# Steel Magnolias

Breast Cancer Support Group, Inc.

## Moments That Won't Let Go!

#### **Epiphany**

A sudden realization about the nature or meaning of something.

Epiphany is a word most often used in relation to a religious experience. In the 9th chapter of Acts, we read how Paul, on the road to Damascus had an epiphany with the Christ.

In 1st Peter 3:15, we read, "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."

The reason for 'the hope' always takes us back to a specific encounter that changed our lives.

It is my belief that we each have moments that make lifetime imprints on our life. Such a moment for me was when I was thirteen years old. Walking down the railroad tracks that carried the Seaboard Coastline through the Big Cypress Swamp. I found a Guideposts magazine. No doubt dropped there by someone on the train. I remember only one quote,

written by Dr. Norman Vincent Peale, "If you can think it, you can do it." Long after I might have considered giving up, this quote binds me to every commitment. Prentiss has another term for my refusal to back away. He says, "You don't have backing up sense!"

Starting about 2006, Steel Magnolias set out to try and find help for uninsured breast cancer patients. This search finally culminated in 2009, with the passage of HB147. If at any time, Steel Magnolias had lost our focus and become discouraged because of naysayers, HB147 would not have become law.

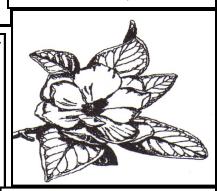
In January, 2009, I received an email from Kathy Evans. I couldn't get it off my mind and after a few months, I searched Google for a copyright. That search connected me with David J. Pollay. I briefly told him about the work of Steel Magnolias and asked permission to use his incredible work in the May, 2009 newsletter. He readily agreed and went on to tell me that his online blog, "The Law of the Garbage Truck" was inspired by an incident in a New York City taxicab.

Later that day, I received this message, to be included in the May, 2009 newsletter:

"I want to congratulate Lenora Johnson and everyone in the Steel Magnolias network. Your mission is vital to all women and their families You have accomplished much together. I'm particularly impressed with your achievement with the Alabama legislature. You are clearly saving lives by your dedication to ensuring that all women have access to the treatments they need. I'm proud to know of your work.

When Lenora contacted me and asked if she could share my 'The Law of the Garbage Truck,' with you, I immediately said yes. I hope my message helps you to stay focused on your incredible mission, and to let negative things you cannot control in life pass you by"

October 17, 2011



#### Sharing love through support

Lenora Johnson, Founder, Editor, Exec. Director P.O. Box 36 Jacksonville, AL 36265 www.steelmagnoliasinc.org Lenora@steelmagnoliasinc.org

Marti Warren, President Keither Zeimet, Vice President Margaret Taylor, Secretary Nancy Burnell, Treasurer Office (256) 231-8827

Jim Wilson, RMC Chaplain (256) 235-5146

Steel Magnolias Chaplain Services: Marti Rogers & Sherry Grinstead (256) 231-8827

Pinks Boutique: Marti Warren, Manager (256) 239-0855



Lance Armstrong, in his book, *It's Not About The Bike, My Journey Back To Life*, said, "I won't kid you, there are two Lance Armstrongs, pre-cancer and post. Everybody's favorite question is 'How did cancer change you?' The real question is how didn't it change me? I left my house on October 2, 1996, as one person and came home another."

My illness was humbling and starkly revealing, and it forced me to survey my life with an unforgiving eye." Mr. Armstrong went on to say, "The truth is that cancer was the best thing that ever happened to me. I don't know why I got the illness, but it did wonders for me, and I wouldn't want to walk away from it. Why would I want to change, even for a day, the most important and shaping event in my life?"

Almost every cancer survivor can relate to Mr. Armstrong's statements. In a recent communication, I wrote, "I will soon be a 12 year cancer survivor. Following my diagnosis, it took me two years to reclaim my life. Cancer changed me! It put a fire in my belly and a determination to help newly diagnosed patients in whatever way possible."

In his book, Lance Armstrong made a profound observation: "People die. That truth is so disheartening that at times I can't bear to articulate it. Why should we go on, you might ask? Why don't we all just stop and lie down where we are? But there is another truth, too. People live. It's an equal and opposing truth. People live, and in the most remarkable ways. I still don't completely understand it."

Mr. Pollay's moment that wouldn't let him go, happened almost twenty years before his book was published. Because of Steel Magnolias' efforts that provided access to treatment for many uninsured Alabama breast and cervical cancer patients, David Pollay included Steel Magnolias in *The Law of the Garbage Truck*. I was asked, by Senior Editor, Jennifer Williams, to write an endorsement that would be published on Facebook. I was delighted and consider it a great honor that I was asked. I have never shared this endorsement with anyone, but since Mr. Pollay will be the keynote speaker at the RMC/Steel Magnolias, Inc., Celebrate Life on November 17, I will now share my endorsement:

"More Than anything else, cancer patients long for the time they will be able to move beyond unanswered questions and gripping fears to a feeling of wellbeing, strength and focus. I have seen the positive effects of "The No Garbage Trucks! Pledge. <u>'The Law of the Garbage Truck'</u> is a liberating tool."

Lenora Johnson, Founder and Executive Director and Editor of the Steel Magnolias Newsletter





# CELEBRATE LIFE



Thursday, November 17, 2011

## CLASSIC ON NOBLE

6:00 pm: Reception & Appetizers

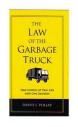
Chat with Mr. Pollay

7:00 pm: Dinner

Support a GREAT CAUSE!
Enjoy great food & great program
Have great fun!

Keynote Speaker: Internationally
 known author & speaker
 David Pollay,

"The Law of The Garbage Truck"
Now translated into 11 languages!



Only 150 Tickets

\$25 each

Don't miss this great event!

Email lenora@steelmagnoliasinc.org

Call

(256) 231-8827

Leave a Message

#### **Steel Magnolias/Men of Steel Meeting**

The Steel Magnolias Breast Cancer Support Group, Inc., met on September 27, 2011 in suite 406 of the Physicians Center. President Marti Warren welcomed first time guests to the meeting.

Lenora brought us up to date on Paul McCabe's condition. He is still in the UAB Burn Center. Everyone who wishes may send cards to his home address.

Chaplain Sherry Grinstead gave a beautiful devotion from the book of Jeremiah about the potter and how he formed the clay into a beautiful vessel. As an illustration, she gave each person a small ball of play dough. After a few moments, she talked about how God can take the broken pieces of our lives and make them into something beautiful. Sherry then led the group in prayer for everyone on the prayer list and gave thanks for our food.

Steel Magnolias and Men of Steel enjoyed chicken fingers, provided by RMC and side dishes, provided by Steel Magnolias.

Following the meal, President Marti Warren, presented the slate of officers for 2012 and asked for motions from the floor. There were none. Motion was made by Linda Barton to accept nominations. Second was made by Janet Reese Motion passed by unanimous vote.

Minutes were read and approved. The financial report was approved as presented.

Executive Director, Lenora Johnson, reported that she is currently working on the July-September report for the Cancer Committee Meeting. Statistics are:

Care Packages: 32, Dining Vouchers: 134, Group Meetings: July/Banquet: 100, August: 26, September: 29.

Lenora also reported that David Pollay had called and said he has a great interest in coming to Anniston. Because of Steel Magnolias hard work in pushing legislation through the 1999, Alabama legislature, by unanimous vote that closed the gap in the Alabama Medicaid Breast and Cervical Cancer Treatment Act, Mr. Pollay named Steel Magnolias the 1st recipient of The Law of the Garbage Truck International Award. He also wrote about the work of Steel Magnolias in his book, that has now been translated into 11 languages. Lenora spoke with David McCormack about a joint event with RMC and Steel Magnolias. RMC is covering Mr. Pollay's fee and Steel Magnolias is covering the expense of travel and lodging. Details of the event to be announced later. Lenora added that this event would be a community event where we recognize the generous people who make it possible for us to provide services to breast cancer patients who reach out to us.

Lenora recounted the beginning of Steel Magnolias, two years after she was diagnosed with breast cancer. She said that Steel Magnolias is founded on the Prayer of Jabez, "Oh that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain." I Chronicles 4:10

Sharon Gilliland, a lymphedema therapist in the Tyler Center, spoke to the group about lymphedema and the RMC program that is now available for breast cancer patients. She answered several questions and said they would soon have brochures available.

Barbara Trull volunteered to be on call when regular office staff is sick or has family responsibilities. The group was asked to consider becoming more active on a week to week basis.

There being no other business, meeting was adjourned.

Submitted by Secretary, Margaret Taylor

#### Correspondence

#### Dear Steel Magnolias,

I don't know if ya'll do other cancers or not but I have a baby sister named Wendy, she will be 41 years old on December 2nd, and she lives in Cedartown, Georgia. She has thyroid cancer, heart and kidney failure because of Type I and II diabetes. Just a lot wrong with her. So I was wondering if you could put her on your mailing list to get the Steel Magnolias paper every month and maybe what ever ya'll send people. She needs something to cheer her.

Thanks, Wendy's sister, Teresa, a breast cancer survivor.....Cedartown, GA.

(NOTE) We added Wendy to the mailing list and sent a gift from Steel Magnolias.)

Thank You, You guys are great! I appreciate your prompt concern and lovely gifts that gives me a great lift of my spirit God bless each of you, Lavonne.....Anniston, AL

#### **Financial Report**

September		Balance Brought Forward	\$11,267.51
01 (-)	100.00	Lenora Johnson, Monthly expenses	11,167.51
01 (-)	105.59	Jackie's Floral for Henri Cotton funeral (Nancy Burnell's mom)	11,061.92
01 (-)	214.42	Margaret Taylor- Reimburse (Sam's Club for Chemo patient's Snacks	10,847.50
08 (-)	39.75	Lenora Johnson-Reimburse (Metro Medical Online) Mastectomy bra	10,807.75
08 (-)	19.50	Kyuka Waters (Anniston Oncology)	10,788.25
08 (-)	44.00	Postmaster (Roll of 100 stamps	10,744.25

#### Community Events Breast Cancer Awareness Month

Tuesday, October 4: Margaret Taylor spoke to the AFWC Inter Se Club at Barfield Baptist Church in Clay, Co., AL.

Wednesday, October 5: Margaret Taylor presented the School Girl program to students in Cleburne Co. Tech. School

Sunday, October 9: Premier Jewelry Show at Home of Wanda Posey, Hokes Bluff, AL

<u>Thursday, October 13:</u> Marti Warren was speaker at a Cottage Style Breast Cancer Awareness Program, at 2:00 pm, in the home of Peggy Burleson.

<u>Saturday, October 15:</u> Margaret Taylor spoke at the Sunlight Matrons' 3rd annual Breast Cancer Luncheon on Oct. 15, at Sunlight Baptist Church, Eastaboga, AL.

<u>Sunday, October 16:</u> The 2nd annual Distressed Doe Chili Cook-Off For Breast Cancer was held in Decatur, AL. Sponsored by Mr. Ramon Haley and the award winning Distressed Doe Cook Team.

Tuesday, October 18: Marti Warren will speak to students at Gadsden State, McClellan Campus.

Wednesday, October 19: Marti Warren will speak at 1:30 pm at a special Breast Cancer Awareness event the NHC Rehab Nursing Facility.

<u>Thursday, October 27: (1) Marti Warren</u> will speak and Barbara and Chuck Trull will serve as host & hostess at the Anniston Community Education Foundation, Breast Cancer Awareness luncheon at Classic on Noble, 11am-1pm. More information—Contact Marketta Williams (256) 741-1630. (2) Margaret Taylor at White Plains High School with follow-up to the Steel Magnolias School Girl Awareness Program.

#### Have You Heard?

On Tuesday, September 27, 2011 at 10:00 am, I received this email from Faye Roberts:

"Have you heard that research scientists have found a virus that kills breast cancer cells, no matter what stage, within a week?? Isn't that wonderful ~ research and development still has it about two years from use on people, but it's such an answer to prayer."

#### I logged onto <a href="http:??live.psu.edu/story/44260">http:??live.psu.edu/story/44260</a>

The problem with winning the war with cancer has been finding the magic bullet that would tell a cancer cell to die. Normal cells are designed with a life span, not so with cancer cells. Adeno-associated virus 2 (AAV2) is a virus that regularly infects humans but causes no disease. In tissue culture dishes in the laboratory, 100% of the cancer cells are destroyed by the virus within seven days, with the majority of the cell death proteins activated on the fifth day. In another study, a fourth breast cancer derived cell line, which is the most aggressive, required three weeks to undergo cell death. "We can see the virus is killing cancer cells, but how is it doing it? Samina Alam, research associate in microbiology and immunology said, "If we can determine which viral genes are being used, we may be able to introduce those genes into a therapeutic. If we can determine which pathways the virus is triggering, we can then screen new drugs that target those pathways. Or simply be able to use the virus itself."

In ongoing studies, Penn State researchers also have shown AAV2 can kill cells derived from prostate cancer, mesothelioma, squamous cell and melanoma. A fourth line of breast cancer cells—representing the most aggressive form of the disease—also was studied in a mouse breast tumor model, followed by treatment with AAV2. Preliminary results show the destruction of the tumors in the mice, and researchers will report the findings of those mice studies soon.

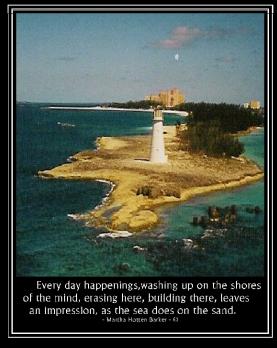
The Pennsylvania Department of Health, Breast and Cervical Cancer Initative supported this research. The researchers have filed for a US patent on this work. PennState Live, The University's Official News Source

# Steel Magnolias Matted Prints





# Steel Magnolias Note Cards











Lenora Johnson and Pokey Warren have collaborated to prepare a selection of matted prints and note cards that will be sold online, from our website, <a href="www.steelmagnoliasinc.org">www.steelmagnoliasinc.org</a> and locally, through a catalog, available at Cotton Antiques & Collectables on Main Street in Oxford and at the Steel Magnolias office, RMC Physicians Center, Suite 407. There are 20 note cards to choose from. A box of 12, 4 x 51/2 cards sell @ \$10. Cards can be personalized, free. 8x10 prints are matted to fit an 11 x 14 frame, and sell for \$18.50. Photography by Pokey Warren or Lenora Johnson. Most prints come with original sentiment, written by local women. Web sales coming soon. Local, catalog sales available now. All checks to be made payable to Steel Magnolias. For more information, call (256) 231-8827—Please leave a message—or email lenora@steelmagnoliasinc.org

#### SEEING PINK......RAISING AWARENESS

Did you know that every three minutes a woman in the United States dies from breast cancer? Approximately 44 percent of those diagnosed will be employed at the time of diagnosis. Chances are, since women make up 50 percent of the workforce, some of these women are or will be employees at your workplace or at TempForce. In fact as I type this letter, a TempForce employee is being treated for this dreaded disease.

The National Cancer Society says, "Awareness and Early Detection" are keys in reducing the numbers of those affected.

On several days during the month of October, the TempForce ladies will don PINK: showing support for National Breast Cancer Awareness. You will find Pics on our web site and on our Facebook page. Why don't you join us? Send your "Pictures In Pink" to <a href="mailto:TEPINK@TEMPFORCESTAFFING.COM">TEPINK@TEMPFORCESTAFFING.COM</a> along with your permission and we will share them on FaceBook and our web site. For every picture you send we will donate an additional \$10 to a Local Charity Organization.

In our effort to help make a difference, TempForce has made a donation to a local organization called **Steel Magnolias** (http://www.steelmagnoliasinc.org). Steel Magnolias has been in operation since 2001 helping women and families cope and recover. Among the many services they offer free wigs, mastectomy bras and breast prosthesis at their Pinks Boutique. They coordinate support through monthly meetings, newsletters and care packages given to women newly diagnosed with breast cancer. They also counsel school age girls teaching the importance of self examinations and early detection. These steps help save lives.

Sincerely,

The Staff and Management of TempForce Smart Staffing Solutions

(Steel Magnolias sincerely thanks the TempForce, Staff and Management, for your generous contribution!)

#### Breast—Ovarian Cancer Symptoms

#### **Breast**

A breast lump or thickening that feels different from the surrounding tissue

Bloody discharge from the nipple

Change in the size or shape of a breast

Changes to the skin over the breast, such as dimpling

Inverted nipple

Peeling, Scaling or flaking of the nipple or breast skin

Redness or pitting of the skin over your breast, like the skin of an orange

Although the majority of breast changes are not diagnosed as cancer, it's important that your doctor evaluate any changes! Early detection is your best protection!

#### **Ovarian:**

#### Ovarian Cancer Whispers so listen carefully to your body

Abdominal pressure, fullness, swelling or bloating

Pelvic pain or discomfort

Persistent indigestion, gas or nausea

Changes in bowel habits, including frequent need to urinate

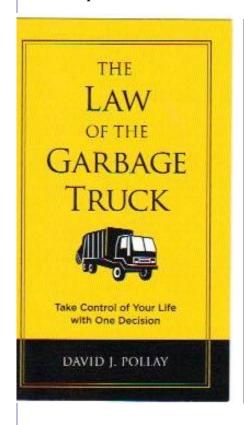
Loss of appetite or quickly feeling full

Increased abdominal girth or clothes fitting tighter around your waist

A persistent lack of energy

Low back pain

Symptoms of Ovarian Cancer are not specific to the disease, and they often mimic those of many other more common conditions, including digestive, and bladder problems. When ovarian cancer symptoms are present, they tend to be persistent and worsen with time. All information from www.mayoclinic.com



Regional Medical Center/ Steel Magnelias, Inc



**Only 150** 

Tickets

(a)

\$25 each

Don't miss this great

event!

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lenora@steelmagnoliasinc.org

Call

(256) 231-8827

Leave a message

# CELEBRATE LIFE



Thursday, November 17, 2011

### CLASSIC ON NOBLE

6:00 pm: Reception & Appetizers
Chat with Mr. Pollay

7:00 pm: Dinner

Support a GREAT CAUSE!
Enjoy great food & great program
Have great fun!

Keynote Speaker: Internationally
 known author & speaker
 David Pollay,

"The Law of The Garbage Truck"
Now translated into 11 languages!



Tickets are now available. \$25 covers the cost of 45 minute reception and a fabulous dinner, served at 6:45, at Classic, as well as a GREAT PROGRAM.

For tickets: Email <u>lenora@steelmagnoliasinc.org</u> or call (256-231-8827. Please leave a message.

Sincere Thank You to the Jacksonville Women's Club for your generous contribution

## Mark Your Calendar

**Tuesday, October 25, 2011:** Steel Magnolias & Men of Steel Meeting, 5:00 p.m. in Suite 406 of the RMC Physicians Center. RMC will provide potato bar. Steel Magnolias bring favorite salad or light dessert.

Monday, November 14, 2011: Newsletter mailing day. Meet in Suite 406 to stuff envelopes.

**Tuesday, November 15, 2011:** Steel Magnolias & Men of Steel Meeting, 5:00 p.m. in Suite 406 of the RMC Physicians Center. RMC will provide sandwiches. Steel Magnolias bring favorite chip and dip.

**Thursday, November 17, 2011:** RMC/Steel Magnolias "Celebrate Life," Reception 6:00 p.m., Dinner served 6:45, at Classic on Noble. Keynote speaker is author, David Pollay—"The Law of The Garbage Truck." Tickets are \$25. For more info and tickets, email Lenora@steelmagnoliasinc.org or call (256) 231-8827.

**Saturday, December 3, 2011:** Steel Magnolias Christmas Breakfast, 10:00 a.m. at Classic on Noble. Tickets are \$11. Everyone attending bring a gift wrapped Christmas tree ornament. Invitations will be mailed to active Steel Magnolias, partners, and active volunteers.

NOTE: Tickets for the November 17, "Celebrate Life" and December 3, Christmas Breakfast will be available for purchase at the October 25 meeting.

#### Joggin' Inside

#### **How Dry Is It**

It's so dry in Texas that the Baptists are starting to baptize by sprinkling, the Methodists are using wet-wipes, the Presbyterians are giving out rain-checks, the Mormons quit baptizing the dead and the Catholics are praying for the wine to turn back into water. Courtesy of Pokey....Anniston, AL

#### Just a Thought

Husband and wife get into an argument. Wife runs to get the marriage license and stares at it. Husband asks, "What are you looking for?" Wife says, "The expiration date!"

I don't understand banks. Why do they make little chains on the pens? If I'm trusting you with my money, you should trust me with your pens.

I guess that since girls with big boobs work at Hooters, girls with one leg work at IHOP.

Cop: "Your eyes look red, have you been smoking pot?" Guy: "No but your eyes look glazed, have you been eating donuts?"

Art teacher: "I need your assignments." One of the kids handed in a blank piece of paper. Art teacher: "What is this?!" Kid: "A polar bear in a snow storm."

What did the grape say when she got ran over? Nothing — just let out a little wine. Courtesy of Greg.....Fruithurst, AL

#### The Ham Sandwich

A Jewish rabbi and a Catholic priest were good friends. At a picnic one day, the priest was eating a ham sandwich. "You know," he said to his friend, "This ham sandwich is delicious! I know you're not supposed to eat ham but I don't understand why such a good thing would be forbidden. When will you break down and try it?" To which the rabbi replied, "At your wedding." Courtesy of Pokey.....Anniston, AL

#### The Police

A policeman was taking a vandalism report at an elementary school when he was interrupted by a six year old girl. She looked up and down at his uniform and asked, "Are you a policeman?" "Yes I am," he said. "My mother told me that if I ever needed help I should ask a policeman. Is that right?" the girl asked. "Yes it is," said the policeman. The girl extended her foot to the policeman and said, "OK, then, would you tie my shoe?" Courtesy of Pokey.....Anniston, AL

#### The \$20 and the \$1 Joke

Two well worn bills arrived at the Federal Reserve Bank to be retired-a twenty and a one. As they traveled down the conveyer belt, they struck up a conversation. The twenty reminisced about the interesting life he had, traveling all over the country. "I've been to the finest restaurants, Broadway shows, Las Vegas, Atlantic City, "he said. "I even went on a Caribbean cruise. Where have you been?" "Oh," said the dollar bill, "I've been to the Methodist church, the Episcopal church, the Lutheran church." "What's a church?" asked the twenty. Courtesy of Pokey.....Anniston, AL

#### Creation

An atheist scientist came to God and said, "We've figured out how to make a man without you." God said, "OK, let me see you do it." So the atheist bent down to the ground and scooped up a handful. But God stopped him and said, "Oh, no you don't. Get your own dirt!" Courtesy of Pokey.....Anniston, AL

#### The Coin Toss

By the time Bobby arrived, the football game had already started. "Why are you so late?" asked his friend. "I couldn't decide between going to church and going to the football game. So I tossed a coin," said Bobby. "But that shouldn't have taken that long," said his friend. "Well, I had to toss it 35 times!"

Remember: "Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are." Arthur Golden