



# CARE & SHARE E-NEWSLETTER

## November 2023



Penny Bradford, WSW Board President receives Proclamation from Wicomico County Council Member, Eugenie (Shanie) Shields

As many of us know, October is Breast Cancer Awareness Month, which is widely recognized across the United States. In October, the Wicomico County Council and the Acting County Executive honored Women Supporting Women with a Proclamation declaring October as National Breast Cancer Awareness Month in Wicomico County and encouraging all women to learn about the risks of breast cancer, to talk with healthcare providers about breast cancer screenings, and to be screened with clinical breast examinations and mammograms. WSW is deeply thankful and grateful for this proclamation, as it endorses everything our organization stands for.

If members of the community or businesses are looking to continue the recent support WSW has been receiving, consider Giving Tuesday, on November 28th. Giving Tuesday is a global day dedicated to supporting and raising awareness for nonprofit organizations across Wicomico, Somerset, and Worcester County, provided by the Community Foundation of the Eastern Shore. Throughout the day of November 28th, donors can participate in the online giving event by donating to WSW and fundraising for WSW. The money received from our supporters on Giving Tuesday will provide “Piglet Pillows”, chemotherapy “Poufs”, cleaning of lift chairs, tote bags for those who are newly diagnosed, and chemotherapy head scarves for our survivors on their journey with breast cancer. Early donations begin on November 20th, so mark your calendars! To learn more about Giving Tuesday and how you can support WSW, check out [shoregivesmore.org](http://shoregivesmore.org) and search for “Women Supporting Women” in the “Find Your Cause” search bar.

### **WSW Newsletter Announcement:**

Due to cost, all WSW 2024 Newsletters will be converted to online format only. WSW will be sending out “Save The Date” and “Upcoming WSW Events” Postcards instead of physical newsletters. We apologize for any inconveniences this change causes. To read the online version of our newsletters, go to our website, hover over the “About Us” tab, and click on the “News and Blog” option.

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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*
  - [Raven Cook](#)  
*Intern*

## Nutritional Information

### **Oven-Roasted Brussel Sprouts**

These brussels sprouts are an easy and delicious side to make with your Thanksgiving Dinner! This side is mild, and great for those on a bland diet.

#### **Ingredients:**

1 lb. brussels sprouts                      1/2 tsp black pepper  
2 tbsp olive oil                              2/3 tsp salt

#### **Instructions:**

1. Preheat oven to 350 degrees and place rimmed baking sheet in oven.
2. Cut stems off brussels sprouts and remove loose leaves.
3. Slice brussels sprouts in half (length wise) and place in bowl.
4. Add oil, salt, and pepper to bowl. Toss brussels sprouts.
5. Remove baking sheet from oven and pour brussels sprouts onto baking sheet.
6. Place in oven for 45 minutes until sprouts are soft and begin to brown.



#### **Nutritional Information:**

Calories: 115 calories

Carbohydrates: 8g

Potassium: 4mg

Fat: 7g

Fiber: 4g

Protein: 3g

Saturated Fat: 1g

Sodium: 418mg

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## November Support Groups

**WSW**  
**November 2023 Support Groups**

**Salisbury: CANCELLED**  
Unfortunately, Salisbury Support Group for November 2 is cancelled due to our Holiday Bingo event. See you next month!

**Crisfield: Mentor available by phone**  
410-726-9060  
Facilitator: Monique Welch

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

**Onancock, VA: Mentor available by phone**  
757-894-4389  
Facilitator: Nicole Ayres

**Berlin: Wednesday, November 15**  
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

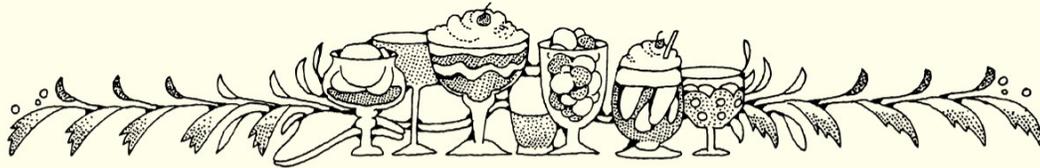
Questions, please contact the office  
410-548-7880

## WSW Upcoming Events

# WSW 3rd Annual Delicious Desserts

*Calling all local restaurants & bakeries!*

Want a way to give back to your community and help to raise money for our organization? All donated sweets will be auctioned off to a highest bidder. Your business will be promoted on all of WSW social media pages during the Shore Gives More campaign. Each business that donates will be featured for a special hour during the auction day.



### *Dessert Auction for Giving Tuesday*

Tuesday, November 28, 2023  
Bidding 12:00 a.m. to 11:00 p.m.



# Community Support:

## “Your Healthiest You” Integrative Health and Wellness Conference



Our guest speaker, Marcy Brenner, performed at the Conference alongside her husband, Lou Castro. Marcy shared the story of her diagnosis, the paths she took to overcome and live with it, and sang inspiring songs about the journey she has had. WSW deeply thanks Marcy for performing at our conference and allowing us all to be uplifted by her radiant positivity and perseverance.

There were a total of six speakers to lead our breakout sections at the conference. Pictured here is Jessica Hagy (left) leading her session, “Reconnect with Yourself through Rest”, and *Olympia Fitness* instructor, Chris Washington (right) leading his session, “Xtreme Hip Hop Step”. All of the breakouts were both engaging and fun, and WSW thanks all of the instructors for attending!



We had a slew of amazing vendors who attended the conference as well. Vendors at the “Your Healthiest You” Conference were focused on holistic and alternative health approaches for attendees, and offered a variety of methods to consider. Pictured here is Angela Denise with her table, “Blended By Her” (left) and Michaela Eggers with her table, “Little Green Witch Apothecary” (right).



## Community Support—Continued

### Ocean City Outlets Endless Summer Car Show



WSW had a blast at the Ocean City Outlets Endless Summer Car Show! We enjoyed all the beautiful cars, the gorgeous weather, and all of the amazing car enthusiasts.

# THANK YOU, ATTENDEES

We deeply thank all of the attendees and the OC Outlets for hosting the event. Throughout the day, over \$2,000 was raised. This funding will help WSW provide diagnosed survivors with free programs and services to help them through their journey.

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### Peninsula Dressage



Peninsula Dressage held their 15th Annual Dressage Schooling Show to benefit Women Supporting Women. The turn out was great and there were many riders with their horses there to participate in the event. We enjoyed seeing the beautiful horses along with all of their decorations and accessories!

Thank you to Peninsula Dressage and all of the supportive attendees!

# Save The Date!



A colorful poster for a bingo event. The word "BINGO" is written in large, bold, black letters, each letter inside a white circle. The circles are arranged in a grid. The background is a green and white striped sunburst pattern. At the top center, there is a logo for "WSW" (Women Supporting Women) with the text "WOMEN SUPPORTING WOMEN" below it. Below the word "BINGO", the text "IS BACK!" is written in a white oval. The event details are listed in a pink box at the bottom: "March, 2024", "Willards Lions Club", "36393 Hearn Street", "Willards, MD". There are two circular callouts: "\$35 in Advance" on the left and "\$40 at the door" on the right. Below the event details, it says "Watch for updates on our social media pages and our website!" with icons for Instagram and Facebook. At the bottom, the website "www.womensupportingwomen.org" and the phone number "or call 410.548.7880" are listed.

**BINGO**

**IS BACK!**

**March, 2024**

Willards Lions Club  
36393 Hearn Street  
Willards, MD

\$35 in Advance

\$40 at the door

Watch for updates on our social media pages  
and our website!

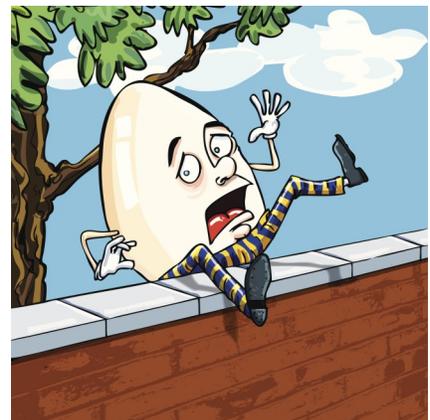
 

[www.womensupportingwomen.org](http://www.womensupportingwomen.org)  
or call 410.548.7880

## Joke of the Month

Why does Humpty Dumpty love autumn?

Because he had a great Fall.



# DONOR THANKS



**Civic:**

The Wawa Foundation  
Delmar Elementary

**Individual:**

Terry Brittingham  
Lucille Henry  
Annette Austin  
Shirley Messick  
Jane Roach

**In Memory:**

Pamela Banks  
Lori Knox  
Scott Turner  
Patricia Farrell  
C.S. Chapter

**Business:**

Delmarva Shorebirds  
Folger Nolan Douglas-  
Pershing

***SPONSORS***

**Journey**

**\$10,000+**  
Preston Automotive  
Group

**Courage**

**\$5,000 +**  
Spicer Bros  
Chesapeake Utilities

**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



**WSW Office Hours:**

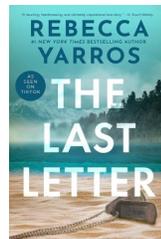
Monday - Friday  
9:00 am - 4:00 pm

**WSW Office CLOSED on:**

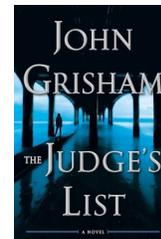
November 3rd, 23rd, and 24th  
We apologize for the inconvenience!



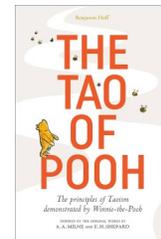
See what WSW staff members  
are reading and recommending!



"The Last Letter"  
By Rebecca Yarros



"The Judge's" List  
By John Grisham



"The Tao of Pooh"  
By Benjamin Hoff



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  
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
- Beverly Meadows
- Cathy Nickels
- 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: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_