



Jocelyn Feist
 Executive Director

A New Year, a Renewed Commitment: Strength, Hope, and Progress in the Fight Against Breast Cancer

As we welcome a new year, we are reminded that with every January comes not only new beginnings, but renewed purpose. The turning of the calendar offers us a moment to pause, reflect, and set our intentions—both personally and organizationally—for the year ahead.

For those touched by breast cancer, each new year represents something even deeper: a celebration of life, courage, and community. It's a reminder that progress happens one step, one breakthrough, and one act of kindness at a time.

Over the past year, we have seen the power of collective strength—from Survivors who share their stories to empower others, to families who rally around loved ones, and to supporters whose generosity fuels vital programs and resources. Every donation, every volunteer hour, and every moment of compassion brings us closer to our shared vision: a world where no one faces breast cancer alone.

As we look ahead, our focus remains steadfast—expanding access to education, screenings, and emotional support; empowering Survivors through every stage of their journey and advancing community partnerships that make a lasting impact. Together, we will continue to build a future filled with hope, resilience, and healing.

This new year, let's honor the strength of the past and embrace the promise of tomorrow. Whether you are a Survivor, a caregiver, a volunteer, or a supporter, your role in this mission matters deeply.

Here's to a year of continued courage, compassion, and commitment—because when we stand together, hope grows stronger.

Happy New Year from all of us at WSW. May it be a year of renewed strength, radiant health, and boundless hope.

- Jocelyn Feist

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WSW Staff Members

[Jocelyn Feist](#)
 Executive Director

[Andie Hess](#)
 Event Coordinator

[Aliyah Frolich](#)
 Mentoring Coordinator

[Raven Cook](#)
 PR & Marketing Coordinator



Nutritional Information



Taco Soup

If you're craving something warm, comforting, and full of flavor, this taco soup is calling your name! this is the kind of Winter meal that feels indulgent but leaves you feeling energized and satisfied.

Ingredients:

- 1 tsp. of oil
- 1/2 yellow onion or 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 lb of lean ground turkey or preferred ground meat
- 1 (15 oz.) can of black beans, drained and rinsed
- 1 can of corn, drained and rinsed
- 1 (4.5 oz.) can of green chiles (optional)
- 2 (14.5 oz.) cans of fire-roasted crushed tomatoes
- 2 cups of low-sodium chicken broth
- 1 packet of taco seasoning

Topping Options:

- Shredded cheese
- Sour cream
- Fresh cilantro
- Tortilla chips
- Sliced avocado or guacamole
- Lime juice



<https://www.kimscravings.com/healthy-taco-soup/>

Directions:

1. Heat 1 tsp. of oil in a pot over medium high heat. Add onions and cook for about 3 minutes and then add garlic and cook for another 1-2 mins.
2. Add ground turkey and cook, breaking it up as you go, until browned.
3. Add remaining soup ingredients and turn heat down to a simmer.
4. Simmer for 10-30 mins. To bring flavors together. Adjust thickness with water if desired.
5. Serve with desired toppings. Enjoy!

Nutrition Facts: Protein: 15g Calories: 160 Fiber: 2.2g Sugar: 6.1g Carbohydrates: 20.3g
Fat: 0.7g Sodium: 640.3mg Cholesterol: 25.5 mg Potassium: 196mg Calcium: 23mg

Joke of the Month

How can you scare a snowman?

Talk about global warming.



WSW Support Groups

January & February

Salisbury Support Group:

Thursday, February 5th

Time: 6:30 p.m.

Location: WSW Office

1320 Belmont Ave Suite 402

Salisbury, MD 21804

Facilitator: Jocelyn Feist

Accomack Support Group:

Tuesday, January 6th & Tuesday, February 10th

Time: 1:00 p.m.

Location: Eastern Shore Public Library

24313 Bennet St

Parksley, VA 23421

Facilitator: Cathy Kerns

Easton Support Group:

Thursday, January 8th & Thursday, February 12th

Time: 6:00 p.m.

Location: Lotus Oncology Hematology

401 Purdy St Suite 102

Easton, MD 21601

Facilitator: Staci Jelley

Crisfield: Mentor Available by Phone

410-726-9060

Facilitator: Monique Welch

Cambridge: Mentor Available by Phone

410-548-7880

Facilitator: Jocelyn Feist

Berlin Support Group:

Wednesday, January 21st & Wednesday, February 18th

Time: 1:00 p.m.

Location: Regional Care Center

9707 Healthway Dr

Berlin, MD 21811

Facilitator: Cathy Kerns

Berlin Stitch Therapy Group:

Friday, January 9th & Friday, February 13th

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

**Look out for Support Group cancelations due to inclement weather.
Updates will be posted on social media and sent via email.**

**Please note that Salisbury's Stitch Therapy Group is canceled until
further notice.**

Upcoming WSW Events



WSW's Annual Pink Ribbon

BINGO

IS BACK!!!

Thursday, March 12, 2026

Raffles, Themed Baskets, Cash Games,
and 50/50 Raffle Available

Willards Lions Club
36393 Hearn Street
Willards, MD

AQUACARE PHYSICAL THERAPY

PRESTON

HICKSON

Stay tuned in to WSW's social media pages for
more information coming soon!



WSW

Nutrition Class

Coming Spring 2026!

Stay Tuned for More
Information Coming Soon!



WSW's Holiday Bingo



Game #19, Samantha Livingston



WSW Board Members, Cathy Nickels & Staci Jelley



Game #11, Dee Dee Mumford



Game #13, Kathy Swagler



WSW Board Members, Cathy Kerns & Colleen Brewington

Raffle #1, Shirley Gray





Staff Update

Welcome to the WSW Staff, Aliyah Frolich

WSW is thrilled to welcome the newest member of our staff, Aliyah Frolich! Aliyah joins us as the part-time Mentoring Coordinator, and many readers may recognize her from her time as WSW's Fall Intern in 2025. We are excited to have her back, continuing to support Survivors on the Eastern Shore.

Aliyah will graduate from Salisbury University in May 2026 with a Bachelor's Degree in Health Science and a minor in Sociology. Her coursework in medical sociology, biological behavior, and political communications sparked her passion for public policy and healthcare advocacy. She is also active on campus through club lacrosse, SGA, and community volunteer work, which strengthened her skills in leadership, teamwork, and creativity. In her free time, Aliyah enjoys art, fitness, and baking.

During her internship, Aliyah organized the Breast Cancer 101 Educational Conference, attended community outreach events, tracked monthly Survivor statistics, helped plan events, and supported WSW's mission in every way possible. Her personal connection to a family



Fun Fact: Aliyah has been attending WSW Walk events with her pup, Blu, since 2017!

member's cancer diagnosis inspired her interest in the organization and in cancer research as a potential career path. Reflecting on why she chose to stay with WSW, Aliyah shared, "My internship made me feel connected to the work on a personal level. The organization's mission to support, educate, and empower Survivors aligns deeply with my values. I saw firsthand how much compassion and community go into every interaction, and I knew I wanted to continue contributing to that environment".

Aliyah plans to further her education with an MBA in Conflict and Analysis Dispute and eventually attend law school, with goals of becoming a Medical Malpractice Lawyer or

Healthcare Policy Writer/Analyst. When asked about what she hopes to bring to the community of Survivors WSW serves, she said, "Compassion, consistency, and meaningful connections. My goal is to make every Survivor feel heard, supported, and valued—for them to have an experience that doesn't feel strictly medically-based, but personable".

WSW is thrilled to officially welcome Aliyah to the team and deeply appreciates her dedication and the positive impact she's already made on our community.



Community Support

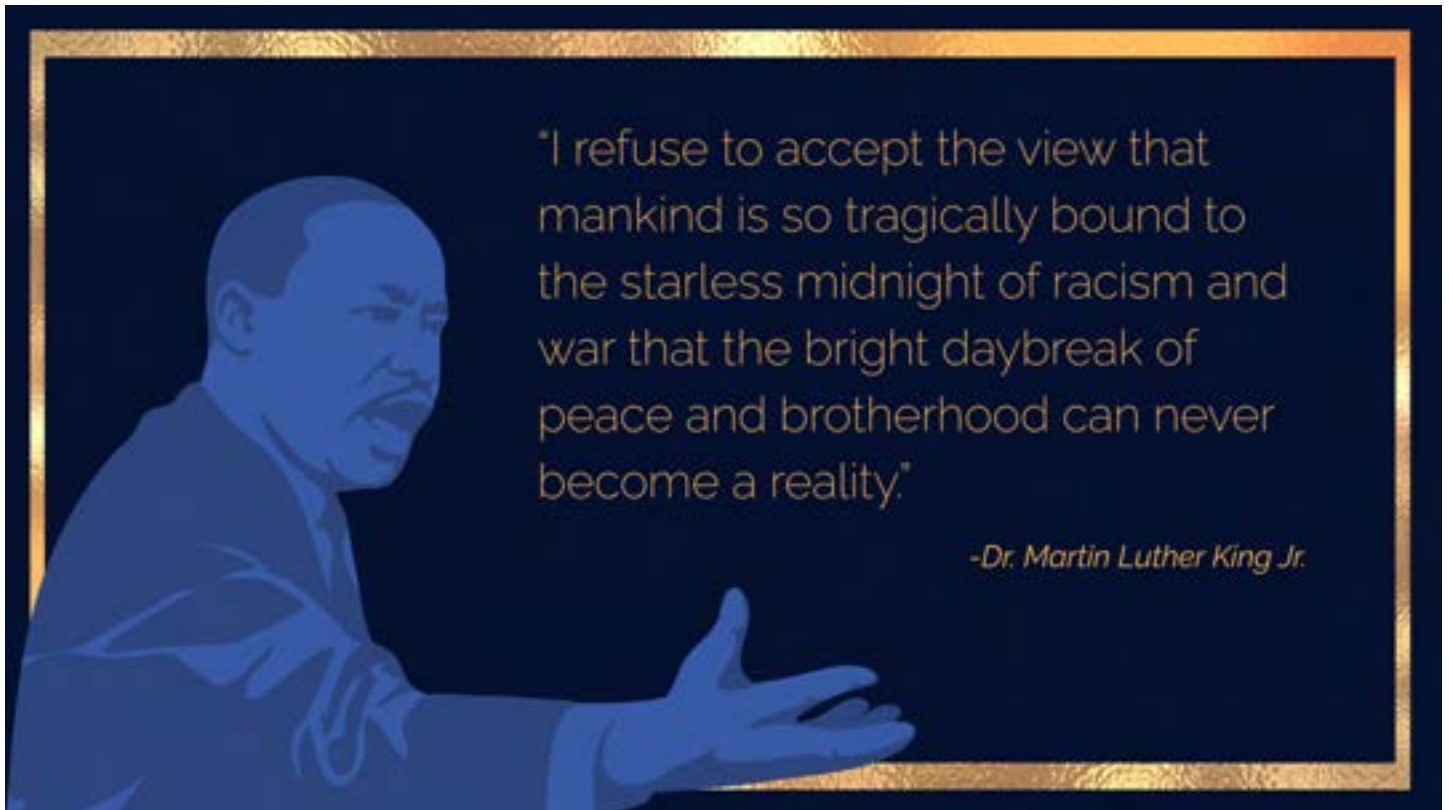
Move for the Cure



On the evening of Monday, November 3rd, WSW Staff and Board Members attended Move for the Cure at Fager's Island in Ocean City! The Zumba dance party returned this year at a larger location with more attendees than years prior. With 9 guest instructors, a large Chinese auction, 50/50, and a free gift for the first 100 registrants, there was plenty of fun for attendees to get into, all while supporting WSW! WSW Executive Director, Jocelyn Feist, Events Coordinator, Andie Hess, and Board Member, Beverly Meadows, set up a table for the organization, with awareness and educational materials for anyone interested. We thank all of the instructors, attendees, volunteers, Fager's Island, and Joyce Landsman for their continued dedication and support.



**THANK
YOU!**



Community Support

TidalHealth's Seasons of Strength

On November 11th, WSW Executive Director, Jocelyn Feist, attended TidalHealth's Seasons of Strength, an event focused on cancer Survivors and their caregivers. Here, Jocelyn set up a table representing WSW, and had informational and awareness materials available for attendees. The event had different activities attendees could sign up for, like yoga, crafts, and a mock-support group. There was also a keynote speaker, Dr Marcie



Johnson, a Licensed Clinical Psychologist at Johns Hopkins Medical Center in Baltimore. Here, Dr. Johnson spoke about mental health for both the Survivor and caregiver through the cancer journey and how to manage that. In addition to all of that, attendees had the chance to speak with local vendors and enjoy a provided lunch. The event was a greatly educational yet relaxing day for all who attended, and WSW hopes to continue being a vendor at future TidalHealth Survivor-focused events.

UMES's Small Business Networking Expo



WSW Staff attended University of Maryland Eastern Shore's Small Business Networking Expo on Thursday, November 13th. Here, WSW PR & Marketing Coordinator, Raven Cook, and WSW Mentoring Coordinator, Aliyah Frolich, set up a table representing the organization. There were a number of other vendors representing local small businesses and nonprofits. Both Aliyah and Raven spent time engaging with familiar faces and making new connections, sharing WSW's mission, and brainstorming ideas on how to collaborate. WSW thanks UMES for the invitation to attend such a beneficial event.



Community Support

Hope Boxes



In the end of November, Mrs. Kim Carey stopped by the WSW Office to deliver and donate Hope Boxes made by LemonGrass Spa Products. This year, Kim was able to collect sponsors for 20 boxes, which will be given to Survivors looking for some self-care! LemonGrass Spa specializes in clean and natural beauty products and has been in business for over 20 years. In each Hope Box, they provide an Ultra Hydrating Body Treatment, a Nail Treatment Stick, a Healing Balm Stick, a Restorative Lip Butter, and a Hope Bracelet to remind the recipient of the box to never give up! These products work very well for Survivors facing radiation treatment who have skin sensitivity. Thank you so much to Mrs. Kim and all those who sponsored these little boxes of joy!

Ocean Downs Casino

On Friday, December 12th, WSW Executive Director, Jocelyn Feist, traveled to Ocean Downs Casino for a check presentation. The Casino held a month-long “Give & Get” fundraiser throughout October, where visitors of the casino could make a donation to the organization, and receive the equal amount in free play! In total, Ocean Downs Casino raised \$4,810, in addition to the funds they raised for WSW in the beginning of the year! We can not thank Ocean Downs enough for their continued support of the organization and our mission to support Survivors in their battle against breast cancer!



Medical Update

Rising Rates of Lobular Breast Cancer Raise New Concerns

A new report from the American Cancer Society has revealed an alarming trend: **invasive lobular carcinoma (ILC)**, a less common but distinct form of breast cancer, is increasing in the U.S. at a rate three times faster than all other breast cancers. This rise has occurred across all ages and races, but the increase is especially sharp among Asian American and Pacific Islander women, with rates climbing 4.4% per year between 2012 and 2021. For comparison, the increase was lowest among American Indian/Alaska Native women at 2.5% per year.

ILC accounts for a little over 10% of breast cancer diagnoses, yet because it is often grouped together with ductal carcinoma during research, it has historically received far less attention. Experts now warn that this lack of ILC-specific research may be contributing to gaps in early detection and long-term outcomes; now they are calling for change.

How ILC Differs from More Common Breast Cancers

ILC begins in the milk-producing lobules of the breast and behaves differently from invasive ductal carcinoma (IDC). Instead of forming a traditional lump, ILC tends to grow in single-file lines, making it harder to detect on mammograms and often harder to feel in self-exams. This means many people are diagnosed later, when the cancer is already more advanced.

With these detection challenges, survival outcomes also differ. While early survival rates (first seven years) for ILC are slightly better than those for IDC, long-term survival beyond seven years is lower among those with ILC, underscoring the need for earlier detection strategies and more research dedicated specifically to this subtype.

Why Researchers Are Concerned

The rising diagnosis rate is happening without a clear explanation. Researchers do not yet know what is driving this increase. However, they agree on one thing: more scientific studies focused solely on lobular breast cancer are urgently needed. The report's authors emphasize the need to:

- Study ILC as its own disease rather than grouping it with ductal cancers.
- Improve imaging and screening sensitivity for ILC.
- Develop targeted prevention and early detection strategies.
- Understand the reasons behind rising incidence rates
- Obtain better tracking on long-term survival trends.

What this Means for Survivors

For many, this rising trend can feel unsettling, especially given the challenges with detection and the lack of ILC-specific research, but awareness is the first step. Increased public attention may help drive the scientific studies needed to better understand, detect, and treat lobular breast cancer.

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

Donor Thanks

Individual:

Linda Nelson
Marilyn Fanning
Loretta Savoy
Catherine Smith
Michael Husich
Kevin Hughes
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Peninsula Imaging

Tidal Health Richard A. Henson Cancer Institute

Pink Ribbon

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Airport Self Storage

Pepsi Bottling Ventures

Clark Comprehensive Breast Center at UM Shore Regional Health

WSW Office Hours:

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

Saturday - Sunday: Closed

Please note that the WSW Office will be closed Thursday, January 1st through Sunday, January 4th. The office will resume normal business hours on Monday, January 5th at 9:00 a.m. We apologize for this inconvenience and sincerely thank you for understanding! We wish everyone a safe, happy, and healthy New Year!



See what WSW Staff are reading and recommending!



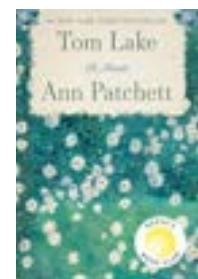
Big Panda and Tiny Dragon

By James Norbury



Good Grief

By Sara Goodman Confino



Tom Lake

By Ann Patchett



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