

Steel Magnolias

Breast Cancer Support Group, Inc.

There Is Never A Good Time

I know I am touching on a subject that most of us are uncomfortable talking about. It is however part of life and we need to be prepared. I remember when my father passed away and the only preparations that had been made was the purchase of cemetery plots. My mother, sisters, and I went through the process of making arrangements for his service. If you have never been a part of doing that, just know there are a lot of questions.

Do you know your parent's social security numbers, their banking accounts, their credit cards, their deeds, or if they have a Will and where is it? My family is very close and my mother was alive, so finding this information was not hard, but we were still under stress and grieving. At that point you really do not think clearly and it is not something you want to deal with. My mother and I both vowed to make our arrangements so no one would have to go through this again. Ten years later she passed away and she did have a Will, but we had never gone to take care of our service. Until now I have only made a Will and purchased long term insurance. I am telling all of you this to get you to thinking about making sure your family knows what you want and what your final wishes would be.

How many times have you filled out security questions online and one of the security questions is "your mother's maiden name"? Do you know your mother's or grandmother's maiden name? Do you know the street your mother or grandmother grew up on? Do you know your mother or father's first pet's name? Do you know where they were born? Do you know what songs your loved ones would like played at their funeral? Do you know what funeral home they would prefer? Do you know how to get into their computer and what accounts they have or their passwords? Do you know where their marriage license is or maybe a death certificate is? Their tax records, did they finish high school or attend college?

It's a lot to think about. I have several drafts on my checking account for insurances and monthly bills. I also have a credit card that pays my internet service, my power bill, and other bills automatically. I have a list of all my insurance policies with phone numbers, account numbers, and policy numbers. That is great and wonderful only if someone knows where it is!

Are you ready? Do you know your family history? At our last meeting Craig Bodiford from KL Brown Memory Chapel was our speaker and he shared this information with us. He brought books to hand out named

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Anniston, AL 36207

www.steelmagnoliasinc.org

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**Sharing love
through support**

Email us at
support@steelmagnoliasinc.org

“My Personal Wishes.” It outlines most of what I have shared with you and helps to guide you to find the information needed. He also gave us a deck of cards labeled “Life” that has 50 questions that will help you learn more about your loved ones. I am sure most of our local funeral homes have these and I am telling you now, it is better on you or your loved ones if you have this information ready. Do not put it off any longer, we are never promised tomorrow.

God Bless.

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Steel Magnolia/Men of Steel
July 22,2025

Meeting was called to order by Elaine. We had 18 in attendance including one guest.

The blessing for our meal was given by Walter.

Our guest speaker was Craig Bodiford from K.L. Brown. He talked about planning our funeral and making your wishes known for your family’s benefits, because no one plans for death. He talked about having a PLAN. The P stands for being prepared. He said there are more grandchildren planning their grandparent’s funerals and there is so much they do not know about their grandparents. The L and A stands for learn and act. Learn what some of the resources are, such as green burial, cremations, traditional burial and special veteran services. Being prepared doesn’t cost a thing. We have three veteran cemeteries in Alabama. If you are a veteran, your family needs to know about 214 documents. The N stands for now. Don’t put off tomorrow for what you can do today. This is not for you but for your family. Make sure your insurance is up to date. Look at the face value and your beneficiaries. Make sure you have all your important papers in a place where your family can find them. Make sure you cancel your loved one’s credit cards. Craig gave out books to help us plan, cards for questions your family needs to ask and he also gave us a handy jar opener. He also had several drawings for gift cards. The winners were Ms. Siskey, Pam, and Margaret.

The minutes were read and adopted by Pat and seconded by Nancy.

Pat shared our financial report.

Sherry read the prayer list and did an inspirational prayer.

The motion was made by Steve for the meeting to be adjourned and seconded by Pam.

**Respectfully submitted,
Ronda Terrell, Secretary**



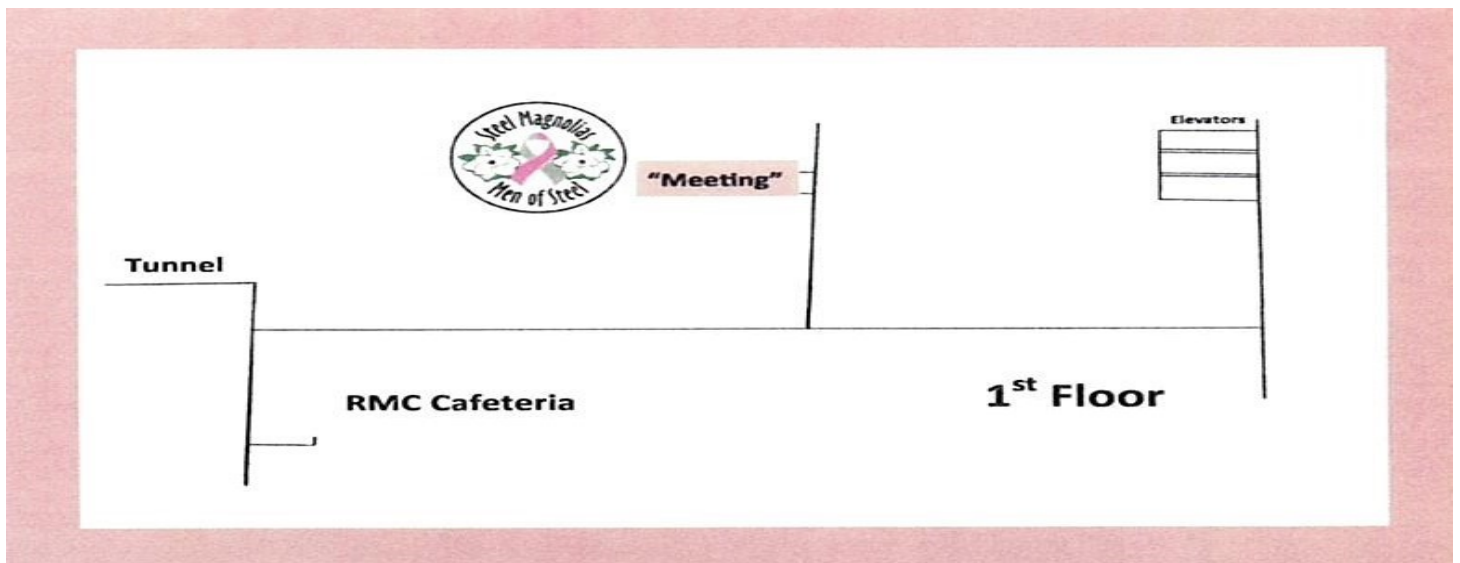
The only pictures missing are of you! For all who could not attend this meeting, we sure missed you!

Birthdays and Anniversaries

August 2^{9th} is Roger Zeimet's birthday and he is a Man of Steel
September 9th is Keither Zeimet's birthday and she is a 22-year survivor!
September 19th is Eddie Whitman's birthday and he is a Man of Steel
September 20th is Jimmy Taylor's birthday and he is a Man of Steel
September 20th is Steve Stephens' birthday and he is a Man of Steel

Up Coming Events

August 26th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Macaroni and Cheese along with Chicken fingers; Steel Magnolias please bring side dishes and desserts. We plan on having a speaker, just waiting on conformation. 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 15th will be our next newsletter mailing day. If you have anything for the newsletter, please send it to elaine@steelmagnoliasinc.org or mail it to our office at PO Box 2208 Anniston, Al 36202 by September 11th.

President's Corner



Hi everyone! I want to encourage you to invite people to our meetings and get involved with the Steel Magnolias, help our group grow and be a part of it. I do know that helping others takes your mind off your own problems and tend to make your problems seem insignificant or much smaller. I am looking for "helpful hints" to share in the newsletter. Anything that helped you while doing Chemo, radiation or that helped you to get back to a normal life. I am still looking for someone to share their story (it can be submitted anonymous). Please email them to me at elaine@steelmagnoliasinc.org or mail them to Steel Magnolias PO Box 2208 Anniston, Al 36202 Attn: Elaine

My Story

In Dec of 2022 Dr. Clark informed me he needed to do a biopsy on my right breast. Being it was the holidays, I asked to wait. The biopsy was performed in April 2023. Dr. Clark informed my daughter he believed he removed all cancer.

Between the biopsy and follow up with Dr. Clark I saw my cardiologist. He told me I needed a heart ablation, I was in AFIB.

Going to my follow-up I was confident, Dr. Clark had told my daughter he removed the cancer, no big deal, come back in next year for a Mammogram.

You know those ugly cries? That is what I had when the nurse came in and asked what oncologist I wanted. Thank God for Kleenex. I mean I had snot and tears everywhere. What do you mean I need a lumpectomy? What comes first, the heart or boob? As it turned out, I had to have the heart done first.

In between all of this I needed a knee replacement. I had to stop the PT on the knee to do radiation on the breast.

God is good. My cancer is gone, my heart fixed and I have a new knee. There is sunshine in the morning.

Anonymous

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Helpful Tips

Health.com has a list of things to avoid while taking chemotherapy. Look these over and see if some would help you in your day to day journey.

While taking Chemotherapy, avoid big meals. Try to eat smaller more frequent meals and snacks. Try to eat, even if you don't feel hungry, because it is important to keep your strength up. Be careful not to eat raw or undercooked foods such as meats or eggs. Your immune system is weakened and cannot fight off infections as well as before. The same thing can happen eating raw fruit and vegetables that are difficult to wash well, like leafy greens, raspberries and strawberries. Other foods you should avoid are foods that are spicy or acidic. Greasy foods are not a good idea either. If you drink alcohol, you will be putting more stress on your liver. It is processing both the Chemotherapy drugs and the alcohol. Smoking while taking Chemotherapy can make your side effects more severe.

There are several things you can do to avoid getting sick while taking Chemotherapy. Make sure to wash your hands as you did during Covid. Get plenty of rest, take a nap if you feel tired. Your body will tell you, listen to it. Always avoid sick people and crowds, wear a mask in public. Another thing to be mindful of is shaving. You want to be careful and not cut yourself shaving or when trimming your nails. Cuts and scrapes can allow germs to enter the body.

Please, if you have any helpful tips, send them to us to publish in the newsletter.

“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 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 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. **You can also contribute on our website, just click on our donate button.** All Contributions are used to provide services to breast cancer patients who reach out to us.**
- **Pray for our ministry.**

**Out of all my body
parts my eyeballs are
in the best shape ..
I roll them
About 345 times a day**

Things I'm Super Good At

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions. 🙄
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just "fall asleep right now".

Things to ponder

1. What if my dog only brings back the ball because he thinks I like throwing it?
2. If poison is past its expiration date, is it more poisonous or less poisonous?
3. Which letter is silent in the word scent, the S or the C?
4. Everytime you clean something, you make something else dirty.
5. The word swims upside down is still swims
6. Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.
7. Is your future self watching you right now through memories?
8. If you replace W with T in What, Where and When, you get the answer to each of them.
9. How many animals need glasses and no one knows it?
10. If you rip a hole in a net, there are actually fewer holes in it than before.

to do list

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators. Get them to follow each other.
3. Wear shirt that says "Life." Hand out lemons on street corner.
4. Get into a crowded elevator and say "I bet you're all wondering why I gathered you here today."
5. Major in philosophy. Ask people WHY they would like fries with that.
6. Run into a store, ask what year it is. When someone answers, yell "It worked!" and run out cheering.
7. Become a doctor. Change last name to Acula.
8. Change name to Simon. Speak in third person.
9. Buy a parrot. Teach the parrot to say "Help! I've been turned into a parrot."
10. Follow joggers around in your car blasting "Eye of the Tiger" for encouragement.

**My boss wants me
to sign up for a
401K... there's no
way I'm running
that far.**

**An invisible man
married an invisible
woman. 🙄
I don't know what they
saw in each other... 🙄**

**So I was in a shoe shop
this morning trying on
a shoe, I said to the
assistant, "It's too
tight".**

**She said, "Try it with
the tongue out".
I said, "It's th nho ghoo,
it's th thill thoo thigh".**

**You know, if I make
you breakfast in
bed, a simple
"thank you" would
be enough.**

**Not all this, "Who
are you, and how'd
you get into my
house?" business.**

SUPPORT GROUP

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

WIGS	NEWSLETTER	TREATMENT	PUZZLES
BRA	STEELMAGNOLIAS	VOLUNTEER	PRAYER
BIRTHDAY	LAUGH	SUPPORT	MENOFSTEEL
MAMMOGRAM	FELLOWSHIP	SNACKS	MEETING
SURVIVOR	PROSTHESIS	CAREPACKAGE	PINKS