

Steel Magnolias

Breast Cancer Support Group, Inc.

Lymphedema

Do you have lymphedema or do you know someone who has had lymphedema? Do you know what lymphedema is? Wikipedia states that “lymphedema is a condition of localized swelling caused by a compromised lymphatic system. The lymphatic system functions as a critical portion of the body’s immune system and returns interstitial fluid to the blood-stream.” If you have had breast cancer surgery, either a lumpectomy or a mastectomy, you are at risk for lymphedema. When you have either of these surgeries lymph nodes are removed to see if your cancer has moved into and through your lymphatic system.

Your lymphatic system functions as a critical portion of the body’s immune system. When lymph nodes are removed it can disrupt the movement of fluid through the lymphatic system causing swelling of the arm. Not everyone that has had lymph nodes removed will get lymphedema, but it does not mean you cannot develop it. It can show up years later. Always remember when getting shots or having your blood pressure taken to have it taken in the opposite arm. Protect your arm, try not to carry heavy items with that arm and protect your arm from cuts and insect bites to cut down on infections.

While there is no cure for lymphedema, there are several ways to move the fluid and reduce swelling. A trained physical therapist can help move the fluid out of your arm and show you exercises that will help in keeping the swelling down. You can also be measured for a compression garment (sleeve) that will help push the fluid out of the arm back into the body.

Always remember to take care of yourself. Get to a healthy weight, eat healthy, choose whole-grain foods instead of white flour and sugar. Cut back on red meat and processed meats and limit alcohol if you drink. Don’t forget to exercise and try to get a good nights sleep!

March 18, 2024



Steel Magnolias
P.O. Box 2208
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Margaret Taylor and
Nancy Burnell Co-Vice Presidents
Brenda Parker, Secretary
Chuck Trull, Treasurer
Group Chaplains: Gloria Woosley
& 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

Like us on Facebook

Sharing love through support

Come Join Us!

Email us at
info@steelmagnoliasinc.org

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

Meeting was called to order by our President, Elaine Johns.

Minutes from previous meeting were read and motion made by Walter and seconded by Janet that they be accepted as read.

Treasurer's Report was given as follows:

Beginning balance \$25,229.74

Ending balance \$26,051.78

This month included \$1,665 in donations.

Walter Lawson gave our devotion and he talked about:

Matthew 24:6-13 KJV

⁶ And ye shall hear of wars and rumors of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. ⁷ For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. ⁸ All these are the beginning of sorrows. ⁹ Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake. ¹⁰ And then shall many be offended, and shall betray one another, and shall hate one another. ¹¹ And many false prophets shall rise, and shall deceive many. ¹² And because iniquity shall abound, the love of many shall wax cold. ¹³ But he that shall endure unto the end, the same shall be saved.

But then he gave us the good news as found in Acts 4:10-12:

¹⁰ Be it known unto you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom ye crucified, whom God raised from the dead, even by him doth this man stand here before you whole. ¹¹ This is the stone which was set at nought of you builders, which is become the head of the corner. ¹² Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.

Jimmy and Margaret gave us an update on the golf tournament. We have 50 sponsors with a total of \$13,510.00.

Nancy thanked us for all the cards, flowers, and prayers during her recent incarceration at her daughters.

Door prizes were won by Shirley, Linda, Margaret, and Gloria. We had 27 in attendance.

No further business, motion made by Jimmy and seconded by Linda that meeting be adjourned.

Respectively submitted,
Brenda Parker, Secretary





Be at our next meeting on March 26th and your picture could be here!

Birthdays and Anniversaries

April 7th is Gloria Woosley's birthday and she is a 21 and 13-year survivor!

April 15th is Ina Rooks' birthday and she is a 21-year survivor!

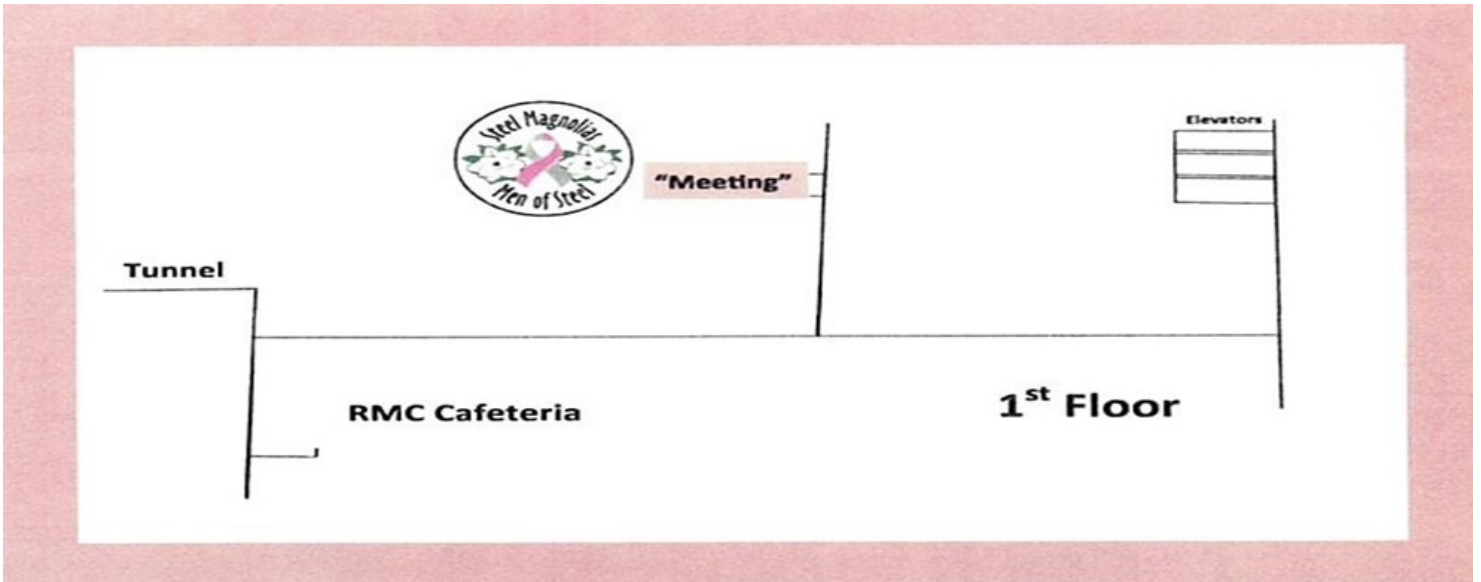
April 24th is Brenda Parker's birthday and she is a volunteer!

April 25th is Shirley Forbus birthday and she is a volunteer!

Up Coming Events

March 25th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Meatloaf and creamed potatoes; Steel Magnolias please bring side dishes and desserts. Everyone please try to attend and bring a friend! I am including a map on the next page for anyone new who would like to come but is not quite sure how to get there.

April 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 April 10th.



April 27th will be the 15th annual Lea Fite Golf Tournament. It is an 8 o'clock shotgun start with 3 men teams. First place in the first flight and second flight are entry certificates for the Sunny King Classic. Lunch will be provided. If you would like to play, contact Jimmy Taylor at 256-201-3218, if you would like to be a sponsor, please call Margaret Taylor at 256-201-3155 or Elaine Johns at 256-239-9574. All proceeds help fund our services and we are all volunteers, no one is paid. So please help us out!

TEE IT HIGH, LET IT FLY SUPPORT THE GIRLS!

15th ANNUAL
LEA FITE MEMORIAL GOLF TOURNAMENT

April 27th, 2024----Pine Hill Golf Course

FORMAT: 3 Man Scramble----Cost is \$80/Player or \$240 Team

START TIME: 8:00 a.m.---- Shotgun Start
Lunch will be provided following play

Player No. 1 Name _____
Address _____
Phone No. and E-mail _____

Player No. 2 Name _____
Address _____
Phone No. and E-mail _____

Player No. 3 Name _____
Address _____
Phone No. and E-mail _____

PRIZES BASED ON FULL FIELD!!!

1st Flight
1st Place Team: Paid Entry to
Sunny King Classic
2nd Place Team: \$300

2nd Flight
1st Place Team: Paid
Entry to Sunny King Classic
2nd Place Team: \$210

Checks should be made payable to **Steel Magnolias Inc.** and mailed to:
Jimmy Taylor
81 Amy Court
Heflin, Al. 36264.

Cell: 256-201-3218
Email: tjimmeg63@aol.com

**STEEL MAGNOLIAS BREAST
CANCER SUPPORT GROUP
15TH ANNUAL**

LEA FITE MEMORIAL GOLF TOURNAMENT

HOSTED BY: Men of Steel

SPONSORED BY: Food Outlet

April 27th, 2024 at Pine Hill Golf Course

SPONSORSHIP OPPORTUNITIES:

**Hole: \$100 Bronze: \$250 Silver: \$500 Gold: \$750
Platinum: \$1000 PINK: \$1250 AND UP**

CONTACT NAME: _____

NAME OF BUSINESS: _____

ADDRESS: _____

PHONE NUMBER: _____

E-MAIL: _____

Mail this document with your check for your selected sponsorship to:

Jimmy Taylor
81 Amy Court
Heflin, Al. 36264
E-mail: tjimmeg63@aol.com

Phone: 256-201-3218

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Cell Phones

**I want to take time again to remind everyone, male and female about the danger of cell phones. Do not carry your phone in your shirt pocket all the time and for women, please never carry it under your bra strap or in your bra cup. This can cause breast cancer in both men and women. Men are not immune to breast cancer. Please tell all your friends and if you see someone doing it let them know also!
Just a friendly reminder!**

Our Services Condensed”

- **Monthly Group Meetings on the 4th 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 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

I took my dad to the mall the other day to buy some new shoes (he is 92). We decided to grab a bite at the food court. I noticed he was watching a teenager sitting next to him. The teenager had spiked hair in all different colors: green, red, orange, and blue. My dad kept staring at him. The teenager would look and find him staring every time. When the teenager had had enough, he sarcastically asked, 'What's the matter old man, never done anything wild in your life? Knowing my Dad, I quickly swallowed my food so that I would not choke on his response, knowing he would have a good one, and in classic style he did not bat an eye in his response.

"Got drunk once, and had sex with a peacock. I was just wondering if you were my son."

A man was sitting quietly reading his paper when his wife walked up behind him and whacked him on the head with a magazine. 'What was that for?' he asked. 'That was for the piece of paper in your trouser pocket with the name Laura Lou written on it,' she replied. 'Two weeks ago when I went to the races, Laura Lou was the name of one of the horses I bet on, I bought you those flowers with the winnings,' he explained. 'Oh darling, I'm sorry,' she said. 'I should have known there was a good explanation.' Three days later he was watching TV when she walked up and hit him in the head again, this time with a frying pan, which knocked him out cold. When he came to, he asked, 'What was that for?' 'Your horse phoned'

A man ran home from work, pulled his wife into the bedroom, threw her on the bed, and pulled the blankets over them. She was shocked- he hadn't been like this for 20 years. Then her husband said: "Look! My new watch glows in the dark" 🤔

Son: Mom, how did humans come to exist?
Mother: Well, you see, God created Adam and Eve.....
Son: But dad said we came from apes.
Mom: He was talking about his family, I am telling you about mine.

The children were lined up in the cafeteria of for lunch.
At the head of the table was a large pile of apples.
The nun made a note, and posted on the apple tray:
"Take only ONE. God is watching."
Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.
A child had written a note,
"Take all you want. God is watching the apples."

MAKING HEALTHY CHOICES GLORIFIES GOD

EAT WELL, LIVE WELL

1 Cor. 6:19-20, 1 Cor. 3:23, Jer. 29:11

by Donna Houston

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

Find the highlighted words:

Believers should certainly be VIGILANT ABOUT maintaining excellent spiritual HEALTH. When we do, we usually experience a CONNECTION between our CHRISTIAN WALK and our MENTAL and emotional well-BEING. But MANY of us overlook the necessity of preserving our PHYSICAL health as a TESTIMONY to our God's family. BECAUSE our earthly bodies are TEMPORAL and not ETERNAL it seems like a small MATTER that we might become unhealthy as a direct RESULT of negligence. Our selfish NATURE tells us that LIBERTY is FOUND in doing what we want, when we want. But truly, FREEDOM is health and WELLNESS, and BONDAGE is DISEASE and sickness. The ISSUE HERE is not SINFUL behavior but rather responsibility. We carry a SACRED TRUST to HONOR the LORD in our BODIES so that we can achieve the GOALS He has set for us.