

# Steel Magnolias

Breast Cancer Support Group, Inc.

## A Merry Heart

July 14, 2014

### *Proverbs 15: 13-15*

*A happy heart makes the face cheerful, but heartache crushes the spirit. The discerning heart seeks knowledge, but the mouth of a fool feeds on folly. All the days of the oppressed are wretched but the cheerful heart has a continual feast.*

Since childhood, all of us have heard, "Laughter is the best medicine."

In childhood, laughter is a given, even when faced with painful or sad situations, a child can quickly return to laughter. As adults, life can become so overwhelming that we wonder if our hearts will ever be happy again.

Not long before writing the following poem, Hazel Johnson Rudolph was diagnosed with breast cancer. Her daughters were beside themselves. Nancy and Wanda met to make a decision and convince Hazel that she should get treatment that they had decided was best. After Hazel heard the reports from doctors, she told her daughters, "No! I won't have surgery, something else will take my life before this cancer." After much insistence, Hazel agreed to let them take her to Kirklin Clinic to be evaluated by the chief of medical oncology. He agreed with Hazel about surgery but convinced her to accept treatment with daily anti-cancer medication.

Hazel had the most positive personality of anyone I've ever known. Her positive attitude insulated her from the recurring bouts of depression that too often sweeps over women, as we begin to get invitation letters from AARP and increasing health issues, especially if the diagnosis is cancer. Hazel was a gifted writer and had the ability to write with transparency. She shared a few poems with me and with the Steel Magnolias. Hope everyone enjoys, *An Old Age Recipe.*"

*An Old Age Recipe*  
***Old Age is a Time You Can't Ignore***  
Hazel Johnson Rudolph, age 95

*Like I've said before. Old age is a time you can't ignore,  
It will catch you early, or it will catch you late.....  
But it will catch you.....That's as sure as Fate.  
Some people grow old by 44, others look old at 50 or more.  
But the best thing to do, when it happens to you,  
Just keep thinking young, and that will carry you through.*



**Sharing love through support**

**Steel Magnolias**  
**P.O. Box 2208**  
**Anniston, AL 36202**

Lenora Johnson, Founder  
Nancy Burnell, Executive Director  
nancyburnell@gmail.com  
Editor: Becky Tiner  
Beckyathome@att.net

Elaine Johns, President  
Nancy Gillespie, Vice President  
Connie Stephens, Secretary  
Chuck Trull, Treasurer  
Group Chaplains: Gloria Woosley &  
Sherry Grinstead  
RMC Chaplain, Jim Wilson

Pinks Boutique: Marti Warren, Mgr.  
For Appointment (256) 239-0855  
Office 256-231-8827  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207  
www.steelmagnoliasinc.org

**Email any officer except treasurer  
by typing officer's first  
name@steelmagnoliasinc.org**

**Chuck Trull, Treasurer:**  
**Treasurer**  
**@steelmagnoliasinc.org**

*While lying in bed. Get up and be doing something well,  
Don't mope over the years that have come and past....  
No one promised you youth forever would last,  
Just think of the days that lie ahead, and don't waste time thinking  
If it's only a short ways, walk a spell. Look at the Sunset,  
Feel the breeze, and marvel at the beauty of the birds in the trees.*

*Spend some time reading a joke.....Laughter never killed any old goat.  
It's good medicine for the mind and soul  
Really, it will keep you from growing old.  
Make young friends.....That's easy to do,  
And their youth will inspire and revitalize you.*

*Do something to help others along.....  
In the joy of service, you'll never go wrong.  
I Know your knees will hurt and creak,  
And some days you can't stand on your feet.  
Your eyes will grow dimmer, your ears will get bad.  
But you'll miss a lot of National News that is terrible and sad!*

*Invite some friends to have a good time.  
Don't mind the dirty house, you should see mine.  
I've kept it clean all these years, But now I can't risk falling off ladders and chairs.  
Make a pot of coffee....That will do....They really don't need to eat much, a cookie or two...  
Have some fun....Don't mention your pain...Talk about the weather, "We sure need rain."  
Tell a good joke, either one or more....Don't worry too much if you've told them before.  
Most everyone's memory is just like mine. Chances they've forgotten them every time.*

*Keep in touch with your children, They're growing old too,  
And they act real bossy....You know that's true. But be patient with them  
Whatever you do, For sure as you're living their time's coming too.  
Don't think about Nursing Homes, They'll come soon enough,  
Stay busy and forget that stuff!  
But if and when you do have to go, Plan ahead wisely and Steal the Show!  
Be the best tenant that you can be, and revive that place of NO LIBERTY!  
Jolly those poor inhabitants there, and make them forget every worry and care.  
We can be Happy whatever our Fate, and count our blessings  
Whether early or late, and just be glad that we're alive, whether we're 50, 60, or 95!*



Ms. Hazel, Johnson Rudolph passed from this life at the age of 97. Her death was caused by heart failure. Less than a year before her passing, Hazel's daughters made the decision that it was not safe for her to remain in Hearthstone, the name she gave her beloved home. At Ladiga Manor, Hazel was the life of the party and if Hazel was present, life was always a party! I loved Hazel and told her, "When I get grown, I want to be just like you." The ever beautiful, Hazel Johnson Rudolph in fun conversation, at the 2006 Pink Ribbon Ball, in full swing at Anniston Country Club, with our ever fun loving Dr. Dave Roberts

Courtesy of Lenora Johnson, Founder <Lenora@steelmagnoliasinc.org>

## Survivor Story

In May 1998, my mother died at age 92, after 5 years paralysis from a stroke. It had taken all that Paul, Becky and I could do to take care of her. Everything else had been put on hold. Now I felt I had better start checking my own health. I discovered a knot, or lump, in my left breast. Also, my breast appeared to swallow my nipple. That seemed odd. I knew all the warnings about breast cancer...look for changes...but what changes? I had always been fairly healthy (except for allergies), so it could not be cancer...or could it? In August 1998, my physician arranged for me to be seen by a surgeon who in turn sent me for a needle biopsy.

The unfortunate result from the tests: positive. Surgery was scheduled. The original knot I found was simply a benign tumor, but hiding behind it, he found the actual cancer against my breastbone. My prior choice had been to instruct the surgeon to only rebuild with my own fat, if he had to remove my breast. The tram flap was done, and I left the hospital with nine drainage tubes, and some of Paul's blood. We refused blood from other sources since, at that time, occasionally Hepatitis C was found in the local blood banks. I was fortunate that Paul and I were both O Positive. Both my daughters, like their father who died in 1989, were AB Negative.

Paul was my constant nurse, companion and prayer warrior, in the hospital and in the months of recovery at home. He dutifully emptied the drainage bottles and called in the amount collected regularly. He bathed me, brought snacks, food, mail, and was a wonderful caregiver and husband. He was with me for every appointment, every procedure, and when the doctor had to puncture my breast to drain when a staph infection had set in, he was there. Paul and I were only married 3 years when cancer reared its ugly head. Would he run...as so many men did? No, Paul stayed with me every step of the way, never leaving me...at the hospital, at home, at doctors appointments he was my constant companion, my lover, my caregiver.

Since the tumor was positive, I was scheduled for the oncologist to begin chemo and later radiation. However, a bad staph infection would not heal, delaying my surgery for the port to be installed for chemo from September until February 1, 1999. Finally, at 5 a.m. February 1, I was on the operating table with IV in my arm, and about to have the "knockout meds" begun. The head nurse was about to turn on the anesthesia when she asked, "Do you have any questions before I put you under?" Please understand Paul and I had prayed together all night and the wee hours of that morning, asking God to keep me from having to suffer through these chemicals if at all possible...but acknowledging God's will be done. I don't know what prompted me, but I blurted out nervously to the nurse, "Why does my record show I am positive estrogen, negative progesterone?" Suddenly, her eyes lit up, she ran to the back operating room where they were about to wheel me. Returning with the surgeon, they read my records, called the oncologist who was to begin chemo at 1 pm that day. The oncologist came to my room and, after a brief study of my charts, announced proudly, "You are not going to have chemo...the FDA just approved Tamoxifen for cases like yours. Get dressed and meet me in my office." Wow! I could have jumped up and run to his office in that exposing, flapping hospital gown. I was so happy...so relieved. That was 16 years ago and I still remember how hard Paul and I prayed all night and morning that I would be spared the terrible effects of chemo and radiation. And how wonderful it was to hear the oncologist say, "You" (and he really emphasized YOU)" are not going to have chemo and radiation". Always remember to ask questions and you always have the option for a second opinion. I felt as relieved as Isaac must have been when he realized he would not be sacrificed, since his father Abraham found the lamb for the altar snared in the nearby bushes. Abraham loved God so much he was totally obedient to Him, to the point of offering his only son, if necessary. No matter what happens in life, always know God loves us, is always there and hears our prayers. I don't know what the future holds, but I know Who holds the future. Oh, yes! Whenever Paul and I have a "discussion" or disagreement, I have to remind him, "Remember, I got your blood, so I'm just as mean and ornery as you now."



## July Events

Everyone get ready! Come one come all to the 3<sup>rd</sup> floor main lobby at RMC for our annual Dining Voucher Bazaar **June 16<sup>th</sup> and 17<sup>th</sup>**. We will have an assortment of items for sale from snacks, Marti's jewelry, Christmas and many other donated items for sale. All proceeds go to fund our Dining Voucher program. Dining Vouchers are provided for two family members of any cancer patient, in surgery, at North East Alabama Regional Medical Center. Vouchers are redeemable in the RMC hospital cafeteria.

All Steel Magnolias that can help out during the sale contact Nancy Gillespie, Margaret Taylor or Elaine Johns. We need your help.

We will celebrate on **July 22<sup>nd</sup>**, our 11<sup>th</sup> annual New Beginnings Banquet at Classic On Noble. Festivities will begin at 6pm and Dr. Dave Roberts will emcee. Our guest speaker is Claudia Johnson from QOLHS in Tuskegee. Guest singer is David Shirley. There will be wonderful food, a lot of fun and great fellowship. It is a time to recognize our new beginnings and to live life like there is no tomorrow.

On **July 23<sup>rd</sup> at 2:15** we need for all Steel Magnolias to be at **SAMS CLUB** for the presentation of the \$2500 donation check. Please wear our pink shirts. They were a great sponsor this year at the Lea Fite Golf Tournament with door prizes and water along with this check. We need everyone's support and bring a friend along. Let's show our appreciation!

## August Events

RMC is hosting a Health Fair at the Quintard Mall on **August 2<sup>nd</sup> from 10 till 4** and we are invited to participate. It is a great opportunity to meet people and let them know who we are and what we are doing in the community. We need everyone's help with coverage during the day, please contact Nancy Gillespie to let her know what time you can be there even if it is only for an hour or two.

## President's Corner

Each month we want to feature a survivor's story. Please consider writing your story to let others know we are survivors! We all know there are struggles in this journey, but staying positive and staying connected with others is so important.

How would you like to help someone personally? Volunteer at the Steel Magnolia's office and aid cancer patients with a wig, bra or set them up with an appointment to be fitted with a prosthesis. The personal rewards are great! If you feel you can help us here contact me at [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org).

We are searching for ladies that sew. We are running low on bags. Our current group the Tuesday Bear Huggers have moved to a new location and they are trying to set up and catch up on all of their projects. The number of women we help only increase and we need to be able to service their needs. Please contact me if you can help or know of someone that could. Contact information: [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org)

If you are a newly diagnosed breast cancer patient or are reading our newsletter for the first time, contact us if you would like to talk to someone who has been on this journey. Get in touch with us at [info@steelmagnoliasinc.org](mailto:info@steelmagnoliasinc.org) and give us your diagnosis, how you would like to be contacted (email or phone) and we will pair you up with someone with a similar diagnosis. If you are not a cancer patient and would like to be a volunteer, we need you! We meet the 3<sup>rd</sup> Tuesday of every month except July and December in the private dining room at RMC at 5pm.



## Newsletter Deliveries

I want to encourage anyone receiving this newsletter by mail that would like to change to receiving it through email contact us at [info@steelmagnoliasinc.org](mailto:info@steelmagnoliasinc.org) to be removed from the mailing list and added to the email listing. You can print the puzzle yourself and all the pictures will be in color.

**August 18<sup>th</sup>** newsletter mailing date--12:30 in RMC Physicians Center, STE. 406

### Joggin' Inside

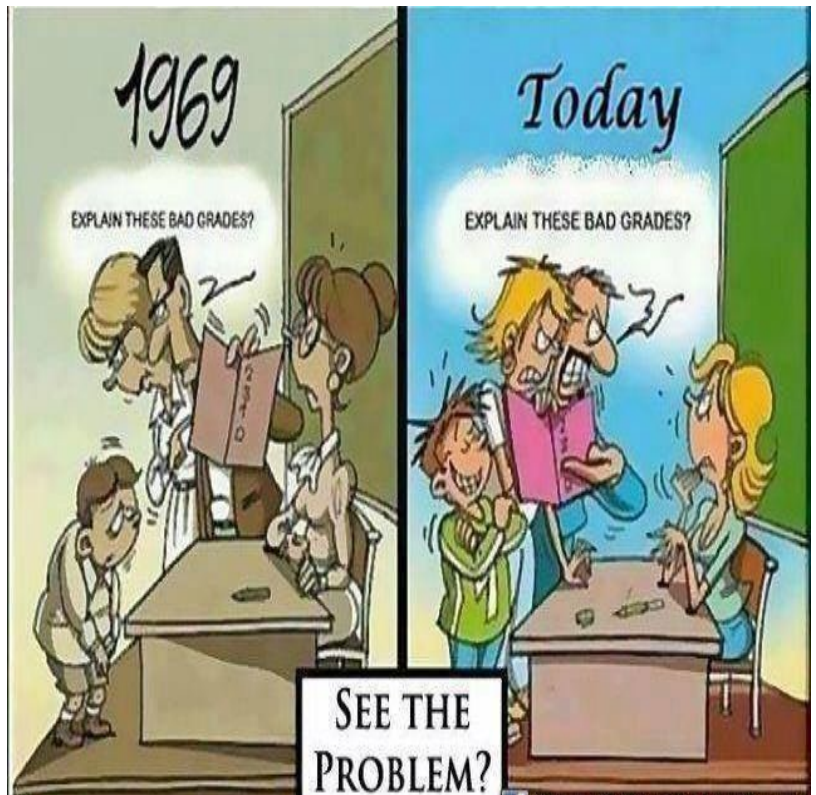
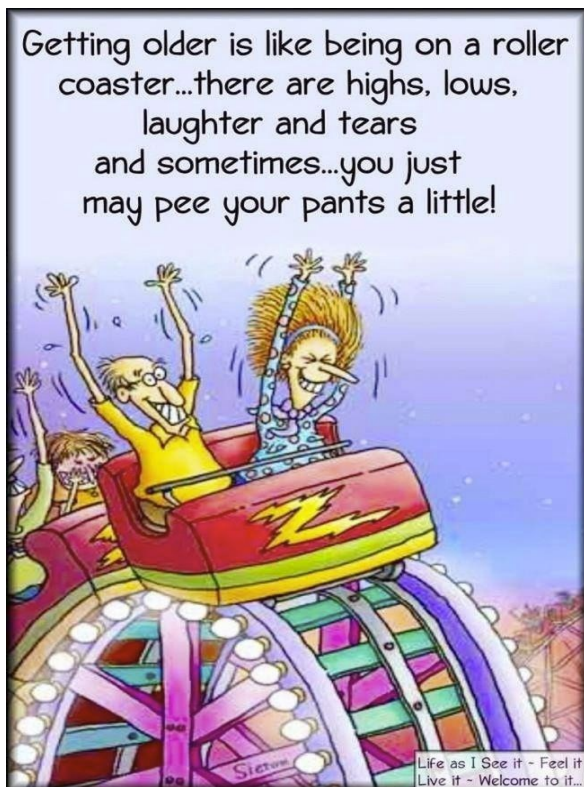
A school teacher's son brought home his report card. The father said, "Let's see what you have accomplished." He opened the report and to his dismay saw all bad grades. "What do you have to say about this Johnny?" the father demanded. "Well Dad, at least you know I'm not cheating."

Courtesy of Judy Elder, Anniston

A group of Americans was traveling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. "These," she explained, "are the older goats that we put out to pasture when they no longer produce." She then asked, "What do you do in America with your old goats?" A spry old gentleman answered, "They send us on bus tours!" Courtesy of Judy Elder, Anniston

I have traveled to many places in my time, but I've never been in Cahoots. Apparently you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work! Courtesy of Judy Elder, Anniston

An office supervisor once called a secretary in to give the bad news that she was being fired. He started the conversation with: "Miss Smith, I really don't know how we're going to get along without you, but starting Monday. We are going to try," Courtesy of Judy Elder, Anniston



Steel Magnolias & Men of Steel Meeting  
June 24, 2014

The Steel Magnolias Breast Cancer Support Group Inc met on Tuesday, June 24<sup>th</sup> in the private dining room of RMC.

We had several visitors which were welcomed by President Elaine Johns and Margaret Taylor. Chaplain Sherry Grinstead gave the blessing before our meal of baked potatoes provided by RMC and wonderful side dishes/desserts provided by Steel Magnolias members.

**BUSINESS MEETING:**

Lynn Hill, a Premier Jewelry representative, attended our meeting and offered to donate half of her profit to Steel Magnolias if we decided to have a Premier Jewelry catalog party. Margaret Taylor made a motion that we have a catalog party and Barbara Trull 2<sup>nd</sup> the motion. There being no objections the motion was passed. Lynn will be getting the new catalogs to us after they come out in July.

Minutes from the May 27<sup>th</sup> meeting were read by Secretary Connie Stephens. Steve Stephens made a motion to accept the minutes as read and Jimmy Taylor 2<sup>nd</sup> the motion. The minutes were accepted as read.

Treasurer Chuck Trull gave the Financial Report and Margaret Taylor made a motion to accept the Financial Report. Steve Stephens 2<sup>nd</sup> the motion and the financial report was accepted.

Chaplain Sherry Grinstead gave a short devotional about things that aren't always what they seem to be and asked us to think about what things we have in our lives that aren't what they seem.

Margaret Taylor provided information she had received on two different printers for the Pinks Boutique Office. A motion was made by Jimmy Taylor to purchase the printer with the best deal after gathering additional information on the printers. Janet Reese 2<sup>nd</sup> the motion and there being no objections the motion was passed.

Jimmy Taylor presented a check for \$22,200 from the golf tournament to be deposited into the Steel Magnolias account and thanked all the volunteers who helped with the tournament.

Volunteers were asked to sign to help with the Bazaar at RMC on July 16<sup>th</sup> and 17<sup>th</sup> and also for the RMC Health Fair at Quintard Mall on August 2<sup>nd</sup>.

Everyone was reminded that invitations will be sent out for the New Beginnings Banquet to be held at Classic on Noble on July 22<sup>nd</sup>. Also, everyone was asked to attend the Sam's grand opening on July 24<sup>th</sup> when the \$2,500 grant check will be presented to Steel Magnolias. Time when the check will be presented will be announced later - please wear pink!

Steve Stephens made the motion to adjourn the meeting and Jimmy Taylor 2<sup>nd</sup> the motion. Meeting was adjourned.

Connie Stephens  
Secretary

## Financial Report

| June / July 2014     | Balance Brought Forward to July 2014   | \$26,773.77 |
|----------------------|--|-------------|
| 6-27 (+) \$22,222.00 | Deposit from Steel Magnolias Lea Fite Annual Golf Tournament   | 48,885.77   |
| 6-27 (+) \$130.00    | Deposit from donations to Steel Magnolias  | 49,125.77   |
| 7-2 (-) #1648 105.00 | Moore Printing Co. for newsletters and New Beginnings Banquet flyers                                     | 49,015.77   |
| 7-9 (-) #1649 110.62 | Sally Beauty Company – Wig head forms for Pinks Boutique   | 48,815.15   |
| 7-9 (-) #1650 200.00 | Mrs. Winnie Webb for jewelry for RMC Bazaar sale.  | 48,615.15   |
| 7-9 (-) #1651 115.50 | Oxford Post Office for 2 Rolls of Stamps for office and 2 Steel Magnolias packages to Texas and Virginia | 48,499.65   |





**Pictures  
from  
Steel  
Magnolias  
June  
Meeting.**





# WORD OF GOD

Donna Houston

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

APPLY  
ARMOR  
AUTHORITY  
BIBLE  
DOCTRINE  
EXEGESIS  
FOOD  
FREEDOM  
FRUIT  
GOSPEL  
HOLY

HOPE  
INSPIRED  
JOY  
LAW  
LIFE  
LIVING  
MEMORIZE  
NOURISHMENT  
PATH  
PERSONAL  
PROMISES

PURE  
READ  
RESEARCH  
SHIELD  
STUDY  
TEACH  
TEXT  
TRUTH  
VERSES  
VULGATE  
WORD