



Local Services • Local Support

CARE & SHARE NEWSLETTER



October 2024



Jocelyn Feist
Executive Director

Welcome to October, Breast Cancer Awareness Month. October first, you see the color Pink and Pink Ribbons plastered EVERYWHERE! Breast Cancer Awareness shouldn't just be for a month. It should be an awareness all year round. Because, as most of us know, you can be diagnosed any month, any day, and at any age. For some, this month can be a time to say HEY, I'm a Pink sister and I am thriving and surviving. For others, it can be that trigger of a dark time of first being diagnosed, the "I hate the color Pink", and, "don't want to see it ever again". And that's Okay!

We are here to remind you that you're not alone and you're a fighter. We may have lost some survivors along the way but, we are here to remember them. We celebrate those hurdles we thought we would never get over and are here to continue to support one another in this sisterhood. The sisterhood that we never had the option if we wanted to join. Join WSW as we Support the Fighters, Admire the Survivors, Remember the Angels, and never give up Hope during the Month of October.

I would like to share this poem by Shelley Caruso, "I Bloom with Grace".

"I tell myself every day I'm not a victim, but a victor. I tell myself I was not robbed from something, but saved from something. I tell myself this too shall pass, but have a fear of what will no pass by me again. I tell myself these tears are only for a time, but sometimes time is timeless... I always pull myself up, but I seem to leave a little piece of me behind. My journey has not been easy, but it has made my choice easier too just be happy... Living one day at a time, making me happy.."

Looking forward to seeing many of you at some of our upcoming events.

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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

Banana Bread Muffins

The perfect cozy recipe for fall. Enjoy the moist goodness of banana bread but in muffin form. Quick and easy breakfast or dessert. Makes 12 muffins

Ingredients:

- 8 Tbsp butter, softened
- 3/4 cup brown sugar
- 1/2 cup plain Greek yogurt
- 2 eggs
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp salt
- 1/2 mashed overripe banana



Directions:

1. Preheat oven to 350 degrees. Line a 12-cup muffin tin with muffin cups or parchment paper.
2. In a large bowl, cream butter with brown sugar, yogurt, eggs, and vanilla. Whisk in banana.
3. In a separate bowl, whisk flour, baking powder, baking soda, cinnamon, ginger, and salt.
4. Mix together the wet and dry ingredients in a large bowl until combined.
5. Divide batter evenly into prepared muffin tin.
6. Bake until golden and a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes.

Nutrition Facts:

| | |
|--------------------|-------------------|
| Calories: 210 | Saturated fat: 6g |
| Carbohydrates: 29g | Sodium: 180mg |
| Protein: 4g | Fiber: 1g |
| Fat: 9g | Sugar: 14g |

<https://www.mskcc.org/nutrition-cancer/recipes/banana-bread-muffins>

Joke of the Month

Why do witches need to wear a name badge?

To tell which witch is which



Support Groups

WSW
October 2024 Support Groups

| | |
|---|--|
| <p>Salisbury: Thursday, October 3rd Time: 6:30 P.M. Location: WSW Office 1320 Belmont Ave, STE 402 Salisbury, MD 21804 Guest Speaker: Michelle Dix Topic: Nutrition Facilitator: Jocelyn Feist</p> | <p>Easton: Thursday, October 10th Time: 6:00 P.M. Location: Lotus Oncology Hematology 401 Purdy St STE 102 Easton, MD 21601 Facilitator: Staci Jelley</p> |
| <p>Pocomoke: Tuesday, October 8th Time: 5:30 P.M. Location: Bayside Community Church Meeting Center 206 5th St, Pocomoke, MD 21851 Facilitator: Cathy Kerns</p> | <p>Berlin: Wednesday, October 16th Time: 1:00 P.M. Location: Regional Care Center 9707 Healthway Dr, Berlin, MD 21811 Facilitator: Cathy Kerns</p> |
| <p>Crisfield: Mentor Available by Phone 410.726.9060 Facilitator: Monique Welch</p> | <p>Cambridge & Onancock-Eastern Shore of VA, Contact the WSW Office 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!

| | |
|--|--|
| <p><u>Salisbury Stitch Therapy</u> Wednesday, October 2nd Wednesday, November 6th Wednesday, December 4th</p> <p>Women Supporting Women Office 1320 Belmont Ave. Suite 402 Salisbury, MD 21804 Facilitator: Donna Altvater</p> | <p><u>Berlin Stitch Therapy</u> Friday, October 11th Friday, November 8th Friday, December 13th</p> <p>TidalHealth Richard A. Henson Cancer Institute Ocean Pines 11105 Cathage Rd Berlin, MD 21811 Facilitator: Julie Krenzer</p> |
|--|--|

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

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



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.

Individual & Team Registration Available Online at:

www.WomenSupportingWomen.org



Community Support



On Saturday, September 21st, Peninsula Dressage held their 16th Annual Women Supporting Women Dressage Schooling Show. The event was a success, with gorgeous weather compared to years prior. The show had many different exhibitor classifications, disciplines, and levels to range from in their participating guests. WSW deeply thanks Peninsula Dressage for their continued support of the organization and for holding their best show yet!

Upcoming 3rd Party Fundraisers

October 5, 2024 | 10 am - 2 pm

Local Vendors!
Silent Auction!
Giveaways!



Pinktober Fest
Fall Festival and Breast Cancer Awareness
Benefitting Women Supporting Women

JOHNSON'S
SEED & FEED

871 W. Isabella St
Salisbury, MD 21801



Food Truck!
Plant Sale!

Mark your calendars for Saturday, October 5th for the **Johnson's Seed & Feed Pinktober Fest!** The event will take place at 871 West Isabella St. in Salisbury from 10 a.m. to 2 p.m. At the event, there will be giveaways every hour, plentiful local vendors, a huge plant sale, a silent auction, and a food truck! This festival is sure to be a fun and exciting way to kick off Breast Cancer Awareness Month, all while benefiting WSW!

3rd Party Fundraisers - Continued



On Monday, October 7th, come out to **Burnish Beer Co.** for a scary good time! Burnish will be holding a fundraiser for WSW from 4pm to 9pm that night, where 10% of all sales and 50% of a specific Burnish draft beer sales will be donated to WSW! There's no better way to spend your night than drinking the best beer around, eating some spooktacular food (you can't miss out on their wings and pizza), and spreading awareness for BOO-bies! WSW is so excited about this event and cannot wait to attend, join us on October 7th! More details to come, stay tuned.



Ocean City Outlets' Endless Summer Car Show is returning on Friday, August 11th from 9am to 12pm OC Outlets have been holding this event, which benefits WSW, for years now and we're so excited to be back again this year! There will be music, prizes, many raffles, shopping, and beautiful cars, of course! Car registration is \$10 (cash only) starting at 8:30am to 11am.

Endless Summer Car Show

CLASSICS, CUSTOMS & HOT RODS

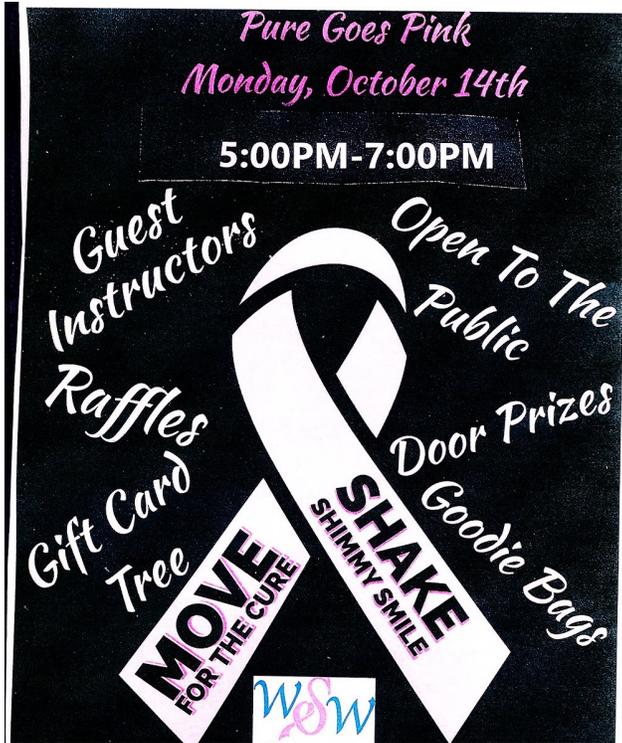
FRIDAY, OCTOBER 11
9AM-NOON, AWARDS AT NOON

Music, prizes, raffles and great savings!

\$10 car registration from 8:30AM-11AM inside Customer Service Suite 685 (cash only)
Proceeds benefit Women Supporting Women

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3rd Party Fundraisers - Continued



There's nothing more fun than fundraising by dancing the night away! On Monday, October 11th, **Pure Family Fitness** will be hosting and bringing back Pure Goes Pink for the Cure at 9936 Stephen Decatur Highway, Ocean City, MD 21842.

The event will consist of a high-energy, but beginner-friendly Zumba class with guest instructors, raffles, door prizes, and even more goodies for attendees! The admission for the event is \$10 in advance or \$15 at the door, which will include a door prize ticket and a goodie bag.

Not to mention, 100% of proceeds will be donated to WSW!!!

Come one, come all to the spookiest photography session in Salisbury on Saturday, October 26th! Join Jen Seay (of Jen Seay Photography), Nicole Blackwater (of Blackwater Apothecary), Lindsay Lutz (of Tilted Tulips Aesthetics), and Alfred Brewer (of Accents Salon) for a dark and mystical night of photography in Downtown Salisbury on the Plaza from 6:00 p.m. to 9:00 p.m. The Blackwater Apothecary Night Market will be offering professional photography and local vendors for attendees to enjoy! A single edited and printable photo will be only \$10, with a deal of four photos for \$30. Not to mention, ALL proceeds will be donated to WSW! Getting in the Halloween spirit and dressing up is encour-



WITCH PHOTOS



WHO: EVERYONE!!
WHEN: October 26, 2024 6PM- 9PM
WHERE: Downtown Salisbury on the PLAZA!
107 W Main Street Salisbury MD

Pricing: 10\$ for one edited digital image
30\$ for four edited digital image.

Price is per photo/group.

We will have cash and digital donation options day of or you can contact Alfred Brewer or Jen Seay to prepay and be added too the list!

Additional donations are always appreciated!

COME ONE COME ALL

The powers that be have brought the brain workings of Jen Seay, Nicole Blackwater, Lindsay Lutz, and The Alfred Brewer back together again! We will be set up at the night market in front of Blackwater Apothecary ready to take amazing headshots of everyone!

All proceeds will be directed to Women Supporting Women located right here in Salisbury, MD! Some of their services include prosthetic breast fitting, wigs, education, lift chairs, and more FREE OF CHARGE!

@TheAlfredBrewer

GROW WITH  Jen Seay

BLACKWATER APOTHECARY
107 W MAIN ST
DOWNTOWN SALISBURY



WSW



3rd Party Fundraisers - Continued

DINE & DONATE

WSW X DOVER STREET GRILL

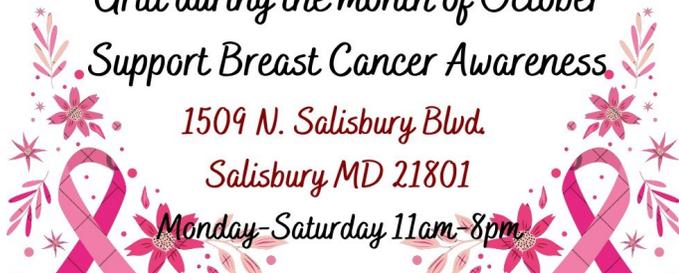
Raise funds for Women Supporting Women by purchasing from Dover Street Grill during the month of October

Support Breast Cancer Awareness.

1509 N. Salisbury Blvd.

Salisbury, MD 21801

Monday-Saturday 11am-8pm



If you find yourself in Downtown Salisbury anytime in October, stop over at **Pole Dance Paradise** to support WSW! The relatively new business, located at 225 E. Main St in Salisbury, will be holding a raffle for a free pole dance and stretch class, and will also have \$1 cards for participants to purchase! Even if you're not in the downtown, but want to participate, just Cashapp the studio at @poldance.paradise It only costs \$5 for a raffle ticket, and all proceeds will be donated to WSW. The raffle will end and be drawn on Thursday, October 31st. Show WSW and Pole Dance Paradise some love by participating in their raffle or \$1 card fundraiser today!

The newly opened **Dover Street Grill** will be holding a month-long event raising funds for WSW! To participate, just head over to Dover Street Grill, located at 1509 N. Salisbury Blvd, and order anything off of their menu during October! Speaking of their menu, they have plenty of options to satisfy your cravings, like pizza, wings, hot subs, burgers, and so much more! So give Dover Street Grill a try while fundraising for WSW by click the button below to place an online order, visit the restaurant, or call them (443-944-8947) to place a pick-up order. Thank you to Dover Street Grill for holding this tasty fundraiser!

PLEASE NOTE: The Dine & Donate flyer must be shown when placing the order, WSW must be mentioned, or WSW must be written into the "notes" section (for online, DoorDash, and GrubHub orders) to participate in the fundraiser. Thank you for understanding!

Pole Dance Paradise
225 E Main St
Salisbury, MD, 21801
443-593-8652

FUNDRAISING RAFFLE FOR WOMAN SUPPORTING WOMEN

LET'S HELP WSW TO CONTINUE THEIR MISSION TO PROVIDE AWARENESS, EDUCATION, AND SUPPORT TO ALL THOSE WHO ARE AFFECTED BY BREAST CANCER.

WSW
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PRIZE: POLEDANCE+ STRETCHING CLASS

WE RAFFLE ON ★ OCTOBER 31ST, 2024

3rd Party Fundraisers - Continued



Paint For a Cause at Ceramic Zone!

During the month of October,
paint and 10% will be donated to
Women Supporting Women.



Ceramic Zone will be holding Paint for a Cause, a WSW third-party fundraiser, throughout the month of October! If you've been feeling that artistic itch or maybe you're looking for some new Fall decor, Ceramic Zone is the place to go! With plenty of options to paint, Ceramic Zone is just the place to go to let the artist in you run wild! Throughout the month of October, Ceramic Zone will be donating 10% of proceeds from all pottery painted during the month to WSW!



Range 'N' Motion will be holding Stretch 'n' Support, a WSW third-part fundraiser, throughout the month of October. This newly opened holistic stretch therapy and flexibility coaching studio in downtown Salsbury has lots to offer. Throughout the month of October, Range 'N' Motion will be donating 15% of ALL sessions to WSW! Thank you Range 'N' Motion for holding this amazing fundraiser.

TOGETHER, WE CAN MAKE A DIFFERENCE!

BREAST CANCER

Awareness Month

@RANGE_N_MOTION



Book Now



-booksy

STRETCH

'N' Support

15% OF ALL SESSIONS DONATED TO WSW 15% OF ALL SESSIONS

HOPE. STRENGTH. COURAGE.

Local Services • Local Support

OCTOBER 1ST - 31ST

BOOK SESSIONS BY TEXT

(443)304-7007 OR USE QR CODE

EARLY DETECTION SAVES LIVES

207 W MAIN STREET UNIT UNIT 2

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



DONOR THANKS



Individual:

| | |
|------------------------|---------------------|
| Marty & Jan Nelson | Laura Messenger |
| Donna Foxwell | Gail Nittle |
| Barbara & Rick Barnaba | David Struve |
| Christine Smith Cannon | Beverly Spurry |
| Wanda Porter | Alva Brice |
| Deborah Morse | Emily Meadows |
| Joseph & Bonnie Perry | Catherine Thomas |
| Janet Shockley | Vance Mitzner |
| Kimberly Purvis | Lou & Suzee LaPenna |
| Chris Swann | Jeffery Conway |
| Danita Reese | Cherie Harrington |



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

Civic:

**Wawa Foundation
Delmar Elementary School**

In Kind:

Louise Lassiter

WSW Office Hours:

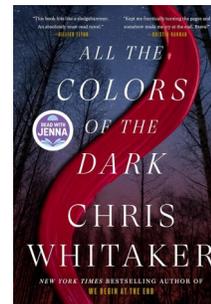
Monday - Friday 9:00 am - 4:00 pm

For wig and bra fittings please call for an appointment



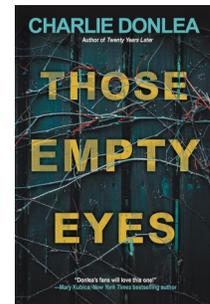
"Trust"

By Hernan Diaz



"All the Colors of the Dark"

By Chris Whitaker



"Those Empty Eyes"

By Charlie Donlea

See what WSW staff members are reading and recommending!



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 _____