



CARE & SHARE NEWSLETTER

September/October 2022

WSW Welcomes Fall

It is that time of year again, Fall when WSW comes alive! Fall means October and breast cancer awareness month. When we hold our biggest event, Walk for Awareness (See Walk Insert). Now is also when individuals and businesses are prepping for their 3rd Party Events; schools do Pink Lacrosse, basketball and volleyball games, restaurants have pink drinks or desserts, individuals have yard sales or bake sales, all to raise funds for WSW.

WSW is in our 29th year. It's through our local community coming together during the month of October, raising funds for WSW, that we can continue our Mission: To provide awareness, education, and support to all those affected by breast cancer. During the Fall, WSW receives most of our funding from you which helps us keep our doors open throughout the year. For every dollar raised, \$.82 cents goes back into the community so we may provide all our programs and services free of cost to those in need.

Thank you for all you do for WSW!

So, mark your calendars and head out to one of the many events in support of WSW this October. Here are just a few of our supporters:

October 1st—Sun Outdoors Chesapeake Bay (Formerly Tall Pines) “Think Pink” Weekend; USSSA Saving 2nd Base; Peninsula Dressage Annual Horse Show

October 7th—The Endless Summer Car Show at OC Outlets

October 8th—Join WSW at our “Walk for Awareness”; Jellystone Park Chincoteague Island KOA, for their Jeep Jam.

October 9th—Preston Ford’s Frog’s Fairway Golf Tournament

We look forward to seeing you out and about! Until then, enjoy the beautiful weather. Take care and stay well.

Cindy Feist, Executive Director

SUMMER OFFICE HOURS:

WSW office will be closed on Fridays
Through September 9, 2022.
Open 8am -5pm Monday– Thursday.



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WSW Staff Members

[Cindy Feist](#)

Executive Director

[Jocelyn Feist](#)

Mentoring Coordinator

[Carol Camper](#)

Administrative Assistant

[Andie Hess](#)

Event Coordinator

[Cerah Cabrera](#)

Accounting

MEDICAL UPDATE

Paint your plate: a colorful way to calm inflammation



Are you curious what the deal is about inflammation? And what you can eat to cool it down? Let me make it super simple.

Inflammation can be appropriate and helpful when it's in response to an acute injury. The swelling and redness surrounding a cut on your finger are visible evidence of the body's troops rushing to heal injury and prevent infection.

But what if inflammation goes off the rails? Bacterial or viral infections, chemicals, trauma, stress, an unhealthy balance of gut bacteria, and certain foods, for example, can irritate tissues and cause the immune system to overreact. Chemicals from white blood cells are released into the bloodstream and tissues to protect your body, creating warmth and redness—and potentially causing rather than preventing health problems, including big ticket diseases such as autoimmune conditions and cancer.

A simple solution

What can you do? Add anti-inflammatory foods to your diet. There's no need to adopt rigid restrictions, nor follow a specific "anti-inflammatory diet." The solution is much easier and much more fun than that!

Just learn the foods to adopt, so you have a menu of options to play with and explore.

ebeckakatz.com/blog/paint-your-plate-a-colorful-way-to-calm-inflammation

Tricks to getting back into school routine:



- Gradually reel in bedtime
- Put an end to food grazing
- Go back-to-school clothes shopping together
- Get back to a regular bath time schedule
- Organize school essentials the night before

PRETTIER THAN PINK

Women Supporting Women is launching a new and exciting program called **PRETTIER THAN PINK**. Focusing on skincare, makeup application, wig styling and scarf placement for breast cancer survivors currently going through chemotherapy. Licensed professionals will be there to help guide you. Space is limited, available dates September 26, 2022 at 6pm, December 5, 2022 at 1pm, and April 24, 2023 at 6pm. Please call the office to reserve a space, 410-548-7880.



~MONATARY SUPPORT~

- ⌘ On our website
- ⌘ Over the Phone
- ⌘ Mail-In (Donation slip on back page)
- ⌘ In honor or In Memory of

WANT TO GIVE
TO
WSW?



Nutritional Information

SUMMER FRUIT SALSA

Combine tomatoes, mango, bell peppers, onion, strawberries, Kiwi, and nectarine in a large bowl. Add olive oil, orange juice, salt and pepper mix well. Stir in cilantro.

Cover and refrigerate for 30 minutes to 1 hour.

23 calories; protein 0.5g; carbohydrates 3.8g; fat 0.8g; sodium 10mg. [Full Nutrition](#)

Original recipe yields 20 servings

<https://www.allrecipes.com/>



Here's a great side dish for your next summer BBQ. A taste of summer in a bowl.

2 Cups Roma (plum) tomatoes, chopped

1 Cup chopped mango

3/4 Cup chopped red bell pepper

3/4 Cup chopped green bell pepper

3/4 Cup finely chopped red onion

3/4 Cup chopped strawberries

1 kiwi, peeled and chopped

1 Medium nectarine, pitted and chopped

1 Tablespoon Olive Oil

1 Tablespoon orange juice

Salt and ground pepper to taste

1/2 Cup chopped fresh cilantro

Enjoy!!

September 2022 Support Groups

Salisbury: Thursday, September 1

Time: 6:30 P.M. Location WSW office
1320 Belmont Ave Suite 402 Salisbury, MD
Facilitator: Jocelyn Feist

Crisfield: Mentor available by phone

410.726.9060
Facilitator: Monique Welch

Pocomoke: Thursday, September 8

Time: 5:30 P.M.
Location Pocomoke Community Center
1410 Market St Pocomoke MD
Facilitator: Virginia Schneider

Onancock, VA: Mentor available by phone

757.894.4389
Facilitator: Nicole Ayres

Berlin: Wednesday, September 21

Time: 1:00 P.M. Location Regional Care Center
9707 Healthway Dr. Berlin, MD
Facilitator: Jocelyn Feist

Cambridge: Tuesday, September 27

Time: 6:30 P.M. Location Christ Episocpal Church
601 Church St. Cambridge, MD
Facilitator: Bobbie Rideout
RSVP: 703.798.1946/BMRideout@aol.com

Questions, please contact the office
410-548-7880

Events Coming Up!

PRETTIER THAN PINK

WSW received a grant through The Women's Fund a component fund of Community Foundation of the Eastern Shore. This program is geared towards survivors that have recently gone through or are currently going through chemotherapy. This program will focus on skincare, makeup application, wig styling and scarf placement.

We will have licensed professionals to help guide you through each category.

Please call the WSW office at 410-548-7880 for more information and to reserve a space for the first class scheduled for September 26th at 6:00 PM.

Space is limited so reserve your space early.



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KNITTING GROUP



WSW



Knitting, Crochet,
Cross Stitch!

Monday, September 12th, 2022

Available 2nd Monday, of each Month
Time: 1:00 p.m. to 3:00 p.m.

Location: Healing Arts Center of the Eastern Shore
Address: 617 Franklin Ave, Berlin, MD 21811



HEALING ARTS CENTER
OF THE EASTERN SHORE



October 2022 Support Groups

Salisbury: Thursday October 13

Time: 6:30 P.M. Location WSW office
1320 Belmont Ave Suite 402 Salisbury, MD
Facilitator: Jocelyn Feist

Crisfield: Mentor available by phone

410.726.9060
Facilitator: Monique Welch

Pocomoke: Thursday, October 13

Time: 5:30 P.M.
Location Pocomoke Community Center
1410 Market St Pocomoke MD
Facilitator: Virginia Schneider

Onancock, VA: Mentor available by phone

757.894.4389
Facilitator: Nicole Ayres

Berlin: Wednesday, October 19

Time: 1:00 P.M. Location Regional Care Center
9707 Healthway Dr. Berlin, MD
Facilitator: Jocelyn Feist

Cambridge: Tuesday, October 25

Time: 6:30 P.M. Location Christ Episcopal Church
601 Church St. Cambridge, MD
Facilitator: Bobbie Rideout
RSVP: 703.798.1946/BMRideout@aol.com

Questions, please contact the office
410-548-7880



SAVE THE DATE

HOPE DINNER—COMEDY SHOW

Friday, November 4, 2022

Doors Open at 5:30 pm

*Women Supporting Women invites
you to a fantastic evening of
entertainment. Come out for an evening of
Laughter with Comedian
Earl David Reed*

*Location: Dove Pointe
1225 Mt Hermon Rd.
Salisbury, MD*

DONOR THANKS

In Kind:

Ann Lewis
Andrea Vernot

Civic

Eastside Memorial VFW
Post 2996

In Honor

Nancy Johnson
Thomas Shores

In Memory

Clare Meyer
Mary M. Davis
Misty Allen
Evelyn Allen

Individual:

Kevin Hughes
Brenda Shipman
Deborah Curtis
Sylvia Langeler
Carla Willey

Business:

Deely Insurance Group
TeeShack

SPONSORS

Courage

\$5,000 +
Spicer Bros

Hope

\$2,500 +
Apple Discount Drugs

Kitty's Flowers

Peninsula Imaging

Tidal Health Richard A. Henson
Cancer Institute

USSSA - East

Pink Ribbon

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

Joke of the Month:

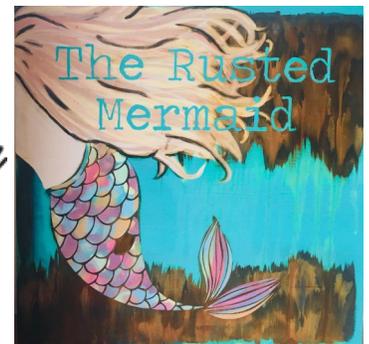
Which days are the strongest?

~Saturday and Sunday. The rest are week days~



UPCOMING EVENTS

Texas Roadhouse in Salisbury, MD is hosting a “**Dine and Donate**” to benefit WSW. Join us on Tuesday, September 13, 2022 where a portion of the proceeds will go to WSW .



Looking for a kid free night out? Join WSW at Bordeleau Winery for a night of fun. Tickets and more information coming soon.

“Paint and Sip” on Wednesday, October 19, 2022



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PAID
SALISBURY MD
21801
PERMIT NO 146

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

All donations stay 100% local - WSW is not affiliated with any national organizations.

Women Supporting Women 2022 Board of Directors

Penny Bradford, President
Billye Sarbanes, Treasurer
Cindy Feist, Executive Director
Crystal Heiser
Kimberly Purvis
Erica Ramos
Chalarra Sessoms
Tish Withers
Ashley Wilson

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 _____