



Jocelyn Feist
Executive Director

As we enter the warmer months of May and June, we are especially mindful of the many emotions this season can bring—particularly around Mother’s Day. For some, it is a time of celebration; for others, it may bring reflection, loss, or complex feeling shaped by a cancer journey. Wherever you find yourself, please know that your feelings are valid and that you are supported.

At Women Supporting Women, we honor the strength, love, and resilience of all Survivors—mothers, daughters, caregivers, and those who nurture others in countless ways. This season reminds us to extend compassion not only to those around us, but also to ourselves, as we continue to heal and grow in survivorship.

June also marks National Cancer Survivors Month, with the first Sunday (June 7, 2026) recognized as National Cancer Survivors Day. This time highlights life beyond a breast cancer diagnosis, celebrating the strength of Survivors, honoring those we have lost, and raising awareness of the unique physical and emotional challenges that can follow treatment.

We encourage you to embrace moments of joy, prioritize your well-being, and lean on the support of your community. You are never alone on this journey, and your courage continues to inspire so many around you.

We are also incredibly grateful to those who have supported our Spring Appeals—your generosity makes a meaningful impact on the lives of Survivors in our local community. Every donation, no matter the amount, helps ensure that no one has to face their journey alone.

-Jocelyn Feist

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WSW Staff Members:

[Jocelyn Feist](#)
Executive Director

[Andie Hess](#)
Events Coordinator

[Aliyah Frolich](#)
Mentoring Coordinator

[Raven Cook](#)
PR & Marketing Coordinator

[Rylan Gunter](#)
Intern



Nutritional Information

Maple Mixed Berry Muffins

With strawberries, blueberries, and red raspberries coming into season, there's no better time to make these tart and sweet berry muffins! Perfect for an on the go breakfast or snack!

Ingredients:

- 2 cups of whole wheat pastry flour or gluten-free flour
- $\frac{3}{4}$ tsp. of baking powder
- $\frac{3}{4}$ tsp. of baking soda
- $\frac{1}{4}$ tsp. of salt
- 1 tbsp. of unsalted butter or coconut oil, melted and cooled slightly
- 1 large egg, room temp.
- 1 tbsp. of vanilla extract
- $\frac{1}{2}$ cup of pure maple syrup

- $\frac{1}{2}$ cup of plain, non-fat Greek yogurt
- $\frac{1}{2}$ cup of non-fat milk
- 1 $\frac{1}{2}$ cups of fresh or frozen mixed berries



<https://amyshealthybaking.com/blog/2014/08/08/maple-mixed-berry-muffins/>

Directions:

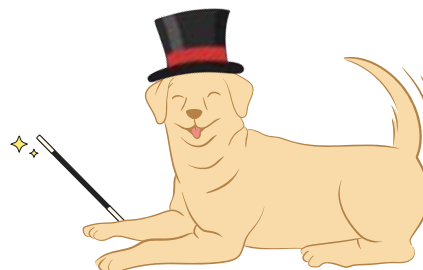
1. Preheat oven to 350 degrees, and place 12 cupcake liners in a muffin pan. Lightly coat pan with nonstick cooking spray.
2. In a medium bowl, whisk together flour, baking powder, baking soda, and salt. In a large bowl, whisk together coconut oil/unsalted butter, egg, and vanilla. Stir in the maple syrup and yogurt, thoroughly mixing until no large lumps remain. Alternate between adding the flour mixture and the milk, stirring just until incorporated, beginning and ending with the flour (for best results, add the flour mixture in 3 equal parts and the milk in 2 equal parts). Gently fold in berries.
3. Divide the batter between prepared muffin cups, and bake for 29-33 minutes, or until an inserted toothpick comes out clean (if using fresh berries, check 5 minutes earlier). Let cool in the pan for 5 minutes before carefully turning out onto a wire rack to fully cool (the berries will still be extremely hot, so be careful). Once completely cool, enjoy!

Nutrition Facts: Protein: 4g Calories: 147 Fiber: 3g Sugar: 10.4g Sodium: 175.5mg
Carbohydrates: 27.5g Fat: 1.7g Saturated Fats: 0.7g Cholesterol: 18.3mg

Joke of the Month

What do you call a dog that does magic?

A Labracadabrador.



WSW Support Groups

May & June

Salisbury Support Group:

Thursday, May 7th & Thursday, June 4th

Time: 6:30 p.m.

Location: WSW Office

1320 Belmont Ave Suite 402

Salisbury, MD 21804

Facilitator: Jocelyn Feist/Aliyah Frolich

Easton Support Group:

Thursday, May 14th & Thursday, June 11th

Time: 6:00 p.m.

Location: Lotus Oncology Hematology

401 Purdy St Suite 102

Easton, MD 21601

Facilitator: Staci Jelley

Berlin Support Group:

Thursday, May 20th & Wednesday, June 17th

Time: 1:00 p.m.

Location: Regional Care Center

9707 Healthway Dr

Berlin, MD 21811

Facilitator: Cathy Kerns

Accomack Support Group:

****Meeting on 3rd Tuesday of each month****

Tuesday, May 19th & Tuesday, June 16th

Time: 1:00 p.m.

Location: Eastern Shore Public Library

24313 Bennet St

Parksley, VA 23421

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

Berlin Stitch Therapy Group:

Friday, May 8th & Friday, June 12th

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



6th Annual Tuna & Tiaras Ladies Tuna Fishing Tournament

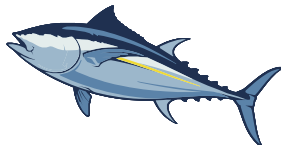
Tuna and Tiaras is BACK for their 6th Annual ladies tuna fishing tournament on Thursday, June 11th through Saturday, June 13th in Ocean City, MD! And registration is still open!

Tuna & Tiaras is the ONLY ladies tuna fishing tournament in the world, and a large portion of proceeds benefit WSW and Survivors spanning the Eastern Shore of Maryland, Delaware, and Virginia.

To register and learn more about this exciting event, visit the [Tuna & Tiaras website](#). WSW will be set up with an educational table at Mickey Fins on the afternoon of Thursday, June 11th, and scales will be set up and running on June 12th - 13th, so be sure to stop by and visit!



We hope to see you there!



Community Support

Oak Ridge Church's Peace 1 Day Campaign

In the beginning of April, Oak Ridge Church in Salisbury held their annual Peace 1 Day Campaign! Here, Alice Peterson organized a group of fifteen volunteers to cut, stuff, and sew our infamous Piglet Pillows. WSW's Piglet Pillows are an essential free service given to those facing mastectomies, allowing for a more comfortable healing process for Survivors. In total, Alice and her volunteers were able to make 78 Piglet Pillows in the span of a few hours! We sincerely thank Alice, her volunteers, and all of our friends at Oak Ridge Church for always choosing to support our organization, and more importantly, the strong Survivors of Delmarva.



Alice Peterson (furthest left), her volunteers, & the 78 Piglet Pillows they made for breast cancer Survivors.

Tidalhealth's Health Fest

On Wednesday, April 15th, WSW Staff members attended the annual TidalHealth Health Fest at the Ocean City Convention Center. The health fair had over 50 vendors, free screenings and testing available for attendees, as well as health and fitness demonstrations. We are so grateful to attend community health fairs like Health Fest, spreading awareness and education on breast cancer!



From left to right: WSW PR & Marketing Coordinator, Raven Cook, and WSW Intern, Rylan Gunter, displaying awareness and educational materials at Health Fest.

Community Support

Salisbury University Celebrates National Volunteer Week

On Monday, April 20th, two representatives of Salisbury University (SU) volunteered their time at the WSW Office in honor of National Volunteer Week (April 19th - 25th). While at the office, Melissa Thomas and Janice Orcutt worked on putting together Newly Diagnosed Tote Bags and sewing Piglet Pillows for Survivors. Many thanks to Melissa and Janice for all of their help!

THANK YOU!

From left to right: SU Instructional Designer, Janice Orcutt, and SU Instructional Design and Delivery Manager, Melissa Thomas, with a Piglet Pillow and Tote Bag.



Maryland's Coast Health & Wellness Fair

Join WSW at Maryland's Coast's Health and Wellness Fair on Wednesday, May 13th! The event will take place at the Worcester County Recreation Center from 10 a.m. - 1 p.m. Worcester County residents are invited to participate in free health screenings, a blood drive, giveaways, fitness demonstrations, and so much more! Not to mention there will be a plethora of vendors offering information, education, and services to attendees. And better yet, this health and wellness fair is free to attend! If you decide to stop by, be sure to come visit our vendor table!



HEALTH AND WELLNESS FAIR

CareFirst

Get Free Screenings & Information About Healthy Resources In Our Area

Presented By:

CareFirst

May 13, 2026

at Worcester County Recreation Center
10 a.m.-1 p.m.

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

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

MARYLAND'S Coast
WORCESTER COUNTY

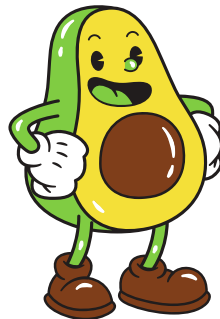
For more information:
410-632-2144x2519 or kjarmon@worcestermid.us

See You There!

Cooking for the New You



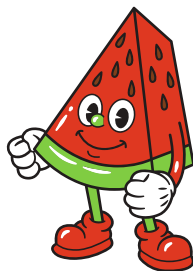
Rylan Gunter
(WSW Intern)
Opening Up &
Beginning the
Nutrition Class.



Sun Butter Protein Ball Demo with
Samantha.



Al Chandler Leading the
Class.



Strawberry
Banana
Smoothie
Demo with
Jenna.



Mentoring Minute

Passing Down Care

Sometimes the simplest things our moms taught us stay with us the longest; take care of yourself, listen to your body, and don't ignore when something feels off. These lessons seem small at the moment, but over time, they shape how we show up for our health and for each other.

When it comes to breast health, those gentle reminders can make a real difference. It's not about being perfect or having all the answers, it's about being aware, staying in tune with your body, and feeling comfortable enough to speak up or ask questions. Whether it's scheduling a check-up, sharing a reminder, or just being more mindful—every step counts.

For many, these habits start at home. Watching a mom, grandmother, mother figure, or caregiver prioritize their health can quietly teach us to do the same. But not everyone had those conversations growing up, and that's okay. It just means we have the opportunity to start them now, in our own way, and for the people around us.

There's something powerful about turning awareness into connection. A quick text, a casual conversation, or even checking in during a busy week can open the door to something bigger. You never know who might need that little nudge or reassurance. This month, think of caring for yourself as more than just a routine, it's a small act of love that ripples outward. When you take time for your health, you're not just showing up for yourself, you're setting an example, starting conversations, and passing down care in a way that truly lasts.



Survivor Story

Kim's Story

Eleven years ago, on October 17, 2014, I received a phone call that would forever change my life. I can still hear the doctor's voice on the other end saying, "Mrs. Purvis, you have breast cancer". Time seemed to stand still in that moment. Even now, more than a decade later, I have not forgotten how those words felt. A diagnosis like that does not fade with time; it becomes a part of your story.

Fear introduced itself immediately. My thoughts didn't go to statistics or treatment plans, they went straight to my children: Kyra was fifteen and Kamryn was twelve. I wondered how they would process this, how they would cope, and whether they would have to experience the same loss I did, watching my grandmother battle cancer when I was just sixteen. That fear was real, deep, and overwhelming.

At the same time, life did not pause. I had just stepped into a new role as principal of Snow Hill High School, my dream job, and had recently completed my doctoral coursework and was prepared to write my dissertation. I had clear, structured, and purposeful plans. But cancer has a way of interrupting even the most carefully written chapters of our lives. What I came to understand was that, while I had a plan, God had a purpose.

In those early days, I prayed for the cancer to simply disappear. I was seeking a miracle. I believed that I would walk into an appointment and be told it was all a mistake and that the tumor was gone. That miracle did not come in the way I expected. Instead, what came was something I didn't know I needed: strength. A strength that carried me through a nine-hour surgery, several follow-up surgeries, sixteen rounds of chemo, and ten years of daily oral treatment. A strength that showed up when I didn't think I could take another step. A strength rooted in faith. I held tightly to the words, "I shall not die, but live and declare the works of the Lord". And that became my daily declaration.

Now, eleven years later, I stand not only as a Survivor, but as someone who understands survivorship is more than a milestone; it is a calling.

To those who are newly diagnosed: the fear you feel is valid. The uncertainty is real, but so is your strength, even if you haven't discovered it yet. You will find pieces of yourself along this journey that you didn't even know existed. Allow yourself grace, ask questions, lean on others, and hold on to hope, even on the days when it feels so distant.

To those who have been on this journey for years: you already know that time does not erase the experience. There are moments, memories, and milestones that bring it all back, but there's also growth, perspective, and a deeper sense of purpose that comes with surviving. We carry the experience, but we also carry the responsibility and the blessing of lifting others.

What began as one of the most frightening moments of my life has become one of the greatest blessings, not because of the diagnosis itself, but because of what it produced in me. For eleven years, I have been given the gift of sharing my story, supporting others, and reminding someone else they can make it through.

My testimonial today remains the same, but it has deepened with time: God is good. Not just in the healing, but in the journey. Not just in the outcome, but in the becoming. And for that, I am forever grateful.



Complementary Care

Healing Through Creativity: Exploring Art Therapy

There is so much a Survivor is forced to handle emotionally throughout the breast cancer journey. From the moment of diagnosis, when difficult conversations with loved ones begin, to going through treatment and adjusting to changes in the body, and even into remission when trying to find a new sense of normal or facing fear of recurrence, it can feel overwhelming. These experiences are not only physical, but deeply emotional as well.

Because of this, many Survivors turn to complementary, non-medical approaches to support their mental and emotional well-being. One of these is art therapy. Opposed to what the name suggests, you don't have to be an artist or even good at art for this treatment to help you. It's all about creating a space to express and release emotions that are often hard to put into words.

Art therapy can take many forms, such as painting, drawing, collaging, sculpting, photography, and more. Any form of creation that allows you to express and release emotions that have built up over the breast cancer journey is welcomed under the art therapy umbrella. This form of therapy can be guided by a trained therapist or done on your own, anywhere you feel comfortable. The focus is never on your artistic ability, but always on self-expression.

At WSW, many Survivors have shared how meaningful art therapy has been for them. Creating art can help work through feelings that are hard to put into words, encourage relaxation and mindfulness, restore a sense of control through creative choices, and boost overall mood. In group settings, it can also create a sense of connection and community with others who understand the journey.

Art therapy can be helpful at any stage, but may serve different purposes depending on where you are in your journey. During active treatment, it can create a distraction from stress, appointments, and side effects. In remission or Survivorship, it can help process the experiences you've endured and support continued emotional healing while adjusting to a new sense of normal.

If you're interested in trying art therapy, getting started can be simple. You don't need expensive supplies or a dedicated space. Here are a few ways to begin:

- Spend time doing coloring books or coloring pages printed offline.
- Collaging with items you already have such as newspapers, magazines, books, receipts, doodles, or fabric.
- Painting with watercolor or acrylic paints.
- Attending a local (often held at restaurants and wineries) or virtual art class.

Taking time to create, even in small ways, can offer a moment to pause and reconnect with yourself. For many Survivors, art becomes a quiet space to reflect, heal, and move forward at their own pace.

Donor Thanks

Individual:

Barbara Wharton
Susan Du Pont
Liz Gidden
Denise Barnette
John & Linda Valenzo

In Kind:

Michele Osborne
Kristen McKim
Betty Martin
Cathy Nickels
Joanne Tubs
Chris Petrlik-Siegel
Lou Ellen
Denise Barnette
April Calles

Business:

Greenhill Country Club

Civic:

Charities Aid Foundation
America

In Honor:

Staci Jelley
Herbert & Diane M.

In Memory:

Helene Richardson

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, May 25th to honor Memorial Day. Additionally, the office will be closed on Thursday, June 11th for Tuna & Tiaras Ladies Fishing Tournament. Finally, the office will be closed on Friday, June 19th and 26th for the start of WSW's Summer Office Hours. We apologize for the inconvenience and sincerely thank you for understanding!**

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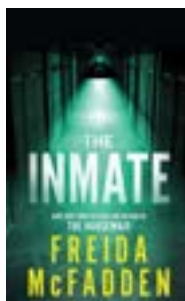
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Health



See what WSW Staff are
reading & recommending!



The Inmate
by Freida McFadden



Kin
by Tayari Jones



*The Girl from
Devil's Lake*
by J. A. Jance



WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

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