

# Steel Magnolias

Breast Cancer Support Group, Inc.

## Feeling Vulnerable

September 15, 2014

**Feeling Vulnerable** means that we feel exposed, unsafe, unprotected and defenseless. There are times in each of our lives when we all, for at least a short period of time feel afraid. As an adult, some of those times were when my child was sick or in a dangerous situation, when my husband needed rescuing during the Blizzard of 1993 and I was powerless to help, when I was diagnosed with cancer and then when my husband died.



### Sharing love through support

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I can remember when, as a child, I first felt absolute terror. I was five years old, sitting under very tall Australian pines with my sister Betty and my double-first cousins, Joe and Gary. Our families lived in the same old house in the Big Cypress Swamp. The sound of a rattle snake rattling or the sight of an alligator were common place. We just calmly went inside and told our parents. What we had never seen almost stopped our hearts

from beating. There was no sound, just four very large egg shapes barely clearing the tops of the tall trees under which we sat. We learned later that these were four blimps from Homestead, Florida Air Base.

The unknown continues throughout life, causing our hearts to be gripped with fear. God understands our need for direction. Throughout scripture we are reminded that nothing catches God by surprise. As Christians, we should feel comfort that God knew all our days before one of them came to pass. Everything that we experience, whether good or bad, is meant to equip us to meet the needs in our families and in the lives of those around us. I have really enjoyed the devotional, "Jesus Calling." A relevant passage from January 9: *"Much, much stress results from your wanting to make things happen before their times have come. One of the main ways I assert My sovereignty is in the timing of events. If you want to stay close to Me and do things My way, ask Me to show you the path forward moment by moment. Instead of dashing headlong toward your goal, let Me set the pace. Slow down, and enjoy the journey in my presence."*

Almost everyday, we receive news of a newly diagnosed breast cancer patient or news of someone who has recurred. As devastating as being newly diagnosed was for me and everyone else I've come to know since starting Steel Magnolias, learning of recurrence would have to be even more devastating. I cannot over emphasize the importance of a loving church family, as well as an inner circle of devoted friends,

who work faithfully to provide for both patient and family. Nothing can replace the sense of belonging and community a cancer patient receives from fellowship with a support group.

***“Clouds are gathering across endless skies,  
As Autumn approaches and Summer dies.”***

These lines are from a poem I wrote, ***Seasons of Life***. Like it or not, the changing of seasons has a definite impact on how we feel, making it even more important to maintain as active as possible social life.

This is the time of year I was diagnosed. Following surgery and while undergoing chemo treatments, I looked at the time as an opportunity to see videos of movies I'd wanted to see and catch up on reading I'd not had time for, as well as do Bible study on subjects I had long wanted to do. We are all different, with different interests. Whatever a patient chooses to do, I strongly encourage everyone to surround yourself with positive people.

Submitted by Lenora Johnson, Founder

Steel Magnolias & Men of Steel Meeting  
August 26, 2014

The Steel Magnolias Breast Cancer Support Group Inc met on Tuesday, August 26<sup>th</sup> in the private dining room of RMC. New members were welcomed by President Elaine Johns and Margaret Taylor. Chaplain Sherry Grinstead gave the blessing before our meal of pizza and wonderful side dishes/desserts provided by Steel Magnolias members.

#### BUSINESS MEETING:

Kathryn Hindman, RMC nutritionist, was our guest speaker. She spoke about foods that help fight cancer and how foods work together for the best protection. She gave tips for helping your appetite and increasing your food intake. There was a question and answer session, and a discussion about problems eating different foods and weight loss while undergoing cancer treatments.

Minutes from the June 24th meeting were read by Secretary Connie Stephens. Executive Director Nancy Burnell made a motion to accept the minutes as read and Linda Barton 2<sup>nd</sup> the motion. The minutes were accepted as read. Treasurer Chuck Trull gave the Financial Report and Marti Warren made a motion to accept the Financial Report. Linda Barton 2<sup>nd</sup> the motion and the financial report was accepted.

Chaplain Sherry Grinstead gave a short devotional on priorities in our life. She closed with a prayer after going over the names of those on the prayer list.

Vice-President, Nancy Gillespie, reminded members to send in orders for the Premier Jewelry no later than Friday, Sept. 5<sup>th</sup>. She also reminded everyone that the 22<sup>nd</sup> Annual Cancer Survivor's Celebration would be held at the Anniston Meeting Center on Thursday, Aug. 28<sup>th</sup>.

Margaret Taylor told the group that, in addition to the Bear Huggers, we are now receiving help with the care packages from the Iron City Baptist Church women's group. Margaret also still needs help with the school girl program. Elaine Johns told the group that we have a new budget that includes an increase in the transportation fund; as well as, adding money for advertisement. The new budget is available for anyone who would like to see it. There was a discussion that one of our members has a need for compression sleeves. Marti Warren made a motion that Steel Magnolias purchase the sleeves for her and Steve Stephens 2<sup>nd</sup> the motion. There being no objections, the motion passed. Steve Stephens made the motion to adjourn the meeting and Nancy Burnell 2<sup>nd</sup> the motion. Meeting was adjourned.

Submitted by:  
Connie Stephens  
Secretary

Treasure's Report

| September 2014 |           | Balance Brought Forward from August 2014   | \$46,988.77 |
|----------------|-----------|--|-------------|
| 9-4 (+)        | \$ 145.00 | Donations from Glenda Crosson (\$20), Phyllis Brimer (\$25) and (\$100)  | 47,033.77   |
| 9-6 (-) #1664  | 30.00     | Kyuka Water Co for water distribution to RMC oncology and radiology  | 47,178.77   |
| 9-4 (-) #1665  | 9.00      | Kyuka Water Co for water distribution to RMC oncology and radiology  | 47,139.99   |
| 9-9 (-) #1666  | 312.10    | Reimbursement to Margaret Taylor for purchase of snacks for RMC radiology and oncology and mailing of two Steel Magnolia packages.                         | 46,827.67   |
| 9-9 (-) #1667  | 399.89    | Reimbursement to Chuck Trull for purchase of office refrigerator (\$149.85) and (\$250.00 cash) to videographer for Steel Magnolias New Beginning Banquet. | 46,427.88   |

This card is from a patient we sent a care package to and Gloria sent her a card from the Steel Magnolias:

Dear Ms Gloria & Steel Magnolias

I wanted to send you all a note to say Thank You for the care package you sent a few weeks ago. As you may know, my surgery was on Aug 20th & went very well. My hospital stay, for the most part, was good. However, there were 2 days & 2 shifts of nurses that were less than pleasant & delayed my pain management, recovery, & release. I did get to come home on the 25th. I had 4 drains which were always pinned to my hospital gown. I finally got to shower before leaving on the 25th and decided to use the pouches that you provided. They were such a big help when I dressed in my real clothes. They were very useful & wonderful. Such a brilliant idea & my

Physicians were very impressed with them & how convenient they were. The heart pillow was equally helpful & goes everywhere with me! Along with my sincere appreciation, I wanted to donate to making and/or the supplies & materials for these items. I would like to suggest using different colors for the pouches as mine became stained from the drainage; otherwise I would share these with someone else in need.

Thank you

for your kindness, thoughts, & especially prayers!

*Christina Donovan*

\$100.00  
donation

We can make a difference in someone's life!



Steel  
Magnolias  
August meeting

*RMC Survivor Dinner at Anniston Meeting Center 2014 "Hope Anchors The Soul"*



## Survivors Story



Twenty nine years ago I was a counselor at Anniston High School. I had nurses there in the auditorium teaching our 9<sup>th</sup> through 12<sup>th</sup> grade girls about Breast Cancer and how to examine their breast.

An aide from the office came and said I had an emergency phone call. It was the nurse from my surgeons office saying I had to come immediately to his office that “I had cancer.” Since it had been a month since my biopsy this minister’s wife replied, “The Hell I Do, I want a second opinion.” Only to be told the biopsy had been sent to Vanderbilt and there was a rare kind of cancer in the nipple.

Like other survivors you must got through your own journey. My journey was long and dark. I wrote farewell letters to my four daughters (thank God they never received them). One day in my dark place I was in my principal’s office and for no reason I started crying and listed all I had gone through in 18 months. I lost both breast, part of my back and both parents died thirty days apart. My principal in his military vocabulary replied, “Marti, you are not the only woman to loose their breast or the only one to loose their parents, so pull yourself together!” It was though I had been slapped across the face. I got up, went home, got on my knees and asked God to help me to stop feeling sorry for myself. I asked him to give me something to do for others and to stop being on my “Pity-pot”.

Don’t ever ask God to give you something to do for others because He will do it. With no training in art and design, in 1988 I opened a charity business “Recycled Antique Jewelry”. To this date I have given \$134,000 to others, \$14,000 to the Steel Magnolias.

On your journey remember God said: “Never will I leave you, never will I forsake you” Hebrews 13:5.

Marti Warren

## Steel Magnolias Highlights Quarterly Statistics

|  |   |   |   |
|--|---|---|---|
| <p style="text-align: center;"><b><u>Dining Vouchers</u></b></p> <p style="text-align: center;"><b><u>Outpatient Surgery</u></b></p> <p><b>April:            19</b></p> <p><b>May:                36</b></p> <p><b>June:               35</b></p><br><p style="text-align: center;"><b><u>4th Floor Chemo</u></b></p> <p><b>2nd quarter:    45</b></p> | <p style="text-align: center;"><b><u>Care Packages</u></b></p> <p style="text-align: center;"><b><u>Outpatient Surgery</u></b></p> <p><b>April:              02</b></p> <p><b>May:                05</b></p> <p><b>June:               09</b></p><br><p style="text-align: center;"><b><u>Care Pkgs. Mailed to other zip codes</u></b></p> <p><b>2nd quarter:    02</b></p> | <p style="text-align: center;"><b><u>Pinks Boutique</u></b></p> <p style="text-align: center;"><b><u>Clients Served</u></b></p> <p><b>2nd Quarter:    32</b></p> <p style="text-align: center;"><b><u>Snacks for Chemo Patients</u></b></p> <p>Anniston Oncology<br/>Radiation Oncology<br/>RMC West<br/>Chaplain’s Office</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p><b>Water Cooler in:<br/>Anniston Oncology<br/>RMC West</b></p> </div> | <p style="text-align: center;"><b><u>Group Meeting Attendance</u></b></p> <p><b>April:              40</b></p> <p><b>May:                33</b></p> <p><b>June:               28</b></p><br><p style="text-align: center;"><b><u>Transportation</u></b></p> <p>2nd quarter<br/>Contribution<br/>\$200</p> |
|--|---|---|---|

### Steel Magnolias Information

**September 23<sup>rd</sup>** is our next monthly meeting. Our speaker for September will be Dr. Charles Lattuada who is associated with Anniston Oncology. We will have Chicken Fingers, sauces to include Honey Mustard, BBQ and Ranch. Steel Magnolias please bring side dishes and deserts.

**October 20<sup>th</sup>** will be the next news letter mailing date.

Monthly meetings are held the 4th Tuesday of every month (except July and December) in the private dining room at RMC.

## PRESIDENT'S CORNER

### OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

And we are off...October is only a couple of weeks away. We have a lot of exciting events going on this October to help promote breast cancer awareness. They will also be posted on our website and promoted through our facebook page. If you are on face book and have not liked our page, please do so now to receive updated information.

Also starting this month I am adding a new segment to the news letter, Honorable Mention. If anyone has a name of someone and how they helped in making the Steel Magnolia Breast Cancer Support Group what it is today, please email me at [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or call me. My number is in the directory.

**October 4<sup>th</sup>: Oxford Fest**, RMC will be there and they want the Steel Magnolias to be represented there also. We also have the **Anniston Fire Department**, they have invited us to participate again at the Pink Fire Truck event. "Cindy" and the other trucks will be in town. At Oxford Fest we need coverage for most of the day. The Anniston Fire Department will be in the afternoon. More information to follow.

**October 11<sup>th</sup>:** We will participate in **RMC's Pampered & Pink**. A morning of Pampering and Breast Health Awareness at the **Tyler Center** from 8am to 11am. I have been contacted by **Jeff Gordon Racing Team**. They are having a car show at the **Anniston City Meeting**. We will be there with our pink tent to give out information about us, to help with car registration and selling food and drinks. They are donating 75% of the registration fees to us and we will get another donation from **Pepsi**. They want to make this an annual event to help us raise money for our cause. Special thanks to **Eddie Reese** for setting this up.

**October 15<sup>th</sup>: The Jacksonville Fire Department** has asked that we participate in their **Paint the Town Pink Program**, the Pink Fire Trucks will also be there, this will be in the afternoon. Until Nancy Gillespie talked to them they were unaware of our group and what we do in the community.

**October 18<sup>th</sup>: Steps to Help walk/run in Ranburne, AL.** This is the 3<sup>rd</sup> walk/run that I know about. They put this event on to help raise awareness for breast cancer. They donate the proceeds to Steel Magnolias and Tanner Hospital in Carrollton, GA. We need to have as many Steel Magnolias and Men of Steel there that can make it. We had a great time there last year.

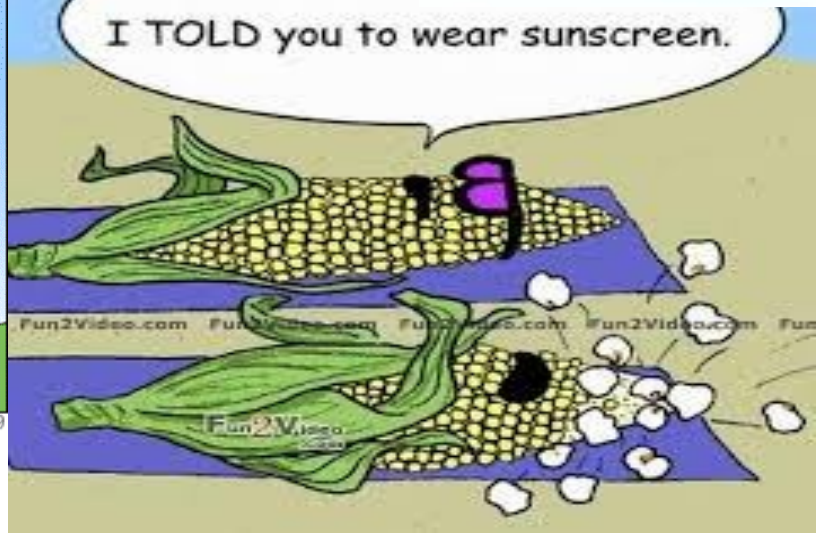
**October 25<sup>th</sup>:** We are invited again this year to **Brighton Jewelry** for their annual "**Power Of Pink**" campaign. I had originally told them the 11<sup>th</sup>, I will confirm this before our meeting on the 23rd.

We are so blessed to have so many people willing to help us raise awareness of breast cancer. They give their time and money to stand beside us in this fight. Most have been touched by this disease in one way or another. As you can see, we will need every one to volunteer to help with these events. Please contact Nancy Gillespie or Elaine Johns and let us know when and where you can help. As more information becomes available I will post them on our Web Site, so please make sure and check it daily. We want to make sure Steel Magnolias and our faces are made know to as many organizations and people as possible during October.

### HONORABLE MENTION

Our honorable mention for this month is Gladys Denizard. Gladys was the first to go into our schools with the School Girl Awareness Program. She saw the need to show young women the importance of doing self exams and what to look for concerning breast cancer. She also was the first to manage the Pinks Boutique. She has been a dedicated and faithful member of the Steel Magnolias. Thank you Gladys for your time and for helping pave the way for others.

**JOGGIN' INSIDE**

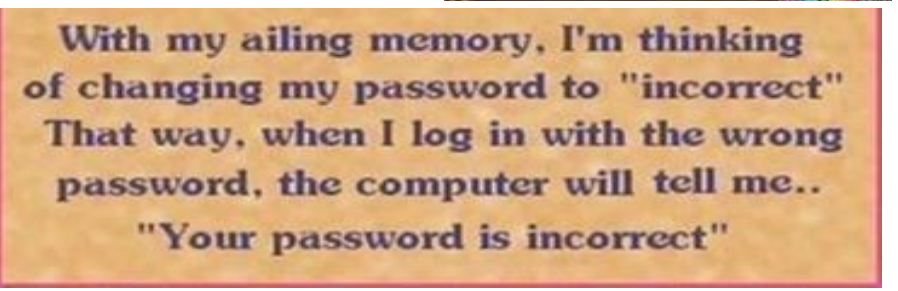
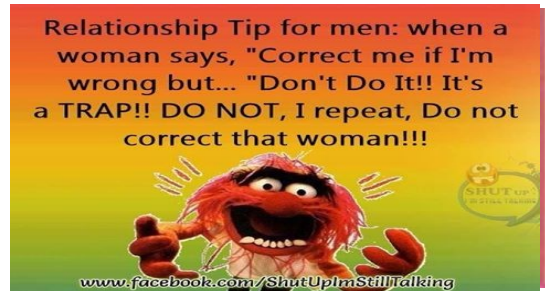


(See Matthew 14:14-21) 03-13-2009  
**YES I COULD MAKE FIVE THOUSAND OF THOSE, BUT A FEW FISH AND SOME BREAD MIGHT BE A BETTER OPTION**

Our minister announced that admission to an upcoming church social event would be six dollars per person. "However, if you are over 65," he continued, "the price will be only \$5.50." From the back of the congregation a woman's voice rang out "Do you really think I'd give you that information for only 50 cents?"  
 Submitted by Judy Elder, Anniston, AL



The man charged into the jewelry shop, slammed his fists angrily on the showcase, removed a wristwatch from his pocket and shook it under the nose of the owner. "You said this watch would last me a lifetime!" he yelled. "Yeah I did," admitted the owner. "But you looked pretty sick the day you bought it."  
 Submitted by Judy Elder, Anniston, Al



Please send your jokes to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org)

# MAKING HEALTHY CHOICES GLORIFIES GOD

## EAT WELL, LIVE WELL

1 Cor. 6:19-20, 1 Cor. 3:23, Jer. 29:11

by Donna Houston

N A I T S I R H C L T N F N  
B O D I E S T P D U C O V E  
S F E U S S I M O F U I I S  
L I B D U T U B M N G T G S  
T A R R C E A A D I I C I E  
H O T O H S T T C S V E L N  
L I S N L T Y E T E R N A L  
A A A L E I L S G I B N N L  
R E C R A M B A H R E O T E  
O B R I M O D E E R F C R W  
P M E W S N G S R H O U D W  
M A D I O Y U I E T T N A A  
E N O B N L H D V A Y L O L  
T Y R E T G K P N P K S I H

Find the highlighted words:

Believers should certainly be **VIGILANT ABOUT** maintaining excellent spiritual **HEALTH**. When we do, we usually experience a **CONNECTION** between our **CHRISTIAN WALK** and our **MENTAL** and emotional well-**BEING**. But **MANY** of us overlook the necessity of preserving our **PHYSICAL** health as a **TESTIMONY** to our God's family. **BECAUSE** our earthly bodies are **TEMPORAL** and not **ETERNAL** it seems like a small **MATTER** that we might become unhealthy as a direct **RESULT** of negligence. Our selfish **NATURE** tells us that **LIBERTY** is **FOUND** in doing what we want, when we want. But truly, **FREEDOM** is health and **WELLNESS**, and **BONDAGE** is **DISEASE** and sickness. The **ISSUE HERE** is not **SINFUL** behavior but rather responsibility. We carry a **SACRED TRUST** to **HONOR** the **LORD** in our **BODIES** so that we can achieve the **GOALS** He has set for us.