



CARE & SHARE NEWSLETTER

November 2024

Local Services • Local Support




Jocelyn Feist
Executive Director

The holidays are approaching, it's the season of celebrating and cherishing time with family and friends. Maybe it's that time of year to remember loved ones we wish were here with us, celebrating just one more holiday. Perhaps it's the time when you might look around and express gratitude for the little things we may not have appreciated so much before. I think we get caught up in the hustle and bustle of the holiday season. We end up missing what is truly meaningful to each and every one of us. This holiday season we should all take the time and cherish the little things, just a little bit more. Even if we think it's not that big of a significance. It might mean a whole lot more than you might realize.

This year, I'm grateful for a lot of reasons from family and friends to new fun opportunities in life. But Women Supporting Women is one of those reasons, as well. This organization has allowed me to meet so many amazing and inspiring people along the way. Over the years, being able to have had the ability to celebrate with survivors on moments that might seem like small triumphs to anyone else but are truly big ones for example, "I went outside and had enough energy to get the mail after my surgery" to the ones of "I've finished my treatment". I'm also extremely appreciative of the staff, who have become like family. They put their blood, sweat, and tears into our local nonprofit continuing to keep Free services available. I'm also grateful for our WSW Board Members, who encourage us along the way. I'm thankful for our Major Sponsors, Event Sponsors, Donors, Businesses, and Individuals who do 3rd Party Events benefiting WSW because we truly wouldn't be moving forward into our 32nd year without all the support and donations we receive. This holiday season, I'm showing my appreciation, gratitude, and love towards all of you!

From all of us here at WSW
We Thank you and appreciate you!
Happy Holidays



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WSW Staff Members

[Jocelyn Feist](#)
Executive Director

[Amaris Ward](#)
Administrative Assistant

[Andie Hess](#)
Event Coordinator

[Raven Cook](#)
PR Marketing Coordinator



Nutritional Information

Lentil Soup

This lentil soup is a great option for individuals having trouble swallowing. It is also a warm cozy soup perfect for fall and the holidays.

Ingredients:

- 2 tbs olive oil
- 2 shallots, minced
- 4 carrots, sliced
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 sweet potatoes, diced
- 2 cups low sodium broth
- 2 sprigs fresh rosemary
- 1 cup dry lentils (green or brown)
- 2 cups chopped kale



Directions:

1. Thoroughly rinse fresh produce under warm running water for 20 seconds.
2. Heat a large pot over medium heat. Add olive oil, shallots, and carrots, and cook until carrots begin to soften. Add garlic and ¼ teaspoon each salt and pepper. Cook until vegetables are tender, 4 to 5 minutes. Add sweet potatoes and remaining ¼ teaspoon each salt and pepper. Stir and cook an additional 2 minutes.
3. Add broth and rosemary, then increase heat to medium high. Bring to a rolling simmer. Add lentils. Reduce heat to low and simmer, uncovered, until lentils and potatoes are tender. Add kale, stir, and cover. Taste and adjust flavor as needed.

Nutrition Facts:

Calories: 330	Saturated fat: 1g
Carbohydrates: 53g	Sodium: 580mg
Protein: 14g	Fiber: 12g
Fat: 9g	Sugar: 12g

<https://www.mskcc.org/nutrition-cancer/recipes/lentil-soup>

Joke of the Month

My family said I need to stop telling
Thanksgiving jokes.

I told them I can't quit cold
turkey!



Support Groups



WSW
November 2024 Support Groups

Salisbury: Thursday, November 7th Time: 6:30 P.M. Location: WSW Office 1320 Belmont Ave, STE 402 Salisbury, MD 21804 <u>Guest Speaker: Jennifer Douglas, PhD</u> <u>Topic: Holistic Techniques</u> Facilitator: Jocelyn Feist	Easton: Thursday, November 21st Time: 6:00 P.M. Location: Lotus Oncology Hematology 401 Purdy St STE 102 Easton, MD 21601 Facilitator: Staci Jelley
Pocomoke: Tuesday, November 12th Time: 5:30 P.M. Location: Bayside Community Church Meeting Center 206 5th St, Pocomoke, MD 21851 Facilitator: Cathy Kerns	Berlin: Wednesday, November 20th Time: 1:00 P.M. Location: Regional Care Center 9707 Healthway Dr, Berlin, MD 21811 <u>Special Guest: Jennifer Douglas, PhD</u> <u>Topic: Holistic Techniques</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 Office:
410-548-7880

Stitch Therapy



WSW Stitch Therapy
crochet, knit, cross-stitch, punch needle

November Meeting Dates:

<u>Salisbury Stitch Therapy</u> Wednesday, November 6th 1:00 p.m. to 2:30 p.m. Women Supporting Women Office 1320 Belmont Ave. Suite 402 Salisbury, MD 21804 Facilitator: Donna Altvater	<u>Berlin Stitch Therapy</u> Friday, November 1st 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
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Upcoming Event



Holiday Bingo is only 2 WEEKS AWAY! The event will take place on Thursday, November 14th, with doors opening at 4:30 p.m. at the Willards Lions Club. Games will begin at 6:00 p.m. with prizes ranging from holiday-themed baskets to cold hard cash! There will also be raffles and 50/50 for attendees to participate in. Admission will cost \$35 in advance per person.

Proclamation



From left to right: Penny Bradford (WSW Board of Directors President), Shanie Shields (Council Woman District One), Jocelyn Feist (WSW Executive Director/ Mentoring Coordinator).

In October, Women Supporting Women received Proclamations from the Wicomico County Council and the City of Salisbury Council in honor of Breast Cancer Awareness Month. The Proclamations encouraged the women of Wicomico County to schedule and attend clinical breast examinations and mammogram screenings to reduce the negative effects of discovering breast cancer too late. In both of the Proclamations, it was declared that October is National Breast Cancer Awareness Month in Wicomico County and the City of Salisbury, and urged local women to learn about their risk of breast cancer. WSW thanks the Wicomico County Council and the City of Salisbury Council for recognizing and diligently informing citizens of the dangers and severity of breast cancer, as well as how it can be prevented.



3rd Friday – Pie-ing or Pink



From right to left: Randy Taylor (City of Salisbury Mayor), **D'Shawn Doughty** (City Council President), **Derek Jarmon** (Economic Development Manager), **Larry Hogan** (Former Maryland Governor).



On Friday, October 18th, Downtown Salisbury held their Super Heroes-themed 3rd Friday event, which is a community market that occurs every third Friday of each month. In October, WSW set up as a vendor to spread awareness of breast cancer and to hold Pie-ing for Pink. Our volunteers were Mayor, Randy Taylor, City Council President, D'Shawn Doughty, and Economic Development Manager, Derek Jarmon. It cost \$5 to pie any one of the three volunteers! In the one hour Pie-ing for Pink took place, \$235 was raised for WSW! We wanted to deeply thank our three gracious volunteers, Two Scoops for providing a space and supplies for the event, and all those who pied and donated to our organization!

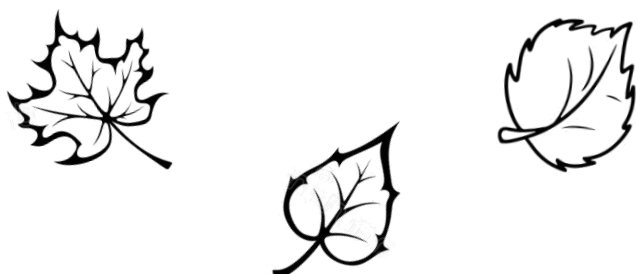
Community Support



From left to right: Raven Cook (WSW PR & Marketing Coordinator), Kim Watson, Paula Brown, Andie Hess (WSW Events Coordinator).

In August of this year, First Shore Federal chose WSW as their Charity of the Month. On October 9th, Kim and Paula visited the WSW Office and presented staff with a check from First Shore Federal for \$385. WSW thanks First Shore Federal for their kind donation and for supporting the organization time and time again over the

The Wednesday Night's Ladies Bowling League of Ocean City designated the proceeds of their 50/50 raffles to Women Supporting Women. The winner also turned over her portion to WSW, donating a total of \$250! WSW Board member, Beverly Meadows, shared her breast cancer experience with the group and emphasized the need to do breast self-exams. Thank you to the Wednesday Night's Ladies Bowling League of Ocean City for supporting WSW!



From left to right: Beverly Meadows (WSW Board of Directors member/Survivor) and Anita Chandler (Wednesday Night Ladies Bowling League of OC member).

Community Support

On Friday October 25th, Jennifer Wheelless of NVR Mortgage Finance, Inc. visited the WSW Office to present a check worth \$3,000. Jennifer wanted to make a personal donation of \$1,500, but the company she works for was willing to match her donation to WSW! Jennifer has also hosted other third-party fundraisers in the past to benefit our organization. Thank you to NVR Mortgage Finance, Inc. for this donation, and to Jennifer for always remembering WSW!



From left to right: Amaris Ward (WSW Administrative Assistant), Jennifer Wheelless (NVR Mortgage Finance, Inc. Branch Manager), Jocelyn Feist (WSW Executive Director/Mentoring Coordinator).



On Monday, October 7th, Burnish Beer Co. raised \$400 for WSW through their first-ever Beer for Boo-bies third-party fundraising event. Attendees could dine or drink at the establishment from 4:00 to 9:00 p.m. and a portion of their bill was donated to WSW. Thank you to Burnish Beer Co. for this fun event and for recognizing our organization! We hope to have this event again next October!

Community Support

On the evening of Thursday, October 3rd, **Somerset Intermediate School's Girls Field Hockey Team** traveled to Westover, MD to play their pink game against St. Francis school. This game was especially meaningful to one player, Ava, who lost her mom in December of last year to breast cancer. We deeply thank Somerset Intermediate School, the Girls Field Hockey Team, their coach, Willis Dryden, and all who donated for their support. We express our sincere condolences to Ava and her family for the deep loss of her mother.



On Friday, October 11th, WSW Staff and Board Members traveled to **Outlets Ocean City** for the annual **Endless Summer Car Show**. As always, everyone enjoyed the stunning hot rods, trucks, race cars, and classics on display, as well as the beautiful weather. The Endless Summer Car Show raised \$2,240 for WSW! Major thanks go to Outlets Ocean City for holding this event and supporting WSW year after year with this amazing event.

Walk for Awareness 2024



Survivors at the 23rd Annual Walk for Awareness



Walk for Awareness 2024



The Largest Team
Team Hoy



Top Fundraising Team
Team The Breast Friends



Top Individual Fundraiser
Molly Thomas

Save the Date

The poster features a pink background with white snowflake patterns. In the top left is the 'WesW' logo. In the top right is the 'The Shore Gives MORE' logo. The main text is arranged in a column on the left, with the date 'TUESDAY, DECEMBER 3, 2024' in large, bold, black letters. To the right of this, the words 'SAVE THE DATE' are written in very large, white, sans-serif capital letters. Below the date, contact information is provided. At the bottom, a green banner contains logos for sponsors: 'THANK YOU TO OUR SPONSORS:', 'Shore United Bank', 'Community Foundation OF THE EASTERN SHORE', and '47abc'.

WesW

**4TH ANNUAL
DELICIOUS DESSERTS
A SWEETS AUCTION
FOR GIVING TUESDAY**

**TUESDAY,
DECEMBER
3, 2024**

For more information call us at
410-548-7880 Or email us at
events@womensupportingwomen.org

**SAVE
THE
DATE**

THANK YOU TO
OUR SPONSORS:

**Shore
United
Bank**

**Community
Foundation
OF THE EASTERN SHORE**

47abc



DONOR THANKS



Individual:

Gary & Hilda Foskey	Addie Purnell
Randy McKee	Tanya Adams-Justice
Jeramie & Elizabeth Hobizal	Cathy Kerns
Michael Karlewicz	Diane Turner
Julie Thomas	Dr. & Mrs. Alfred Beattie
Rob & Gail Fallon	Venessa Townsend
Frank & Linda Kall	Ashlie Morris
Michael & Anne Feldman	Dr. Gupta
Sonya Whited	Valerie Jones Giltner
Karen Pansing	Audrey Leishman
John Thomas	Ruth Jones Nichols
Chris & Laura West	MaryBeth Sanders
Bill & Barbara Mitchell	Marian James
Kimberly Turner	Sara Kempe
Pamela Anderson	Connor Dann
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Teresa Greenlead	Cynthia Hudson-Bodden
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Business:

CryBaby Tattoo
NexGen Flight Solutions

Civic:

Pittsville Elementary & Middle
Somerset Intermediate School
First Baptist Church

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Hope

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Cancer Institute

Pink Ribbon

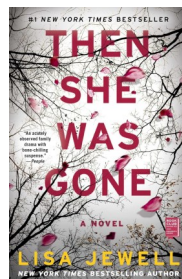
\$1,500 +
Airport Self Storage
Pepsi Bottling Ventures

WSW Office Hours:

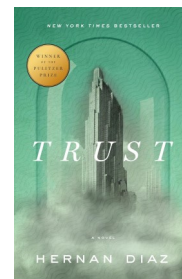
Monday - Friday 9:00 am - 4:00 pm



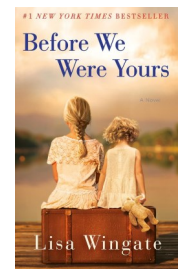
See what WSW staff members are
reading and recommending!



"Then She Was Gone"
By Lisa Jewell



"Trust"
By Hernan Diaz



"Before We Were Yours"
By Lisa Wingate



Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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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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Claudia Nicholls
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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: _____

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Enclosed is a check for \$ _____ made payable to WSW

Charge my: ☐ Visa ☐ Mastercard

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Signature: _____

SPECIAL OCCASION GIVING:

This gift is made: ☐ In Memory of ☐ In Honor of

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