

Steel Magnolias

Breast Cancer Support Group, Inc.

It's Summer!

Summer is here! Our grass is green and the trees are full of leaves to give us a nice shade to sit under to enjoy the outside. It is time for cook outs with family and friends, hot dogs, Kool-Aid, tater chips, homemade ice cream and watermelons. Sounds like fun to me!

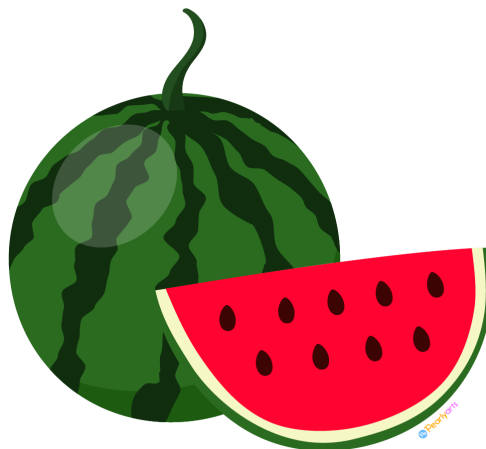
Let's talk about those nice red juicy watermelons. Did you know that not only being delicious, that they are good for you? I was reading an article from WebMD that said they are loaded with Lycopene. The cheery red color comes from lycopene and it is an antioxidant. We all know that antioxidants help in preventing cancer, it also helps with diabetes. Did you know that watermelons have more lycopene than any other fruit or vegetable, even tomatoes. What you want to look for in a watermelon is to pick one that is bright red, very ripe and seedless. Yellow or orange-meated watermelons do not contain as much lycopene as the red watermelons, but I like them too!

Another plus for eating watermelons is that they are rich in amino acid (citrulline) that can lower your blood pressure. The citrulline and the lycopene can lower your risk of a heart attack. Don't forget to exercise, don't smoke and limit your saturated fats to help your heart also. Watermelon cannot do it alone!

We are not through with the benefits of our delicious watermelon yet! They have a natural pigment called beta-cryptoxanthin that can help with the inflammation of your joints. The article said overtime, eating watermelon could lessen the chance of being diagnosed with Rheumatoid arthritis. Watermelon contains vitamin A and that keeps our eyes healthy. Watermelon is also 92% water.

So my conclusion on watermelon is: It is good to eat daily, it is sweet, it will keep you hydrated, it can help your eyes, your heart, your joints and it can help in preventing cancer! So go enjoy your summer, cook out and cut that watermelon. Have fun and enjoy your summer with family and friends!

Elaine



June 17, 2024



Steel Magnolias
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Brenda Parker, Secretary
Chuck Trull, Treasurer
Group Chaplains: Gloria Woosley
& Sherry Grinstead
RMC Chaplain, Jim Wilson
Historian & Photographer
Elizabeth McCabe

Pinks Boutique: For Appointment
Call our Office @ 256-231-8827
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207

www.steelmagnoliasinc.org

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[info @steelmagnoliasinc.org](mailto:info@steelmagnoliasinc.org)

**STEEL MAGNOLIAS/MEN OF STEET
MEETING MINUTES
MAY 28, 2024**

Our meeting was called to order by our President, Elaine Johns.

We had 24 in attendance which included 3 visitors.

Our guest speaker was Ginger Roberts, Physical Therapist with Elite Rehab Solutions in Heflin, AL. She gave us a list of exercises for a home exercise program which she recommended we spend 30 minutes per day. These exercises were designed to aid our mobility. She talked about the program she has for cancer patients before treatment and after treatment. These ranged from aerobic exercises to moderate intensity. Her program also talks about perspective, which is 90% of the battle, and nutrition and rest. She also has a program for the treatment of patients with lymphedema.

Minutes of the previous meeting were read and motion by Pat and seconded by Jimmy that they be accepted as written.

Treasurer's Report for May was given with a beginning balance \$17,288.00 and ending balance of \$16,061.06. This included a \$500.00 donation IHO Margie Snelling. Elaine explained to the group what expenses were charged on the Steel Magnolias' credit card.

Jimmy gave a report on the golf tournament. We ended up with 123 sponsors; 39 corporate sponsors; 34 teams and made \$33,379.00 after expenses.

Sherri gave our devotion and she talked about reading our Bibles every day. Every household has a Bible but most of them are never read or studied except in times of problems. Don't just have a Bible that you dust off every now and then but read and study it every day.

Door prizes were won by the following: Brenda, Rebecca, Nancy Burnell, Jane, Chuck, Robin, Gloria, Judy, Paula, Elaine, Karen, and Rhonda.

No further business, motion by Janet and seconded by Margaret that meeting be adjourned.

Respectively submitted, Brenda Parker, Secretary





Birthdays and Anniversaries

July 7th is Nancy Burnell's birthday and she is a 20-year survivor!

July 7th is Walter Lawson's birthday and he is a volunteer!

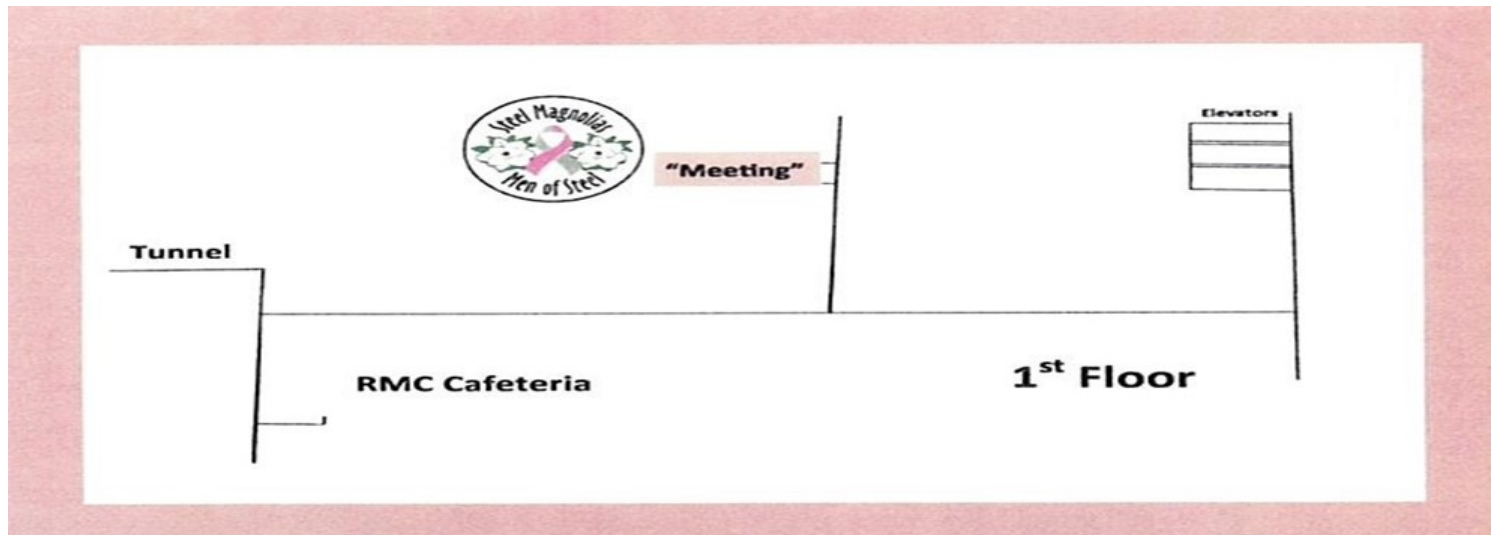
July 11th is Jessica Rich's birthday and she is a Volunteer!

July 13th is Sherry Grinstead's birthday and she is a 22-year survivor!

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Up Coming Events

June 25th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have hamburgers and French fries with condiments; Steel Magnolias, please bring side dishes and desserts. Our speaker will be Ashley Slayton, she is a lymphedema therapist at the Tyler Center on the first floor. Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come.



Up Coming Events Continued...

June 25th Clearview Cancer Institute will have a “Brake for Breakfast” at the Anniston City Meeting Center from 6:30-8:30 A.M.

July 15th will be our next newsletter mailing day. If you have anything for the newsletter, please send it to elaine@steelmagnoliasinc.org or mail it to our office at PO Box 2208 Anniston, Al 36202 by July 12th.



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Presidents Corner

Do you ever wonder if what you are doing in life really matters? Is this breast cancer support group making a difference? I’m here to tell you that it does. I wanted to share these two thank you notes we received from women that received care packages from us. All the items in our care packages are there to aid a breast cancer patient when going through their surgery, both physically and emotionally.

If you are a volunteer in the office and get a chance to help someone in “Pinks”. You get to see that smile or that tear of joy when a client looks at herself in the mirror and sees herself becoming whole again, it’s worth it.

Through their smiles, tears, and cards I am encouraged in our mission helping others facing breast cancer and no one should have to travel this journey alone.

Steel Magnolias
Thank you for the care package. My surgery is next week and as you know the items are most useful and very up lifting for my soul. I appreciate your continued prayers as

I go through the surgery and recovery period. I appreciate the opportunity to participate in providing for those who face this in the future.
Thank you -



Steel Magnolias Breast Cancer Support Group,
I wanted to Thank you all for the Care Package & all the information you sent. I really appreciated it. This has been a difficult time for me, awaiting Bilateral Mastectomy for Breast Cancer May 15th at U.A.B.
Thanks again for everything!
Sincerely,
Janet Spencer

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Please mark your calendars for the 4th Tuesday of each month for our monthly meetings. It is very important that everyone makes an effort to come. If we need to change our agenda for the meetings I would like to know. We want the meetings to be enjoyable !

Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except November and December.**
- **“Pinks Boutique” stocked with mastectomy bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients.**
- **Care packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria.**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room.**
- **Breast Cancer Awareness Program is available to girls in grades 9-12. This program is taught in the school by a trained volunteer under the supervision of a Registered Nurse.**
- **Speakers Bureau: speakers available to civic clubs and churches.**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle.**
- **Website: www.steelmagnoliasinc.org and like us on fb**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors.**
- **Prayer Ministry**

Ways You Can Help

- **Volunteer**
 - **Attend our meetings and get involved with us**
 - **Volunteer to work in our office and help with our fundraising events**
 - **Contribute: all contributions are tax deductible, we are a 501c3 tax exempt organization. Donations can be mailed to Steel Magnolias Breast Cancer Support Group, PO Box 2208 Anniston, Al 36202. All Contribution are used to provide services to breast cancer patients who reach out to us.**
- Pray for our ministry.**

Joggin' Insider

TWO LITTLE OLD LADIES....Two little old ladies, Niamh and Tara, were sitting on a park bench outside the local town hall in Limerick, where a flower show was in progress. The short one, Niamh, leaned over and said, "Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid, boring flower show"! "You're on!", said Tara, holding up a \$10 bill. So, Niamh slowly fumbled her way out of her clothes. She grabbed a dried flower from a nearby display and held it between her teeth. Then, completely naked, she streaked (as fast as an old lady can) through the front door of the flower show. Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling. Finally, the smiling Niamh came through the exit door surrounded by a cheering, clapping crowd. "What happened", asked Tara ? "I won \$100 as 1st prize for 'Best Dried Arrangement'!"

When you know, you know..

A kindergarten teacher have her class a "show and tell" assignment of bringing something to represent their religion.

The first child got in front of the class and said, "my name is Benjamin and I am Jewish and this is the Star of David."

The second child got in front of her class and said, "My name is Mary, I am Catholic and this is the Crucifix."

The third child got up in front of his class and said, "My name is Tommy and I am Baptist and this is a casserole."

Clifford and Daisy May were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night. Clifford would shout, "When I die, I'll dig my way up and out of the grave and come back and haunt you for the rest of your life ol' woman!!" Neighbors feared him. Old Clifford liked the fact that he was feared. He died at the ripe old age of 98. After the burial, Daisy May's neighbors, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?" She replied, "LET HIM DIG. I HAD HIM BURIED UPSIDE DOWN...AND I KNOW HE WON'T ASK FOR DIRECTIONS."

My toddler was scared of the thunderstorm tonight, so I told him it was just the sky farting and now he giggles when he hears it. Sometimes all you need is a rebrand.

My wife called to tell me she saw a fox on the way to work.

I asked her how she knew it was on it's way to work.

She hung up on me.

Some girls don't like to walk in the rain because it changes their face back to factory settings.

My wife asked me if I could clear the kitchen table. I took a running start but I still did not make it.

Minute and minute shouldn't be spelled the same.

I'm not content with this content. I object to that object.

I need to read what I read again. Excuse me but there's no excuse for this.

Someone should wind this post up and throw it in the wind.

T.O.U.C.H.
Cancer Support Group

Today Our Understanding of Cancer is Hope!

The 3rd Tuesday of each month.
 11:30 AM
 RMC Cafeteria Overflow Dining Room

Lunch is Provided
 Questions or More Information: Wayne Jackson
 RMC Chaplain Service
 256-235-5146

Alzheimer
Caregiver Support Group

"We provide a caring environment for families and caregivers to develop a mutual support network, resources to educate and inform and a place to refresh, recharge and build resilience."

Meeting: 2nd Friday of each month.
 1:00 PM
 RMC Chaplain's Office
 Suite 406, RMC Physician's Office Building
 400 E. 10th Street, Anniston, AL 36201

For Questions or More info:
 Chaplains Eric Averette or Wayne Jackson
 256-235-5146

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Helpful Tips

Some of these tips have appeared in previous newsletters. Hopefully they will reach someone that needs to see them and sometimes it is a reminder to others also.

Women and men please do not carry your phone next to your breast. I will tell women who I see with their phone under their bra straps or in a front shirt pocket the dangers of doing so. I see men with their phones in a shirt pocket or in their suit jacket inner pocket that is breast level. Men you are not immune!

I have read that when you go to bed at night to leave your phone in another room. Most people I know put their phone right beside them on their nightstand and use them as their alarm, I am guilty of the same thing. We just do not realize the dangers of all the electronics we use today and all the health problems they cause.

If you are a caregiver or giving someone a ride to Chemo or going to visit someone taking Chemo, please do not wear cologne. You may smell good, but you can make someone having a bad day to have a worse day. Nausea is hard to control and smells can trigger it. Be kind and considerate.

Please share any tips that would be helpful to others !

THE BOOK OF JONAH

M I S S I O N Y E B O S I D
 R T O D R I T E H P O R P J
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| AMITTAI | GOD | PRAY | TARSHISH |
| ANGER | HEBREW | SACKCLOTH | TERRIFIED |
| CALM | HID | SAILORS | VINE |
| CAST LOTS | JONAH | SEAWEED | VOWS |
| DISOBEY | JOPPA | SHADE | WARN |
| FISH | MISSION | SHELTER | WHALE |
| FLEE | NINEVEH | STORM | WIND |
| FLIGHT | OVERBOARD | SWALLOW | WORM |