



CARE & SHARE NEWSLETTER

September

2024



Jocelyn Feist
Executive Director

Wow! Time flies when having summer fun. In the blink of an eye, we're saying Hello to September. Some may be thinking Oh No, I'm not ready for fall! Others may be thinking please bring on all the sweater weather and pumpkin spice, I can withstand. But in truth, how do we adjust when transitioning into fall? Or transitioning into a new role with a career? Or transitioning into something we've never experienced before? Do we set new goals just for the month? This month I'm going to listen to a motivational or educational podcast.

Do we spend more time in nature now that the humidity has died down? Regrounding ourselves of the chaos we call life. Do we start to change over the seasonal foods we eat to nourish our bodies? A healthier way with a colorful plate. Or do we start looking forward to something that makes us happy during this transition period into fall? A fun event surrounded by people, I cherish.

Women Supporting Women embraces transitions this year as we say Hi to September. We wish Cindy the absolute best in her transition to retirement. I transition into my new role of Executive Director. Our team, transitions and says goodbye to our summer break. And we are now, fully preparing for our transition into our busiest time of year. We're gearing up for Breast Cancer Awareness Month. Exciting and fun upcoming WSW events and 3rd Parties that our fellow Eastern Shore Community members are doing to show continuous support for all those we know and love affected by breast cancer.

So, if you're not sure how you want to spend your time transitioning into the fall season this year? Or you're looking for something fun and different to do to get out of the house. We hope you can join us for a fun fall transition into the busy months of Breast Cancer Awareness!

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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

Carrot and Apple Soup

With fall right around the corner, this soup is perfect! Both foods contain cancer-fighting fiber and other potent protective compounds like beta-carotene (carrots) and quercetin (apples).

Ingredients:

- 1 Tbsp canola oil
- 1 medium onion, chopped
- 1 medium leek, chopped (white part only)
- 1 pound carrots, peeled and cut in slices
- 1 tart apple, peeled, cored, and chopped
- 3 cups chicken broth
- Salt and pepper to taste
- Mint leaves for garnish

Directions:

1. In a large pan, heat canola oil over medium-high heat until hot. Add the onion and leek and sauté for about 4 minutes, until the onion is translucent.
2. Mix in carrots and apple. Reduce heat to medium-low, cover, and cook for 5 minutes, stirring often.
3. Add broth, cover, and bring to a boil over high heat. Then reduce heat to low and simmer for about 30 minutes, until carrots are soft. Remove pot from heat and set soup aside to cool slightly.
4. In a blender or food processor, puree soup in batches until smooth. Return soup to pan and heat before serving. If soup is too thick, add more broth, as desired. Season to taste with salt and pepper. Serve immediately, garnishing each serving with mint.



Nutrition Facts:

Calories: 80	Saturated fat: 0g
Carbohydrates: 15g	Sodium: 240mg
Protein: 2g	Fiber: 3g
Fat: 2.5g	Sugar: 9g

<https://www.aicr.org/cancer-prevention/recipes/carrot-and-apple-soup/>

Joke of the Month

Why does Humpty Dumpty love
the end of summer?

Because he always has a
great FALL!!



Support Groups

WSW
September 2024 Support Groups

Salisbury: Thursday, September 5th Time: 6:30 P.M. Location: WSW Office 1320 Belmont Ave, STE 402 Salisbury, MD 21804 Facilitator: Jocelyn Feist	Easton: Thursday, September 12th Time: 6:00 P.M. Location: Lotus Oncology Hematology 401 Purdy St STE 102 Easton, MD 21601 Guest Speaker: Danuta Olson-Schuessler Topic: PTSD and Scanxiety Facilitator: Staci Jelley
Pocomoke: Tuesday, September 10th Time: 5:30 P.M. Location: Bayside Community Church Meeting Center 206 5th St, Pocomoke, MD 21851 Facilitator: Cathy Kerns	Berlin: Wednesday, September 18th 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	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

September Meetings:

Salisbury Stitch Therapy.

Wednesday, September

Women Supporting Women Office
 1320 Belmont Ave. Suite 402
 Salisbury, MD 21804
 Facilitator: Donna Altwater

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

Berlin Stitch Therapy.

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
3:00 p.m.

**FREE!
Beginners
Welcome!**



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



Peninsula Imaging L.L.C.



LANDMARK
INSURANCE & FINANCIAL GROUP



3rd Party Fundraisers

On Saturday, September 21st, **Peninsula Dressage** will hold its 16th Annual WSW Dressage Show! This will take place in a different location from last year, at Winaway Farm. This event has been happening for many years, and we deeply appreciate Peninsula Dressage's constant support of the organization. We can't wait to see all the riders in their prettiest pink gear and all the beautiful horses dolled up! Click the button below to register or donate to WSW!

**Sat.
Sept. 21st.**

JOIN US IN PINK FOR A FUN
SCHOOLING SHOW TO SUPPORT
WSW, A LOCAL CHAPTER HERE
ON DELMARVA THAT PROVIDES
FREE SUPPORT SERVICES TO
THOSE AFFECTED BY BREAST
CANCER.



WINAWAY FARM
6105 Massey Crossing Rd. Willards, MD 21874

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

TUNA TIARA
Riding Iron Tournament
Since 1987

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! We hope to see you there!

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.

A poster for the Endless Summer Car Show. It has a purple background. At the top, the text "Endless Summer Car Show" is in large white letters. To the right, it says "CLASSICS, CUSTOMS & HOT RODS". Below this is a red classic convertible car. At the bottom, it says "FRIDAY, OCTOBER 11" and "9AM-NOON, AWARDS AT NOON". Below that, it says "Music, prizes, raffles and great savings!". At the very bottom, it says "\$10 car registration from 8:30AM-11AM inside Customer Service Suite 685 (cash only)" and "Proceeds benefit Women Supporting Women". The WSW logo is in the bottom right corner with the text "Local Services • Local Support" below it.

Preston Automotive Group

4th Annual Frog's Fairway Golf Tournament



The 4th Annual Frog's Fairway Golf Tournament is coming up on Saturday, October 20th! The tournament will be held at Hog Neck Golf Course in Easton, MD. Registration will begin at 7:30 a.m., with the tournament starting at 9:00 a.m. All golfers will receive breakfast, lunch, and two complimentary drink tickets with their registration. If you haven't gotten your team together yet, there's still time! Proceeds from the event will be donated to WSW and the TidalHealth Foundation's Drive for Mobile Mammography. Thank you to Preston Automotive Group for their continued support for WSW and our mission to provide awareness, education, and support to all those affected by breast cancer on the Eastern Shore!

Save the Date

Holiday BINGO

Thursday, November 14, 2024

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

Willards Lions Club
36393 Hearn St.
Willards, MD

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

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



DONOR THANKS

Individual:

Myrtle Gladwin
Teresa Beauchamp
Jud Herman
Yasmin Davis
Herb Geary
Susan Gregory
Pete Caddigan
David Moncure
Cheryl Tinelli
Ujala Noman

Tom Jenson
Holly Townsend
Cynthia Williams
Jeanne Majidi
Aaron Bratten
Glenn Grady
Kim Thomas
Cindy Feist
Joseph Angle
Chip Sheehan

Business:

Shore Building Contractors

In Memory:

Holly Foster
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 - Friday 9:00 am - 4:00 pm

For wig and bra fittings please call for an appointment



See what WSW staff members are
reading and recommending!



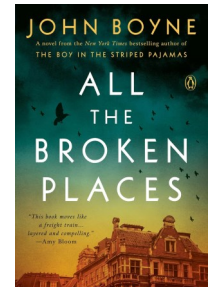
"The Fallen Fruit "

By Shawntelle Madison



"The Last of the Moon Girls"

By Barbara Davis



"All the Broken Places"

By John Boyne



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

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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: _____

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 _____