



Jocelyn Feist
Executive Director

WSW’s Staff is filled with Excitement for Spring!

Women Supporting Women is extremely excited for SPRING 2025! We always look forward to our Annual Pink Ribbon Bingo and can’t wait to see all of our Bingo-goers again on Thursday, March 20th.

We are also thrilled to announce a BRAND-NEW event! WSW’s first-ever Quick Finisher 0.0 Mile Un-Run. Something new and eye catching to bring to the shore. See the flyer on page five for location information and event details. It’s a little different than your normal marathon type of race.

We look forward to seeing you, as we all venture out of the cold months.

-Jocelyn Feist, Executive Director & Mentor

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WSW Staff Members

[Jocelyn Feist](#)
Executive Director

[Andie Hess](#)
Event Coordinator

[Raven Cook](#)
PR & Marketing Coordinator

[Justine DePalma](#)
Administrative Assistant



Nutritional Information

Greek Yogurt Bowl with Winter Citrus

Give yourself a dose of sunshine and vitamin C with this easy and delicious recipe! Perfect for those cold and dreary mornings, this breakfast or snack will be sure to brighten your day!

Ingredients:

- 1 clementine
- 1 orange
- 1 blood orange
- 2 carrots, finely chopped
- 1 cup of Greek yogurt
- 2 tbsps. of toasted pecans, chopped
- 2 tsps. of honey (optional)



<https://insearchofyummysness.com/greek-yogurt-bowl-winter-citrus/#recipe>

Directions:

1. Peel and segment your citrus fruits. Remove as much of the white membranes on the segments as possible.
2. Portion yogurt into two bowls, and top with citrus segments.
3. Add one tbsp. of toasted nuts and 1 tsp. of honey to each bowl. Serve immediately. Enjoy!

Tips:

- If you're packing your yogurt bowl and won't be eating it immediately, save the toasted nuts until you're ready to eat and then add them on top.
- Almonds or pistachios can be substituted for pecans. Feel free to use toasted coconut flakes, granola, or pomegranate seeds instead of nuts as well.
- 3 types of citrus is unnecessary if you don't have it on hand. Feel free to use as much or as little different types of citrus, just be sure to avoid lemons and limes!
- Maple syrup can be used opposed to honey.

Nutrition Facts:

Calories: 201

Carbohydrates: 24g

Protein: 12g

Fat: 8g

Saturated Fat: 1g

Cholesterol: 5mg

Sodium: 37mg

Fiber: 3g

Sugar: 20g Vitamin C: 57mg

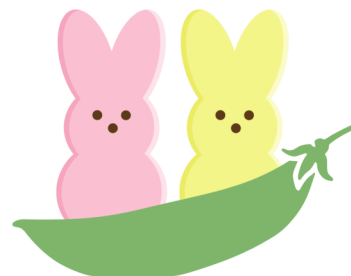
Potassium: 381g

Calcium: 157mg

Joke of the Month

What do you call two best friends
on Easter?

Two Peeps in a pod



WSW Support Groups

WSW

April 2025 Support Groups

Salisbury: Thursday, April 3rd

Time: 6:30 P.M. Location: WSW Office
1320 Belmont Ave, STE 402
Salisbury, MD 21804

Guest Speaker: Kaitlin Barry

Facilitator: Jocelyn Feist

Easton: Thursday, April 10th

Time: 6:00 P.M. Location: Lotus Oncology
Hematology
401 Purdy St STE 102 Easton, MD 21601
Facilitator: Staci Jelley

Pocomoke: Tuesday, April 8th

Time: 5:30 P.M. Location: Bayside
Community Church Meeting Center
206 5th St, Pocomoke, MD 21851
Facilitator: Cathy Kerns

Berlin: Wednesday, April 16th

Time: 1:00 P.M. Location: Regional Care
Center
9707 Healthway Dr, Berlin, MD 21811
Facilitator: Cathy Kerns

Crisfield: Mentor Available by Phone

410.726.9060
Facilitator: Monique Welch

Cambridge & Onancock-Eastern Shore of VA, Contact the WSW Office

Support/Mentor available by phone
410-548-7880
Facilitator: Jocelyn Feist

Questions, please contact the WSW Office at 410-548-7880

WSW Stitch Therapy

crochet, knit, cross-stitch, punch needle

FREE!
Beginners
Welcome!

April Meeting Dates:

Salisbury Stitch Therapy

Wednesday, April 2nd
1:00 p.m. to 2:30 p.m.

WSW Office
1320 Belmont Ave, Suite 402
Salisbury, MD 21804
Facilitator: Donna Altwater

Berlin Stitch Therapy

Friday, April 11th
1:00 p.m. to 3:00 p.m.

**TidalHealth Richard A. Henson
Cancer Institute Ocean Pines**
11105 Cathage Rd
Berlin, MD 21811
Facilitator: Julie Krenzer

**For any questions or concerns regarding either of the Stitch Therapy groups, please call the
WSW Office at 410-548-7880**

Upcoming Events

QUICK FINISHER

UN-RUN

0.0 Miles



Saturday, April 26, 2025

The Lazy Bum's Marathon

No Sweating Required!

**\$40 in Advance
\$50 Day of**

Brew River
502 W Main St
Salisbury, MD 21801

**Check In Opens
at 10 a.m.**

**Appetizer Buffet, Race Bib, and Marathon Sticker
Included with Registration. Signature Drink, Live Music,
and Raffles also Available. To Register, Scan the
QR Code!**



Upcoming Events



Staff Update

Welcome to the WSW Staff, Justine DePalma

WSW is thrilled to announce the newest member of their staff, Justine DePalma! Justine will serve as the full-time Administrative Assistant in the WSW Office.

Justine has served non-for profit for the majority of her career. Originally from Brooklyn, NY, she worked largely for notable New York-based organizations such as The Metropolitan Museum of Art, The New York Botanical Garden, and The Big Apple Circus. Most recently, Justine worked as the Design & Marketing Manager at The Durham Museum in Omaha, Nebraska.

New to Delaware, Justine is an avid explorer and foodie, who's always looking for new restaurant and travel recommendations. Justine lives with her husband, Anthony, and her rescue dog, Cocoa. She is a big fan of actor, Pedro Pascal, loves interior design, gardening, cooking, and all things creative.

When asked what drew Justine to WSW, she said, "I loved the mission of WSW and feel strongly about supporting women's needs" and she continued by stating, "I'm hoping to bring a positive experience to all the people and families I interact with at WSW". The staff and Board of Directors are pleased to have Justine at the organization, and are excited to see what she brings to the Eastern Shore.



Three Fun Facts About Justine:

1. Was once on the season finale of *The Apprentice*
2. Has been married for over 23 years
3. New to the area & looking forward to camping on the beach



Community Support

MCE Women's Business Center 10th Annual Women's Conference

On March 14th, all WSW Staff attended the 10th Annual Women's Business Conference held at the Wicomico Youth & Civic Center. Administrative Assistant, Justine DePalma, and Event Coordinator, Andie Hess, attended the morning shift of the conference, where they heard Sandy Fitzgerald Angelo of Pohanka Automotive Group and Lyndsae Peele speak. In the afternoon, PR & Marketing Coordinator, Raven Cook, and Executive Director, Jocelyn Feist, manned the WSW table, where they let attendees know of the organization's services, mission, and upcoming events. They were able to hear Amy Thompson of the Greater Ocean City Chamber of Commerce give a presentation. WSW greatly looks forward to attending the 11th Annual Women's Conference next year!



From left to right: Justine DePalma (WSW Administrative Assistant) & Andie Hess (WSW Event Coordinator)

TidalHealth's Health Fest

On Saturday, March 15th, WSW's Executive Director, Jocelyn Feist, attended TidalHealth's Health Fest! The festival was held at the fire department located on Cypress St. in Salisbury. At the health fair, there were free labs and testing set up for attendees, as well as a decent amount of local vendors. There, Jocelyn handed out shower cards and stressed the importance of scheduling and completing mammograms.



Jocelyn Feist (WSW Executive Director & Mentor)

Medical Update

Dr. Sheen on Racial Disparities in Physiology, Genetic Testing in Breast Cancer

A study presented at the 2024 San Antonio Breast Cancer Symposium explored racial disparities in breast composition and the use of genetic counseling and testing among White and African American women with breast cancer. While both groups had similar rates of extremely dense breast tissue, White women were more likely to have heterogeneously dense or fatty breast tissue.

The most notable disparity was in the use of genetic services. White women were more likely to attend genetic counseling and testing appointments, while African American women had lower attendance rates. However, over half of the African American women who did undergo testing were found to have genetic mutations, highlighting the racial disparity gap in health care and emphasizing the need for improved access to genetic services.

Dr. Melanie A. Sheen, a hematologist and oncologist at Ochsner MD Anderson Cancer Center, highlighted the importance of addressing systemic barriers to care and increasing awareness to improve genetic risk assessment and early intervention for African American patients.

This information is provided by onclive.com



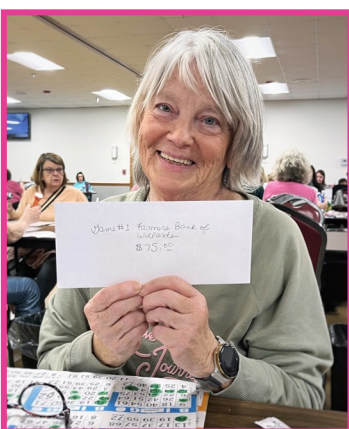
WSW's 23rd Annual Pink Ribbon Bingo



Cheryl Revel, Basket #18 *Bee Springy*



Greg Melvin, Basket #21 *Welcome Home*



Anita Wilder, Game #1
Can You Spare a Dollar?



Brandy Gidnas, Basket #4
Happiness is Only a Cupcake Away!



Elizabeth Rutka,
Basket #3 *Gone to
the Dogs*



Linda Justis, Basket #9 *Try Out a New Hobby*



Thank you to all of the attendees, Board Members, sponsors, volunteers, and WSW Staff for supporting this event and WSW! Stay tuned for WSW's Quick Finisher Un-Run on April 26th (more information on page 4), the Walk for Awareness in October, and our Holiday Bingo coming in November!

Survivor Story

A Story Inked in Hope:

Abigail's Journey Through DCIS

Abigail's awareness of her heightened breast cancer risk began early due to her family's history of breast and ovarian cancer. At 24, she requested BRCA gene testing, which came back negative, but she remained proactive by performing regular breast self-exams and staying up to date with her mammograms. Her persistence led to an important discovery at age 31, when she felt a small lump in her right breast during a self-exam. While the lump was a harmless cyst, further testing revealed calcifications in her left breast, resulting in a diagnosis of ductal carcinoma in situ (DCIS), an early form of breast cancer.

To treat her cancer, Abigail chose to undergo a double mastectomy with reconstruction. Although the physical journey was challenging, Abigail also struggled emotionally as she adjusted to her new body. She found comfort and encouragement through a National Breast Cancer Foundation support group, where she connected with other young survivors who understood her experience.

Later, genetic testing revealed that Abigail carries a PALB2 mutation, which increases her risk for developing breast, ovarian, and pancreatic cancers. As a result, she continues to undergo regular monitoring to stay cancer-free. Though her treatment is complete, Abigail acknowledges that survivorship comes with its own challenges, including ongoing doctor's appointments and the emotional toll of maintaining her health.

Today, Abigail draws strength from her journey and is proud of how far she's come. Through her story, she reminds others of the importance of self-advocacy, regular screenings, and finding a supportive community.

This information is provided by [nationalbreastcancer.org](https://www.nationalbreastcancer.org)



WSW Office Hours:

Monday - Friday: 9:00 am - 4:00 pm
Saturday - Sunday: Closed



Please Note: The WSW Office will be **CLOSED Friday, April 18th** to observe Good Friday. The office will resume normal business hours on Monday, April 21st. We apologize for the inconvenience and hope everyone has a "hoppy" Easter!

DONOR THANKS

Individual:

Martha Hill
Susan DuPont
Priscilla Anderson
John & Anna Rubino
Kevin Hughes
James & Wanda Harmon
Donald Harmon
John & Linda Valenzo
Sharon Hilty
Carol Barnes
Barbara Werle
Wayne Phillips
Joseph Magoon
Karen Endley

Business:

Charities Aid Foundation
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Foundation
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In Kind:

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All Survivors
Karin Adkins

Linda Cropper
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In Memory:

Robert Watts
Janice Watts

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Peninsula Imaging

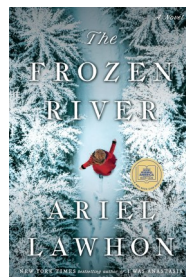
Tidal Health Richard A. Henson
Cancer Institute

Pink Ribbon

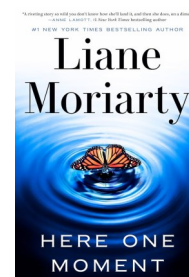
\$1,500 +
Airport Self Storage
Pepsi Bottling Ventures



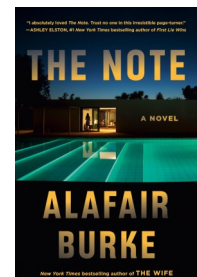
See what WSW Staff are
reading and recommending!



The Frozen River
By Ariel Lawhon



Here One Moment
By Liane Moriarty



The Note
By Alafair Burke



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

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All donations stay 100% local - WSW is not affiliated with any national organizations.

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