

Steel Magnolias

Breast Cancer Support Group, Inc.

The Fullness of Life

October 20, 2014



Sharing love through support

Steel Magnolias
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The past couple of months have provided answers to questions that have been building in my mind since the late 1980's. It has been a fairly recent practice that doctors spend the time, explaining health issues to their patients, asking if the patient would like a copy of test results. In 1999, when I was diagnosed with breast cancer, I started a new way of dealing with my limitations in understanding the language of medical school. I leave my doctor's office with a copy of my test results, regardless of what they are. Anything I don't understand, I look it up in a medical dictionary. Google provides easy and quick access to the answers of troubling questions. We can learn enough to then ask questions of our doctors, asking for answers to be in plain English since we don't have a medical degree. I am sure that some would respond, "I'll just trust my doctor to do what is best for me." Ultimately, decisions about our health are our responsibility. If our doctor is reluctant to discuss details with us, we should ask for a second opinion.

In our youth, we take our health for granted, and some individuals, like me, don't think about age and so we are never aware of the subtle changes that are taking place in our bodies or how our genetics set in motion changes in our bodies or how medications, especially chemotherapy set in motion future health conditions.

My first wake-up call was in 1991, when a pre-op electrocardiogram revealed left bundle branch blockage. Surgery I was scheduled for was postponed until I consulted a cardiologist. Dr. Gertler told me there was no medication for bundle branch and I would have no problems until I got older, at which time I might need a pacemaker.

My second wake-up call was in late 2012 when an anesthesiologist for back surgery, said that she thought she heard a leaky valve. Just months after that surgery my precious Prentiss died. That brings us to October 2014, the fog having finally lifted from my brain, I decided I needed to check about the valve leakage.



May 2000, Birmingham, Alabama—
Margaret Lenora Johnson, holding first
grandchild, Janice Olivia Johnson.

Because of such a strong recommendation by Nancy Burnell, I made an appointment with Dr. Jasser at RMC. He ordered an echocardiogram to check out my heart valves and left bundle branch blockage. The results are that I do have two valves with minor leakage, a result of chemotherapy in 1999 for triple negative breast cancer.

Now, fifteen years later I am cancer free, allowing me to see sweet Olivia celebrate fourteen birthdays and the

addition of two more precious granddaughters, Kaylee and Emily Johnson.

I recently read an inspirational quote that is important for all of us to remember, especially when we learn, years later, that a life saving treatment has contributed to a less deadly health issue.

*Gratitude unlocks the fullness of life.
It turns what we have into enough and more.
It turns denial into acceptance,
Chaos into order,
Confusion to clarity,
It can turn a meal into a feast,
A house into a home,
A stranger into a friend.
Gratitude makes sense of our past,
Brings peace for today,
And creates a vision for tomorrow.”
Melody Beattie*

I was surprised when Dr. Jasser ordered a Thallium treadmill test to check out my bundle branch blockage and determine if I needed a pacemaker or if medication would be sufficient. I told him that Dr. Gertler had talked about the possibility of a pacemaker when I got old, and I went on to say, “But I didn’t think I was old.” Thank God, medication was deemed the best course of action!

I relayed this conversation to Dr. Ferguson, my pulmonary specialist. After a chuckle, he said, “You are a driven person. You remind me of my 98 year old mother. She asked me, ‘How is 98 supposed to feel? I feel just like I did at 48.’”

*Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength, they will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
Isaiah 40: 30-31*

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

From Awesome quotes, our thought for today and for everyday thereafter:

Six Ethics of Life

Before you pray-Believe

Before you speak-Listen

Before you spend-Earn

Before you write-Think

Before you quit-Try

Before you die-Live

Submitted by Lenora Johnson, Founder

Steel Magnolias And Men of Steel



Steel Magnolias & Men of Steel Meeting
September 23, 2014

The Steel Magnolias Breast Cancer Support Group Inc. met on Tuesday, September 23rd, in the private dining room of RMC.

New member, Beverly Cook, was welcomed by President Elaine Johns and Margaret Taylor. Chaplain Sherry Grinstead gave the blessing before our meal of chicken fingers provided by RMC. Side dishes and desserts were provided by Steel Magnolias members.

BUSINESS MEETING:

Vice-president Nancy Gillespie, introduced our speaker, Dr. Charles Lattuada, Anniston Oncology. Dr. Lattuada started by telling a personal story about one of his patients who became a very close friend of his. Through his experience with this friend, he said he learned a lesson to always listen to God when he speaks to you. Dr. Lattuada then explained to the group what a doctor goes through when he sees a cancer patient, i.e. diagnosing type of cancer and determining the stage of the cancer. A question and answer session followed. Nancy thanked Dr. Lattuada for speaking to our group and presented him the devotional book "Jesus Calling".

Minutes from the August 26th meeting were read by Secretary Connie Stephens. Steve Stephens made a motion to accept the minutes as read and Linda Barton 2nd the motion. The minutes were accepted as read.

Treasurer Chuck Trull gave the Financial Report and Jimmy Taylor made a motion to accept the Financial Report. Linda Barton 2nd the motion and the financial report was accepted.

Chaplain Sherry Grinstead gave a short devotional based on Matthew 11-28, "Come to me, all you who are weary and burdened, and I will give you rest". Sherry told the group that sometimes God allows things to happen for a reason and said that adversities can be changed into something good. She closed with a prayer after going over the prayer list.

Vice-President, Nancy Gillespie asked for volunteers to work several events that we will be involved with in October. Margaret Taylor told the group that t-shirts have been bought for \$1.85 each. The t-shirts will have the Steel Magnolias emblem put on them and will be available to sell at the events in October.

Steve Stephens made the motion to adjourn the meeting and Nancy Gillespie 2nd the motion. Meeting was adjourned at 7:00 p.m.

Submitted by:
 Connie Stephens, Secretary

**Financial Report
 Reported by Charles Trull**

October 2014	Balance Brought Forward from September 2014	\$46,477.88
10-2 (-) #1668 \$ 238.69	Reimbursement to Elaine Johns for purchase of Software for Steel Magnolias office and purchase of material for bag construction	46,239.19
10-7 (-) #1669 255.11	Reimbursement to Margaret Taylor for purchase of T-Shirts (100) and printing.	45,984.08
10-8 (-) #1670 177.95	Lange Productions for School Girl support material.	45,806.13
10-8 (+) 1,474.00	Donations from Anniston Fire Department (\$1100), individual donations and T-shirt sale (\$150), and (\$224) donation from Marti Warren Sorority	47,280.13
10-10 (-) #1671 400.00	Written for change for Car Show at Anniston 10-11 but not cashed. No change to balance.	47,280.13
10-11 (-) #1672 77.15	Reimbursement to Nancy Gillespie for Lowes purchase, ribbons, and postal shipment.	47,202.98
10-12 (+) 311.00	Donation from Golden Springs Elementary (\$110), sales and donations at Car Show on 10-11 in Anniston (\$201)	47,513.98

Saturday October 4th: RMC had a tent at Oxford Fest. Ladies from the Steel Magnolias along with volunteers from RMC handed out information on the Steel Magnolias and RMC’s up coming event “Pampered in Pink”. Donations were given and combined with donations received later that day at the Anniston Fire Department. Submitted by Elaine Johns

On October 4th, Anniston Fire Department hosed “Cindy” the Pink Fire Truck. Several of our Steel Magnolias attended. During the day all cancer survivors were presented with pink carnations. Also, survivors had the opportunity to sign “Cindy”. They could sign their name or the name of a loved one. During the Celebration the Fire Chief Presented Nancy Gillespie, as representative for Steel Magnolias, a check for \$1100.00.

Submitted by Nancy Gillespie



On October 7th Stephanie Thornton presented a program on Breast Cancer to the Head Start Program at Constantine Elementary School.

On October 8th Margaret Taylor and Stephanie Thornton presented a program on Breast Cancer to the Head Start Program at Norwood Elementary. Hobson City Elementary School was also present at this program.

On October 8th Nancy Gillespie presented a Program on Steel Magnolias to the Wednesday night group at Pilgrims Rest Baptist Church. A donation of \$100.00 was received. This church has placed a donation box in their sanctuary. At the end of October this donation box will be presented to Steel Magnolias.

Submitted by Nancy Gillespie

On October 10th Golden Springs Elementary School had a program on breast cancer and asked the Steel Magnolias to attend. Nancy Brunell spoke to the group of children and teachers that had formed a ribbon. Names of survivors and ones lost to cancer were read and then balloons were released. The Steel Magnolias were presented with a card that had \$110 donation from the teachers and students.

Submitted by Elaine Johns

Believe

*Golden Springs Elementary School
Faculty & Staff
"2014"*



On October 11th Regional Medical Center hosted Pampered & Pink, a morning of pampering and breast health awareness. Entertainment, education, snacks, and a fashion show were a part of the days events. The following people from Steel Magnolias participated in the fashion show: Nancy Burnell, Nancy Gillespie, Margaret Taylor, Jimmy Taylor, Barbara Trull, Charles Trull and Stephanie Thornton.



Submitted by
Nancy
Gillespie



On October 11th two young men had planned on having a car show to help raise money for the Steel Magnolias. Breast Cancer is personal for them, they lost an aunt to breast cancer. They are with the show car end of the Jeff Gordon Racing team. We put it on face book, put out flyers, sent it to a lot of local shops, they brought a Jeff Gordon car, Margaret and Elaine went on TV24 to talk about it and Eddie Reese along with other radio stations promoted it on the air. We had 3 trophies donated by Awards to Remember. We had 29 Barbeque, SAMS Club, Anniston Fire Department and the Steel Magnolias all there ready for a big day. We did not have a single entry. We made some new friends and had a few people stop to see what was going on. We learned a lot that day and we have plans to try this again next year! Thanks for all that came out to work and those that supported us that day.

Submitted by: Elaine Johns



On October 14th the Anniston Rotary Club met at the Anniston Country Club. There were about 45 members in attendance. Following a meal of chicken, salad and vegetables Margaret Taylor presented the program about her journey with breast cancer. She shared with the group how the Steel Magnolias helped support her during her battle with breast cancer. She explained what the Steel Magnolias Breast Cancer Support Group is all about and all the services that we offer to cancer patients in Calhoun and surrounding counties.

Submitted by Margaret Taylor

On October 15th the Steel Magnolias set up on the square in Jacksonville for Cindy the pink fire truck. We had many curious young women stop at our tent. Margaret and Nancy showed them what to look for while doing a self exam. The Mayor spoke and acknowledged the Steel Magnolias and the importance of our group in the community. Cocky was there also keeping everyone entertained. We want to extend a **THANK YOU** to our local fire departments in helping to bring awareness to breast cancer.

Submitted by Elaine Johns



What a gorgeous day to participate in the 3rd Annual “Steps To Help” Run/Walk in Ranburne, AL, Saturday October 18th. We could see pink bows, balloons, tents and tablecloths as we rounded the curve into Ranburne. We set up our PINK tent with all our goodies to share and sell and waited for the crowd. Those from Steel Magnolias were Margaret and Jimmy, Nancy and Lawrence, Barbara, Saretha and her 3 children, Ina and her granddaughters and our new volunteer, Kim Watson. Jimmy Taylor, a Man of Steel, spoke briefly from a man’s viewpoint about how breast cancer affects a spouse when his wife is diagnosed. He was very emotional when he talked about how breast cancer affects a man and how he could not understand how some men could leave their wives during this time of crisis and how no matter what happens in life, with each other and Jesus we can overcome anything. A speaker from Tanner Memorial let us know there was help available from them to provide mammograms for those without insurance. Sherri Brown, a survivor from Heflin spoke to the group about her experience with breast cancer and how important it is to stay in touch with those going through this journey. Just a phone call, a note and most of all prayer means so much to someone going through this time in their lives. She said that sometimes when she was feeling her worst it seemed that God would send someone to give her a word of comfort or encouragement to keep her going.

Our thanks go out to Runa Kimbrell once again for her vision of helping women that have been diagnosed with breast cancer. This walk takes a lot of time and effort. We want Runa to know how much she means to the Steel Magnolias for her hard work and dedication these past three years. God Bless you Runa!

Submitted by Margaret Taylor



Upcoming Events

October 28th is our next Steel Magnolias and Men of Steel meeting at RMC in the private dining room. We will have baked Irish and sweet potatoes. Steel Magnolias please bring side dishes and deserts. Our speaker will be Dr. Melissa Baird.

November 17th is our next newsletter mailing day

November 25th will be our next monthly meeting.

Honorable Mention

Our honorable mention this month is Charles Trull. Chuck is one you can count on. He is there at the majority of our events. Most of the time he is there when we set up and there when we take down. He is a good sport and always willing to do what ever is necessary to help the Steel Magnolias and the Men of Steel. Thank you Chuck for all you do!

Joggin’ Inside

A dietician was giving a presentation: “There are definitely some foods that should be consumed in moderation. Red meat is high in fat and soft drinks are full of sugar. But can anyone tell me what food causes the most grief and suffering for years after eating it?” A 75 year old man seated in the front row stood up and said “Wedding Cake!”

Submitted by Judy Elder, Anniston, AL

A lawyer sent an overdue bill to a client. A note was attached that said, “This bill is one year old.” By return mail, the lawyer received his bill with an attached card that read, “Happy Birthday!”

Submitted by Judy Elder, Anniston, AL



Presidents Corner

With so much going on in the month of October it was hard to find time to get a survivors story. I want to encourage members and everyone else to write their story to be part of our news letter. It is important for newly diagnosed cancer patients to know that other people have gone through what they are facing. There is hope and a reason to fight, that you can survive breast cancer. I also want to take this time to thank Nancy Gillespie for all of the hard work she put into getting the Steel Magnolias recognized and involved in so many activities in the area during Breast Cancer Awareness Month. I want to thank everyone who participated in these events and showed their support during this busy month.

If you think you would like to help out in the office, we still need someone that is willing to fill in or work half days. If you feel you can help us here contact Nancy

Gillespie or myself at elaine@steelmagnoliasinc.org or nancy@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 and let us know how you would like to be contacted (email or phone). If you are not a cancer patient and would like to be a volunteer, we need you! We meet the 4th Tuesday of every month except July and December in the private dining room at RMC at 5pm.

Submitted by Elaine Johns

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
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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.