



Jocelyn Feist
Executive Director

Happy Mother's Day

Mother's Day for many is a time of joy and celebration, but it can also be a time of reflection and remembering those mother figures whom we have lost or are estranged from. It's a time to recognize and honor the diverse circumstances and experiences we have had along the way. Whether those experiences or memories are good or bad, in reality, those mother figures molded us into the strong, resilient,

kind, and beautiful individuals we are today. Here at Women Supporting Women, we are celebrating all the mothers, all the mother figures, if that is a grandmother, an aunt, a step or bonus mom, that person you feel deserves to be told, "Happy Mother's Day". We hope all of you have a wonderful time creating new memories and cherishing old memories with your loved ones.

A little history on how Mother's Day was founded—the holiday was founded by Anna Jarvis. She campaigned to make Mother's Day a recognized holiday in the U.S. after her mother, Ann Reeves Jarvis, passed in 1905. "Her mother had frequently expressed a desire to establish such a holiday, and after her mother's death, Jarvis led the movement for the commemoration. Anna bought 500 white carnations for a memorial service she organized in her hometown (West Virginia). And the first Mother's Day was observed in 1908 in Grafton, West Virginia. Anna had no children of her own, conceived of Mother's Day as an occasion for honoring the sacrifices individual mothers made for their children".

-[Wikipedia.org/wiki/Anna_Jarvis](https://www.wikipedia.org/wiki/Anna_Jarvis)

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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

Oat & Almond Butter Smoothie with Strawberries

Sip into summer with a creamy oat, almond butter, and strawberry smoothie, packed with nourishing ingredients that are gentle on sensitive systems and perfect for survivors navigating restricted diets. With strawberries hitting peak season, it's the sweetest way to fuel your day with wellness and flavor.

Ingredients:

- 1/2 cup of ice
- 1 cup of strawberries frozen
- 1 cup of vanilla yogurt
- 1/2 cup of oats
- 1 banana
- 1 tbsp. of almond butter



<https://www.cancernutrition.org/recipes/oat-almond-butter-smoothie-with-strawberry/>

Directions:

1. Combine all ingredients in a blender and puree for 2-3 minutes, or until ultra smooth
2. Serve in 6 oz. portions. Enjoy!

Tips:

- If you're not a fan of strawberries, this recipe will work just fine with any other berries, like blueberries, blackberries, or raspberries, or you could even substitute for a banana, adding more potassium!
- If you like your smoothies a little sweeter, feel free to add a bit of honey or maple syrup.

Nutrition Facts:

Protein: 4g

Cholesterol: 5mg

Calories: 127

Fat: 2g

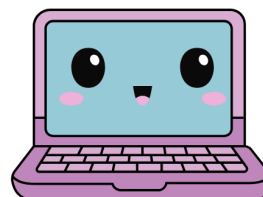
Sodium: 20mg

Carbohydrates: 24g

Joke of the Month

What did the baby computer say
to its dad on Father's Day?

Happy Father's Day, Data!



WSW Support Groups

WSW June 2025 Support Groups

Salisbury: Thursday, June 5th

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

Guest Speaker: Kaitlin Barry

Topic: Lymphedema

Facilitator: Jocelyn Feist

Easton: Thursday, June 12th

Time: 6:00 P.M. Location: Lotus Oncology
Hematology

401 Purdy St STE 102 Easton, MD 21601

Facilitator: Staci Jelley

Crisfield: Mentor Available by Phone

410.726.9060

Facilitator: Monique Welch

Berlin: Wednesday, June 18th

Time: 1:00 P.M.

Location: Regional Care Center

9707 Healthway Dr, Berlin, MD 21811

Facilitator: Cathy Kerns

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!

June Meeting Dates:

Salisbury Stitch Therapy

Wednesday, June 4th

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, June 13th

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

Christmas in July RAFFLE

Monday, July 14th - Friday, July 25th

WSW

12 Raffles for the 12 Days of Christmas!

Enter to win gift cards, fun excursions, and overnight stays!

\$10 per ticket, tickets must be purchased by Wednesday, July 9th. One ticket will enter you in for all twelve raffles and if you win a raffle, you're still in for upcoming raffles!

Tickets can be purchased from the WSW Office, WSW Board Members, or the link provided.

Upcoming Events



The 5th Annual Tuna & Tiaras ladies tuna fishing tournament is back and better than ever! If you've ever wanted to get your girls together for a weekend fishing trip, now's your chance! This is the only tuna fishing tournament exclusively for women in the world, and it has always largely supported WSW.

If you'd like to register, in person registration begins on Thursday, June 12th at 5:00 p.m. at Micky Fins in Ocean City, MD, and the captain's meeting will follow directly after at 7:00 p.m. that night. Then, Friday, the 13th through Saturday, the 14th, it's nothing but tuna fishing with the girls! WSW will be present at Micky Fins all three days, so you'll know where to find us!

Register online at tunaandtiaras.com.

SAVE THE DATE!

24th Annual WALK FOR AWARENESS

Saturday, October 11, 2025

@ **THE CENTRE**
at Salisbury

More Details to Come!

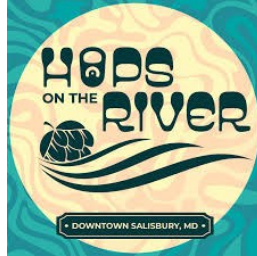
Community Support

Hops on the River

On Saturday, April 12th, WSW ventured out into the community to volunteer at Downtown Salisbury's Hops on the River event! For the event's fifth year, there were over 30 different craft beers for attendees to sample and sixteen different stations to stop at. Not to mention, there was also the King of Wings competition, many local vendors to shop from, and plenty of cool hangout spots and games to play.



From left to right: Raven Cook (WSW PR & Marketing Coordinator) and Maya Feick (WSW Volunteer).



From left to right: Cathy Nichols (WSW Board Member) and Scott of Big Truck Farms and Brewery.

WSW volunteers braved the nasty weather to serve beer to attendees and to spread awareness in the community about the organization and what they offer. Everyone had a great time despite the weather, and WSW hopes to volunteer at next year's Hops on the River event!

Oak Ridge Church's Peace1Day Campaign

Every year, WSW's good friends at Oak Ridge Church gather for their Peace1Day Campaign, which is an annual day where the congregation comes together to support and volunteer for the local community. One of the ways they aid the community is by stuffing and sewing WSW's Piglet Pillows! These pillows can be extremely helpful to a Survivor's recovery after a mastectomy, relieving pressure beneath the arms where incisions may be. We hand these pillows out regularly, and we have a high demand for them. Without this wonderful group of people, WSW would not be able to make or give out nearly the amount of Piglet Pillows that we currently supply, and we feel so appreciate of and thankful to the volunteers of Oak Ridge Church for supporting us in this way!

All the generous volunteers who made Piglet Pillows for the church's Peace1Day Campaign.



Community Support

Ocean City Community Health Fair

WSW attended the Ocean City Community Health Fair at the Roland E. Powell Convention Center on Wednesday, April 17th. There, medical screenings and a blood drive were available for attendees to participate in, both of which were very popular. In addition, there were several local health and/or wellness organizations present, offering services and information to the community. While there, we were able to visit and support our Board Members who were set up with Apple



From left to right: Justine DePalma (WSW Administrative Assistant), Crystal Heiser (WSW Board Member), Andie Hess (WSW Event Coordinator), and Tish Withers (WSW Board Member).

Discount Drugs and Home Instead! We hope to continue attending health fairs and engagements in the area to keep our community aware and educated on breast cancer!

Maryland's Coast Health & Wellness Fair

Maryland's Coast and Care First present the annual Maryland's Coast Health & Wellness Fair, happening on Wednesday, May 14th from 10 a.m. to 2 p.m. at the Worcester County Recreation Center. Free medical screenings, wellness experiences, and more will be available for attendees to engage with. This year's fair has a special focus on Women's Health, and will have free breast cancer screenings available! Not to mention, local health, wellness, and medical organizations will be present giving out their information to those who need it. The best part is, there's no registration required and the fair is free! WSW will be there, so stop by and say hello! For more information call 410.632.2144 x2519 or email kjarmon@co.worchester.md.us.



Presented By:



May 14, 2025

at Worcester County Recreation Center
10 a.m.-2 p.m.

Come to our Community Health and
Wellness Fair and find out information to
help improve your overall health.

**Get Free
Screenings &
Information
with a focus on
Women's Health**

Health Screenings
Vendors
Walk the Track
Giveaways
Wellness Experiences
Fitness Demos
Breast Cancer Screening
and MUCH MORE!



For more information:
410-632-2144x2519 or kjarmon@co.worchester.md.us

Medical Update

Soy and Cancer Risk: Our Expert's Advice

Soy foods like tofu, tempeh, and edamame are rich in protein, fiber, healthy fats, and important nutrients like potassium and magnesium. For those on plant-based or restricted diets, including many cancer Survivors, soy can be a nutritious alternative to meat.

There's been some confusion about soy and cancer risk, particularly breast cancer, because soy contains isoflavones, or plant compounds that act like a weak form of estrogen. While earlier animal studies raised concerns, newer human studies show that soy is safe and may even help lower breast cancer risk, especially when consumed regularly as part of a traditional diet opposed to taking supplements.

The way the human body processes soy is different from how animals do, and the levels of isoflavones used in those early studies were much higher than what people normally eat. In fact, eating whole soy foods may offer protection by blocking stronger natural estrogens in the body.

The American Cancer Society recommends getting soy from whole foods rather than supplements, which can have unnaturally high levels of isoflavones. As part of a balanced diet, soy foods can support heart health, reduce cholesterol, and potentially lower cancer risk.

This information is provided by cancer.org.



WSW Office Hours:

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

Saturday - Sunday: Closed



Please Note: The WSW Office will be **CLOSED Monday, May 26th** to observe Memorial Day. The office will resume normal business hours on Tuesday, May 27th. Also please note that WSW will begin their Summer Hours on Friday, June 20th. At that point and throughout the Summer, the **WSW Office will be CLOSED on Fridays**. We apologize for the inconvenience and thank you for understanding!



WSW

Happy Father's Day!



"When my father didn't have my hand, he had my back" —Linda Poindexter

WSW's Quick Finisher 0.0 Mile Un-Run



From left to right: attendees Marley & Karen ready to Un-Run with Ms. Couch Potato.



Attendees celebrate finish by ordering well-deserved cocktails.



Attendees excitedly making their big finish at the Un-Run.



Fueling up on crab dip, meatballs, and Caribbean jerk chicken after the big finish.

From left to right: attendees Loudell and Bonnie lounging with Ms. Couch Potato, saving their race day energy.



Thank you to all of the attendees, Board Members, sponsors, volunteers, and WSW Staff for supporting this event and the organization! Stay tuned for WSW's Christmas in July Raffle (page 4), the Walk for Awareness in October (page 5), and our Holiday Bingo coming in November!

Survivor Story



Monique's Story

I will never forget that Sunday evening when I was taking my shower and felt a lump in my left breast. I was 39 at the time and had not had my first mammogram. I told my husband who urged me to follow up with my doctor the next day. I really did not want to. My mom had a lot of cysts and benign (non-cancerous) lumps in her breast. I assumed that I was just going to be like her. As a nurse, I knew better but it is true, we do make terrible patients. Thanks to my husband's persistent encouragement, I went to see my doctor the next day. He examined me and told me he did not like the way that it felt. I was in denial. There was no breast cancer history in my family so I was sure it was nothing serious. Besides, my doctor and I were coworkers, friends even. I was sure he was being overly cautious. That Friday. I was having a diagnostic mammogram and ultrasound of my left breast. The radiologist came to me and told me that he wants to biopsy this area. I called my doctor and it was biopsied the same day. The radiologist even gave me his phone number. How sweet, I thought. The nurse said, "You must be special, he never does that." It still was not sinking in. My doctor called me later that evening to see how I was doing

doing and asked me questions about what the area looked like on the ultrasound. He was being so caring but he "knew" it was not going to be a good result. He told me he would call the pathologist first thing Monday morning. I just thanked him, thinking he was overreacting. Monday rolls around and I get a call from his nurse asking me to come over to his office. When I get there, he came in and looked at me with a concerned face. I said "No!" He nodded and said, "Yes, it is cancer." I immediately lost it, sobbing. I was devastated! How could it be? It had to be wrong! But it wasn't. The hours and days that followed were long and tough. I jumped to all the wrong conclusions. Thought the worst thoughts. Nothing was happening quickly enough. I was so impatient. I just wanted this cancer out!

In about a week, I had a surgical consult with the breast surgeon. He orders a breast MRI that showed a second lesion in the same breast. My pathology came back as triple negative breast cancer, which is an aggressive form of breast cancer. I ended up going for a second opinion at that point. With two lesions, a high-risk diagnosis and young age, it was recommended I have chemotherapy first to try to shrink the tumors, wait six weeks then have surgery. I would have to wait another six weeks then I would have weekly chemo for 12 weeks. This was all so overwhelming. After two treatments with the "red devil," my hair was about all gone. My mother shaved my head completely as we both cried through it. That was a hard pill to swallow. After the chemo was completed and I regained my strength, I had surgery. I ended up having bilateral mastectomies with reconstruction using my own tissue. It took 16 hours but it was successful.

No one can fully prepare you for the recovery process though. 2 weeks in a recliner, unable to move both arms, not able to do your basic activities of daily living. My husband and mother were my greatest support during this time. I cannot imagine going through this without them. Once completely healed, I then did 12 weeks of weekly chemo.

My biggest takeaways from this is sometimes you have to accept help. Things do not happen on your timeline or your plan. Ultimately, you have very limited control. A cancer diagnosis will definitely help to put things into perspective, such as what really is important in life and how you spend your time on earth. I feel I am a better nurse, wife, mother, daughter and person because of what cancer and this journey has taught me. Now a 15-year breast cancer survivor, I work as a Certified Breast Clinical Navigator to help other women, and sometimes men in their journeys. It is a privilege to be able to help others and offer them hope and compassion. Thank you for letting me share my story and please, stay up to date on your mammograms.

Donor Thanks

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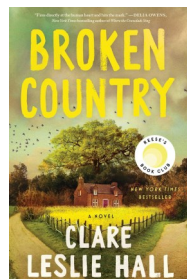
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Pepsi Bottling Ventures

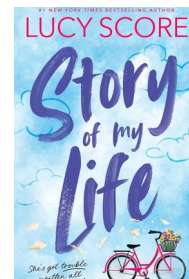
Thank You!



See what WSW Staff are
reading and recommending!



Broken Country
By Clare Leslie Hall



Story of My Life
By Lucy Score



One Golden Summer
By Carley Fortune



Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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reading or if you no longer wish to receive
our newsletter. Thank you.

410-548-7880 or
wicomico@womensupportingwomen.org

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