



# CARE & SHARE NEWSLETTER

## December 2023



**Cindy Feist**  
Executive Director

What is the true meaning of your holiday in December, which could be Hanukkah, Christmas, or Kwanzaa? Everyone has an answer to this in some way, shape or form. Is it the card you get in the mail with the lovely quote, or the perfectly wrapped gift placed exactly right under the Christmas tree? For many religions, it is the birth of Jesus. We celebrate during the holiday with images of him lying in a manger in a stable, a symbol of hope. I see this sign of hope every day at Women Supporting Women.

The hope I see comes from an individual who stops in at the WSW office and hands us a five-dollar bill to help women in need or the businesses in our community that we reach out to during our events asking for donations. Then, there are the many sponsors, board members, staff, and volunteers who have given their time and talents over the past years to help Women Supporting Women continue our mission.

Without all of you, Women Supporting Women would not be where we are today in our 30<sup>th</sup> year! In this month of hope, celebrating and counting our blessings, I am honored and truly blessed to be a part of this organization providing the much-needed services and support to our local women who are on their breast cancer journey.

During this holiday season, may all of you find the hope you need, celebrate with the ones you love and as the New Year rings in, look forward to a bright, safe, and healthy 2024.

From All of Us at Women Supporting Women

**Happy Holidays and a Very Happy New Year!**

### **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

## Mashed Parsnips and Potatoes

This is a twist on a traditional parsnip puree recipe that adds potato to round out the flavor and makes for a perfect side for Christmas dinner.

### Ingredients:

2 lb. Yukon gold potatoes	1 cup Heavy cream
2 lb. Parsnips	1/2 stick Butter
Salt and Black Pepper	2 tbs. chopped chives



### Instructions:

1. Peel and cut the potatoes and parsnips.
2. Put them into a large pot, cover them with cold water, and add a large pinch of salt.
3. Bring to a boil and simmer until the vegetables are fork tender, about 25 to 30 minutes.
4. Drain when done and mash.
5. Meanwhile, in a small pot gently heat the cream and butter over low heat.
6. Add the warm cream a little at a time and beat with a wooden spoon until the potatoes are fluffy.
7. Season with salt and pepper and gently stir in the chives.

### Nutritional Information:

**Calories:** 331 calories  
**Carbohydrates:** 65g  
**Potassium:** 1.5g  
**Fat:** 7g  
**Fiber:** 10g  
**Protein:** 7g  
**Saturated Fat:** 1g  
**Sodium:** 418mg

## December Support Groups

**WSW**  
**December 2023 Support Groups**

**Salisbury: Thursday, December 7**  
Time: 6:30 P.M. Location: WSW Office  
1320 Belmont Ave. Suite 402, Salisbury MD  
Facilitator: Jocelyn Feist

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

**Berlin: CANCELLED**  
Unfortunately, Berlin Support Group for December 20 is cancelled due to Christmas

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

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

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

Questions, please contact the office  
410-548-7880

**WSW Office CLOSED:**

**December 22nd - January 1st**

Office will reopen January 2nd, 2024

We apologize for the inconvenience!

**WSW Office Hours:**

Monday - Friday

9:00 am - 4:00 pm

HAPPY  
**Holidays!**



**WSW Upcoming Events**

**WSW 3rd Annual  
Delicious Desserts**

**A SWEETS AUCTION  
FOR  
GIVING TUESDAY**

Tuesday, November 28, 2023

For more information  
call us at 410-548-7880

Or email us at

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



THANK YOU TO  
OUR SPONSORS:



Community  
Foundation  
OF THE EASTERN SHORE



# WSW Upcoming Events - Continued



Giving Tuesday brings charities, families, businesses, and people from around the shore together for one common purpose: to celebrate generosity. Giving Tuesday is an online giving event that provides nonprofits the opportunity to inspire the community.

Visit the one-stop donation shop online and give to your favorite area nonprofits in one convenient place, all while keeping your charitable donations local!



Local Services • Local Support

### SAVE THE DATE!

Nov. 28th for 24 hours starting at midnight

### DONATE!

Get online and make a donation on Nov. 28th!

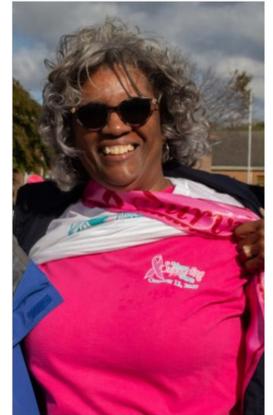
### GET SOCIAL!

Show the world the Shore Gives More on social media!

**TUESDAY NOV. 28 | SHOREGIVESMORE.ORG**



# Community Support: Walk for Awareness



Top Individual Fundraiser Winner  
-Molly Thomas

Oldest T-Shirt Winner



Largest Team & Best Designed T-Shirt Winner - Team Hoy



Top Team Fundraiser Winner  
- O's Fans for a Cure

# Community Support - Continued

## Holiday Themed Bingo



## Community Support - Continued

Once again this year, **Peninsula Imaging** came out in support of WSW as a Hope Sponsor in the amount of \$2,500. Dr. Alexander Zito, MD took time out to present their annual sponsorship check to Executive Director, Cindy Feist. Thank you to Peninsula Imaging for recognizing the hard work WSW does for those in our community who are diagnosed with breast cancer.



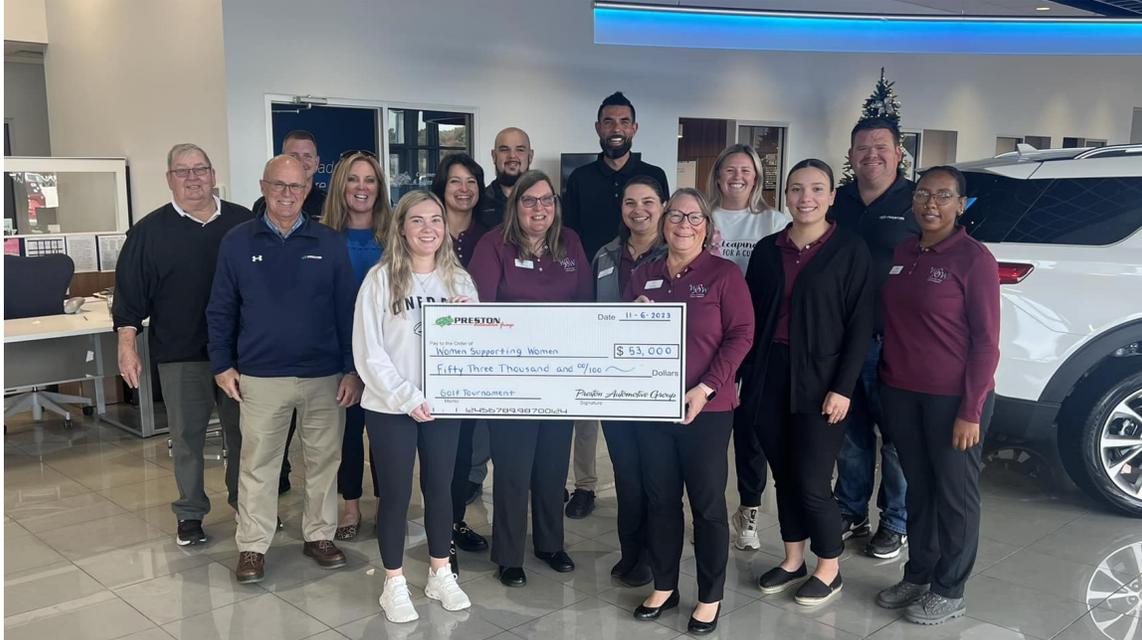
**Pure Family Fitness** hosted a Zumbathon on October 9th, 2024. They raised \$3,000 for WSW to help provide the much needed items and support for those in our community going through breast cancer. Thank you to Pure Family Fitness, for all your support of WSW.

Pictured: Joyce Landsman, Jocelyn Feist, Charlene, Nick

Jill Stone has been raising funds for WSW for several years now with her "Pink for a Purpose" event. This year, the funds raised during the event were divided between TidalHealth - Peninsula Regional and WSW. The total raised from Jill's "Pink for a Purpose" 3rd Party event was \$2,000. Thank you to everyone for donating!



# Community Support - Continued



On October 22nd, 2023, the Preston Automotive Group held it's "Frog's Fairway Golf Tournament". This event was held to support and fundraise for Breast Cancer Awareness; they were able to raise a stupendous \$71,000 in donations.

The proceeds from the "Frog's Fairway Golf Tournament" was donated to WSW, Making Strides, and Real Men Wear Pink Campaign, with WSW receiving \$53,000 of the donations. WSW wants to deeply thank Preston Automotive Group for raising these funds for women all across the Delmarva Peninsula.



On October 29th, 2023 WSW attended Hero's Sunday at Oak Ridge Baptist Church. Members of the church took time to meet with local non-profits to gain knowledge about the company and sign up to be a volunteer if interested. WSW would like to thank Oak Ridge Baptist Church and all those who volunteered to help.

Furthermore, during the month of October Oak Ridge Baptist Church collected donations for WSW. Throughout the month tons of donations were given like printing paper, envelopes, tissues, hand sanitizer, chap stick, and folders. This allows us to continue supporting those in our community who are diagnosed with breast cancer. We greatly appreciate everyone who donated items.

# Thank-You to Our Sponsors!

2023 Sponsor/Donor list for the Peninsula Dressage Club Show held on October 7, 2023



## **GRAND PRIX SPONSORS**



**Allison Turner**  
**American Legion Post 64**  
**Annmari Ingersoll**  
**A.S.A.P.**  
**Atlantic Hotel, Ocean City**  
**Buffalo Wild Wings**  
**Danielle Harrington**  
**Darryl Insley**  
**Deborah & Chris Eskra**  
**Donna & Les Holden**  
**Dorli Burke**  
**Fancy Fingers Nail Salon**  
**Farmer's & Planters Too**  
**Jackie Kinney**  
**Katherine DeMarco**  
**Peninsula Dressage**  
**Peninsula Orthopedics**  
**Racetrack Auto**  
**Rachel Reed**  
**Richard & Rachel Parolski**  
**Scott Ryan**  
**Squid Nation**  
**Susan Purnell**  
**Terry Barrett**  
**The Baypoint Team**  
**Tony Adrignolo**  
**Ulla Parker**



## **INTERMEDIARE SPONSORS**



**Amie Blackwell**  
**Dawn Beach**  
**Diane Hood**  
**Donna Blackwell**  
**David Horne & Jodi Rini**  
**Kathy Fox**  
**Jodi Cone**  
**Marie Shea**  
**Pam Rice**  
**Patricia & Paul Dembeck**



## **PRIX ST. GEORGES SPONSORS**



**Delaney Linton**  
**Dina Sirabella**  
**Guiliana Pinder**  
**Laura Marie Kramer**  
**Stephen Feliciano**  
**Teresa Gordy**  
**WinAway Farm**

# 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 white on a black banner. 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 address, 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 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

If a reindeer lost its tail, where  
could he get a new one?



A Retail Store!

# DONOR THANKS



## Civic:

First Baptist Church  
 Ocean City Elementary School  
 Somerset Intermediate School  
 Ocean City Elks  
 Pittsville Elementary/Middle school  
 American Legion Springhill Unit 237  
 Mt. Enoch Holy Church  
 SU Medical Career Society  
 Chipman Elementary School  
 Lil' Red Hen Nursery School

## Business:

Shore Distributors  
 Pure Fitness  
 Peninsula Imaging  
 Paul Davis Restoration

## In Memory:

Sally Yates  
 Karen Sallac  
Lillian Taylor  
 Etta Johnson  
Jinx Banks  
 Wendy Harrison  
Helen Lutz  
 Sandra Becker

## Individual:

Precious Selby  
 Addie Purnell  
 Pamela Stansell  
 Charlene Travers  
 Jill Stone  
 Tammy Bollinger  
 Hilda Foskey  
 Deangelo Johnson  
 Dorothy Camper  
 Gladys Wilson  
 Krista Eisemann  
 Edward Wilgus  
 Irmin Kamm  
 Dorothy Baker  
 Marilyn Fanning  
 Christine Smith Cannon  
 Cynthia Hudson  
 Melissa Lentz  
 Cynthia Hudson-Bodden  
 Vanessa Townsend  
 Kevin Hughes  
 Dera Harris  
 Jennifer Wheelless

## In Kind:

Angela Whitmore

## **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



See what WSW staff members are reading and recommending!



"Holly"

By Stephen King



"Hello Beautiful"

By Ann Napolitano



"Midnight at the Christmas Bookshop"

By Jenny Colgan



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
- Crystal Heiser
- Rachel Manning
- Beverly Meadows
- Cathy Nickels
- Kimberly Purvis
- Lisa Twilley

*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 \_\_\_\_\_