

Steel Magnolias

Breast Cancer Support Group, Inc.

Looking Back

January 22, 2018

2018 is here! Can you believe it! Here we are starting off the New Year again. As cancer survivors or anyone who has dealt with a life changing event knows that another year is like a gift. Looking back over this past year we can see that our little group has been blessed and in return we are able to be a blessing to others.



We had a lot of help from friends and family to make our Bake and Jewelry sale a success this past year. We left the mall with very little to pack up or eat! We also had a great turnout at the Lea Fite Golf Tournament in 2017. Many of our faithful sponsors came through for us and we saw some new names also. We had awesome first and second place prizes for entry to the Sunny King Classic that drew a lot of attention. We plan on doing that again this year.

Sharing love through support

We had fun at our New Beginnings Banquet at Classic on Noble with guest speaker Edie Hand and enjoyed the songs sung by Tiffany Hamilton. Then came October with Oxfordfest and Tutus for Tatas! The ladies and their "hogs" at Harley Davidson do it bigger every year and we always have a great time. Sunny King Motor Co. raised \$15,000 for us through new and used car sales during Breast Cancer Awareness month. That was an awesome show of community support!

Steel Magnolias
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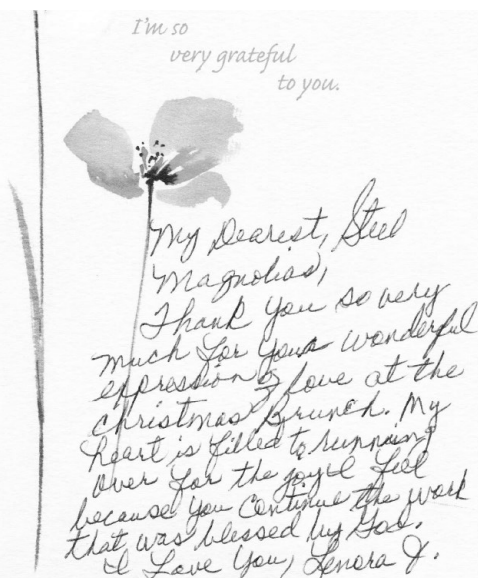
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Email any officer by typing
Their—first name
@steelmagnoliasinc.org

Our Christmas Brunch was held at Alexander's at Noble Shops. It turned out to be a neat setting for our brunch. The food was wonderful and the atmosphere was festive. Dr. Dave Roberts told the true meaning of Christmas and Angela Thrasher entertained us with Christmas songs and carols. We all received discounts to shop in Noble stores. Pictures from the brunch will appear in our next newsletter.

Submitted by: Elaine Johns



Survivor Story

Hello, my name is Susan Dupree and this is my story. I'm a five year and eight months Triple Negative Breast Cancer Survivor. In April of 2007, I found a lump in my left breast. I procrastinate until July of 2007 before going to see my plastic surgeon, Dr. Marc Wetherington. What was the rush, I just had my yearly mammogram in March and everything was normal. But I went to see him and it was discovered that I had a cyst in the left breast that needed to be removed. Boy was I surprised upon awakening from surgery on August 13, 2007 to be told that you have breast cancer. Took my breath away, and left me speechless and if you know me this is hard to do because I am never speechless to anyone. I do love to talk.

I was referred to Dr. Clarence McKemie, a wonderful surgeon, and it was decided that I needed to have surgery again to get some clear margins from around where the tumor had been and to remove some lymph nodes to see if the cancer had spread any further than the breast. On August 20th, 2007 I arrived at Redmond Medical Center to have this procedure done. This surgery would consist of removal of the breast implant, removal of the lymph nodes with two being positive, and to get a clear margin.

With these findings I must undergo a bone scan, chest x-ray and ultra sound of the liver and lower abdomen. This was to check and see if the cancer had spread any further than the lymph nodes. Thank the good Lord it had not. But the finding from the tumor was that I had Grade III Infiltrating Ductal Carcinoma that was HER-2 Negative, known as Triple Negative Breast Cancer.

I was referred to Dr. Melissa Dillmon at the Harbin Clinic Oncology Clinic. She said I would need eight treatments of chemotherapy. The first four would be Cytoxan and Adriamycin and the last four would be Taxol. But before beginning any treatments there was something I had to do, this being cutting my waist length hair and donating it to Locks of Love so that some little girl could have hair. I called Judy, my beautician and told her what I had in mind and she said she would help me. Upon arriving at her studio, she already had a style picked out for me, because I never had short hair before. While she cut my hair we both have a good cry together because she knew how I felt about my hair. When I returned home my husband had shaved his head because he had told me he would when I left to get mine cut. I told him he should have waited that by the time mine came out his would be grown back and he said "so what, I will shave it again because it's just hair".

October 1, 2007, I went for the first of the four treatments of Cytoxan and Adramysin, known as "Big Red". This treatment would take four hours to infuse and I would have the treatment every two weeks. I continued to work at Redmond Regional Medical Center in the Laboratory during this time. I would take a treatment one week and work the next week. I was to have three more visits with "Big Red". By the second visit my hair had begun to fall out and my finger and toe nails had begun to come off. But I was still alive and had not lost my fighting spirit. My nurse navigator, Ann Hook, called everyday and would talk or cry with me depending on the mood I was in that day. My husband was always there for me at every treatment and for anything else that I needed to have done. He went to all my appointments with me.

November 27, 2007 I got to meet "Mr. Taxol", boy I thought that "Big Red" was bad; he was nothing like Mr. Taxol. About seven days after my first treatment of Taxol, I became very sick and had to be hospitalized for eight days at Redmond Regional for pneumonia. I suffer from COPD so the drugs used to treat the cancer had killed off the good bacteria in my lungs and had let the emphysema take over. After many chest x-rays it was discovered that I had Fibrosis in the lower lobes of my lungs and the top were full of emphysema.

Dr. Bruce Suckling, my pulmonary specialist informed me of these findings and told me and my husband that I should go home and get my affairs in order. He said that I had maybe one year to live and I would require oxygen and inhalers for the rest of my life. I arrived home on December 13, 2007 on five liters of oxygen twenty-four hours a day and three inhalers to use twice a day and prednisone to help heal my lungs.

It being so close to Christmas, my husband Bobby and I decided not to tell anyone of my dire situation until after the holidays. However, he must return to work and I was unable to stay by myself, so we must tell our families. His sister, my mom, his mom and my niece took turns staying with me while he worked. But wait, I'm only 52 years old and not ready to give up or leave this world. I've got a lot of things that I still want to do. So I started going to the park walking with my oxygen on my back and good thought in my head. Within six months I had decreased my oxygen from five liter to three liter and my inhalers from three to just one emergency inhaler and was off the prednisone. Today I'm completely off the oxygen and only have the one inhaler for emergencies.

Now I walk everyday take my vitamins and try to eat right and stay as healthy as I can. I praise the Lord for everything He has done for me and every day He has given me. I no longer work, but I'm a member of the Steel Magnolias Breast Cancer Support Group in Anniston, Al. I am also a member of the Bosom Buddies Breast Cancer Support Group in Rome, GA. I also volunteer one day a week at the new breast center at Floyd Medical Center. I hope one day that I will be able to be an advocate for breast cancer and that I will be able to help someone that is fighting this disease.

I remain cancer free, my hair has come back just as curly as it was before chemotherapy and by finger and toe nail have grown back. I try to keep a positive attitude and pray that I never have to go through this again. If I do I know that the Lord will take care of me. My advice to everyone is to get to know your body and when you find something that's not right, get yourself to the doctor and have it checked out. Don't do like I did and wait three months before having it checked. I might not have had to take chemotherapy had I not procrastinated as long as I did.

I still go see my friends at the laboratory at Redmond Regional and still stay in touch with Wendy, my surgeon's clinical assistant. I hope by telling my story it will help someone get through the rough times that are part of being a breast cancer survivor. I hope one day I can be a nurse navigator like Ann Hook and Janice Hopkins and can help someone like they helped me when I was at my lowest point.

I am proud to say I am a Breast Cancer Survivor.

To be continued; I was diagnosed again in February 2012 with breast cancer for the second time.




Susan Dupree

Dear Steel Magnolias:

It is my honor and privilege, on behalf of Lakeview Baptist Church of Oxford, to enclose a \$500.00 check to the payment of the Steel Magnolias Breast Cancer Support Group in honor of our retiring organist, NANCY BURNELL. Nancy has been a member of our church for over 30 years. Her service here has been characterized by faithfulness, integrity and compassion. In this service, she has used her spiritual gifts and talent to the glory of the Lord. We know of her love and involvement, as a breast cancer survivor, with Steel Magnolias; and we know of the great service and support you provide. Therefore, we are pleased to provide this contribution in her honor as we remember and pray for those who have experienced breast cancer -- survivors, family and friends.

Sincerely,


Dr. Darrell Pauk
Pastor

thank you very much

I am grateful for your support and the lovely items you sent me. You are a special group and your work is very much appreciated.

Glenda Martin

Grove Oak, AL.

WE JUST WANT TO SAY
THANK YOU FOR YOUR
SUPPORT OF THOSE GOING
THROUGH THE BATTLE OF CANCER.
WE HOSTED OUR "BARBELLS FOR
BOOKS" ANNUAL FUNDRAISER.
ENCLOSED IS OUR CONTRIBUTION
TO STEEL MAGNOLIAS.

Thank you,
Patti Stokes

Shirley Rollins called to thank us for her care package. The pillows were especially helpful in allowing her to sleep at night. She thanked us for all that we do and said she would never forget us!

Birthdays and Survivor Years!

January 18th is Vicki Norman's birthday and she is a volunteer.

January 19th is Judy Williamon's birthday and she is a 7 year survivor!

January 21st is Elizabeth McCabe's birthday and she is a 21 year survivor!

February 3rd is Joe McNeal's birthday and he is a man of steel.

February 9th is Connie Stephens' birthday and she is a volunteer.

February 18th is Margaret Taylor's birthday and she is a 13 year survivor!

Upcoming Events

January 23rd is the first meeting of 2018 for the Steel Magnolias. We will meet in the private dining room at RMC. Our speakers will be Laura Born and Winter Triplett. They are Lymphedema Therapist at RMC. Winter is also a breast cancer survivor. We will be installing officers also. We will have baked sweet and Irish potatoes. Steel Magnolias please bring side dishes and deserts.

February 19th will be our next newsletter mailing day. If you have something to go into the newsletter or if there is something you would like to see, please send it to elaine@steelmagnoliasinc.org or mail it to PO Box 2208 Anniston, AL 36202.

March 31st is our annual bake and jewelry sale at the Quintard Mall.

April 21st is the 9th annual Lea Fite Golf Tournament at Pine Hill Golf Course.

President's Corner

The New Year is here and I am looking for new ideas for the newsletter, our meetings and our fundraisers. As President, I find myself trying to find new and different ways of helping breast cancer patients. I want to publish more survivor stories in the newsletter to encourage newly diagnosed cancer patients. Survivor stories are not limited to breast cancer survivors. Please send them to elaine@steelmagnoliasinc.org or mail to PO Box 2208, Anniston AL 36202. Your story can be submitted by "anonymous" if that is what you prefer.

I want to encourage people to come to our meetings and bring a friend. We need more people involved working in the office. We need help with the School Girl Program and we need someone to take charge of or help with organizing events. I guess what I am trying to say is; come join us. We have our meetings each month and most meetings we have a speaker. We always have supper with desert and we like to laugh. We share stories and we always have a word from our Lord.

We meet in the private dining room at RMC the 4th Tuesday of each month except July, November and December. Come into the hospital and take the elevator down like going to the cafeteria. When getting off the elevator go right and then turn down the hallway on your right. When you get half way down the hall take another right and we are down on the left. You cannot miss us!

**Submitted by:
Elaine Johns**

Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.

1. Group Meetings

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

2. Steel Magnolias' Office

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

3. PINKS Boutique

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

4. Care Packages

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

5. Dining Vouchers

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

6. Snacks

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

7. Breast Cancer Awareness Program

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.


8. Speakers Bureau

Speakers are available to civic clubs and churches. To schedule, contact our office.

9. Steel Magnolias Newsletter

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

10. Web-Site

www.steelagnoliasinc.org is a great source of information and inspiration. Also, 

11. Men of Steel

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email tjimmeg63@aol.com for additional information.

12. Prayer

We are praying for you with love and blessings.

WAYS YOU CAN HELP

1. VOLUNTEER YOUR TIME

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
 - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
 - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

2. CONTRIBUTE - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

3. DONATE UNUSED JEWELRY (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

4. PRAY FOR OUR MINISTRY

Joggin Inside

At an art gallery, a woman and her ten-year-old son were having a tough time choosing between one of my paintings and another artist's work. They finally went with mine.

"I guess you decided you prefer an autumn scene to a floral," I said.

"No," said the boy. "Your painting's wider, so it'll cover three holes in our wall."

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The attorney tells the accused, "I have some good news and some bad news." "What's the bad news?" asks the accused. "The bad news is, your blood is all over the crime scene, and the DNA tests prove you did it." "What's the good news?" "Your cholesterol is 130."

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At the mall, my five-year-old grandson joined the other children in line waiting to sit on the Easter Bunny's lap. When it was his turn, Jake didn't move; he just stared. "Don't you want to sit on the bunny's lap?" I asked. "No!" he shouted. "There's a man in his mouth!"

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A woman noticed her husband standing on the bathroom scale, sucking in his stomach.

"Ha! That's not going to help," she said. "Sure it does," he said "It's the only way I can see the numbers."

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I once gave my husband the silent treatment for an entire week, at the end of which he declared, "Hey, we're getting along pretty great lately!"

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The closest a person ever comes to perfection is when he fills out a job application form.

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"If I sold my house and my car, had a big garage sale, and gave all my money to the church, would I get into heaven?" a teacher asked the children in her Sunday school class.

"No!" the children all answered.

"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would I get into heaven?"

Again the answer was, "No!"

"Well," she continued, "then how can I get to heaven?"

A five-year-old boy shouted out, "You gotta be dead!"

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At an ecumenical round-table discussion, various religious leaders tried to answer the question "When does life start?"

"At conception," said the Catholic priest.

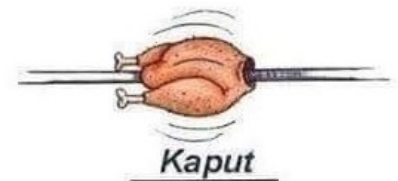
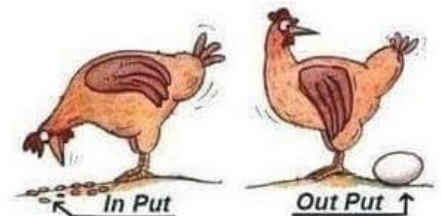
"No, no," said the Presbyterian minister. "It begins at birth."

"It's in between," said the Baptist. "Life begins at 12 weeks when the fetus develops a functional heartbeat."

"I disagree with all of you," said the rabbi.

"Life begins when your last child leaves home and takes the dog with him."

Chicken Lifestyle



KING DAVID

G R A C E N G C R N H T A S
 P N N V U B O T E U G R T O
 H S A L M V M R N Z K I N L
 I C H T E H S O B I H P E M
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 G R A M E L A S U R E J Z A

ABNER	GOLIATH	JONATHAN	REFUGE
ABSALOM	GRACE	LORD	REIGN
ARK	HARP	MEPHIBOSHETH	ROYAL
BETHSHEBA	HEBRON	MOAB	SAMUEL
CAVE	ISRAEL	MUSIC	SAUL
COVENANT	JERUSALEM	NATHAN	SOLOMON
DISOBEDIENT	JESSE	PHILISTINE	URIAH
EDOM	JOAB	PSALM	ZION