



## Stress in Uncertain Times

As if breast cancer survivors don't have enough to worry about, here comes COVID-19 (Coronavirus). Breast cancer brought many difficult decisions into your life. Now the coronavirus brings with it many changes and uncertainty along with altered daily routines, additional financial burdens and social isolation. All of us who live in Maryland have been under our Governor's Stay at Home Directive since the end of March along with many other states. Sometimes, it feels even longer and the anxiety begins.

During a normal year, many of us experience stress and anxiety. During this unprecedented time, stress, anxiety, fear, sadness and loneliness become even more heightened. Know that WSW's staff is still here for you. Not in our physical building, but in our homes just like you and are thinking about how we can help you now, creating new programs and services to put in place. Waiting for the time that we'll be able to see each other again, with or without face masks.

In the meantime, here are some self-care strategies to help you through:

1. **Take care of your body** – get enough sleep, participate in some type of regular physical activity (see page 4 for our **Virtual Walk**), eat healthy (See WSW's new grant below) and limit electronic devices especially before bed.
2. **Take care of your mind** – keep a regular routine, limit the amount of news media, stay busy (try a new hobby), focus on positive thoughts, or start a gratitude journal.
3. **Connect with others (Responsibly)** – email, text, phone or FaceTime people you are missing. Share your coping skills with them. Elderly family members and neighbors will appreciate this connection as well.

Remember, we are all in this together and we will make it through to the other side to a new normal. Until then, stay home, stay safe and be well.

*Cindy Feist, Executive Director*

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## Community Foundation of the Eastern Shore Awards WSW Meal Prep & Delivery Service Grant

To alleviate stress for a few of our survivors currently going through breast cancer treatment, WSW has received a grant from the Community Foundation of the Eastern Shore. The grant will allow WSW to provide two meals a day for three days a week to be prepared and delivered directly to the survivor's home for two weeks, so they are able to focus on Recovery. Staying home and staying safe. Families of the survivors will also receive a \$30 gift card to a local grocery store to help with other food expenses.

With support from the Community Foundation of the Eastern Shore, Women Supporting Women will be providing prepared meals to a total of 12 survivors over an eight-week period. WSW is thankful for the Community Foundation's support during this difficult time.

If you are a breast cancer survivor, currently going through breast cancer treatment and are in need of food assistance, please contact WSW at 410-548-7880 or email [Wicomico@womensupportingwomen.org](mailto:Wicomico@womensupportingwomen.org)



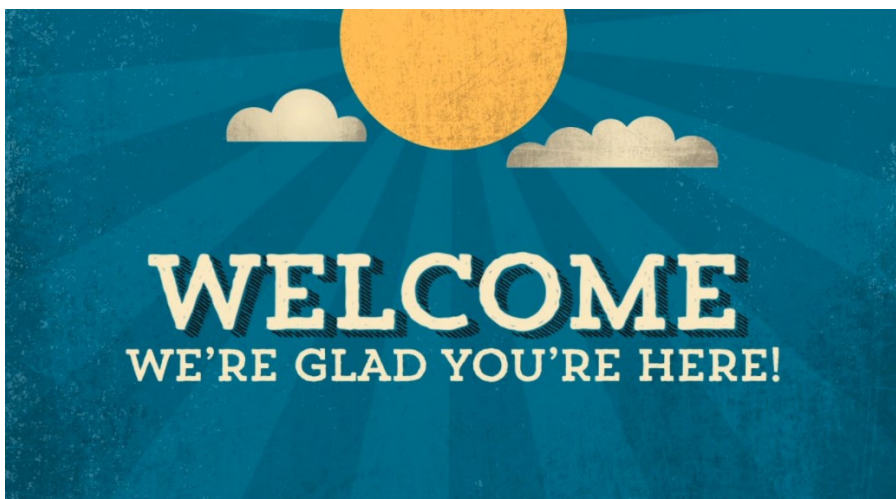
# Welcome WSW New Employees!



John Rankin has joined Women Supporting Women as the new Grant Manager, where he will develop grant applications and identify new grant sources to increase annual grant income. Rankin is a professional writer with 35 years of experience writing for businesses and magazines. He has written business publications, grant applications, proposals, reports, requests-for-proposals (RFPs), marketing materials and website content. His career accomplishments include 52 stories published in upscale magazines, and being selected twice to serve as a National Judge for an annual nationwide communications contest. His letters to the editor have been published in the Washington Post (twice) and Money magazine.

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Rachel Manning has recently joined the staff of Women Supporting Women as the PR & Marketing Director. She will be working with us on a part-time basis to promote WSW within the community and assist with fundraising efforts. Rachel comes to us with more than 10 years of sales and marketing experience and is a graduate of Salisbury University. She is excited to be part of the WSW team.





# Upcoming events:

A background image featuring a collage of various playing cards, including the 10 of Diamonds, 4 of Hearts, 9 of Hearts, 8 of Diamonds, 5 of Spades, 7 of Spades, 3 of Spades, 6 of Spades, and 10 of Clubs, scattered across the page.

WSW

## House of Cards Challenge

Have a deck of cards lying around the house?  
WSW challenges **YOU** to build a house of cards! All you need to do is build a house of cards, upload it to Facebook, Instagram, or Twitter with the hashtag #wswhouseofcards included (so we see your picture)!

But here's the catch! You must donate to [womensupportingwomen.org](http://womensupportingwomen.org) and challenge someone/others to make a house of cards!

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WSW  
Local Services • Local Support



Bras for a Cause

**Look for this event May 2021!!!**

The Art League of Ocean City  
502 94th St. Ocean City, MD 21842

Themes : "All Things Maryland" or Breast Cancer Message

**Take the 2  
Million Steps  
Challenge!**

  
*Virtual*  
**2020 Walk for  
Awareness**

**#WSW2Mil2020**

**JOIN THE MOVEMENT AS WSW  
SURVIVORS, FAMILIES, AND FRIENDS  
WALK TO REACH 2 MILLION STEPS  
IN JUNE!**

Use fitness tracker app *MapMyWalk* and post  
your progress to #WSW2Mil2020 on Facebook,  
Twitter, or Instagram by June 30th

REGISTER AT [WWW.WOMENSUPPORTINGWOMEN.ORG](http://WWW.WOMENSUPPORTINGWOMEN.ORG)

Show your support by wearing a custom WSW  
clothing item when posting your progress! Purchase  
at [www.bonfire.com/2020-wsw-walk-for-awareness](http://www.bonfire.com/2020-wsw-walk-for-awareness)

For more information contact:  
Ph: 410-548-7880  
[www.womensupportingwomen.org](http://www.womensupportingwomen.org)  
[Wicomico@womensupportingwomen.org](mailto:Wicomico@womensupportingwomen.org)



# Exercise during COVID-19

## **Here's How to Safely Exercise Outside During the Coronavirus Pandemic**

Whether you're aching to run for miles or simply want to walk around the neighborhood, getting outside is still likely to do you more good than harm, even during the COVID-19 outbreak.

- Go ahead and venture outside.
  - Yes, it's still perfectly safe to step outside and get moving in most places, provided that you're healthy and aren't part of a high-risk population.
- Keep six feet away from others.
  - Going outside isn't a free-for-all, though—the CDC warns that you should maintain at least six feet of distance between you and others
- Skip the mask.
  - Healthy exercise requires plenty of access to oxygen, and wearing a surgical mask or N95 respirator makes it much harder to breathe.



<https://www.prevention.com/fitness/fitness-tips/a31741154/can-you-exercise-outside-during-coronavirus/>

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## Nutritional Information



### **Patriotic Yogurt Bites**

Here is what you will need:

- Vanilla Greek yogurt (or really, any kind of yogurt you love!)
- Strawberries

Blueberries

The recipe is pretty simple: dice your strawberries and halve your blueberries. Place them in a silicone mold and cover with yogurt. Make sure to put the blueberries round side down. As for the strawberries, dice them in very tiny pieces.

Leave them in the freezer for about 2 hours and they are ready to eat! You can place them in a bowl sitting on ice, so they will not melt, but they won't last for long sitting outside of the fridge and freezer, so keep that in mind.

<https://loveandmarriageblog.com/healthy-4th-july-yogurt-bites/>

# **DONOR THANKS**

## **Individual**

Clark & Janyce Adams  
Dr. Carolyn Elmore  
Stephanie Digristine  
Candy Gebhart  
Judy Herman  
Jennifer Hoffman  
Kevin Hughes  
Patricia Hughes  
Susan Jackson Stein  
Cheryl Knotts  
Joanne Musser  
Pauline Schilling

## **Civic**

Willards Elementary School

## **In Kind**

Andrew Kim  
Mary Anne George  
Carmon Molnar  
Gerry Rossi

## **In Memory of:**

Chris Hughes  
Patricia Hughes  
Jennifer Oursler  
Bryan & Cheryl Marvel  
Patricia Pylpczuk  
Penny Bradford  
Thelma Lewis  
Pamela Matthes  
Janet McIntyre  
Ken Sandler  
New Hope Church  
Ginny Reister  
Penny Bradford  
Cheryl Ferguson  
Ingrid Fishman  
Gloria Lowe  
Ocean Pines Association  
Sue Revelle  
Michelle Suddleson  
Shirley Taylor

## **Business**

Hair Studio 720  
Sandals Bridal & Formal Wear  
Vanguard Marketing Corp.

# ***SPONSORS***

## **Courage**

**\$5,000 +**

**Spicer Bros. Construction Inc.  
Blue Water Development  
Corporation**

## **Hope**

**\$2,500 +**

**Apple Discount Drugs  
Kitty's Flowers  
Peninsula Imaging  
Richard A. Henson Cancer Institute  
Peninsula Regional Medical Center**

## **Pink Ribbon**

**\$1,500 +**

**Airport Self Storage  
Pepsi Bottling Ventures  
Peninsula Holistic**

## **Joke of the month:**

**Q: What is brown, hairy and wears sunglasses?**

***A: A coconut on its summer holiday!***



### Office Staff Members

**Cindy Feist**

*Executive Director*

**Cerah Edsall**

*Administrative  
Assistant*

**Rachel Manning**

*PR & Marketing*

**Jocelyn Feist**

*Mentoring Coordinator*

**John Rankin**

*Grant Manager*



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## PRMC

### What is Paget Disease of the Breast?

Paget disease of the breast is a rare type of breast cancer involving the skin of the nipple and the darker skin around the nipple called the areola. Many who are diagnosed with Paget disease of the breast will also have a tumor inside the same breast which are either ductal carcinoma in situ (DCIS) or invasive breast cancer.

Paget disease of the breast is not related to Paget disease of the bone.

Possible signs and symptoms of Paget disease include the following:

- Flakey or scaly skin around the nipple
- Crusty, oozing or hardened skin resembling eczema on the nipple and or areola
- Itching
- Redness
- Straw colored discharge or bloody nipple discharge
- A lump in the breast
- Thickening of the skin on the breast

This type of breast cancer usually occurs in only one breast and may appear as though it is healing when topical treatments are applied which often delays proper diagnosis and treatment.

Be aware of ANY changes in your breast and please reach out to your Primary Provider should you have concerns or questions about your breast health.

**Kathy Jarman Foxwell BSN, RN, CN-BN**  
Cancer Navigator



Local Services • Local Support

**WomenSupportingWomen.org**

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804

RETURN SERVICE REQUESTED



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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SALISBURY MD  
21801  
PERMIT NO 146

## Women Supporting Women 2020 Board of Directors

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Judy Herman  
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Robbie Tarpley Raffish  
Chalarra Sessoms

*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 \_\_\_\_\_