

WSW CARE & SHARE NEWSLETTER

January - February 2025

Local Services • Local Support



Jocelyn Feist

Executive Director

A New Year means a fresh start. This usually brings a vision of a clean slate, as we embark into the New Year. So, what does 2025 look like for you? What are some of your goals? Is it gaining the courage to try something new? Or maybe it's something so much simpler than that?

Maybe we look at January 1st as making more time for ourselves. Learning it's okay to tell someone no that we don't have to say yes or go to everything that we've been invited to because sometimes we just need a moment to regroup ourselves. I think many can relate to that one. Learning something new like horseback riding, painting, or a group exercise class. Planning a date with a friend or loved one. Or allowing us to accept help when we keep saying I can do this on my own. Whatever your fresh start is, it doesn't have to be a struggle or complicated. Taking it one day at a time, we can tackle one goal at a time as it comes to us. We can't get discouraged when things don't go according to plan. A new year doesn't mean a new you but maybe a better version of ourselves.

Table of Contents:

Nutrition Info _____	2
Support Groups _____	3
Survivor Story _____	4
Upcoming Events _____	5-6
WSW Happenings _____	7-8
Medical Update _____	9
Donor Thanks _____	10-12

WSW Staff Members

[Jocelyn Feist](#)
Executive Director

[Andie Hess](#)
Event Coordinator

[Raven Cook](#)
PR & Marketing Coordinator

Goodbye 2024, Hello 2025!

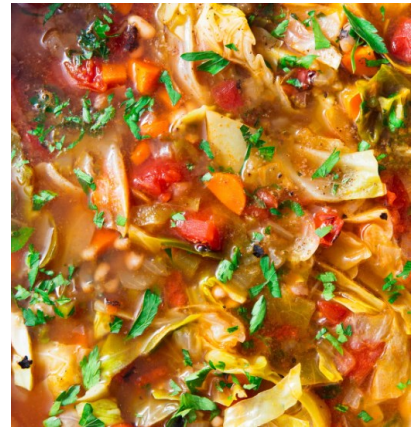
Nutritional Information

Cabbage Soup

A light, nutrient-packed soup to keep you warm, full, and comfy on the coldest of days. Delicious, good for you, and easy to make, what's not to love? Feel free to switch up the veggies or add protein!

Ingredients:

- 2 tbsps. of extra-virgin olive oil
- 1 large yellow onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 1/2 tsp. of chili powder
- Kosher salt
- Freshly ground black pepper
- 1 (15 oz) can of white beans, drained and rinsed
- 2 cloves of garlic, finely chopped
- 1 tsp. of fresh thyme leaves
- 4 cups of low-sodium vegetable/chicken broth
- 1/2 large head of cabbage, chopped
- 1 (15 oz) can of chopped fire-roasted tomatoes
- 2 tbsps. Chopped parsley, plus more for garnish
- A pinch of crushed red pepper flakes



<https://www.delish.com/cooking/recipe-ideas/a21581173/best-cabbage-soup-recipe/>

Directions:

1. In a large pot/Dutch oven over medium heat, heat oil. Add onion, carrots, celery, and chili powder; season with salt and black pepper. Cook, stirring often, until vegetables are softened (about 8 mins.). Stir in beans, garlic, thyme, and cook, stirring occasionally, until garlic is fragrant (about 1 min.).
2. Add broth and 2 cups of water and bring to a simmer. Stir in cabbage and tomatoes and simmer, stirring occasionally, until cabbage is wilted (about 6 mins.).
3. Remove from heat and stir in parsley and red pepper flakes; season with salt and black pepper.
4. Divide soup among bowls, top with more parsley, enjoy!

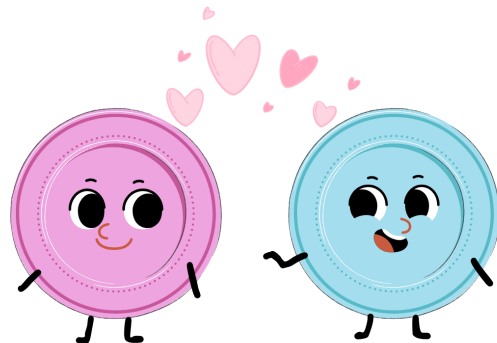
Nutrition Facts:

Calories: 242	Saturated fat: 1g	Calcium: 151 mg
Carbohydrates: 26g	Cholesterol: 5mg	Iron: 4mg
Protein: 12g	Sodium: 1100mg	Potassium: 974mg
Fat: 7g	Fiber: 9g	
	Sugar: 10g	

Joke of the Month

What did one plate say to the other
on Valentine's Day?

"Tonight, dinner's on me."



WSW Support Groups



WSW February 2025 Support Groups

Please Watch for Weather Updates and Cancellations

Salisbury: Thursday, February 6th Time: 6:30 P.M. Location: WSW Office 1320 Belmont Ave, STE 402 Salisbury, MD 21804 Facilitator: Jocelyn Feist	Easton: Thursday, February 13th Time: 6:00 P.M. Location: Lotus Oncology Hematology 401 Purdy St STE 102 Easton, MD 21601 <u>Guest Speaker: Cathy Nickels</u> Facilitator: Staci Jelley
Pocomoke: Tuesday, February 11th Time: 5:30 P.M. Location: Bayside Community Church Meeting Center 206 5th St, Pocomoke, MD 21851 Facilitator: Cathy Kerns	Berlin: Wednesday, February 19th Time: 5:00 P.M. Location: Ocean Pines Library 11107 Cathell Rd, Berlin, MD 21811 <u>Guest Speaker: Michelle Dix</u> 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



FREE!
**Beginners
Welcome!**

February Meeting Dates:

Salisbury Stitch Therapy

CANCELED!

Berlin Stitch Therapy

Friday, February 14th
1:00 p.m. to 3:00 p.m.
**TidalHealth Richard A. Henson
 Cancer Institute Ocean Pines**
 11105 Cathage Rd
 Berlin, MD 21811
Facilitator: Julie Krenzer










**For any questions or concerns regarding either of the Stitch Therapy groups, please call the
WSW Office at 410-548-7880**

Survivor Story

Karin Adkins's Story

Milestones...events/happenings that define momentous occasions in our lives and in the lives of our family and friends. Most of us choose to remember the happy milestones. No one expects a cancer diagnosis to be a milestone in their life. As I approach very important milestones in my life...my 70th birthday, the 7th year anniversary of my breast cancer diagnosis, surgery and treatment in September, October, November and following February respectively, I have chosen to have a positive outlook throughout these latest special events and to focus on my Blessings as part of my medical and Faith journey.



Though I had my yearly mammograms, I was blessed to have a primary care physician who ordered a diagnostic mammogram 6 months after my 'normal' regular mammogram when I discovered a lump during self-examination. I was blessed to be led to my care team at Tidal Health Breast Center after talking with a dear friend who had taken this same journey 5 years earlier with a positive outcome. And though I knew that my diagnosis would lead to a lumpectomy and radiation with 'possible' chemotherapy, I've often felt since then that I was blessed not to have a tough road with treatment following surgery. I was blessed to have no lymph node involvement even though several lymph nodes were removed. My surgeon was an excellent source of knowledge for me and led me to make decisions based up the current data with regard to my surgery and treatment. The information the breast center provided was excellent for I'm one who believes that knowledge is power and I wanted to read all that I could to make informative decisions for my health care. It was at the breast center following my initial consultation that I was asked if I would like additional services from Women Supporting Women. Saying 'yes' to that question has led me to a very powerful healing relationship that I have cherished over my entire journey.

Throughout my journey, I have tried to make informative decisions about my health care with the assistance of my medical team AND the staff and ladies I have met at WSW. I began stitch therapy in Berlin upon completion of radiation in 2018 to learn a new skill and in memory of my Mother, an extremely talented knitter, who passed away during her chemotherapy treatment for leukemia 20 years earlier. This was the beginning of powerful friendships established with fellow cancer survivors that remain today. Over the years, I have found WSW an excellent source of communication, fellowship, support opportunities and provision of medical information and materials relating to breast cancer. Though our survivor journeys may be different, there are many aspects of this journey that we share such as recurrence anxiety and other arising health issues. I have found WSW to be my 'go to' support system along with my family, friends and medical team to provide the best possible outcome for a happy and healthy life. I give thanks to God for the Blessing of having these earthly angels on my team!

Upcoming Events

WSW

BINGO



IS BACK!

Thursday, March 20, 2025

Doors open
at 4:30 PM

Willards Lions Club
36393 Hearn Street
Willards, MD

Game Starts
at 6:00 PM

To purchase tickets, visit or call the
WSW Office at 410-548-7880

\$35 in advance
\$40 day of (limited
seating available)

No one under
18 admitted

No outside food or
alcohol will be
permitted

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

Food and Drinks
Available for
Purchase

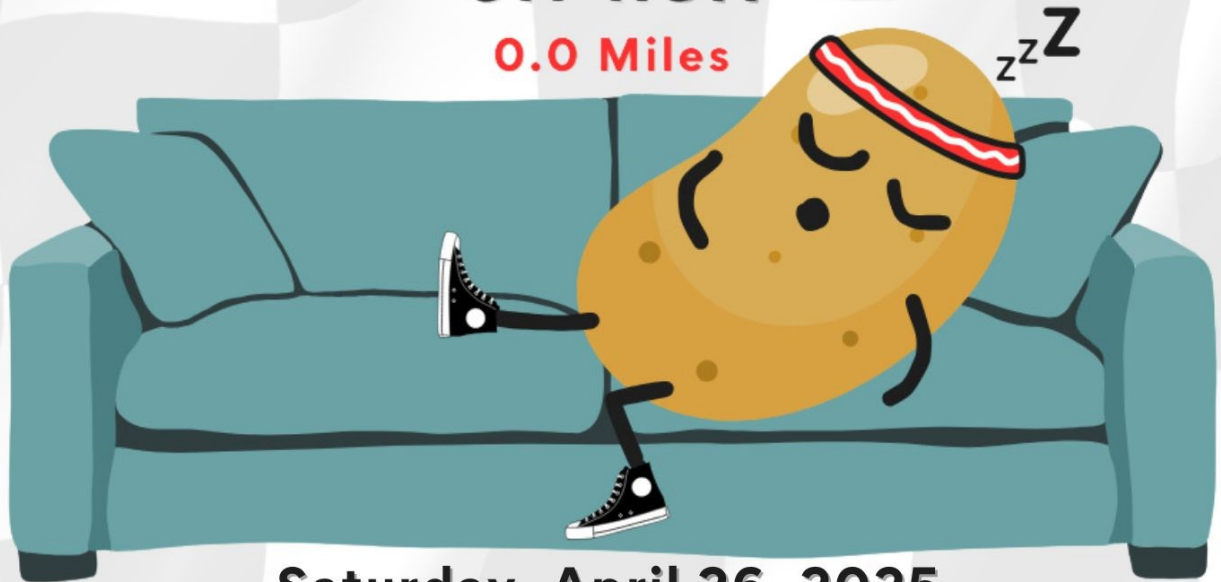


Upcoming Events

QUICK FINISHER

UN-RUN

0.0 Miles



Saturday, April 26, 2025

The Lazy Bum's Marathon

No Sweating Required!

**\$40 in Advance
\$50 Day of**

Brew River
502 W Main St
Salisbury, MD 21801

**Check In Opens
at 10 a.m.**

**Appetizer Buffet, Race Bib, and Marathon Sticker
Included with Registration. Signature Drink, Live Music,
and Raffles also Available. Visit or Call the WSW Office at
(410) 548-7880 to Register.**



WSW News and Happenings



Rommel Harley- Davidson Delmarva Check Presentation



Back in October of 2024, Rommel Harley-Davidson Delmarva hosted the Ta-Ta Tour, which consisted of an indoor poker run. There were snacks, games, raffles, and door prizes for attendees to partake in. Rommel also invited attendees to bring a bra to decorate and display in-store for the month of October to bring awareness to breast cancer. On December 18th of last year, WSW Staff members took a trip to the Rommel Harley-Davidson Delmarva location, where they were presented with a check for \$413! WSW Deeply thanks Rommel and all of the attendees for donating and supporting our organization. We look forward to the next Ta-Ta Tour in 2025!



WSW News and Happenings

Beautiful Creations to Benefit Beautiful Women

100% OF PROCEEDS FOR ART
PURCHASED FROM NOW THROUGH
FEBRUARY 28, 2025 WILL BE DONATED
TO WOMEN SUPPORTING WOMEN IN
SALISBURY MD
(WOMENSUPPORTINGWOMEN.ORG)

Contact Kim Todd @

www.kimtoddart.bigcartel.com

OR STOP IN ART SPACE @ 118 N DIVISION ST, SALISBURY
MD OR CALL (443) 783-1620 FOR DOOR ACCESS SAT, SUN,
MON, TUES 8AM-5PM; WED, THURS, FRI 2PM-5PM



Local artist, Survivor, and RN, Kim Todd, is holding a fundraiser selling off her breathtaking, handcrafted, art where 100% of the proceeds will be donated to WSW! Her art is whimsical, abstract, colorful, and often inspired by nature. This fundraiser will last through Friday, February 28th. Take a look at her beautiful creations by checking out her website by clicking the button below or by visiting Kim's Gallery located at 118 N Division St, Salisbury, MD. Kim will accept cash, checks, credit, or Zelle for all transactions! Thank you to Kim for holding this unique, art-inspired fundraiser, and for her support of the organization!

Medical Update

FDA Approves New Treatment for Advanced Breast Cancer

The FDA has recently approved a new treatment for Survivors with breast cancer that has metastasized or can not be surgically removed. Datopotamab deruxtecan, or better known as Datroway, can treat HR-positive and HER2-negative tumors that have already been treated with chemotherapy and hormone therapy. With 300,000 diagnoses of breast cancer each year, and 70% of those being HR-positive or HER2-negative, this treatment could be essential. Especially when only one in three Survivors with metastatic breast cancer live longer than five years.

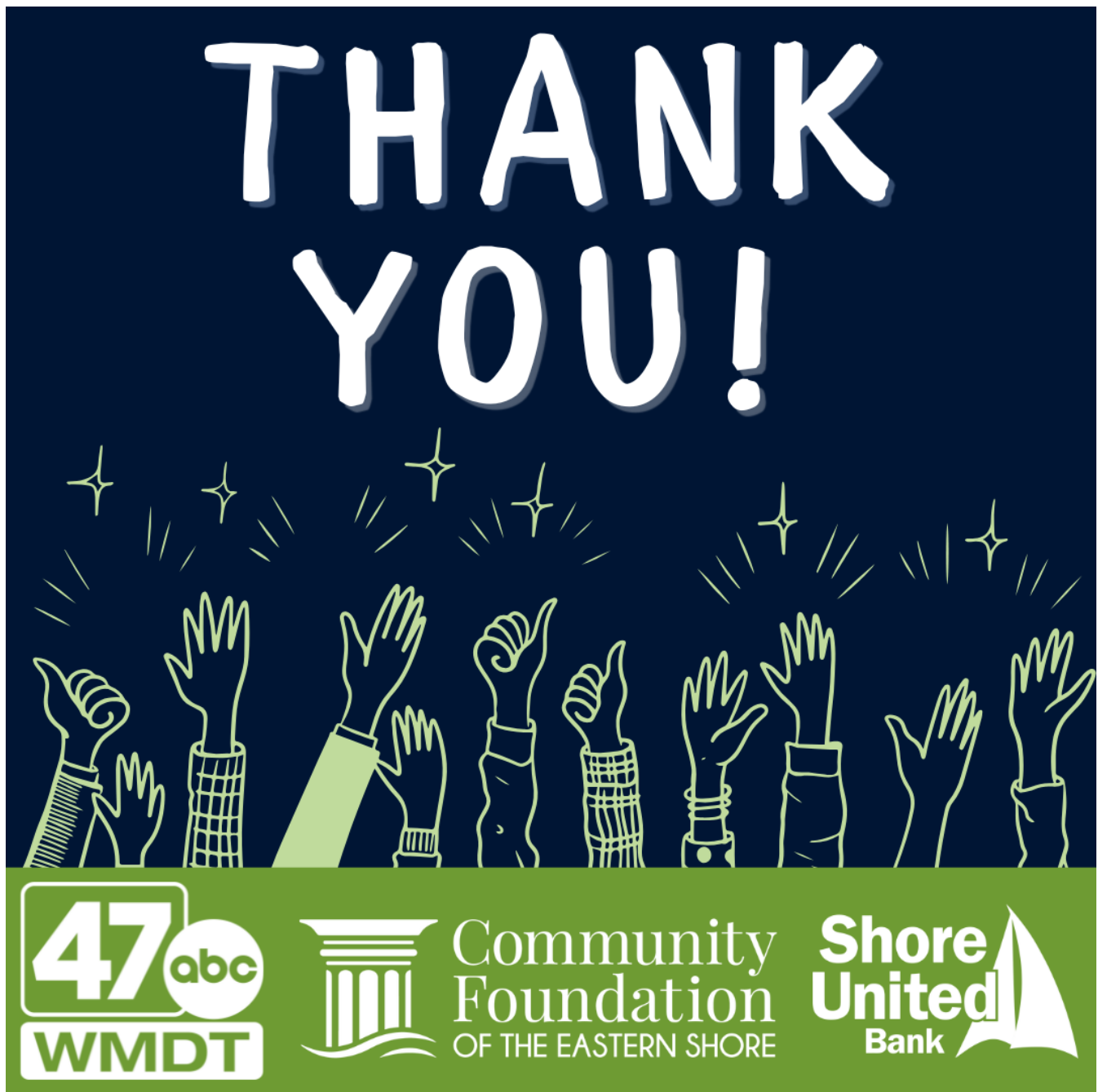
Datroway is an antibody-drug conjugate, meaning it's designed to target and damage cancer cells, while protecting the healthy cells as well. The drug is meant to attach to cancer cells and release the medicine directly inside, disrupting the cells' DNA. The drug is given to the Survivor by IV once every three weeks.

The drug was used in a clinical trial involving over 700 people with breast cancer whose disease had worsened, were unsuitable to receive more hormonal therapy, and had already received one to two rounds of chemotherapy for advanced or metastatic breast cancer. Through the study, it was found that patients treated with Datroway lived for 6.9 months on average without their cancer worsening. 36% of patients who took Datroway in the trial saw improvement with their cancer. The most common side effects thus far include mouth sores, nausea, vomiting, constipation, fatigue, hair loss, dry eyes, keratitis, and certain abnormalities in blood cell counts, hemoglobin levels, and liver enzymes.

This information is provided by webmd.com.



DONOR THANKS



Back in December, WSW participated in the 2024 Shore Gives More #GivingTuesday Campaign, and also held their 4th Annual Delicious Desserts Sweets Auction. With a combination of Giving Tuesday donations, winning access to The Community Foundation of the Eastern Shore Henson Challenge Fund, and Delicious Desserts bids, WSW was able to raise \$5,272! We deeply appreciate the donations given to us by Survivors, friends, family, community members, and kind strangers. Not only are your contributions deeply valued by all at WSW, but they're especially valued by the Survivors who receive and need our services. So again, thank you for all the support, it means the world to us!

DONOR THANKS

Individual:

Dana Larmore
Debbie Sockriter
Curtis Williams-Simms
Marilyn Fanning
Bonnie McVeigh
Orville G. Dryden Jr.
William & Patricia Strott
Sammy & Georgia Rhodes
Denise Banks
Susan Bishop
Constance Blades
Marlene Catlin
Sue Sherwood
June Yoder
Dottie Turner

Sue Williams-Simms
Victoria Robinson
Barbara Morris
Paula Clayton
Colleen Caldabaugh
Elaine Rogers
Susan Bradford
Franklin Disharoon
David Sechler
Jacqueline Bounds
Gary & Joanie Luppens
Judith Herman
Angela Bell
Jerry Yates
Ethel Taylor

Business:

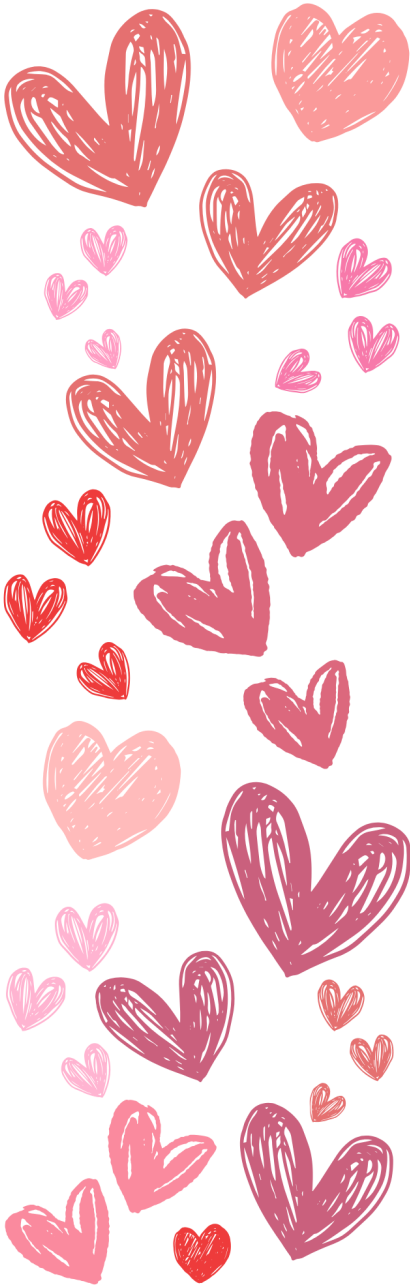
Bank of Ocean City
Burn Boot Camp Chesapeake

In Kind:

Nancy Jarvis
Debbie J. White

Civic:

Mt. Enoch Holy Church, Inc.
Holly Grove Christian School,
Inc.
Mardela Middle & High School
Westside Intermediate School
Trinity United Methodist
Church
Charities Aid Foundation of
America (CAF America)
Rommel Harley-Davidson
Delmarva



WSW Office Hours:

Monday - Friday: 9:00 am - 4:00 pm
Saturday - Sunday: Closed



DONOR THANKS

Individual:

Patricia Richardson
Dianne Dykes
Virginia Schneider
Barabara Mills
Jefferey & Patricia Vivalo
Monica Cormier
Bruce & Debra Dashiell
Kenneth & Sheila Carter
Carolyn Aurelio
Elizabeth Ruark
Frances Reed
Tony & Billye Sarbanes
John & Anna Rubino
Barbara Benton
Michael E. Couch

Patti Halsey
Tyrone Mills
Thomas Sidne
Nancy Rubenson
Charles & Marilyn Carey
Kevin & Mary McNiff
Clytie Taylor
Susan Jackson-Steine
Kevin Hughes
Janet Wilkins
T & L Shelton
Walter & Karen Lischik
Debbie Lewis
Linda Cropper
Joseph & Tina Cossaboom

In Honor:

Aimee Lankford
Steve & Wyanda Burns

Penny Bradford
Ann Suthowski

In Memory:

Sally Yates
Karen Sallac

Pat Wisniewski
John & Linda Valenzano

Christine G. Whaley
Lisa Doyle

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**

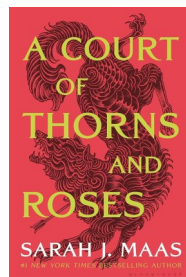
Pink Ribbon

\$1,500 +

**Airport Self Storage
Pepsi Bottling Ventures**

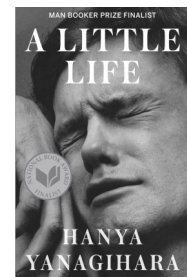


See what WSW Staff are
reading and recommending!



A Court of Thorns and Roses

By Sarah J. Maas



A Little Life

By Hanya Yanagihara



Fourth Wing

By Rebecca Yarros



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 _____