












Jocelyn Feist

Executive Director

Best Fruits & Veggies for Hydration:

	<b>97% Water &amp; Electrolytes</b>
	<b>90% Water</b>
	<b>95% Water</b>
	<b>92% Water</b>
	<b>91% Water</b>
	<b>90% Water</b>
	<b>90% Water &amp; Electrolytes</b>
	<b>93% Water</b>
	<b>90% Water</b>

We are in the heat of **SUMMER!**

It's extremely important to remember to avoid too much sun exposure while going through both chemotherapy and radiation treatments. Remember to put on sunscreen even if you are only going to be outside for a short period of time. It is also vital to stay hydrated. Staying hydrated aids in:

- ♦ Removing waste and toxins
- ♦ Transporting nutrients and oxygen
- ♦ Controlling heart rate and blood pressure
- ♦ Regulating body temperature
- ♦ Lubricating joints
- ♦ Protecting organs and tissues, including the eyes, ears, and heart
- ♦ Creating saliva

Consuming enough fluids is easier than you think. If you dislike plain water, try drinking flavored water, seltzer water, or adding fruit, like a slice of lemon. Other fluids such as milk, juice, and non-caffeinated tea also count. While drinking water is the best hydration source, many foods contain water and can help replenish lost fluids. Choose foods like lettuce (95% water), watermelon (92% water), and tomatoes (94% water). Avoid foods and drinks that may contribute to dehydration. Beverages with sugar and/or caffeine, such as fruit juice, soda, and coffee, are not as effective at hydrating your body as low-sugar or low or non-caffeinated beverages.

This information is provided by [uclahealth.org](https://www.uclahealth.org).

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WSW Staff Members

[Jocelyn Feist](#)  
Executive Director

[Andie Hess](#)  
Event Coordinator

[Raven Cook](#)  
PR & Marketing Coordinator



# Nutritional Information

## Simple Corn Homemade Salsa

In July, many fresh fruits and vegetables like corn, tomatoes, and peppers are in season. Indulge in Summer's gift of fresh produce by making this quick and easy corn salsa that's sure to bring bright and sweet flavors to any dish you pair it with.

### Ingredients:

- 1 1/2 cups of fresh corn (about 2 ears)
- 1/2 cup of chopped red peppers
- 1 tomato
- 1/4 cup of chopped red onion
- 2 - 4 tbsp. of chopped cilantro
- Juice of 2 limes
- 1/2 tsp. of sea salt



### Directions:

1. Cook the corn first by boiling it in water for 5 - 6 mins. or cooking on the grill for 10 - 15 mins. Allow the corn to cool. Then cut corn from the cob and place in a bowl. <https://bitesofwellness.com/simple-corn-homemade-salsa/>
2. Add the remaining ingredients to the corn. Stir and refrigerate for 30 mins, to let flavors combine.
3. Serve with your favorite Mexican dish or on the side of your favorite dish. Enjoy!

### Tips:

- If it suits your palate, black beans, kidney beans, roasted red peppers, sliced jalapenos, chopped and roasted poblano peppers, queso fresco, or goat cheese would all make wonderful additions to this salsa.
- To cut corn off the cob without making a mess, grab a small bowl and then a large bowl. Flip the small bowl upside down and place it in the center of the large bowl. Hold the ear of corn firmly on the base of the small bowl. Cut down the length of the cob, going around the entire ear of corn. All the kernels will fall into the large bowl, leaving you with no mess or wasted corn.

**Nutrition Facts:** Protein: 2g    Calories: 68    Fiber: 2g    Sugar: 5g    Carbohydrates: 16g

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## Joke of the Month

Why does the Statue of Liberty  
stand for freedom?

Because she can't sit.





# WSW Support Groups

July & August



## **Salisbury Support Group:**

Thursday, July 3<sup>rd</sup> & Thursday, August 7<sup>th</sup>

Time: 6:30 p.m.

Location: WSW Office

1320 Belmont Ave Suite 402

Salisbury, MD 21804

Facilitator: Jocelyn Feist

## **Easton Support Group:**

Thursday, July 10<sup>th</sup> & Thursday, August 14<sup>th</sup>

Time: 6:00 p.m.

Location: Lotus Oncology Hematology

401 Purdy St Suite 102

Easton, MD 21601

Facilitator: Staci Jelley

## **Berlin Support Group:**

Wednesday, July 16<sup>th</sup> & Wednesday, August 20<sup>th</sup>

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

## **Salisbury Stitch Therapy Group:**

Wednesday, July 2<sup>nd</sup> & Wednesday, August 6<sup>th</sup>

Time: 1:00 - 2:30 p.m.

Location: WSW Office

1320 Belmont Ave Suite 402

Salisbury, MD 21804

Facilitator: Donna Altvater



## **Berlin Stitch Therapy Group:**

Friday, July 11<sup>th</sup> & Friday, August 8<sup>th</sup>

Time: 1:00 - 3:00 p.m.

Location: TidalHealth Richard A. Henson  
Cancer Institute Ocean Pines

11105 Cathage Rd

Berlin, MD 21811

Facilitator: Julie Krenzer

## **Cambridge:** Mentor Available by Phone

410-548-7880

Facilitator: Jocelyn Feist

Save the Date!

**WSW Accomack County Support Group**

Time: 1:00 p.m. Location: Eastern Shore Public Library

24313 Bennett St

Parksley, VA 23421

Facilitator: Cathy Kerns

Tuesday, September 09, 2025



## Upcoming Events

# LAST CHANCE!

Get 'em Now Before it's TOO LATE!

# Christmas in July RAFFLE

Tickets are \$10 each and can be bought from WSW Office or the link below!  
Ticket sales END July 9th.

0175  
**12 DAYS OF CHRISTMAS**  
Women Supporting Women's  
Drawing for 12 days with a different prize each day.  
**Tickets can win more than once.**  
Drawing: Monday July 14 - Friday July 25, 2020  
Donation \$10.00 per ticket.  
www.womensupportingwomen.org

<https://womensupportingwomen.harnessgiving.org/events/2860>

## Upcoming Events



# Women Supporting Women's 24<sup>th</sup> Annual Walk For Awareness

Saturday, October 11, 2025

**LOCATION: The Centre at Salisbury**

2300 N Salisbury Blvd, Salisbury, MD 21801

**9:30 – 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 17, 2025 by 12:00 p.m.

**NO EXCEPTIONS.**

Individual & Team Registration Available Online at:

[www.WomenSupportingWomen.org](http://www.WomenSupportingWomen.org)



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Automotive Group  
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**FOX 21**  
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**APPLE**  
DISCOUNT  
DRUGS



# Community Support

## Soroptimist of Salisbury Awards Banquet

On the evening of Wednesday, May 14th, WSW Staff attended the Soroptimist International of Salisbury Annual Awards Banquet at Dove Pointe. Soroptimist International of Salisbury, MD is a nonprofit organization who works to improve the lives of women and girls in the local area. The Awards Banquet serves as an elegant evening to recognize and award local young women who stand out in the community, as well as local organizations who do their part to benefit our community. Here, WSW was awarded with the Community Service Project Award, for the dedication, support, care, and compassion the organization serves breast cancer Survivors and their loved ones across the Eastern Shore. We deeply thank Soroptimist International of Salisbury for their generosity, for recognizing us, and always supporting the organization.



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## Faith Filled Women

Back in March, Faith Filled Women held their annual conference, where this year's theme was "Molded by the Master". At the conference, there's always a beautiful centerpiece contest focused on the main theme of the event. Judges carefully went through each entry and selected their first place winner, Sonia Crandell and her beautiful centerpiece. Sonia, a Survivor herself, chose to symbolize God's way of picking us up when we're broken and molding us into the people we're meant to be. It was Sonia who decided the proceeds from the competition would be sent to Women Supporting Women. So on May 21st, members of Faith Filled Women visited the WSW Office to present a check worth \$1,500!

We thank Faith Filled Women and Sonia for making such a beautiful work of art, for recognizing, and supporting the organization in this way.



First place winner of Faith Filled Women's Centerpiece Contest, created and designed by Sonia Crandell.

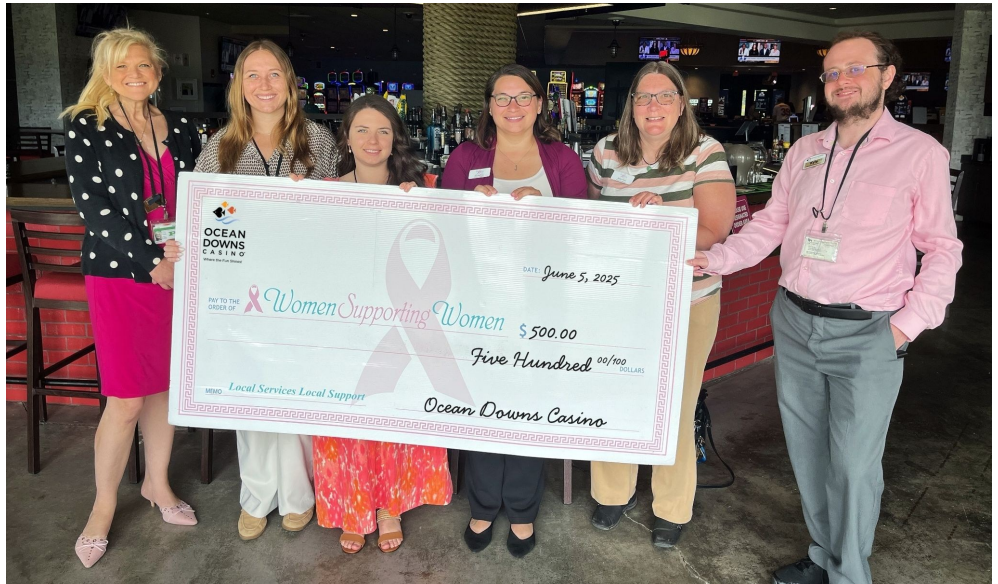


From left to right: Donna Altvater (WSW Board Treasurer), Jocelyn Feist (WSW Executive Director), Cathy Kerns (WSW Board Member), Penny Bradford (WSW Board President), Sonia Crandell (Centerpiece Designer), Susan Webster (Faith Filled Women Board Member), Andie Hess (WSW Event Coordinator), and Raven Cook (WSW PR & Marketing Coordinator).

## Community Support

### Ocean Downs Casino

In the beginning of May, Ocean Downs Casino held their Kentucky Derby Celebration, filled with contests, races, wagers, and lots of fun! As part of their celebration, they created a specialty cocktail available at the bars spanning the premises called The Oaks Lily. With the sales from their specialty drink, they collected a portion of proceeds to donate to WSW! So, on Thursday, June 5th, WSW Staff traveled down to the casino to collect a check worth \$500! We commend Ocean Downs Casino for their drive to support the organization's mission and we wholeheartedly thank them for their continued support of WSW.



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### Women's Club of Ocean Pines Awards Ceremony

On Thursday, June 5th, the Women's Club of Ocean Pines held their Annual Awards Ceremony where they award scholarships to Ocean Pines' brightest scholars and provide donations to organizations that aid their community. WSW was honored yet again at this year's award ceremony, where PR & Marketing Coordinator, Raven Cook, accepted the donation and informed attendees of WSW, the mission, and how the organization supports Survivors spanning the Eastern Shore. We sincerely thank the Women's Club of Ocean Pines for their continued support over the years and for always keeping WSW in mind.



From left to right: Karin Benton (Women's Club of Ocean Pines Chair of Community Awards), Theresa Solyak (Women's Club of Ocean Pines President), and Raven Cook (WSW PR & Marketing Coordinator).

THANK  
YOU!



# **Medical Update**

## **Breakthrough Vaccine could Eradicate Breast Cancer, Shows 75% Immune Response in Trial**

A promising new vaccine designed to prevent and treat breast cancer has completed its phase one clinical trial with encouraging results. The trial, conducted by Anixa Biosciences in partnership with the Cleveland Clinic, showed that more than 75% of participants developed a strong immune response, measured by antibody levels on white blood cells. This vaccine is one of the first of its kind to show such potential in directly targeting breast cancer.

The trial enrolled 35 women, most of whom were previously diagnosed with triple negative breast cancer, the most aggressive and difficult-to-treat subtype, which lacks the three common receptors that most breast cancer therapies target. The participants received the experimental vaccine and had their blood tested at intervals to monitor immune response. The only side effect reported was mild irritation at the injection site, suggesting the vaccine is not only effective, but well-tolerated.

What makes this vaccine unique is its target, alpha-lactalbumin, a protein normally produced only during pregnancy and breastfeeding as part of milk production. Outside of those periods, healthy breast tissue does not express this protein, but many breast cancer cells do, particularly in aggressive subtypes like triple negative. By focusing on this protein, the vaccine trains the immune system to recognize and attack cells that express alpha-lactalbumin, which would primarily be cancer cells in women who are not pregnant or lactating. This strategy dramatically reduces the risk of the immune system mistakenly attacking healthy tissues.

This approach also circumvents a major challenge in cancer vaccine development. Unlike viruses or bacteria, which are clearly recognized by the immune system as foreign, cancer arises from the body's own cells, making it difficult for the immune system to detect. Past vaccine efforts often targeted proteins that were overexpressed in cancer cells, but not entirely exclusive to them sometimes leading to harmful immune responses against the body's organs.

The idea to target alpha-lactalbumin was first proposed nearly two decades ago by a scientist at the Cleveland Clinic, but it took years of research and safety validation to reach this point. The study is being funded in part by the U.S. Department of Defense, which has shown growing interest in supporting innovative cancer research. However, researchers have expressed concern that ongoing federal funding cuts could jeopardize the next phases of development.

With phase two trials set to begin in 2026, researchers hope to test the vaccine in a broader population and expand its use to additional types of breast cancer. If results continue to show safety and efficacy, this vaccine could represent a major advancement in both breast cancer prevention and treatment, particularly for high-risk women.

This information is provided by [nypost.com](https://www.nypost.com).



# 5th Annual Tuna & Tiaras



WSW Staff accepting funds raised at the Awards Ceremony. From left to right, Megan Schulte (Tournament Assistant Director), Pam Taylor (Tournament Director & Founder), Raven Cook (WSW PR & Marketing Coordinator), Jocelyn Feist (WSW Executive Director), and Andie Hess (WSW Event Coordinator).



Team *Sea Hag* cleaned house, taking home over \$69,000 in winnings.



Everyone listening in at the Captain's Meeting Thursday night.

Thank you to all of the Lady Anglers, sponsors, donors, volunteers, and organizers for supporting WSW through Tuna & Tiaras! Stay tuned for the 6th Annual Tuna & Tiaras Ladies Tuna Fishing Tournament in 2026!

From left to right: Andie Hess (WSW Event Coordinator), Jocelyn Feist (WSW Executive Director), and Beverly Meadows (WSW Board Member) at WSW's table.



# Spring Appeals/Complimentary Care

Each Spring and Fall, we send out appeal letters as part of our ongoing fundraising efforts to support local breast cancer Survivors. These appeals are a vital part of how we continue offering free programs, resources, and services to those in need. We are deeply grateful to everyone listed below who responded to our spring appeal, your generosity helps us make a real difference in our community. If you missed the opportunity, but would still like to contribute, monetary donations can be made any time through our website ([www.WomenSupportingWomen.org](http://www.WomenSupportingWomen.org)) or by mail. Every gift, no matter the size, helps us continue this important mission. Thank you.

Roseanne Burroughs	Edward & Frances Urban	Clytie W. Taylor
Marie Reilly	Tony & Billye Sarbanes	Alice Bailey
Monica Cirata	Thelma & Granville Dutton	Kimberly Purvis
Pamela J. Stern	Mary Prince	Mary Ellen Gray
Steve Moran	Angela Bell	Jacqueline Jackson
Dorothy Givens	Denise Banks	Debra Daugherty - Ball
Sue S. Sherwood	Frances Courtney	Charles & Marilyn Carey
Georgia & Sammy Rhodes	Rosemarie Bagnall	Etta Cook - Maynard
Alfred Beattie	Jacqueline Bounds	Jennifer Doyle
Susan Bradford	Barbara Morris	Sheila Carter
Hanne Nilsson	Wendy Sue West	Debra Hamblin
Teresa Beauchamp	Penny Bradford	Deborah Dashiell
Jeffrey & Patricia Vivalo	Jerry & Joel Yates	Kristina Houseal

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## Reiki—Placing Energy Where it's Needed

Reiki is an ancient Japanese healing practice based on the transfer and balance of energy between the client and the Reiki master, or a practitioner trained in Reiki. The Reiki master does this by lightly placing their hands on the client or hovering their hands just above the client on various parts of the body (head, shoulders, hips, feet, etc.) to help guide the energy where it's needed. People who practice Reiki believe the therapy prompts and awakens the body's natural healing response. This practice can improve conditions of the body and mind, with clients saying it better their sleep, reduces anxiety, boosts mood, reduces pain, increases energy, and/or improves blood circulation.

In the past decade, Reiki has become a commonly offered holistic service, and has been popular amongst cancer Survivors. Those living with cancer who have tried Reiki often say the healing practice eases their cancer-related pain, fatigue, anxiety, and nausea. Luckily, there are various Reiki masters and wellness establishments that provide the therapy on the Eastern Shore. In Wicomico County, The Personal Wellness Center offers hour-long Reiki sessions with skilled medical professionals. In Worcester County, Your Calm Center, owned by longtime WSW supporter, Jessica Hagy, provides Reiki and a variety of other holistic services. This information is provided by [BreastCancer.org](http://BreastCancer.org) and [health.clevelandclinic.org](http://health.clevelandclinic.org).



# Donor Thanks

## Individual:

David & Beverly Trader  
Kevin Hughes  
Teresa Salmon  
Alena D. Wright

## Civic:

Canvas Reformed Baptist  
Charities Aid Foundation  
America  
American Legion Aux  
Stephen Decatur High School  
Soroptimist International of  
Salisbury  
Faith Filled Women Inc.  
Women's Club of Ocean Pines

## In Honor of:

Loudell Insley  
Michael & Joanna  
Abercrombie

Kim Todd  
Ruth Beattie

Penny Bradford  
Ann B. Suthowaki

Friends  
Carolyn Elmore

## In Kind:

Susan Henry  
Barbara Purnell  
Michele Owens  
Bobbie McCabe

## **SPONSORS**

### **Journey**

**\$10,000+**  
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Group

### **Courage**

**\$5,000 +**  
Spicer Bros

### **Hope**

**\$2,500 +**  
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Kitty's Flowers  
Peninsula Imaging  
Tidal Health Richard A. Henson  
Cancer Institute

### **Pink Ribbon**

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



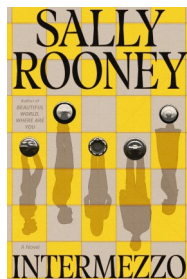
## **WSW Summer Office Hours:**

Monday - Thursday: 9:00 am - 4:00 pm

Friday - Sunday: Closed



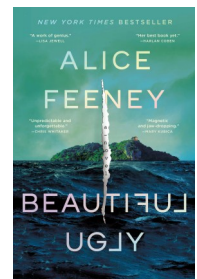
See what WSW Staff are  
reading and recommending!



*Intermezzo*  
By Sally Rooney



*The Dream Hotel*  
By Laila Lalami



*Beautiful Ugly*  
By Alice Feeney



Local Services • Local Support

**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804

RETURN SERVICE REQUESTED

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SALISBURY MD  
21801  
PERMIT NO 146

## **Women Supporting Women 2025 Board of Directors**

Penny Bradford, President  
Donna Altvater, Treasurer  
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: \_\_\_\_\_

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