



# CARE & SHARE NEWSLETTER

## July—August 2024

Local Services • Local Support



**Cindy Feist**  
Former Executive Director

### TIMES ARE CHANGING

After ten years and several different roles at WSW: PR/Marketing Director, Event Coordinator, Grant Writer, and lastly Executive Director, it is time for me to move aside and welcome a new Executive Director. I have met the most amazing and strong survivors over my years with WSW and wish them all well. Their families and friends allowed WSW and me to be a part of their breast cancer journey and I hope we have made our community proud. The staff I have worked with put their heart and soul into helping those diagnosed with breast cancer and shared a few tears along the way.

You are truly in good hands with the staff of women at WSW when I leave. As for the WSW Board of Directors, we would not be who we are without them. I thank each of them for all their guidance throughout my ten years.

The Executive Committee along with Beverly Meadows of BBSI, after several months of interviews have offered the opportunity of WSW's Executive Director to one of our candidates. I am pleased to announce that Jocelyn Feist, as of July 1, 2024, has accepted the position. Jocelyn brings with her the knowledge she has gained volunteering for WSW since 2014 and working in the Mentoring Coordinator position for five years. She has made connections through her time at WSW with the oncologists, social workers from TidalHealth in Salisbury and Nanticoke, Atlantic General Hospital, and most recently the Cancer Center at the University of Maryland Shore Regional Health in Easton.

Jocelyn is well known to the staff, board, and our Survivors and has the empathy, compassion, and determination to lead WSW into the future. She will bring innovative ideas and be able to continue our mission to provide awareness, education, and support to the younger men and women diagnosed with breast cancer in our community through the coming years.

Help us welcome, Jocelyn Feist as the newest Executive Director for WSW.

Thank you all for your support during my time at WSW

I wish Jocelyn and WSW much-continued success!

Cindy Feist – Former Executive Director

### Table of Contents:

Nutrition Info _____	2
Support Groups _____	3
Upcoming Events _____	4-5
Community Support _____	6-9
Save the Date _____	9
Survivor Story _____	10
Donor Thanks & Book	
Recommendations _____	11

### WSW Staff Members

[Jocelyn Feist](#)

Executive Director

[Cindy Feist](#)

Former Executive Director

[Amaris Ward](#)

Administrative Assistant

[Andie Hess](#)

Event Coordinator

[Raven Cook](#)

PR Marketing Coordinator



# Nutritional Information

## **Yogurt Parfait with Bananas & Peanut Butter**

This parfait is a quick breakfast or snack that packs a lot of protein. Perfect for the summer time!

### **Ingredients:**

- 2 tbsps creamy peanut butter
- 1/2 banana, sliced
- 1 cup low-fat plain Greek yogurt
- 1/4 cup corn flakes

### **Directions:**

1. In a small microwave-safe dish, microwave peanut butter until thin and easy to pour, about 10 to 20 seconds.
2. Spoon 1/2 cup yogurt into a bowl or air-tight container. Arrange half of the sliced banana over yogurt. Drizzle half of the melted peanut butter over banana. Sprinkle 2 tablespoons cereal over peanut butter. Layer remaining yogurt, banana, peanut butter, and cereal.
3. Serve immediately or chill. Parfait can be stored in an air-tight container up to three days in the refrigerator.



### **Nutrition Facts:**

Calories: 450	Saturated fat: 6g
Carbohydrates: 36g	Sodium: 300mg
Protein: 33g	Fiber: 4g
Fat: 21g	Sugar: 23g

<https://www.mskcc.org/nutrition-cancer/recipes/yogurt-parfait-with-banana-peanut-butter-and-corn-flakes>

---

## **Joke of the Month**

What does a pig say on a hot summer day?

I'm Bacon!!



# Support Groups

## WSW August 2024 Support Groups

<p><b>Salisbury: Thursday, August 1st</b> Time: 6:30 P.M. Location: WSW Office 1320 Belmont Ave, STE 402 Salisbury, MD 21804 Facilitator: Jocelyn Feist</p>	<p><b>Easton: Thursday, August 8th</b> Time: 6:00 P.M. Location: Lotus Oncology Hematology 401 Purdy St STE 102 Easton, MD 21601 Facilitator: Staci Jelley</p>
<p><b>Pocomoke: Tuesday, August 13th</b> Time: 5:30 P.M. Location: Bayside Community Church Meeting Center 206 5th St, Pocomoke, MD 21851 Facilitator: Cathy Kerns</p>	<p><b>Berlin: Wednesday, August 21st</b> Time: 1:00 P.M. <b>Location:</b> Seaside Counseling &amp; Wellness Center 314 Franklin Ave STE 306, Berlin, MD 21811 <b>Special Guest: Jessica Hagy LCSW-C</b> <b>Topic: Chair Yoga</b> Facilitator: Cathy Kerns</p>
<p><b>Crisfield: Mentor Available by Phone</b> 410.726.9060 Facilitator: Monique Welch</p>	<p><b>Cambridge &amp; Onancock-Eastern Shore of VA, Contact the WSW Office</b> Support/Mentor available by phone 410-548-7880 Facilitator: Jocelyn Feist</p>

Questions, please contact the Office:  
410-548-7880

# Stitch Therapy

## WSW Stitch Therapy

crochet, knit, cross-stitch, punch needle

**FREE!**  
Beginners  
Welcome!

### Salisbury Stitch Therapy

Wednesday, June 5th

Wednesday, July 3rd

Wednesday, August 7th

Wednesday, September 4th

Women Supporting Women Office

1320 Belmont Ave. Suite 402  
Salisbury, MD 21804

Facilitator: Donna Altvater

### Berlin Stitch Therapy

Friday, June 14th

Friday, July 12th

Friday, August 9th

Friday, September 13th

TidalHealth Richard A. Henson

Cancer Institute Ocean Pines

11105 Cathage Rd  
Berlin, MD 21811

Facilitator: Julie Krenzer

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

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



## Upcoming Events

**THE CENTRE**  
*at Salisbury*



**WSW**  
Local Services • Local Support

# Women Supporting Women 23rd Annual Walk For Awareness

Saturday, October 12, 2024

**NEW LOCATION: The Centre at Salisbury**

2300 N Salisbury Blvd, Salisbury, MD 21801

**9:00 – 10:00 am:** Registration

**10:15 am:** Survivor Group Photo

**10:30 am:** Walk Begins



**\$30 Walk Registration**

**\$5 Registration for Canine Companion**

To be guaranteed a t-shirt, registration and payment must be received by Wednesday, September 4, 2024 by 3:00 p.m.

**NO EXCEPTIONS.**

## **REGISTRATION NOW OPEN!**

To register or donate, go to [www.WomenSupportingWomen.org](http://www.WomenSupportingWomen.org), scroll down to the Annual Walk for Awareness, and register at the link provided





# CALLING ALL WALK TEAM CAPTAINS!

Team Packets are  
Ready for Pickup  
Starting **NOW!**



2023 Walk for Awareness Survivor Photo

# Community Support



On Father's Day weekend, WSW traveled down to Ocean City for the 4th Annual Tuna & Tiaras Ladies Tuna Fishing Tournament. WSW Staff and Board Members were there on Thursday, Friday, and Saturday, running the table and hosting the Bra Pong Raffle. Each year, the tournament has increased in size, with this year having 64 boats and a total prize amount of \$125,000.



Pam Taylor, owner and operator of the Tuna & Tiaras Fishing Tournament, was able to raise a stupendous \$7,250 for WSW! In total, over 3,000 pounds of tuna were caught and the prize fund reached over \$132,000! Overall, it was a weekend filled with fun, sun, and plenty of tuna! WSW thanks all who attended, those who entered the tournament, everyone who visited our table, and especially Pam and her crew for hosting such an amazing third-party event! We are already excited and counting down the days for 2025's tournament!

## Community Support - Continued



On Saturday, June 15th, Wheels That Heal Car Club hosted their monthly Salisbury Cruise-In For a Cause which benefitted WSW. During the event, there was music, food for purchase, a silent auction, and plenty of beautiful cars of all kinds to appreciate. In total, the club was able to raise \$400 for the organization! Please note that Wheels That Heal Car Club has been hosting their Cruise-Ins For a Cause since 2003, meaning they've been giving back to local nonprofits and our community for 21 years! In addition to this, \$500 was raised by Penny's Loafers Relay for Life team! We can not say thank you enough to Wheels that Heal and Penny's Loafers for this amazing donation and for how they benefit Salisbury!!!

## Soroptimist International of Salisbury, MD Annual Awards Banquet



Jocelyn Feist, Mentoring Coordinator

On the evening of May 22nd, Mentoring Coordinator, Jocelyn Feist, and Events Coordinator, Andie Hess, attended the Soroptimist International of Salisbury, MD Annual Awards Banquet. During the banquet, several awards were given out, as well as the Eleanor Caldabaugh Scholarship Award. Women Supporting Women was granted the Community Service Projects Monetary Award. Jocelyn accepted the award and gave a short speech on WSW and upcoming events. WSW thanks Soroptimist International of Salisbury, MD for recognizing the organization and honoring us with such a gracious award.

## Community Support - Continued

On the morning of Thursday, June 6th, PR & Marketing Coordinator, Raven Cook, attended the Women's Club of Ocean Pines Awards Ceremony. At the ceremony, WSW was awarded \$150 for supporting and servicing the community. Other organizations were awarded and recognized as well, and scholarships were given out to four deserving graduates of Stephen Decatur High School. WSW deeply thanks the Women's Club of Ocean Pines for recognizing us and for their continued support for the organization.



Jan Chiampa (Second Vice President), Raven Cook (PR & Marketing Coordinator), Karin Benton (President)



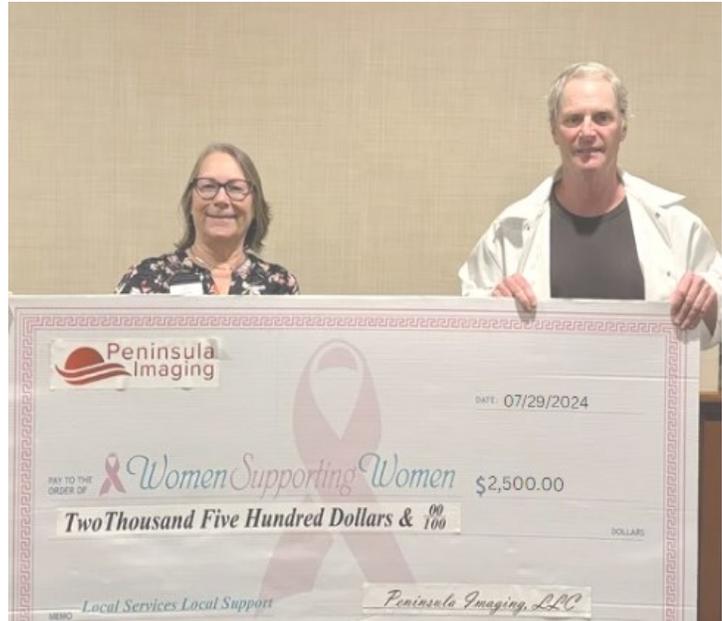
TidalHealth Mascot, Amaris Ward  
(Administrative Assistant)

On Saturday, June 22nd, WSW staff member, Amaris Ward, attended the 2024 TidalHealth HealthFest. The festival serves as a free and easy way to spread awareness, educate, and provide free wellness services for the Salisbury community. Despite the heat, the HealthFest had a good turnout.

There were other local nonprofit organizations present, companies or organizations that provide supplementary services, and vendors performing health screenings for attendees. WSW is happy we were able to attend and get the word out there about breast cancer awareness!

## Community Support - Continued

Once again this year, **Peninsula Imaging** came out in support of WSW as a Hope Sponsor in the amount of \$2,500. Dr. Alexander Zito, MD took time out to present their annual sponsorship check to former Executive Director, Cindy Feist. Thank you to Peninsula Imaging for recognizing the hard work WSW does for those in our community who are diagnosed with breast cancer.



Cindy Feist (former Executive Director),  
Dr. Zito of Peninsula Imaging

## Save the Date

**Holiday**  
**BINGO**  
Thursday, November 14, 2024

**Willards Lions Club**  
36393 Hearn St.  
Willards, MD

Doors Open at 4:30 p.m.  
Games Begin at 6 p.m.

\$35 in Advance,  
Limited Seating  
\$40 on Day  
of Event

Holiday-Themed Baskets, Raffles, Cash Games,  
and 50/50 Available

PRESTON Automotive Group  
PRESTONMOTOR.COM

WSW

# Survivor Story

## Lakisha



My name is Lokisha. I'm a 43-year-old believer in Jesus Christ, Wife, Mother grandmother, and two-time Cancer Survivor!! I am blessed beyond measure. In August of 2012 at the age of 30, I was diagnosed with colorectal cancer. I didn't have any family history of cancer and was completely baffled. I had heard all kinds of horror stories about chemotherapy and radiation and I was terrified. Surprisingly I breezed through chemo and radiation like a champ. I didn't lose any hair nor did I ever feel nauseous or lose any weight. After I finished the chemo and radiation I had surgery in January of 2013. After healing from my surgery and returning back to a sense of normalcy, there were times when I would completely forget that I had even had cancer. Years go by and I'm just living my best life. In December of 2021, 2 days before my 40th birthday I found out that I had Invasive Ductal Carcinoma, I was kind of expecting everything to be easy peasy as it had been with the previous cancer, boy was I wrong. After discussing my options with my surgeon I opted to have a single mastectomy, followed by chemotherapy and then radiation treatment. Everything I had feared and more happened this time. But through it all, I kept my faith in God and came through it like a champ once again. I told myself that I would be happy and content without reconstruction and I went a year without it. In January of 2024, I opted to have the DIEP flap procedure done and I couldn't be happier with my decision. One of the most important things I've learned through this all is to **TAKE HELP WHEN IT'S OFFERED**. I'm very thankful to all my family, friends, and WSW for all the help and support.

# DONOR THANKS



**Individual:**

Jerry & Joel Yates  
 Donna Altvater  
 Penny Bradford  
 Jim & Etta Maynard  
 Sandra Proteau  
 Teresa Beauchamp  
 Catherine Huber  
 Sylvia Langelier  
 Page Insley-Austin  
 Kirby & Penny Travers  
 Diane Downing  
 Loretta Savoy

**Business:**

Playa Bowls  
 Atlantic Tournaments LLC

**In Honor:**

Mr. and Mrs. Warren Foster  
Dawn Thompson

**Civic:**

Soroptimist of Salisbury  
 Westside Intermediate School  
 Pocomoke Elks  
 Women’s Club of Ocean Pines  
 Ocean City Lioness  
 Wheels that Heal Car Club  
 American Legion Post 237  
 Salisbury Elks #817  
 Ladies Auxiliary OC Elks

**In Memory:**

Frances White  
Granville Dutton  
 Joseph & Karen Hayman  
Alycia Hackett  
 Mr. & Mrs. Frank Hanna  
Nancie Booth

**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

**WSW Summer Office Hours:**

Monday - Thursday 9:00 am - 4:00 pm  
 CLOSED Fridays until after Labor Day weekend

For wig and bra fittings please call for an appointment



See what WSW staff members are reading and recommending!



“Small Great Things”  
 By Jodi Picoult



“Within Arm’s Reach”  
 By Ann Napolitano



“The Keeper of Stars”  
 By Buck Turner



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
- Lisa Twilley
- Tish Withers
- Claudia Nicholls

*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 \_\_\_\_\_