



CARE & SHARE NEWSLETTER

November/December 2022

Thank You to All Our Supporters

I know that these next two months will fly by for all of us. WSW staff, Board, and I can not let this time pass without saying a huge **THANK YOU** to everyone who has come out during 2022 in support of your local, grass-roots nonprofit.

To our Major Sponsors, Event Sponsors, Businesses and Individuals doing 3rd Party Events for us, Donors and most importantly our survivors, **THANK YOU!** Without your donations, support, and encouragement, WSW would not be able to continue to keep our doors open for all those who need our free programs and services. WSW touches not just those women age 40 and above. Over the years we have helped those diagnosed with breast cancer as early as 19 and those into their twilight years. Their families and friends, caregivers, and loved ones who need a reassuring voice or a hug have always been welcomed here at WSW. Again, **THANK YOU** for allowing us to continue to provide our services for those most in need.

From the WSW Staff, Board and Myself
Have a Happy Thanksgiving, a Verry Merry Christmas,
And a Safe & Healthy New Year!

Cindy Feist, Executive Director

WSW needs your input!

Due to rising cost in postage, WSW is looking at suspending printing of our Care & Share Newsletter. Would you like to be put on our e-newsletter?

Let us hear from you. Call the office at 410-548-7880

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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

Cancer and Complementary Health Approaches

Did you know that Complementary Health Approaches are a group of diverse medical and health care systems, practices, and products that come from outside of mainstream medicine. Examples include herbal supplements, dietary supplements, meditation, spinal manipulation, and acupuncture. Complementary approaches can be classified by their primary therapeutic input (how the therapy is taken in or delivered), which may be:

- ✦ Nutritional (e.g., special diets, dietary supplements, herbs, probiotics, and microbial-based therapies)
- ✦ Psychological (e.g., meditation, hypnosis, music therapies, relaxation therapies)
- ✦ Physical (e.g., acupuncture, massage, spinal manipulation)
- ✦ Combinations such as psychological and physical (e.g., yoga, tai chi, dance therapies, some forms of art therapy) or psychological and nutritional (e.g., mindful eating)

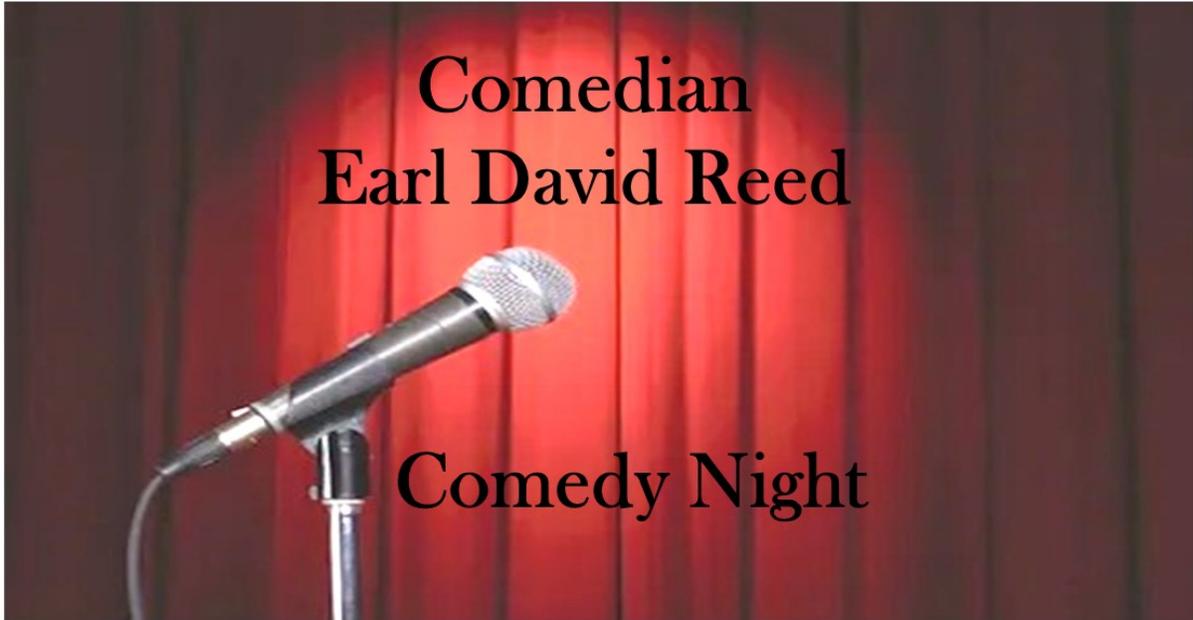
So how to incorporate complementary health into cancer care? “The Society for Integrative Oncology has issued evidence-based clinical practice guidelines for health care providers to consider when incorporating complementary health approaches in the care of people with cancer. The guidelines state that, when used in addition to conventional therapies, some of these approaches help to control symptoms and enhance patients’ well-being. The guidelines warn, however, that unproven methods shouldn’t be used in place of conventional treatment because delayed treatment of cancer reduces the likelihood of a remission or cure”.

- ✦ Some of the Complementary Health Approaches have helped people manage cancer symptoms or the side effects of treatment. But some approaches may interfere with conventional cancer treatments. So, it is always important to consult your health care providers before using any complementary health approach. Unfortunately, no complementary approach has been shown to cure cancer or cause it to go to remission. You can reduce the risk and use Complementary Health as a prevention. “Some ongoing studies related to complementary approaches and cancer funded by the National Center for Complementary and Integrative Health (NCCIH) or NCI are studying Whether panaxynol, a substance from American ginseng, can suppress colitis and thereby lower the risk of colon cancer
- ✦ The potential value of a multimodal mind and body intervention for reducing fear of cancer recurrence
- ✦ Self-administered hypnosis to manage hot flashes (which may be caused by breast cancer treatment)
- ✦ The potential value of yoga as a treatment for peripheral neuropathy, a painful side effect of some types of cancer chemotherapy

Upcoming Events



2022 Hope Dinner **PRESENTS**



Friday November 4, 2022 Doors Open at 5:30pm; Dinner at 6:00pm

Tickets: \$40 in advance / \$50 at the door

**Location: Dove Pointe
Mt. Herman Road
Salisbury, MD 21804**

Silent Auction with Trips and unique experiences.

Dinner catered by Mission BBQ

Tickets available for purchase at womensupportingwomen.org

Those attending must be 21 years old

**Sponsorship Opportunities available contact
events@womensupportingwomen.org**



Thank you to our Major Sponsors!

Upcoming Events (Continued)

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 next class scheduled for December 5th at 1 pm.

Space is limited so reserve your space early.



November 2022 Support Groups

Salisbury: Thursday, November 3

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, November 10

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

Onancock, VA: Mentor available by phone

757.894.4389
Facilitator: Nicole Ayres

Unavailable until Further Notice

Berlin: Wednesday, November 16

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

Cambridge: Mentor available by phone

703.798.1946
Facilitator: Bobbie Rideout

Questions, please contact the office
410-548-7880



Nutritional Information

Magic Mineral Broth

This is my Rosetta stone of soup, a broth that can be transformed to meet a myriad nutritional needs, serving as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what a person's appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. I think of it as a tonic, designed to keep you in tip-top shape.

Ingredients: Makes 6 quarts

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, cut into chunks
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves garlic, halved
1/2 bunch fresh flat-leaf parsley
1 (8-inch) strip of kombu*
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
8 quarts cold, filtered water
1 teaspoon sea salt



*Kombu is a mineral-rich seaweed (in the kelp family) that adds an umami or savory flavor to stocks and broths. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi. Store dried Kombu in a cool dark area in your pantry.

Preparations: Rinse all the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.

Let cool to room temperature before refrigerating or freezing.

Prep Time: 10 minutes

Cook Time: 2 to 4 hours

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.

Per Serving: Calories: 45; Total Fat: 0 g (0 g saturated, 0 g monounsaturated);

Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 140 mg

Walk for Awareness—October 8th



Walk for Awareness (Continued)



Top Team Fundraiser: Team Lovell



Best Decorated Team: Double Trouble



Top Individual Fundraiser: Donna Foxwell



Largest Team: Team Hoy

Community Support



October 7th—OC Outlets held their Endless Summer Car Show which benefitted WSW. There was music, prizes, basket raffles and a great display of all the cars.



October 19th—Check Presentation with Tuna & Tiaras, Pam Taylor, for the \$5,000 she raised during her Tuna & Tiaras fishing tournament from this past June.



Community Support (Continued)



October 9th—Jellystone Park held their 3rd Annual Jeep Jam in Chincoteague, VA. Jeeps were decorated supporting breast cancer and for Halloween.



October 10th—Preston Ford hosted their 2nd Annual Golf Tournament at Hog Neck Golf Course in Easton, MD. They raised \$45,996.31 in total from the event!

December 2022 Support Groups

All Weather Dependent

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Crisfield: Mentor available by phone

410.726.9060
Facilitator: Monique Welch

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Onancock, VA: Mentor available by phone

757.894.4389
Facilitator: Nicole Ayres

Unavailable until Further Notice

Berlin: Wednesday, December 21

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

Cambridge: Mentor available by phone

703.798.1946
Facilitator: Bobbie Rideout

Questions, please contact the office
410-548-7880



WSW



Stitch Therapy

Knit, Crochet, Cross-Stitch,
Punch Needle

enjoy an afternoon of crafting with other survivors for some relaxation and conversation

Monday, November 14th, 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

FREE
Beginners are Welcome
Including Free Lessons



HEALING ARTS CENTER
OF THE EASTERN SHORE

DONOR THANKS

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SAVE THE DATE!
wsw PRESENTS
"DELICIOUS
DECEMBER"
A SWEETS
AUCTION FOR
GIVING TUESDAY

TUESDAY, NOVEMBER 29, 2022
FOR MORE INFORMATION
CALL US AT 410-548-7880
OR EMAIL US AT
EVENTS@WOMENSUPPORTINGWOMEN.ORG

THANK YOU TO
OUR SPONSORS:





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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

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Charge my: Visa Mastercard

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