



Cindy Feist

As we say farewell to summer, let us remember all the fun we crammed in over a few months. September, for some, may be the last of summer vacations. Practices for sports teams start, schools and colleges are back in session, and for Women Supporting Women our fundraising efforts begin full tilt. Now is when our office team comes together to plan and mark our schedules for breast cancer awareness month in October.

Starting in spring, WSW staff began early to plan a fun and exciting new event, “Boom Boom 4 Boobies” Clay Shooting Event, and bringing back “Your Healthiest You” Conference. “Boom Boom 4 Boobies” is for the gun enthusiasts who are interested in a little bit of competition and fun. Sign up individually or form a team for **Saturday, September 16<sup>th</sup>**. “Your Healthiest You” Integrative Health and Wellness Conference will get you back on track, in a healthy way on **Saturday, September 30<sup>th</sup>**. Get your friends together to visit our vendors, sample some healthy food options, try out an Extreme hip hop step class or just dance to the music. Breakout sessions will be happening during this event, and you can meet our Keynote Speaker: Marcy Brenner; songwriter, recording artist and author. Guaranteed everyone will have an enjoyable time at whichever event you choose all the while raising the needed funding for Women Supporting Women’s free programs and services.

Come out for the exercise, a good time, meet new friends, all while helping our local breast cancer non-profit. Let us kick start WSW’s fundraising efforts off with a great beginning in September.

See you all soon!

(Registration Form for the 22<sup>nd</sup> Annual Walk for Awareness is included).



**Attention All Walkers! Mark Your Calendars**

Our 22nd Annual Walk for Awareness is just around the corner and there is still time to register and fundraise for your team. Go to our website [womensupportingwomen.org/events](http://womensupportingwomen.org/events) for more information on how to get started.

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WSW Staff Members

- [Cindy Feist](#)  
*Executive Director*
- [Amaris Ward](#)  
*Administrative Assistant*
- [Jocelyn Feist](#)  
*Mentoring Coordinator*
- [Andie Hess](#)  
*Event Coordinator*
- [Samar Abdelrahim](#)  
*PR Marketing Coordinator*

# Nutritional Information

## **Creamy Banana Smoothie**

The bananas and rice milk used in this recipe are staple ingredients of the bland diet. If you don't want to use rice milk, substitute another non-dairy product, such as almond or soy milk.

### **Ingredients**

- 1/3 cup canned peaches.
- 1/3 cup rice milk.
- 1/2 banana.
- 3 drops vanilla extract.
- 4 ice cubes.



### **Instructions**

Combine all ingredients in a blender. Pulse until smooth.

### **Nutritional Information**

- Calories: 130 calories
- Carbohydrates: 32g
- Fat: 1g
- Fiber: 3g
- Protein: 1g
- Saturated Fat: 0g
- Sodium: 35mg
- Sugar: 20g

[Creamy Banana Smoothie Recipe | Memorial Sloan Kettering Cancer Center \(mskcc.org\)](https://www.mskcc.org/recipes/creamy-banana-smoothie)

## **WSW September 2023 Support Groups**

**Salisbury: Thursday, September 7**  
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 14**  
Time: 5:30 P.M. Location Pocomoke Community Center  
1410 Market Street Pocomoke City, MD  
Facilitator: Jocelyn Feist

**Onancock, VA: Mentor available  
by phone**  
757.894.4389  
Facilitator: Nicole Ayres

**Berlin: Wednesday, September 20**  
Time: 1:00 P.M. Location Regional Care Center  
9707 Healthway Dr. Berlin, MD  
Facilitator: Jocelyn Feist

**Cambridge: Contact WSW Office**  
410-548-7880  
Support/Mentor available by phone

Questions, please contact the office  
410-548-7880

# Staff Update



WSW welcomes Samar Abdelrahim as our new full-time PR Marketing Coordinator! Samar is from Sudan. She graduated from Salisbury University with a bachelor's degree in Art and a minor in Graphic Design.

Samar enjoys painting, photography, spending time with family, and helping others who are in need.



*Fun 3 Facts about Samar:*

1. Has lovely twin nephews.
2. Her zodiac sign is Virgo.
3. Obsessed with fashion and Abstract art.

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## Community Support

### The Women's Fund Grant

Women Supporting Women's Mentoring Coordinator, Jocelyn Feist attended The Women's Fund of the Eastern Shore Grantee Reception that was held on June 28, 2023. WSW is honored to have received a \$4,000 check to help fund "Your Healthiest You" Integrative Health and Wellness Conference scheduled for September 30th.

The Women's Fund of the Eastern Shore provides grants each year to charitable programs. Members work together to help change the lives of local women and girls. Thank you to these women for providing assistance to WSW.



“Accepting the check Jocelyn Feist (WSW Mentoring Coordinator) with Sydney Tillman (Women’s Fund Executive)”

## Community Support—Continued

**Quilters by the Sea** had a wonderful day to demonstrate the seatbelt pillows that we hand out in our newly diagnosed tote bags for breast cancer survivors. Thank you for the amazing demonstrations. We also would like to say thanks to Quilters by the sea volunteers for providing all the kits that were needed for this workshop.



**Wheels That Heal Car Club** hosted their monthly cruise in for a cause on June 17, 2023 at the Shoppers World parking lot. Wheels That Heal Car Club has been providing their Cruise In for a Cause since 2003 for the benefit of our local charities, families in need, and non-profit organizations. WSW can't THANK YOU enough for your support to our local communities and your generous donation of \$550 to support WSW.

WSW was also surprised at the end of the Cruise In by **Penny's Loafers Relay for Life team**. They presented us with a donation of \$400 that was raised during other fundraising events and from the cruise in dessert table. We appreciate all your support that you have given throughout the years..



## Community Support—Continued



**Sun Outdoors** hosted the Debrorah Lee Foxwell Memorial Youth Fishing Tournament on June 10, 2023. They raised \$850 for WSW to help provide the much needed items for those in our community going through breast cancer. Thank you to **Sun Outdoors Chesapeake Bay**, for all your support of WSW.



Thank you to **Ocean Downs Casino** for hosting their monthly Reel Difference Charity Slot Tournament and raising \$780 for WSW. Our staff had so much fun attending this tournament and watching all the participants on the slot machines. Thank you to all those who tried their best during the tournament and to Ocean Down Casino for having WSW attend!

## 3rd Party Upcoming Events



### ***Peninsula Dressage presents:***

The **Fifteenth Annual** Dressage Schooling Show To Benefit Women  
Supporting Women

- ☐ **Saturday October 7, 2023**
- ☐ **WinAway Farm, Willards, MD**
- ☐ **All Riders & Horses Welcome: Any age/Any Breed/Any Level!**
- ☐ **Riders & Horses are Encouraged to Wear Pink; Formal Show Attire not Required!**

Sponsor the show & get your business name out to the community!

#### **Get Your Name/Business Name in:**

- ☐ Peninsula Dressage Newsletter
- ☐ Women Supporting Women Newsletter

#### **Sponsorship Levels**

- ☐ Prix St. Georges - \$25
- ☐ Intermediare - \$26 to \$100
- ☐ Grand Prix – \$100 + - includes a business card ad (monetary donations only) in Peninsula Dressage Club Newsletter!

### **Prize for individual raising the most money!**

**Bring your horse and join us in the show to ride and support this important cause!**

**For more information about donations contact: Amy Schine, [amys@geried.com](mailto:amys@geried.com)**

**410-430-8267**

**For show information contact: Jenny Mlyniec, [odeon\\_tamuro@yahoo.com](mailto:odeon_tamuro@yahoo.com)**

**(443) 880-8439**

# WSW Upcoming Events



16 years & over are welcome to join!

Saturday, September 16, 2023 Delmarva Sporting Clays, Mardela Springs

Registration check in: 8:30 A.M.

Registration Fee: \$80.00 includes 50 clays, lunch & event hat

**PLEASE NOTE:** Gun rentals and ammunition are NOT included in your registration fee. Gun rentals and ammunition can be purchased through Delmarva Sporting Clays upon arrival.

Non Shooter Lunch Fee: \$25.00 (lunch only)

Shooter groups will be 4 people per team and made one week in advance of the event. If you want to shoot with a particular group call the office at 410-548-7880 or email [events@womensupportingwomen.org](mailto:events@womensupportingwomen.org)

Online Registration: <https://www.eventbrite.com/e/wsw-boom-boom-4-boobies-registration-637504211257>



GUNSHOOTER ENTERPRISES  
Millsboro, Delaware  
(302) 663-0838  
"the biggest little gun store on the shore"





# Your Healthiest You Conference Integrative Health and Wellness

SATURDAY, SEPTEMBER 30TH 2023  
8:30 A.M. to 1:00 P.M.



OAK RIDGE BAPTIST CHURCH  
347 TILGHMAN RD - SALISBURY, MD 21804

**\$10.00 PER PERSON**

Learn about alternative health and exercising made fun with Olympia Fitness. All topics on breakout sessions are available on the Eastern Shore!

**Wear Athletic Clothing to Enjoy  
Sample Fitness Classes**

Keynote Speaker, Marcy Brenner is a polished performing songwriter, recording artist & author. Marcy will be speaking on the "Unexpected Gifts"

**REGISTER ONLINE OR CALL:  
WOMENSUPPORTINGWOMEN.ORG / 410-548-7880**

FUNDING PROVIDED THROUGH A  
GRANT FROM:



## **MEDICAL UPDATE**

### **How Could the Lymphedema Treatment Act Impact You?**

Living with lymphedema can be challenging, but thanks to the Lymphedema Treatment Act, individuals who need compression wear for lymphedema have access to numerous benefits. Let's explore the advantages of the Lymphedema Treatment Act and how it positively impacts compression wear users.

One of the major benefits of the Lymphedema Treatment Act is that it ensures insurance coverage for compression wear. With the Lymphedema Treatment Act in place, insurance companies are now required to provide coverage for these essential medical devices, making them more accessible to those who need them.

Watch as June Dunn, President of D&J Medical, explains the new rules regarding insurance coverage of lymphedema compression supplies, and how the new rules may affect you, in the video link below:

<https://youtu.be/ZrECCpH7cXU>

**Article information provided by:**

[\*How Could the Lymphedema Treatment Act Impact You? – Dunn Medical\*](#)



**WSW summer office hours will be:**

**Monday—Thursday 9:00 am—4:00 pm**

**and CLOSED Friday's until after Labor Day weekend.**

Mental Health Check

## ARE YOU TAKING CARE OF YOUR MENTAL HEALTH?



WSW's "Forward Focus" Therapy Program

Funding Provided by:  RMC  
Rural Maryland Council

The "Forward Focus" Therapy Program is still 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 additional support please contact WSW at 410-548-7880 to make an appointment or email

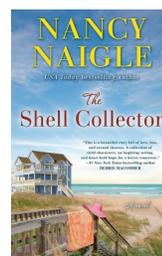
[Mentor@womensupportingwomen.org](mailto:Mentor@womensupportingwomen.org)



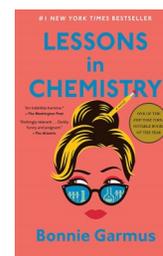
See what WSW staff members are reading and recommending!



Everything We Didn't Say  
by Nicole Baart



The Shell Collector  
by Nancy Naigle



Lessons in Chemistry  
by Bonnie Garmus

## DONOR THANKS

### In Kind:

Priscilla Basehart  
Lodie Martin  
Margie Moyer

### Individual:

Penny Bradford  
Kristi Pearson  
Ashley Wilson

### Business:

Ocean Downs Casino

### Civic:

Ladies Missionary of Faith  
Comm. Church

### In Honor:

Penny Bradford  
Carolyn Elmore  
Sonia Crandell  
Carolyn Elmore  
Lori Owens  
Pat Robinson  
Dawn Thompson  
Dennis Todd

### Memory of Jeffrey "Scott" Turner:

Deborah & Rodney Abbott  
Orlando & Charlotte Angeli  
Deborah & John Breda  
Anthony & Donna Gilkerson  
Dennis & Susan Hebert  
Bev & Bud Horner  
Carolyn Lane  
Gloria Lau  
Shirley Mewshaw  
Paula & Jim Morris  
Bert Owens  
Richard & Joan Pusey  
Connie Raynor  
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Rick & Amy Wootten  
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J & C Hickman Family Fund

## **SPONSORS**

### **Journey**

\$10,000+

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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

USSSA - East

### **Pink Ribbon**

\$1,500 +

Airport Self Storage

Pepsi Bottling Ventures

## Joke of the Month

What do you call a bear with no teeth?

A gummy bear.





Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402  
Salisbury, MD 21804

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21801  
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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  
2023 Board of  
Directors**

- Penny Bradford, President
- Donna Altvater, Treasurer
- Billye Sarbanes, Historian
- Cindy Feist, Executive Director
- Colleen Brewington
- Judy Herman
- Crystal Heiser
- Rachel Manning
- Kimberly Purvis
- Chalarra Sessoms
- Lisa Twilley
- Ashley Wilson

*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: \_\_\_\_\_

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