plant accessories, and other pink items, with a portion of each sale generously donated to WSW. In total Delmarva Home Grown was able to raise \$200 for the organization! We thank Delmarva Home Grown for their dedicated efforts and we look forward to working with them in the future!

Check Presentations



On October 22nd, Signatures at Bayside held a fundraiser for WSW. The event was a night of fun! Attendees were invited to participate in the Chinese auction, which had tons of amazing items, as well as the 50/50 raffle and the best pink outfit contest. In addition to this, Signatures raised funds for WSW that evening by donating a percentage of each sale to the organization. On December 19th, WSW Staff traveled to the restaurant, where they were presented with a check worth \$3,415! We'd like to take a moment and not only thank Signatures at Bayside for their donations, but also Molly Thomas, a bartender at Signatures and a Survivor who organized the entire event. Molly was named the Top Individual Fundraiser for the 22nd and 23rd Annual WSW Walk for Awareness, so she had already fundraised \$5,270 in October for WSW alone. Her fundraising efforts between the Walk and Signatures at Bayside goes Pink do not go

unnoticed and are so deeply appreciated by the whole organization. We also thank all the generous attendees of the event, who came out dazzling in pink, ready to have a great evening. Stay tuned in 2025 for the 2nd Annual Signatures at Bayside goes Pink!



2nd Annual WSW Holiday Bingo



WSW Holiday Office Hours

The WSW Office is open from 9:00 a.m. to 4:00 p.m., Monday through Friday. On Monday, December 23rd, the WSW Office will close early, at 12:00 p.m., and will remain closed until Monday, December 30th, when the office will open from 9:00 a.m. to 4:00 p.m. On Tuesday, December 31st, the WSW Office will close early, at 12:00 p.m., and will remain closed until Thursday, January 2nd, when the office will fully resume normal business hours. We deeply apologize for any inconvenience this causes. We thank you for your understanding, and the WSW Staff wishes you a very happy holiday and a happy new year!



DONOR THANKS



Individual:

Chris & Melissa Cullen
Molly Thomas
Mark Tomchik
Matthew Pinder
Micaila Ryder
Courtney Coleman
Penny Bradford
Paula Kelly
Etta Maynard
Linda Nelson
David Barrett
Evan Ward
Donna Holden
Kevin Hughes
Loretta Jones

Robert Walton
Rebecca Lloyd
John Schilling
Bonnie McCaslin
Lisa Schmitt
Danielle Miller
Steven Burns
Brian Skarzinski
Tom & Carolyn Lewis
Herbert & Diane Murray
Susan Robinson
Debra Eskra
Dorothy Burke
Cynthia Simpson
Dawn Spadin

Business:

Peninsula Orthopedics
Stimis Enterprises LLC
Farmers Bank of Willards
SRE Services
S&G Smith Associates
Farmers & Planters Too
Churchill Downs
Deeley Insurance Group

Civic:

Willards Elementary School
Schwab Charitable
Board of Education of
Wicomico
Board of Education of
Worcester
Parkside High School
Prince St Elementary
Lil' Red Hen Nursery School
AC Salisbury Soccer Club

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**

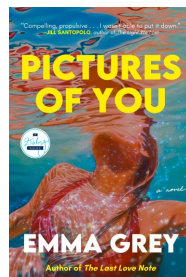
Pink Ribbon

\$1,500 +

**Airport Self Storage
Pepsi Bottling Ventures**



See what WSW Staff are
reading and recommending!



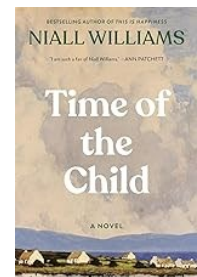
Pictures of You

By Emma Grey



Is She Really Going Out With Him?

By Sophie Cousens



Time of the Child

By Niall Williams



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

Women Supporting Women 2024 Board of Directors

Penny Bradford, President
Donna Altvater, Treasurer
Billye Sarbanes, Historian
Jocelyn Feist, Executive Director
Colleen Brewington
Crystal Heiser
Staci Jelley
Cathy Kerns
Rachel Manning
Beverly Meadows
Cathy Nickels
Claudia Nicholls
Lisa Twilley
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:

Name: _____

Address: _____

City: _____ State _____ Zip _____