



CARE & SHARE NEWSLETTER

September - October 2025

Local Services • Local Support



Jocelyn Feist

Executive Director

Summer has ended, and I'm truly sad to see the Summer season go. But as I see children waiting for school buses, the crisp Fall air that soon follows, and leaves starting to change colors, I get excited for this transition into Fall. This transition gives me new energy. An excited energy that September is here, which means Women Supporting Women is preparing for the hustle and bustle of October.

Before we hit the ground running for our 24th Annual Walk for Awareness (see page 4), we want to kick off our busy season with not a fundraiser this year, but with education, "In Maryland, breast cancer rates in women under 40 have been on the rise, with the state being among the top 5 for early-onset breast cancer incidence" (publichealth.columbia.edu). The increase is alarming and doctors as well as researchers are still unsure of why this increase is occurring. WSW is providing a **Young Survivor Conference** (see page 4), in hopes that this will give some guidance on ways that may help when diagnosed at a younger age, or when going for that first mammogram and are now navigating a breast cancer diagnosis. As we head into Breast Cancer Awareness Month, Here are some things to remember:

- ⌘ Breast cancer doesn't just occur in the month of October.
- ⌘ Continue to advocate for yourself.
- ⌘ Perform monthly self-breast exams.
- ⌘ Schedule your yearly mammogram.

-Jocelyn Feist

WSW Executive Director & Mentoring Coordinator

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WSW Staff Members

[Jocelyn Feist](#)
Executive Director

[Andie Hess](#)
Event Coordinator

[Raven Cook](#)
PR & Marketing Coordinator

[Aliyah Frolich](#)
Intern

— HAPPY —
LABOR DAY



Nutritional Information

Instant Pot Applesauce

With Autumn on the way, there's no better time for some fresh, homemade applesauce! Perfect for Survivors with troubles swallowing and it's sure to give you a good dose of fiber and hydration. Works well as a side for breakfast or dinner, or as a midday snack.

Ingredients:

- 2 lbs of apples (~ 8 large apples)
- 1 cup of water
- 1/2 tsp. of ground cinnamon
- 1/2 tsp. of ground ginger
- 1/4 tsp. of ground nutmeg



<https://thecleaneatingcouple.com/instant-pot-applesauce/#recipe>

Directions:

1. Peel, core, and roughly chop apples into 1/2 inch cubes.
2. Add water, apples, and spices to the instant pot. Stir to combine.
3. Cover instant pot and set it to sealing. Set instant pot to manual, high pressure for 7 minutes.
4. When instant pot is finished cooking, quick release. You can mash apples with a fork, potato masher, or pulse in a blender for a smoother consistency.
5. Allow applesauce to cool completely and store in a glass container for up to a week.

Tips:

- Other fruits like strawberries, pears, or peaches can also be added to this recipe!
- Feel free to add more spices to this recipe once it's done cooking, like extra cinnamon, nutmeg, or cloves for extra flavor.

Nutrition Facts: Protein: 1g Calories: 60 Fiber: 3g Sugar: 12g Carbohydrates: 16g

Fat: 1g Sodium: 3g Potassium: 121mg Vitamin C: 5mg Calcium: 7mg

Joke of the Month

Why did the cyclops teacher have such an easy first day of school?

He only had one pupil.



WSW Support Groups

September & October

Salisbury Support Group:

Thursday, September 4th & Thursday,
October 2nd

Time: 6:30 p.m.

Location: WSW Office

1320 Belmont Ave Suite 402

Salisbury, MD 21804

Facilitator: Jocelyn Feist

Accomack Support Group:

Tuesday, September 9th & Tuesday,
October 14th

Time: 1:00 p.m.

Location: Eastern Shore Public Library

24313 Bennet St

Parksley, VA 23421

Facilitator: Cathy Kerns

Berlin Support Group:

Wednesday, September 17th & Wednesday,
October 15th

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: Mentor Available by Phone

410-548-7880

Facilitator: Jocelyn Feist

Salisbury Stitch Therapy Group:

Wednesday, October 1st

Time: 1:00 - 2:30 p.m.

Location: WSW Office

1320 Belmont Ave Suite 402

Salisbury, MD 21804

Facilitator: Donna Altvater

Easton Support Group:

Thursday, September 11th & Thursday,
October 9th

Time: 6:00 p.m.

Location: Lotus Oncology Hematology

401 Purdy St Suite 102

Easton, MD 21601

Facilitator: Staci Jelley

Berlin Stitch Therapy Group:

Friday, September 12th & Friday, October 10th

Time: 1:00 - 3:00 p.m.

Location: TidalHealth Richard A. Henson
Cancer Institute Ocean Pines

11105 Cathage Rd

Berlin, MD 21811

Facilitator: Julie Krenzer



Upcoming WSW Events

Save The Date!

Young Survivor Conference

Saturday, September 20, 2025

Free to Attend!
Registration
Required



Guest Speakers
& Vendors!

Oncology,
Mental Health,
& Fertility



Registration beginning at
8:30 a.m.



1324 Belmont Ave STE 401,
Salisbury MD, 21804



Capacity Limit- 30 attendees

Visit or call the WSW Office at 410-548-7880 to register.

24th Annual WALK FOR AWARENESS

Saturday, October 11, 2025

Join WSW at The Centre at Salisbury for the 24th Annual Walk for Awareness! Form a team or register as an individual and fundraise to help us reach our goal of \$20,000! Vendors, face painting, and Survivor sashes available for attendees to enjoy and partake in. Coffee and light refreshments available for purchase before Walk, food court opens after Walk for lunch. Registration is \$30 per person, \$5 per dog, and children under 5 are free. All registrants who provide payment before Wednesday, September 17th at 12:00 p.m. will receive a free Walk T-shirt, NO EXCEPTIONS! To register, go to WomenSupportingWomen.org, visit, or call the WSW Office at 410-548-7880.



Upcoming Third-Party Events

Sterling Tavern

- Wednesday, September 24th
- 6 p.m.
- The Sterling Tavern
- Bingo, 50/50, & raffles
- Food & drinks available for purchase

Johnson's Seed & Feed 2nd Annual Pinktober Fest

- Saturday, October 4th
- 10 a.m. - 2 p.m.
- Johnson's Seed & Feed
- Plant sale, vendors, silent auction, & more

Rommel Harley-Davidson's Ta Ta Tour

- Saturday, October 4th
- 11 a.m. - 3 p.m.
- Rommel Harley-Davidson - Delmarva
- Indoor poker run with limited-edition poker chips available for purchase

Jellystone Jeep Jam

- Saturday, October 4th
- 2 - 6 p.m.
- Jellystone Park - Chincoteague Island
- Jeep car show, live music, raffles, & open to the public
- \$20 to register jeep

Endless Summer Car Show

- Friday, October 10th
- 9 a.m. - 12 p.m.
- Outlets Ocean City
- Classic & vintage car show, raffles, & 50/50
- \$10 to register car (cash only)

Pure Family Fitness's Pure Goes Pink

- Monday, October 13th
- Pure Family Fitness - West OC location
- Zumba, guest instructors, door prizes, 50/50, raffles, & more
- Contact zumbajoyceoc@gmail.com for more information and registration

Signatures at Bayside Goes Pink

- Monday, October 13th
- Signatures at Bayside
- 50/50, silent auction, live music, best pink outfit competition
- Food & drinks available for purchase

Salisbury's Third Friday

- Friday, October 17th
- 4 - 8 p.m.
- Downtown Salisbury (near Two Scoops)
- Selling T-shirts with Idol Hands, designed by local 2nd grade student. All proceeds benefit WSW

Burnish Beer Co.'s 2nd Annual Beer for Boo-bies

- Monday, October 20th
- 4 - 9 p.m.
- Burnish Beer Co.
- 10% of each bill & 50% of specialty beer sales donated to WSW



Community Support

City of Salisbury's National Night Out

On the evening of Tuesday, August 5th, WSW Staff took a short drive over to Salisbury City Park to set up at City of Salisbury's National Night Out event! This was WSW's first time participating in the large community and family-focused event, and it was a spectacular evening of sharing breast cancer awareness, meeting Survivors and their families, and getting out into the community! Despite the rainy weather, there were countless local schools, businesses, and organizations set up, ready to share community resources and information, as well as providing fun handouts for children attending the event. Not to mention, there was a plethora of free food, games, and entertainment for the community to enjoy. All in all, the evening was a major success and WSW hopes to return for 2026's National Night Out!



From left to right: Jocelyn Feist (WSW Executive Director) and Raven Cook (WSW PR & Marketing Coordinator).

Salisbury Chamber's Business After Hours

On Thursday, August 14th, WSW Staff, Raven Cook and Andie Hess, attended the Salisbury Chamber's Business After Hours event, co-hosted by Salisbury Camping & Adventure Park and Sweet Frog! Here, Raven and Andie made great connections through networking, enjoyed amazing food, and had a lot of fun! Raven tried her hand at the park's ziplining course, and thoroughly enjoyed her experience and invites others to give it a try, "if you're an adrenaline junky or enjoy adventures, you'll definitely love this". The park also offers tent and cabin camping, gellyball (a less painful and cleaner version of paintball), challenge courses, and of course, their ziplining courses, which are over 30 feet up in the trees! The perfect spot for a family getaway, without having to go too far from home. Thank you to the Salisbury Chamber of Commerce, Salisbury Camping & Adventure Park, and Sweet Frog for providing such a wonderful evening!



WSW's PR & Marketing Coordinator, Raven Cook, high in the trees on the park's Zipline Course.



**Thank
You!**

Salisbury Camping & Adventure Park's Challenge and Zipline Courses.

Community Support

Peninsula Imaging

Back in the end of August, WSW Staff took a short trip over to Peninsula Imaging, where Executive Director, Jocelyn Feist, was presented with a check for \$2,500! The organization deeply thanks Peninsula Imaging for continuing to be a major sponsor of WSW, and for their continued support over the years. Together, we encourage the community to schedule and complete their yearly mammograms, while striving to spread awareness and education of breast cancer.



From left to right: Jocelyn Feist (WSW Executive Director) and Dr. Assen Todorov of Peninsula Imaging.

October is

BREAST CANCER AWARENESS MONTH

Join us in spreading awareness, honoring Survivors, and remembering those we've lost. Celebrate and honor Breast Cancer Awareness Month by wearing pink, scheduling your yearly mammogram, or sending a small gift or a card to a Survivor/someone in active treatment.



Medical Update

Two New Mutations Linked to Breast Cancer in Black South African Women

A groundbreaking study of nearly 2,500 Black South African women diagnosed with breast cancer has uncovered two new genetic mutations, USP22 and RAB27A, that may increase breast cancer risk. These findings are a major step forward in understanding the genetics of breast cancer in African women, a group that has historically been underrepresented in cancer research.

About 10% of breast cancers are hereditary, meaning they are linked to genetic mutations passed down from parents. In women of European descent, the most well-known inherited breast cancer risk comes from mutations in the BRCA genes, but little has been known about how genetics influence breast cancer in women of African ancestry. Until now, most large-scale genetic studies, called genome-wide association studies, have focused on European or African-American women, who are largely of West African ancestry. In fact, nearly 80% of all genetic breast cancer studies have been conducted in people of European descent, which has left significant gaps in understanding the link between genetics and breast cancer for other populations.

In this study, researchers at the University of the Witwatersrand analyzed the DNA of more than 3,500 Black South African women, including 1,000 who did not have breast cancer. They discovered that women with mutations in the USP22 and RAB27A genes were more likely to have breast cancer compared to women without those mutations. “This is an important advance in understanding breast cancer risk and biology in women of African ancestry,” said lead author, Mahtaab Hayat, PhD.

These findings may open new doors in two critical areas. First, they could lead to the development of better treatments. If confirmed in future studies, USP22 and RAB27A could become targets for new medicines, similar to how PARP inhibitors are now used to treat BRCA-related breast cancers. Second, they could help improve the breast cancer risk calculators. Current calculators often underestimate risk in women of non-European ancestry, since they were largely developed using data from European populations. These new genetic discoveries could allow scientists to create tools that are more accurate for African women, leading to earlier detection and prevention.

The researchers plan to continue their work with additional studies to confirm these results. While more research is needed, this study represents a vital step towards equity in breast cancer genetics research, ensuring that advances in prevention, detection, and treatment benefit women of all backgrounds.

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

Staff Update

Women Supporting Women Welcomes Intern, Aliyah Frolich

Women Supporting Women welcomes new Fall intern, Aliyah Frolich, a Salisbury University student pursuing Bachelor's Degrees in Health Sciences and Sociology. A Salisbury native, Aliyah plans to put her education and passion for cancer research and Survivors to work at WSW. She feels inspired and compelled to work in the field from her own family's experience with cancer and from the people affected by cancer she's met along the way. Aliyah hopes to continue on to graduate school, where she'd like to study Public Policy, involving health outreach and patient advocacy for Survivors and their families. When Aliyah isn't focused on her education and future plans, she enjoys getting active outdoors and spending time with family. We are excited to have Aliyah in the WSW Office and can't wait to see what she accomplishes in her time with the organization!



Three Fun Facts About Aliyah:

1. Her dog's name is BLU.
2. Her dream car is a vintage Ford Bronco.
3. Has attended WSW events since she was 10.

The Staff's Fall Favorites:

- **Raven:** All things Halloween, horror movies, warm apple cider, and football (*Go Birds!*)
- **Andie:** Football (*Go Birds!*), a good book and a soft blanket, walks to see the changing leaves, and fair season
- **Aliyah:** Sunday football, cozy weather, pumpkin spice cold brew, and the changing leaves
- **Jocelyn:** Bonfires, pumpkin carving, nostalgic Halloween movies, and pumpkin spice *everything*



Complementary Care

HIRT for Healing: Building Strength After Breast Cancer

High Intensity Resistance Training (HIRT) has proven to be beneficial to Survivors in re-building muscle strength, reducing cancer-related fatigue, decreasing effects of lymphedema, and overall improving quality of life. Despite the common fear of triggering lymphedema with upper-body exercise, a new study has shown that the use of HIRT in treatment and survivorship may slightly decrease lymphedema, improve fluid balance, and increases muscle mass. The study found, “Bilateral arm lean mass increased after resistance training, rising from 5.45 pounds at the start to 5.64 pounds after the program, showing patients gained muscle in both arms. The edema index, which measures fluid buildup in the arm relative to total body water, decreased from ~0.385 to 0.383, indicating reduced lymphedema for all patients” (Feldman). However, there are things to take into consideration before beginning your HIRT journey.

There are specific breast-cancer related symptoms that exist while in and outside of treatment to take into consideration when making your HIRT program, whether it be on your own or with a personal trainer. Keep in mind to start low and slow and go at your own pace; Survivors often have residual symptoms like decreased range of motion or pain in arms, peripheral neuropathy (a side effect of chemotherapy) causing numbness and muscle weakness, and cancer-related fatigue are all things to remember when creating your HIRT routine. Even though this form of training has “High Intensity” in the name, there’s no need to work as hard as possible the first several tries, and it’s very important to build up strength and stamina prior to using that level of exertion. Above all, remember that HIRT is about healing and reclaiming strength, not pushing past your limits. With guidance from your healthcare team and a gradual approach, resistance training can become a safe and powerful tool in your recovery. Each step you take builds not only muscle, but also confidence and resilience.

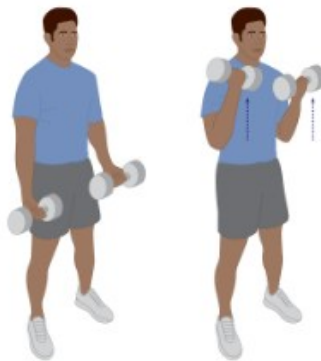
This information is provided by curetoday.com, cancervic.org.au, & acefitness.org.

Bicep Curl

Muscle Group: Front of upper arms

Equipment: Hand weights/ barbell/canned food

1. Stand with arms by your side and feet hip width apart. Hold weights with palms pointing forward.
2. Bend elbows to lift weights to shoulder height. Keep elbows tucked in, avoid moving shoulders and do not sway body. Breathe out during the lift.
3. Slowly return to starting position, but do not fully straighten elbows—keep them slightly bent. Repeat.

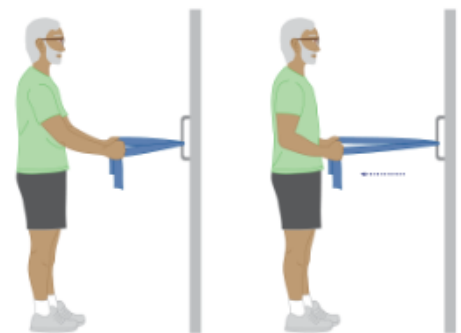


Standing Row

Muscle Group: Shoulders/back/back of upper arms

Equipment: Elastic resistance band

1. Attach resistance band to a fixed panel (i.e. railing/pole/closed door handle), ensuring it’s well secured.
2. Breathe out while pulling resistance band back towards self. Keep elbows and hands at waist height. Ensure back doesn’t move and look straight ahead. Keep neck and shoulders relaxed
3. Slowly return to starting position. Repeat.



Donor Thanks

Individual:

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Thomas & Marla Johnson
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Jim & Janice Perdue
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Cancer Institute

Pink Ribbon

\$1,500 +

Airport Self Storage
Pepsi Bottling Ventures

WSW Office Hours:

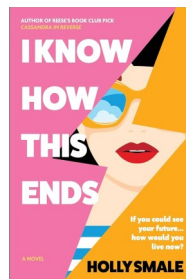
Monday - Friday: 9:00 am - 4:00 pm

Saturday - Sunday: Closed

**Please note that the WSW Office will be closed on Monday, September 1st to observe Labor Day. We apologize for the inconvenience and sincerely thank you for understanding! We hope everyone has a happy holiday!

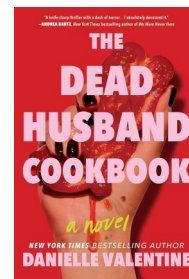


See what WSW Staff are
reading and recommending!



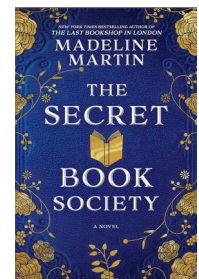
I Know How This Ends

By Holly Smale



The Dead Husband Cookbook

By Danielle Valentine



The Secret Book Society

By Madeline Martin



Local Services • Local Support

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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