



The William Donald Schaefer “Helping People Award 2021”  
Presented to Women Supporting Women

The “William Donald Schaefer Helping People Award 2021” was presented to Women Supporting Women by the Comptroller of Maryland, Peter Franchot. The award is given to individuals and organizations in each of the 23 counties and Baltimore City who best exemplify William Donald Schaefer’s lifelong commitment to helping people. Winners are selected based on their demonstration of: Improving the community, Swiftly solving a citizen problem through effective government intervention, Directly aiding the most vulnerable in society or, Creating a public/private partnership to improve the lives of Marylanders. The ceremony was held at the Community Foundation of the Eastern Shore’s conference room, Tuesday, June 14, 2022.



Pictured from left to right:

Tony Sarbanes, Billye Sarbanes (WSW Board member) , Bill McCain (Wicomico County Councilman) , Andie Hess (WSW Event Coordinator), Penny Bradford (WSW Board President), Peter Franchot (MD Comptroller), Carol Camper (WSW Administrative Assistant), Cindy Feist (WSW Executive Director), Sue Revelle (WSW Founder), Jocelyn Feist (WSW Mentor), Tish Withers (WSW Board Member), Anne Franchot, and Crystal Heiser (WSW Board Member)

Table of Contents:

Medical update.....2

New Board Member.....2

WSW Happenings.....3 & 8

Nutrition/Recipe.....4

Survivors Story.....5

Support Group.....5 & 9

Events Coming Up!.....6 & 7

WSW Summer Hours.....8

Joke.....10

Donor Thanks.....11

- WSW Staff Members**
- Cindy Feist**  
*Executive Director*
- Cerah Cabrera**  
*Accounting*
- Jocelyn Feist**  
*Mentoring Coordinator*
- Carol Camper**  
*Administrative Assistant*
- Andie Hess**  
*Event Coordinator*

# MEDICAL UPDATE

## HONEYBEE VENOM CONTAINS CHEMICAL THAT KILLS BREAST CANCER IN MINUTES

### STUDY SHOWS:



**NEDLANDS, Australia** — A groundbreaking discovery in Australia is giving new meaning to the term natural remedy. Using hundreds of honeybees, a new study reveals the venom in these insects' stingers quickly kills breast cancer cells.

Dr. Ciara Duffy says honeybee venom destroys multiple types of breast cancer, even the hard to treat triple-negative variety. Her study in the journal [\*npj Precision Oncology\*](#) finds the venom not only eradicates these cancers, it also breaks up a cancerous cell's ability to reproduce. It also contains a compound called *melittin* which researchers say helps this natural remedy [stop the disease](#) with remarkable speed.

[Honeybee venom contains chemical that kills breast cancer cells in minutes, study shows \(studyfinds.org\)](#)

---

“I always believed that one woman’s success can only help another women’s success.”— **Gloria Vanderbilt**

---

### WSW WELCOMES NEW BOARD MEMBER, ASHLEY WILSON

WSW is excited and welcomes **Ashley Wilson** to our Board. Ashley began her banking career in 2015 as an evening teller and worked her way through ranks to Assistant VP Branch Manager with The Bank of Delmarva Pecan Square location. An Eastern Shore native, Ashley is an active member of the community, has volunteered for non-profits such as, The House of Hope & Life Outreach and Harriett’s House.



## **WSW RECEIVES DONATION FROM SOROPTIMIST OF EASTERN SHORE**

The Soroptimist of the Eastern Shore made a donation to WSW at their recent awards ceremony on May 18, 2022 held at JoJo's Restaurant in Salisbury. A donation of \$1500 was presented to WSW. Jocelyn Feist accepted on behalf of WSW.

PICTURED: Jocelyn Feist, Mentoring Coordinator, WSW and Molly Hilligross of Habitat for Humanity



---

## **HAVE A SAFE AND HAPPY 4TH OF JULY FROM WSW!**

---



### **Worcester County Health fair**

May 18, 2022 WSW attended a health fair in Snow Hill, MD at Sturgis Park from 11-2pm. Our very own, Andie Hess and Carol Camper handed out information on the services WSW provides and importance of self breast exams. There were several organizations, business represented and music.

# Nutritional Information

## Thai Lettuce Wraps



Great quick light summer meal. Here's a healthy alternative for the summer months. Try this taste lunch or dinner option and let us know how you like it.

1Tbsp Olive Oil	1 Garlic Clove Minced
1 Tbsp Ginger grated	1 Tbsp Crushed Red Pepper
1 Lb Ground Turkey	3 Tbsp Lime Juice
1 Tbsp Fish Sauce	1 Shallot Thinly Sliced
1/2 Cup Cucumber Peeled; Seeded; Diced	1/2 Cup Mint Chopped
1/4 Cup Basil Chopped	1/4 Cup Peanuts Chopped
8 Boston Lettuce Leaves	Enjoy!!

HEAT OIL IN LARGE SKILLET. ADD GARLIC, GINGER, AND CRUSHED RED PEPPER. COOK UNTIL FRAGRANT, ABOUT 30 SECONDS. ADD IN GROUND TURKEY, COOK THOROUGHLY, BREAKING THE MEAT DOWN TO SMALL PIESCES. POUR IN LIME JUICE. COOK ONE MORE MINUTE AND REMOVE FROM HEAT, STIR IN SHALLOT, CUCMBER, MINT AND FISH SAUCE. SERVE IN LETTUCE LEAVE WITH PEANUTS SPRINKLE ON TOP.

**Nutrition Info:** Calories 225, Total Fat 10g, Saturated Fat 1.1g, Sodium 422mg, Potassium 195mg, Total Carbohydrate 6g, Dietary Fiber 2g, Protein 35g.

**SERVES 4**

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

# SURVIVOR'S STORY



My name is Lindsay, and I was diagnosed with stage III breast cancer at the young age of 30 during the height of the pandemic in May 2020.

I had no family history, and I discovered the bump one day when I got out of the shower, I had no symptoms, and I was too young to receive yearly screening. I immediately made an appointment with primary care physician, and they honestly didn't think it was anything serious at my first appointment.

I pushed for a mammogram, and they said immediately after I needed a "emergency biopsy". The following day, My doctor called me to confirm it was cancer.

I had chemo, double mastectomy with reconstruction and radiation. Its amazing how naïve I was about cancer and how long this journey would be, BUT I am so thankful to still be here fighting!

## SUMMER SUPPORT GROUPS

# July Support Group

### Salisbury: Thursday, July 7

Time: 6:30 P.M. Location: WSW's Office  
1320 Belmont Ave Suite 402 Salisbury MD  
Facilitator: Jocelyn Feist

### Pocomoke: Thursday, July 14

CANCELED until Further Notice

### Cambridge: available by phone

703.798.1946/BMRideout@aol.com  
Facilitator: Bobbie Rideout

### Berlin: Wednesday, July 20

Time: 1:00 p.m. Location: Regional Care Center  
9707 Healthway Drive Berlin MD  
Facilitator: Jocelyn Feist

### Crisfield: Mentor available by phone

410.726.9060  
Facilitator: Monique Welch

### Onancock, VA: Mentor available by phone

757.894.4389/kencoleayres@yahoo.com  
Facilitator: Nicole Ayres

Any questions or concerns please call  
WSW's Office at 410-548-7880

WSW Presents:

# Christmas in July

Online Auction

Preview Items July 5th

Bidding Starts July 11th

Ends July 25, 2022 11:00pm



Gifts - Trips - Family Fun.

Place bids at [WOMEN SUPPORTING WOMEN, INC. | BiddingFor: Good Fundraising Auction](#)



Thank you donors:



CLEARWATER MARINE AQUARIUM

Kings Dominion SoakCity



the shark on the harbor



BulkMore Candy - Food - Pet - Wellness



## Events Coming Up!

# 18th Annual Ride for Awareness

**Saturday,**

**July 23, 2022**



**Price: \$25 for a single rider, and \$10 for an additional passenger**

**Online Registration: <https://buff.ly/3wNlIRD>**

**Start: Women Supporting Women's Office**

**(1320 Belmont Avenue, Suite 402, Salisbury, MD)**

**End: Berlin American Legion Post #123 Boggs Disharoon**

**(10111 Old Ocean City Blvd, Berlin, MD)**

**Time: Registration starts at 10:00am – Kickstands up at 11:00am**

Guided Motorcycle Ride through back roads of Wicomico and Worcester Counties.

Food and beverages will be available for purchase.

50/50 and Gift Card Tree Raffle available.

DJ spinning the tunes!

More Info: 410-548-7880 or [www.womensupportingwomen.org](http://www.womensupportingwomen.org)



## WSW GUEST BARTEND AT BREW RIVER RESTAURANT

WSW had the pleasure of being guest bartenders at Brew River on May 11, 2022 for a third party event. The ladies of Tuna & Tiaras came out and supported WSW in a big way. We want to thank them and DJ T-Dome (Tucker Williams) & DJ Wiz (Steve Gustus) for providing the music. Thank you to everyone that came out to support.



Pictured: Ainsley Hvizda, Meredith Scott, Pam Taylor, And Krystal Hagan

---

## OAKED 110 WHISKEY & WINE BAR'S "PINK LADIES" EVENT



Oaked 110 Whiskey and Wine Bar in Snow Hill, MD held a 50's style Grease Theme Pink Ladies event on April 18, 2022. This was a 4 course dinner with a portion of the proceeds going to Women Supporting Women.

We would like to thank everyone that came out and supported this event, and a big thank you to Oaked 110 for the donation.



---

## SUMMER OFFICE HOURS:

WSW office will be closed on Fridays

Through September 9, 2022.

Open 8am -5pm Monday–Thursday.

# SUMMER SUPPORT GROUPS

## AUGUST SUPPORT GROUP

**Salisbury: Thursday, July 7**

Time: 6:30 P.M. Location WSW's Office  
1320 Belmont Ave Suite 402 Salisbury MD  
Facilitator: Jocelyn Feist

**Pocomoke: Thursday, July 14**

CANCELED until Further Notice

**Cambridge: available by phone**

703.798.1946/BMRideout@aol.com  
Facilitator: Bobbie Rideout

**Berlin: Wednesday, July 20**

Time: 1:00 p.m. Location: Regional Care Center  
9707 Healthway Drive Berlin MD  
Facilitator: Jocelyn Feist

**Crisfield: Mentor available by phone**

410.726.9060  
Facilitator: Monique Welch

**Onancock, VA: Mentor available by phone**

757.894.4389/kencoleayres@yahoo.com  
Facilitator: Nicole Ayres

Any questions or concerns please call  
WSW's Office at 410-548-7880

### Forward Focus”Therapy Program

WSW is proud to continue our mental health “Forward Focus” Therapy Program. Breast Cancer survivors having difficulty handling current life situations may take advantage of this program. WSW has partnered with Congruent Counseling Services, LLC and Dunahoo Psychological Associates, LLC. to provide up to 5 individual therapy sessions for current survivors. After the initial 5 sessions, survivors may continue with therapy if they so choose using their own insurance.

These therapy sessions will be done through telehealth. They are available for WSW breast cancer survivors who reside in the state of Maryland. If you are a breast cancer survivor, currently going through breast cancer treatment and are in need of therapy, please contact WSW at 410-548-7880 or email: [Mentor@womensupportingwomen.org](mailto:Mentor@womensupportingwomen.org)



This program is funded by a grant through the  
Rural Maryland Council



WANT TO GIVE  
TO  
WSW?



MONATARY SUPPORT

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



**Joke of the Month:**

What has more letters than the alphabet?  
~The Post Office~



1. *The Reunion*  
By Kierston Modglin  
(2021)
2. *The Paris Apartment*  
By Lucy Foley (2022)



3. *The Maid*  
By Nita Prose (2022)
4. *The Silent Patient*  
By Alex Michaelides  
(2021)

# DONOR THANKS

## In Kind:

Kenneth Boyd  
Rodney Beebe  
Donna Twilley  
Betty Ruark

## Civic

Women's Club of Ocean Pines

## In Honor

Elsie Jackson  
Dr. Carolyn J. Elmore  
Teresa Pearson

## In Memory

Clare Meyer  
Mary M. Davis  
Misty Allen  
Evelyn Allen

## Individual:

Alan Bronstein  
Kevin Hughes  
Terry Barrett  
Katherine Layton

## Business:

Wicomico High School

## **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

## **SUMMER FUN FACTS:**

- Watermelon is one of summer's best summer treats. Did you know watermelons are not a fruit, but a vegetable?
- July is national ice cream month.
- Longest day of the year is on the summer solstice, June 21st
- Ice pops were invented in 1905 by an 11 year old boy.



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 2022 Board of Directors

Penny Bradford, President  
Billye Sarbanes, Treasurer  
Cindy Feist, Executive Director  
Ginger Donovan  
Crystal Heiser  
Kimberly Purvis  
Erica Ramos  
Chalarra Sessoms  
Ashley Wilson  
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 \_\_\_\_\_