

Steel Magnolias

Breast Cancer Support Group, Inc.

Breast Cancer Awareness

October 24, 2022

Statistics In 2022 in the United States, it's estimated that 43,780 people — 43,250 women and 530 men — are going to die from breast cancer.

According to the CDC, about 9% of all new cases of breast cancer in the U.S. are found in women younger than 45; breast cancer risk increases as women get older.

Black women are less likely to be diagnosed with breast cancer than white women, but are 41% more likely to die from the disease.

About 170,000 people in the United States are living with metastatic breast cancer.

This information is provided by Breastcancer.org.

Know your risk, knowing your family history can save your life. If you have breast cancer or not, find out if there is cancer in your family history.

Get screened, at the age of 40 start having mammograms. Do self-breast exams every month, know your normal. If something doesn't feel or look right talk to your doctor. Early detection can save your life.

Live a healthy lifestyle, don't smoke, exercise, limit alcohol, eat a healthy diet and maintain a healthy weight.



Sharing love through support

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

Pinks Boutique: For Appointment
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www.steelmagnoliasinc.org

Like us on Facebook

Email us at
support@steelmagnoliasinc.org



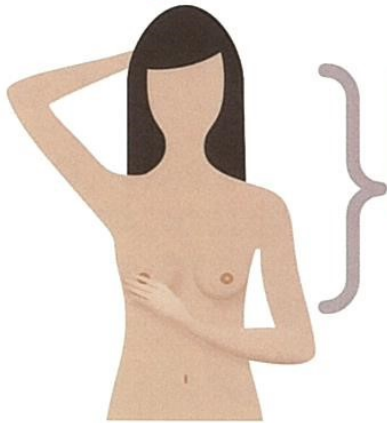
OCTOBER 2022

Last year it was reported that globally, 1 in 8 women were diagnosed with breast cancer and 1 in 6 diagnosed females died. Let's help spread the awareness and show our support by encouraging all women to get tested.





BREAST SELF-EXAMS



x12

ONCE A MONTH

Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical center states,

“Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

How Should A Breast Self-Exam Be Performed?



1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.



2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women’s breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. If you find a lump, schedule an appointment with your doctor, but don't panic - 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns. To locate a healthcare provider in your service area, visit RMCCares.org/our-doctors



**STEEL MAGNOLIAS/MEN OF STEEL MEETING
SEPTEMBER 27, 2022**

Meeting was called to order by our President, Elaine Johns. We had 26 in attendance with one guest, Gordon Donaldson.

Our guest speaker was Coach Samuel Green. Coach Green heads an organization called First Feet. This organization is a nonprofit organization that hosts 5K runs to raise money for academic scholarships for kids. He is hosting a run, October 22d, at the Aquatic Center at McClellan. Proceeds from this run will be given to Steel Magnolias. He trains a lot of kids that have won numerous awards.

Minutes from the previous meeting were read and motion made by Steve and seconded by Cheryl that minutes be adopted as read.

Chuck gave the Treasurer's Report. Beginning balance for the month was \$22,819.57; ending balance \$21,857.91.

Elaine passed around a sign-up sheet for Oxfordfest. Set up starts at 7:00 with event starting at 8:00. Jessica is providing some pumpkins that we can sell and hopefully we will have new shirts to sell both short and long sleeve. (Side note, shirts did not come in so order was cancelled.)

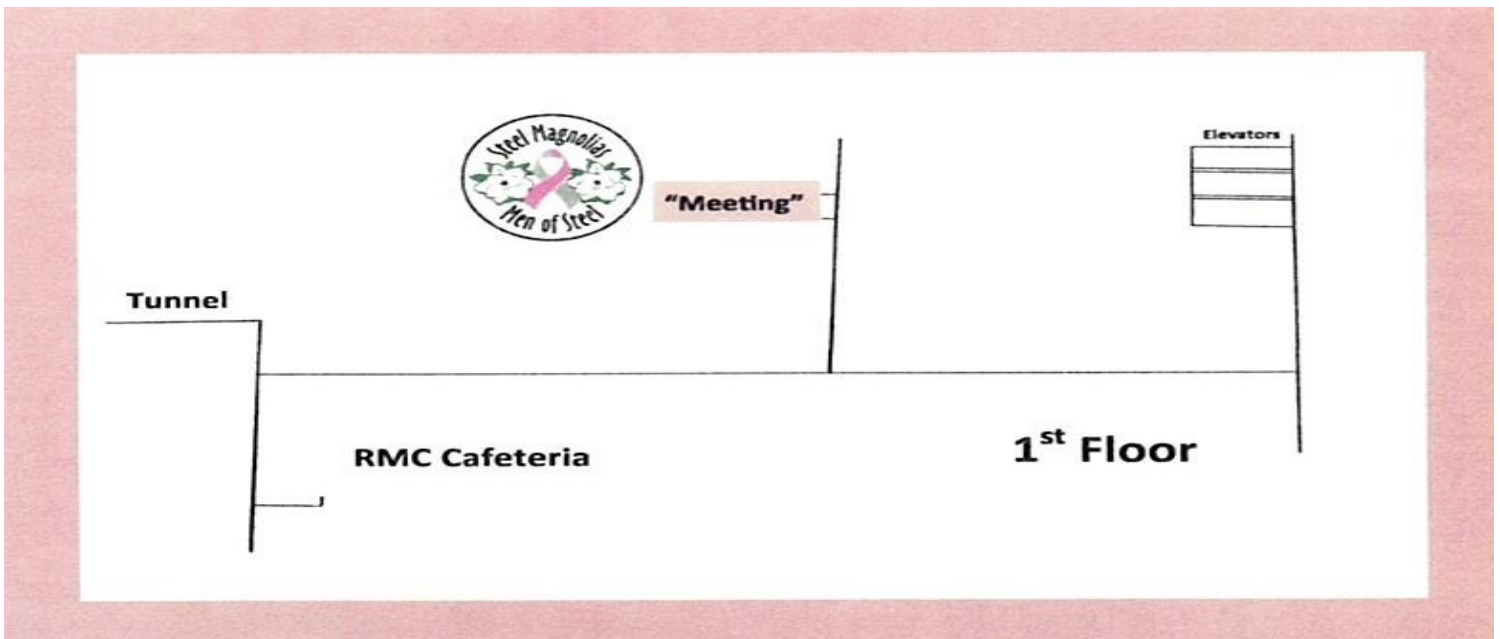
October 8th Farmers' Market in Jacksonville will be raising money for Steel Magnolias. Market is open from 7-12.

Tangalia is hosting a Passionate for Pink Fundraiser, Breast Cancer Awareness 5K walk October 29th, at Zinn Park. Registration is from 7-8:45 and run begins at 9:00 Cost is \$20.00.

Margaret asked for volunteers to help with our Speakers Program and our Girls School Program. The Girls School Program requires some training. She asked if we could get some of our younger members to join this program. She felt the high school girls would relate to them better.

No further business, motion was made by Cheryl and seconded by Janet that meeting be adjourned.

Respectively submitted
Brenda Parker, Secretary.



Birthdays and Anniversaries

November 20th would have been Lenora's birthday
November 26th is Christie Renfroe's birthday and she is a volunteer!
December 9th is Kenny Guldin's birthday and he is a Man of Steel!
December 17th is Judy Elder's birthday and she is a 26-year survivor!
December 26th is Pam Staples birthday and she is a 5-year survivor!
January 7th is Janet Reese's birthday and she is a 23-year survivor!
January 11th is Jessie Rhodes' birthday and she is a volunteer!
January 18th is Vickie Norman's birthday and she is a volunteer!
January 19th is Judy Williamson's birthday and she is a 12-year survivor!
January 22nd is Elizabeth McCabe's birthday and she is a 26-year survivor!

Up Coming Events

October 25th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have baked sweet and Irish potatoes; Steel Magnolias, please bring side dishes and desserts. Don't forget, we vote on our outstanding member for the year. Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there.

October 22nd is the Fast Feet walk/run at Ft. McClellan at the Aquatic Center at 8 am. Steel Magnolias, please try and attend. We will have a tent set up.

October 29th will be the "Thriving and Surviving" breast cancer walk at Zinn Park. Registration begins at 7 to 8:45 am and the walk begins at 9. There is a registration fee of \$20 per person to enter and all proceeds benefit the Steel Magnolias Breast Cancer Support Group. Please, all Steel Magnolias try to attend. We will have a tent set up at the walk.

January 16th is the next newsletter mailing day. If you have something to go in the newsletter, please send it to me no later than January 10th.

Presidents Corner

Hey everyone! I am in need of some helpful tips for cancer patients. If you have something that really helped you on your journey, please share it with us. I also need some good clean jokes! Everyone needs to laugh, remember "laughter is the best medicine". I would like for someone to share their story. It is always helpful to hear someone's story of a journey that you are facing. There are times that people have no one to talk to and this is a way of connecting. If you have something to share, please send it to elaine@steelmagnoliasinc.org or mail to Elaine C/O Steel Magnolias PO Box 2208 Anniston, AL 36202.

October is Breast Cancer Awareness Month! Early detection saves lives!



Helpful Hint
You can get your doctor to prescribe Lidocaine numbing cream to help with needle sticks when taking chemo.



The Steel Magnolias set up at Oxfordfest on a beautiful Saturday morning! We had the sun to warm us in the morning and the shade to cool us after lunch. We had the opportunity to talk to so many people and share what we were all about. We have more people that know about us that ever before. Our name is getting out there with the support from our annual Lee Fite Golf Tournament and the Sunny King Automotive Group. Please everyone support Sunny King Automotive Group, they support so much in our community, more than you will ever know!

Margaret Taylor spoke at Grace Episcopal Church at their luncheon on October 3rd. We had a very delicious meal and there was 1 survivor in the group. We also had someone ask for a care package for a family member. We added several emails to our newsletter distribution list and another to our mailing list. In all we had a great visit and invited everyone to our meetings. If you have never heard Margaret speak on behalf of the Steel Magnolias, you don't know what you have missed!

On Thursday I went with Margaret to New Haven Baptist Church in Coldwater for their WMU luncheon. We had a group of ladies that had about 6 or 7 survivors! We had a wonderful time and invited these ladies to come join us at our meetings.

On Thursday after I left New Haven Baptist Church, I went to New Flyer in Anniston. They have a lady that is a survivor and they had sold bracelets in her honor. The proceeds they made from the sale were donated to the Steel Magnolias. I got to meet Susan Allen, the survivor and she presented me the \$706 donation that was raised. Thank You, New Flyer for supporting Susan!

On Saturday the Steel Magnolias were invited to the Jacksonville Farmers Market. Our own Jessica Rich helped in getting us invited and also in helping me set up for the morning. Again, most of the people there knew of the Steel Magnolias and there were several survivors who came by our table and thanked us for what we are doing in the community. I also made a contact for someone who needed our services. That always makes it worth what we do when we can reach out and help others!

Submitted by: Elaine Johns

"Our Services Condensed"

- **Monthly Group Meetings on the 4th Tuesday of every month except July, 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 7-12. 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 Magnolia 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 Inside”

So today was surreal.... I was following an ambulance into Anniston when I noticed a small metal box sitting on the rear bumper. When the ambulance turned right the box flew off and landed on the side of the road against the curb. Call me curious or just the Good Samaritan that I am, I pulled over and retrieved it. When I opened the box there was a human toe packed in ice inside it. Whoops, that’s a serious mistake I thought, so unsure if the ambulance was going to RMC, I called the hospital and explained what I had found. The lady on the other end of the phone said “Yes, the ambulance had just arrived minus the box”. I gave her my location and asked if they were going to send another ambulance to collect it.
The lady replied “No, we’ll just send a toe truck.”

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Yours, mine, ours

A husband and wife were having dinner at an excellent restaurant when this absolutely stunning young woman came over to their table, gave the husband a big kiss, said she'll see him later, and walked away. His wife glares at him and says, "Who the heck was that?"
"Oh," replies the husband, "She’s my mistress." "Well, that's the last straw," says the wife. "I've had enough; I want a divorce." "I can understand that," replies her husband, "but remember, if we get a divorce, it will mean no more shopping trips to Paris, no more wintering in Barbados, no more summers in Tuscany, no more Infinity's and Lexus' in the garage and no more yacht club. But the decision is yours." Just then, a mutual friend enters the restaurant with a gorgeous babe on his arm. "Who's that woman with Jim? " Asks the wife. "That's Jim's mistress," says her husband. "Ours is prettier," she replied.

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It’s all in a name

The foreman on a large worksite noticed a new laborer one day and barked at him:
“What’s your name?” “John” The new bloke replied. The foreman scowled. “Look, I don’t know what kind of wishy-washy worksite you were on before, but I don’t call anyone by their first name. It’s weak and wastes time. I call my employees by their last name only: Smith, Jones, Baker, that’s all. If I want a job done, I yell, `Barker, get this` or `Jones, do that`. Now that we have that straight, what’s your last name?” The new bloke sighed, “Darling, My name is John Darling.” The foreman paused briefly for a couple of seconds, then said quietly.....”Ok John, the first thing I want you to do is.....

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A Child’s Mind

After a church service on Sunday morning, a young boy suddenly announced to his mother, “Mom, I’ve decided to become a minister when I grow up.” “That’s okay with us, but what made you decide that?”
“Well,” said the little boy, “I have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell than to sit and listen!”

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Error in Judgement

Wife: I have a bag full of used clothing I’d like to donate.
Husband: Why not just throw it in the trash? That’s much easier.
Wife: But there are poor starving people who can really use all these clothes.
Husband: Honey, anyone who fits into your clothing is not starving.
Husband is recovering from a head injury now!

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Same Husband

Told my wife I wanted to be cremated. She made me an appointment for Thursday.

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Don’t forget your mammogram!

2 Corinthians 4:8- “We are hard pressed on every side, but not crushed; perplexed but not in despair.”

GRATITUDE

T R A E H T M R A W G I T E
N H H A P B L E E F B N S R
O R T E K F U L C H L A I I
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| ACCEPT | FEEL | HUMBLE | REJOICE |
| APPRECIATION | GLAD | JOY | SHARE |
| BLESSING | GIVING | KINDNESS | SING |
| COMFORT | GOOD | LIFE | THANKFUL |
| CULTIVATE | GRATEFUL | LOVE | TRUTH |
| DAILY | HAPPY | PEACE | VIRTUE |
| DESIRE | HEART | PLEASE | WARMTH |
| EXPRESS | HELP | POSITIVE | |

Created by Donna Houston
10/10/22