

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### Tumor Grades

September 16, 2024



We have talked about types of breast cancer and stages of breast cancer in the past two issues of our newsletter. In this issue we want to talk about tumor grades. I know when I was diagnosed with breast cancer, I did not really understand everything that the doctor was telling me, all I heard was that I had breast cancer. So maybe this will help someone understand some of what their doctor tells them.

Tumor grade is determined after a sample of it is taken and sent to a pathologist to determine if it is cancer and if so, what grade it is. This can only be determined under a microscope. The system used to determine the tumor grade can differ depending on the different type of cancer you have. Most tumors are graded as X, 1, 2, 3, and 4.

Grade X is simply that the grade cannot be assessed. These cells look almost normal.

Grade 1 is a low grade in which the cells look abnormal.

Grade 2 is an intermediate grade and cells look moderately abnormal.

Grade 3 is a high grade and the cell abnormality is very pronounced.

Grade 4 is a high grade where the cell growth is so different that they do not look uniform.

Tumor grade describes how normal or abnormal cancer cells look like under a microscope. The higher the grade, the more abnormal the cells are and the faster it is likely to grow and spread. Your doctor will use your tumor grade, your cancer type, and your cancer stage to determine your course of treatment. The higher your tumor grade is the more aggressive your treatment will be to get it under control.

**Today I read that butterflies rest when it rains because it damages their wings. It's okay to rest during the storms of life, You'll fly again when it is over.**

Steel Magnolias  
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& Sherry Grinstead  
RMC Chaplain, Jim Wilson  
Historian & Photographer  
Elizabeth McCabe

Pinks Boutique: For Appointment  
Call our Office @ 256-231-8827  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207

[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)

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*Sharing love through  
support*

Email any us at  
info @steelmagnoliasinc.org

**STEEL MAGNOLIAS/MEN OF STEEL  
MEETING MINUTES  
AUGUST 27, 2024**

**Meeting was called to order by Vice President, Nancy Burnell.**

**Minutes of the previous meeting were read and motion made by Steve and seconded by Susan that they be accepted.**

**Treasurers Report was given by Chuck with an August beginning balance of \$17,888.83 and ending balance of \$17,873.38.**

**Our guest speakers were from 2<sup>nd</sup> Chance, Inc. Steel Magnolias' Board has discussed partnering with this organization to provide free mammograms to those clients who need them. They currently run two emergency shelters in this area. They assist victims and survivors of domestic violence in Calhoun, Cleburne, Etowah, and Talladega counties in Northeast Alabama. One in three women and one in four men suffer abuse of some sort daily. 2<sup>nd</sup> Chance has a counsellor on staff 24 hours of the day. They receive their funding from grants from the federal government and fund raisers. She talked about the different kinds of abuse. Physical, emotional, sexual, technological, and financial. She also talked about abuse of the elderly. She gave us some warning signs of an abusive relationship and ways we can help.**

**Margaret went over the prayer list and led us in prayer for those on the list.**

**She also told us about the change in hours in the office: 9:00 AM to 2:00 PM except on Wednesdays and those will remain 11:00 AM to 4:00 PM.**

**Walter gave our devotion about sharing Jesus with everybody. Romans 1:16 "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek." R o m a n s 2 : 1 1 "For there is no respect of persons with God." No where in either verse does it say that we are to judge people for any reason. We are to share Jesus with everyone. God has no favorites and neither should we. We should be willing to share the gospel with anybody. 2 Timothy 2:15, "<sup>15</sup> Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." Isaiah 1:18, "Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. Only God can do this and we must tell the world. Make a difference in someone's life today.**

**Door prizes were won by Katie, Steve, and Norman.**

**Nancy dismissed the meeting.**

**Respectively submitted,  
Brenda Parker, Secretary**

## Birthdays and Anniversaries

September 24<sup>th</sup> is Pat Yates' birthday and she is a volunteer!

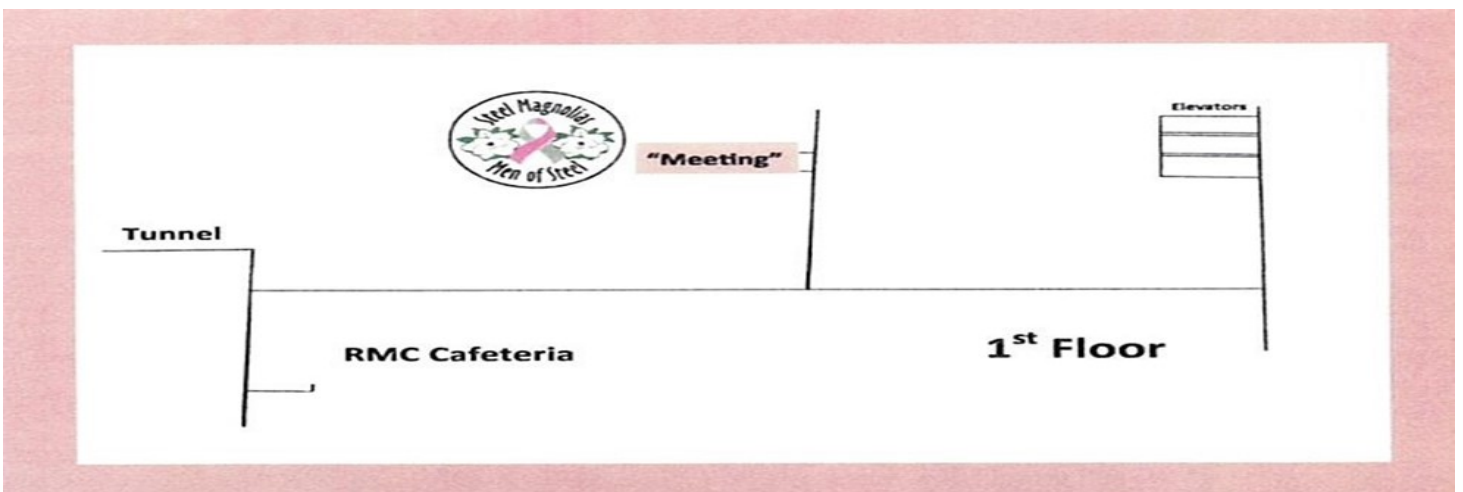
October 6<sup>th</sup> is Linda Barton's birthday and she is a volunteer!

October 11<sup>th</sup> is Margaret Martin's birthday and she is a 37-year survivor!

October 13<sup>th</sup> is Karen Davis' birthday and she is a 4-year survivor!

## Up Coming Events

September 24<sup>th</sup> is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Spaghetti and Garlic bread; Steel Magnolias please bring side dishes and desserts. We will be going over events in October. 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.



September 28<sup>th</sup> there will be a horse ride at Ft McClellan benefiting the Steel Magnolias. We will speak on Saturday at 2 to the group and other people will give their testimonies. We will have a table set up at the event.

October 2<sup>nd</sup> RMC Foundation will have a golf Tournament and we will have someone sitting on a hole handing out gift items.

October 5<sup>th</sup> is Oxfordfest, we will talk about it at our meeting on the 24<sup>th</sup>. We will be in the same location as before on the road in front of Cotton Antiques.

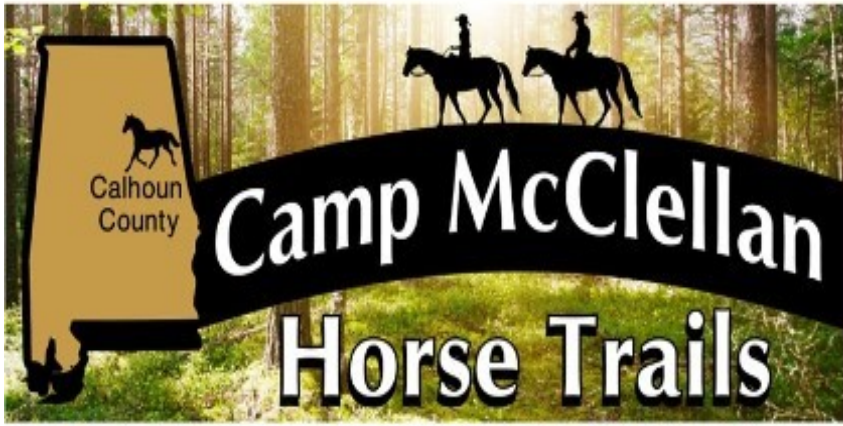
October 14<sup>th</sup> will be our next newsletter mailing day. If you have anything for the newsletter, please send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail it to our office at PO Box 2208 Anniston, Al 36202 by October 9<sup>th</sup>.

## Attention Ladies!!

It's Fall. It's starting to get darker earlier. Make sure you fill up your gas tank before sunset. Always keep an extra phone charger with you. Signing up for AAA is a GREAT idea! No visits to ATMS after dark. Park in well lit areas. Only unlock your doors if you are immediately getting out of your car. Pay close attention at all times to your surroundings.

*Kelly's Treehouse*  
**Stay Safe!**





When: Friday, Sept 27 to Sunday, Sept 29.

Cost: \$20 per person. Kids 12 and under free.

T Shirts Breast Cancer Awareness Limited Supply \$30.00 ea.

Call to preorder limited T Shirt or any questions.

Camp Number 205-954-1623

Activities:



**Fri, Sept 27 Arrivals**

**Saturday, Sept 28**

Ride out at 9:00 am Scavenger Hunt

Meals: Pavilion 11-1 Lunch Hamburgers, Hotdogs and all the fixing.

Pavillion 2:00 pm Breast Cancer Survivors Testimonials and Steel Magnolias Speaker, Concerning Breast Cancer and Awareness. Literature, Information and Questions

Silent Auction announced at 3:00pm

**Sun, Sept 29** Pavilion 9:00am Cowboy Church with Brother Steve Latham

### Camp McClellan Horse Trails Information

Camp number 205-954-1623

127 Mud Hole Rd.

Anniston Al 36205

Located On Mud Hole Rd

just off Iron Mountain Rd, just off of

HWY 431, Exit 188 from I-20

Camping with electric and water, primitive sites or day ride only.

Reservation required for camping only.-Book online.

[www.campmcclellanhorsetrailscampground.com](http://www.campmcclellanhorsetrailscampground.com)

31 Stalls available to rent or Corral Panels.

Trails:

Over 30+ miles of marked trails in a picturesque setting.



## September 27~29, 2024 Breast Cancer Awareness Trail Ride

Fundraiser all proceeds will go to  
Steel Magnolias Inc.

901 Leighton Ave.

Anniston Al 36207





REGIONAL MEDICAL CENTER  
FOUNDATION

# Pink For Treat

SPONSORED BY

**EASTMAN**

- TUESDAY, OCTOBER 29TH
  - 4-6 PM
  - CORNER OF 10TH & LEIGHTON -  
MEDICAL ARTS PARKING LOT
  - TRUNK DECORATING CONTEST

Join us for treats, food trucks and spooky fun for the whole family. This event is **FREE** to the public. The kids aren't the only ones getting treats- we are also giving away **50 FREE MAMMOGRAM** screenings.

**[CLICK HERE TO SIGN UP AS A  
TRUNK DECORATOR](#)**

Questions? Email us at [foundation@rmccares.org](mailto:foundation@rmccares.org)



## **Our Services Condensed”**

- **Monthly Group Meetings on the 4<sup>th</sup> Tuesday of every month except 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 9-12. 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](http://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 Magnolias 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

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extracurricular activities, but feared her enough to maintain their silence. She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon. She emphatically told George and several others that everyone seeing it there would know what he was doing. George, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend, or deny. He said nothing. Later that evening, George quietly parked his pickup in front of Mildred's house ...walked home....and left it there all night.

**A police officer stops a blonde for speeding and asks her very nicely if he could see her license. She replied in a huff, "I wish you guys would get your act together.**

**Just yesterday you take away my license and then today you expect me to show it to you!"**

**I finally went to the psychiatrist today. She told me that I have a split personality and she charged me \$180.00. So I gave her \$90.00 and told her to get the rest from that other idiot 🤪**

**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**

**Nurse:** so how much do you weigh?

**Me:** about 240.

**The scales say 260. How tall are you?**

**About 6'**

**Nope, you measure 5'10"**

**Did you know your blood pressure is high?**

**I guess so. I walked in here thinking I'm tall and thin and find out I'm short and fat.**

**Always tell people different stories about yourself so when they gossip about you they will argue!**

# HEALTHY APPROACH

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

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ACTIVE	EXERCISE	FUEL	PROTEIN
ANTIOXIDANTS	FIBER	GRAINS	SPICES
BANANAS	FISH	HEALTH	VARIETY
BEANS	FLAVOR	LIFESTYLE	VEGETABLES
DIET	FLUIDS	MINERAL	VITAMINS
EGGS	FOOD	NUTRITION	WATER
ELECTROLYTES	FRUIT	NUTS	WEIGHT
			YOGA