

Steel Magnolias

Breast Cancer Support Group, Inc.

February 17, 2006

Love Finds A Way

I Love You

When we get close to February 14, Valentine's Day, our thoughts are centered on love, all the ways we can demonstrate that love, usually romantically. Certainly, we as wives and sweethearts, love to be made feel special and we lie awake at night, trying to think of some wonderful surprise for our Knight-In-Shining Armor.

I would like for us to explore the idea of expressing, not only romantic love, or the love we feel for our close friends, but Agape love, a godly love for fellow humans who need our compassion.

"Love must be sincere. Hate what is evil: cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves. Romans 12: 9-10"

The commentary, on verse 9, from my "Life Application Bible" reads: *"Most of us have learned how to pretend to love others-how to speak kindly, avoid hurting their feelings, and appear*

to take an interest in them. We may even be skilled in pretending to feel moved with compassion when we hear of other's needs, or to become indignant when we learn of injustice. But God calls us to real and sincere love that goes far beyond pretense and politeness. Sincere love requires concentration and effort. It means helping others become better people. It demands our time, money and personal involvement. No individual has the capacity to express love to a whole community, but the body of Christ in your town does. Look for people who need your love, and look for ways you and your fellow believers can love your community for Christ."

A dear friend of my family has a saying, in response to a barrage of excuses for not stepping to the plate, going the extra mile and reaching out to others:

"Apathy makes excuses, Love finds a way."

What Shall I Do?

It isn't the thing you do, dear,
It's the thing you leave undone,
That gives you bitter heartache
At the setting of the sun;

The tender word unspoken,
The letter you did not write,
The flower you might have sent, dear,
Are your haunting ghosts at night.

The stone you might have lifted
Out of your brother's way,
The bit of heartfelt counsel
You were hurried too much to say;
The loving touch of the hand, dear,
The gentle and winsome tone,
That you had no time or thought for,
With troubles enough of your own.



Sharing love through support

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.....
These little acts of kindness,
So easily out of mind,
These chances to be angels,
Which even mortals find—
They come in nights of silence,
To take away the grief,
When hope is faint and feeble,
And a drought has stopped belief.

For life is all too short, dear.
And sorrow is all too great,
To allow our slow compassion
That tarries until too late.
And it's not the thing you do,
dear,
It's the thing you leave

undone,
That gives you the bitter heartache,
At the setting of the sun.

by Adelaide Proctor

*Give what you have, for you never know——to someone else it may be better than you can dare to think.
Henry Wadsworth Longfellow*

Steel Magnolias has already impacted Calhoun County and surrounding counties for good. We have made everyone more aware of breast cancer and the need for early detection. As we have stepped to the plate, as God has opened new doors for us, we have been blessed, so that we could bless other women, who are starting the difficult journey with breast cancer.

A few years ago, soon after Patricia had been diagnosed with breast cancer, and after she received care packages from both the Steel Magnolias and the Tuesday Bear Huggers, as well as encouragement from Jo Ann, Sarah and me, I received a card. The quote on the front of the card, written by Luci Swindoll, reads: *“Vision is when you see it and others don’t. Faith is when you **do it** and others won’t.”*

What has set Steel Magnolias apart from many organizations, that have come before us, is that we are blessed with incredible, resourceful and caring women who have already battled breast cancer and whose vision is to give a sense of connection to the newly diagnosed.

Unexpected Act of Kindness

I read this quote in a card, it seems so very fitting for this letter:

“How beautiful a day can be when kindness touches it.”

Each woman who makes up the Steel Magnolias Support Group knows that when they were diagnosed, the whole family was sick. In an effort to reach out to the families of the women who are admitted to the hospital for surgery to remove breast cancer from her body, either by mastectomy or lumpectomy, one member of the family will receive a \$5.00 meal voucher that will allow them to eat in the hospital cafeteria, courtesy of Steel Magnolias. This voucher will not be made available for biopsy to determine whether a lump is cancer, nor will it be available for patients receiving breast augmentation or breast reduction. The patient must first have been diagnosed with cancer. This voucher will be part of the patient’s paperwork at time of admitting.

It is the prayer of Steel Magnolias that this small gesture, this unexpected act of kindness, will allow the family, who is waiting in the surgical waiting room, to feel a sense of connection while their beloved mother, wife, daughter, or sister undergoes surgery.

Quarterly Board Meeting

The Board of Directors of Steel Magnolias Breast Cancer Support Group, Inc., was held on Thursday, January 19, 2006 at 5:30 p.m. in the Tyler Center. The following members were present: Judy Beam, Lenora Johnson, Dr. Dave Roberts, Jo Ann Taylor, Gail Tuck, Marti Warren and Chaplain Jim Wilson.

Having a quorum, Dr. Dave Roberts, Chairman of the Board, called the meeting to order. Chaplain Wilson gave the opening prayer.

Roll was called and the minutes of the November, 2005 meeting were read and approved.

The meeting then proceeded to old business: An update of the Steel Magnolias' Manual was given. Dr. Dave Roberts stated that the Calhoun County Baptist Association had a binding tool that was available to compile each manual. Steel Magnolias would be responsible to purchase materials. A grant may be available, for this project, through the Susan G. Komen Foundation.

New Business: Joe Mahoney, Attorney at Law, met with the Board to review and advise on the bylaws, especially the importance of an annual meeting, the same evening, for both the group and board. Absentee members will be mailed copies of the bylaws. Each board member was asked to read the bylaws, make corrections and revisions and be ready in April to adopt a set of bylaws that will better serve Steel Magnolias, Inc.

Chaplain Jim Wilson, is a member of the Regional Medical Center's Oncology Subcommittee. This committee is attempting to establish a more comprehensive approach to care. Their goal is to establish a breast health center that would seek to offer patients a center that would implement a more rapid response, including: diagnosis, education, support, treatment and follow-up of patients. He asked if Steel Magnolias would be available, as volunteers, to help support this center. The board approved this volunteer support. The subcommittee was scheduled to meet again on Thursday, February 9, 2006. Chaplain Wilson will report the willingness of Steel Magnolias to help support this committee.

Chaplain Wilson also reported that RMCcares.org would like to have a link to steelmagnoliasinc.org. Gail Tuck will contact Director of Community Relations, Susan Williamson and give a full report at next board meeting.

There being no further business to come before the board, meeting upon duly made, seconded and unanimously carried was adjourned. Next board meeting is Thursday, April 20, 2006, 5:30 p.m. at the Tyler Center.

Misadventures of Keither and Roger

Since October, Keither, Steel Magnolias Vice President and connoisseur of beauty, an employee of Monet, has looked forward to our January meeting, being held in the beautiful Tea Room, at Monet Salon and Day Spa. Keither ordered special pastries for our refreshments and planned also to bring a fruit tray. Sometimes, life takes a turn and our best laid plans are foiled.

Friday, January 20, Keither and Roger enjoyed dinner at the Columbus, Olive Garden Restaurant. When they were leaving the restaurant, Keither stepped on a greasy spot and fell. The fall broke her left ankle in three places. She was transported to a hospital in Columbus and then on Sunday, Jan. 22, by ambulance to St. Vincent's in Birmingham. Surgery was required to pin her ankle in place. On January 26, Keither was allowed to go home. Of course, she wasn't able to put any weight on the foot and was confined either to her bed or wheelchair. One would think that the trauma, Keither had endured, would have been the end to this story, but no!

As Roger was attempting to get Keither from the house to the car for a post-op appointment. The wheelchair carrying Keither, pulled away from Roger, dumping Keither head first onto the walk-way. The handsome prince, Roger, lunged for Keither, falling down the steps, skinning the hide from his legs and breaking his finger. An Oxford Pest Control serviceman, passing by, witnessed the accident, screeched to a stop and offered to help. With the Oxford Rescue Squad, on the way, his help was not needed.

EMT of Oxford, loaded Keither in the van and told dear Roger to follow in the car. Keither said, "I don't know how Roger, with his bleeding legs and broken finger, made it to RMC Emergency Room." When I called to check on the both of them, they were able to laugh about all the splints and bandages in the Zeimet household.

District 4 All State Music

While those attending the Steel Magnolias meeting were having a great time at Monet, Gail Tuck and Marti Warren were in Oxford. Cory Tuck, accompanied by Marti, competed in the 2006 District 4 All State Music competition. Cory won!! Cory will audition again on March 1, 2006 along with Marti as his accompanist in Birmingham at Samford University. If Cory wins on the 1st, on March 4, 2006 he will sing accompanied by Marti at the All State Choral Concert and he will be the Male Outstanding Choral Student for the State of Alabama for 2006. Cory, we Steel

Magnolias are more than a little proud of you!!! You go Gail and Chuck, you did real good!

Steel Magnolias Meeting

The January meeting, of Steel Magnolias Breast Cancer Support Group, was held at Monet Salon and Day Spa. We had a large group, including several visitors.

Director, Lenora Johnson introduced our new president, Pam Bussey, who in turn welcomed everyone and introduced our new officers: Vice President– Keither Zeimet, Treasurer-Nancy Burnell, Secretary-Debbie Lee.

Special visitor, Coretta Grant, Tobacco and Control Coordinator from the Calhoun County Health Department, spoke to us briefly about the January 30, public hearing on a Smoke Free Air Ordinance for Anniston. The January 30 meeting was scheduled at 5:15 p.m. in the Anniston City Council Chambers. Ms. Grant distributed literature before leaving our meeting for the American Cancer Society, Relay for Life, kick off at Classic on Noble.

Debbie Lee led the group in prayer for the needs of people on our prayer list.. **Secretary, Debbie Lee called the roll and read the minutes** of the November 2005 meeting, they were approved as read.

The treasurer's report was given by Nancy Burnell. She reported our current balance as \$2693.18, however the following deposits are to be made: Jane A.-\$20, Ina Kay R.-\$150, MGMA-\$500, Wakefield's-\$269. These deposits result in a current balance of \$3632.18 a new banking account will be set up with BB&T Bank. The financial report was approved.

The meeting then moved to old business: Gail Tuck sent a report that the web-site should be completed approximately the middle of February.

In new business: Project Hope will be held on Wednesday, February 22, 2006. Steel Magnolias will be at the City Meeting Center at 10:00 a.m. to work the Steel Magnolias' Information Table. Non-profits and physicians will provide displays and information from 10:30-12 . At 12 noon everyone will enjoy a luncheon, catered by Classic on Noble. PHD, Donella Wilson of the American Cancer Society will bring us up to date on the latest in diagnosis, prevention and treatment of the 5 high risk cancers in Calhoun County. Those wishing to be seated with Steel Magnolias, need to tell Vickie Simmons when ordering tickets. Luncheon cost is: \$10

- **Jacksonville Medical Center** is sponsoring a night of laughter, featuring Mickey Dean, Monday, February 27 at 7 :00 p.m. at the Leone Cole Auditorium on the Jacksonville State University campus. Tickets are \$15 each and there will be complimentary popcorn and soda. For tickets, contact Ashley Downing at (256) 782-4366.
- **Margaret Taylor**, a recent breast cancer survivor and her husband, Jimmy, members of the "Swinging Stars Square Dance Club," addressed the group. They said their club is considering sponsoring Steel Magnolias with a donation. Several members of the group are breast cancer survivors and they have lost members recently because of several different kinds of cancer. Margaret stated that during her battle, she appreciated the phone calls, cards and care packages that were provided by our group. Steel Magnolias named Pam Bussey and Nancy Burnell to address the dance club at their following Thursday night meeting at the Golden Springs Community Center.
- **Committee Chairpersons** were elected for the following committees: Refreshment and Decorating Committee-Jo Ann Taylor; Investigative Research-Wanda Pettus; Scrapbook-Ina Rooks; Benevolent Closet-Kay Hogue; Grant Research-Debbie Lee; Public Relations-Dr. Dave Roberts; Jewelry and Silent Auction-Marti Warren; Group Chaplain-Marti Warren.
- **A motion was made**, seconded and unanimously carried to provide a \$5 meal voucher for a family member of a patient in surgery for mastectomy or lumpectomy because of breast cancer. Voucher good only in the hospital cafeteria and is not redeemable for cash. Accompanying the voucher would be a Steel Magnolias Mission Statement.
- **Gail Tuck contacted Susan Williamson** about a request for a link from the RMC site to Steel Magnolias web-site.
- There being no further business, meeting was adjourn.

The refreshment table in the center of the Monet Tea Room, was fit for an elaborate party. Steel Magnolias and our special guests enjoyed a time of great food and fun.

Not long before we collected our belongings and headed home, the ladies of Steel Magnolias were given a tour of the Monet Salon and Day Spa. We were told that Monet offers everything to make a woman feel beautiful, head to toe. In the future, there will be a cosmetic dentist and a plastic surgeon on staff to provide non-surgical cosmetic treatments. We were all impressed with the little girl's party room. For a fee, little girls are treated to a party where their nails are painted and their hair is styled. Of course, I could imagine what a great time Olivia and Kaylee would have.

Thank You! Thank You! Thank You!

Advanced Printing and Promotionals printed 1000 Meal Voucher/Mission Statement documents for Steel Magnolias, and charged us nothing because they wanted to say thank you to Steel Magnolias for allowing them to grow with us and because they wanted to be a little part of this mission to offer families of breast cancer surgery patients a feeling of connection. **Thank you Marie and Thomas** for your generous contribution of \$50.

Correspondence

Steel Magnolias, Thanks for the birthday card. Special thanks to Lenora for her poem and to Jo Ann for her birthday wish. Steel Magnolias, ya'll are tops! Gracie.... Anniston

Lenora, I appreciate you sending Steel Magnolias material to my sister-in-law in Jackson, Michigan.
Marie...Anniston

Dear Steel Magnolias & Tuesday Bear Huggers, I've never experienced any contact with a support group and the gifts and literature I received from you was most surprising. I thank you from the bottom of my heart and I'll follow your success thru the web. Sincerely, Barbara.... Maryland

(Barbara enclosed the following letter)

Dear Lenora, I've received the *Steel Magnolias* and the *Tuesday Bear Huggers* gifts. I was very surprised as Patsy Boulie had not told me she was submitting my name. What a delight to receive something from a group who doesn't know me but can understand my problem and needs. I know the gifts will be extremely useful as I begin my radiation the middle of February.

In reading the Steel Magnolias Newsletter dated Nov. 14, I realized that I know Max Payne and I remember Jane. It's amazing how cancer has wrought havoc to so many lives and having it causes me to think differently toward people, my time and values.

I am positive I will be okay and the journey I've begun, many women have traveled before and that I am not alone with my problem.

I will enroll on the web site as I graduated from Heflin Hi and I can keep up with all the success you and the good Steel Magnolias and the Tuesday Bear Huggers experience and what you are doing.
Sincerely and thank you again, Barbara Kensington, Maryland

Altrusa Club's 14th Annual Women's Health Screening

Vickie Simmons, Director of the Regional Medical Center Memorial Foundation, told Nancy Burnell and me that if a woman wishes to take advantage of the Women's Health Screening package that is advertised at \$50 but doesn't have the \$50, she can call Karen 235-9603, during business hours, before making her appointment. Money is available to cover a certain number of screening packages. The \$50 cost will be covered, first come, first served. If you need financial help and wish to take advantage of this screening opportunity, call as soon as is possible. For appointment, call 235-5141. Advertisement on following page.

Pokey Warren is responsible for much of the laughter we enjoy on the joke page. The latter part of January, Pokey E-mailed the following funny. It is long but I thought we might all appreciate the wisdom.

Men Are Happier

Men are just happier people—what do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can be President. You never get pregnant. You can wear a white T-shirt to a water park. You can wear no shirt to a water park. Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Same work, more pay. Wrinkles add character. Wedding dress: \$5000. Tux: \$100 People never stare at your chest when you're talking to them. The occasional well-rendered belch is practically expected. New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about.....tanks! A five day vacation requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a three-pack.. Three pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes. Everything on your face stays its original color. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck. You play with toys all your life. Your belly usually hides your big hips. One wallet and one pair of shoes one color for all seasons. You can wear shorts no matter how your legs look. You can "do" your nails with a pocket knife. You have freedom of choice concerning growing a mustache.. You can do Christmas shopping for 25 relatives on December 24 in 25 minutes. No wonder men are happier!

NEEDED!

New 12 inch zippers for Cosmetic Bags....Any Color. Give to Pam Bussey in the Wound Healing Center, Tyler Center or to any Steel Magnolia.

Hand Cream, Lip Gloss, Shower Jel, Shampoo & Conditioner, Cologne, any thoughtful toiletry item to furnish Cosmetic Bags, made by the Tuesday Bear Huggers, especially for Steel Magnolias. Give to Pam Bussey in the Wound Healing Center or to any Steel Magnolia

Old Costume Jewelry. Call Marti, (256) 237-0206 or carry to 710 E. 22nd Street, Anniston, give to Pam Bussey, in the Wound Healing Center or to any Steel Magnolia.

.....Mark Your Calendar.....

**February 22: Project Hope Luncheon and Information Seminar, 10:30 a.m.-1:00 p.m.
Lunch, catered by Classic on Noble, \$10 each.
For Tickets call Vickie Simmons @ (256) 235-5147
Request reserved seating with Steel Magnolias**

**February 27: Healing Your Heart With Laughter, featuring Mickey Dean Leone Cole auditorium....7:00 p.m. ... Tickets \$15, Complimentary Popcorn and Soda
For Tickets call Ashley Downing @ (256) 782-4366**

**February 28: Steel Magnolias Meeting: 5:00 p.m. Tyler Center, Classroom #1.
Refreshments, in Deli to follow meeting.**

March 17: St. Michael's Clinic...Health Day, 9:00 a.m.-2:00 p.m.

Jo Ann, Here Goes!

Valley Girls and Travel

Two Valley Girl friends were going to Florida. A neighbor told them they'd be fine as long as they paid attention to the road signs along the way. When they'd driven just 30 miles, they saw one that read, "Clean Restrooms Ahead." Two months later, they arrived in Florida exhausted-having used up 86 bottles of Windex, 267 rolls of paper towels and three cases of toilet-bowl cleaner. Total Restrooms cleaned: 450

Valley Girl and Lost Luggage

I couldn't find my luggage at the airport baggage area. So I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional and I was in good hands. "Now," she asked me, "Has your plane arrived yet?"

Ten Bucks

A man was walking down the street when he was accosted by a particularly dirty and shabby-looking homeless man who asked him for a couple of dollars for dinner. The man took out his wallet, extracted ten dollars and asked, "If I give you this money, will you buy some beer with it instead of dinner?" No, I had to stop drinking years ago," the homeless man replied. "Will you use it to go fishing instead of buying food?" the man asked. "No, I don't waste time fishing," the homeless man said. "I need to spend my time trying to stay alive." "Will you spend this on greens fees at a golf course instead of food?" the man asked. "Are you NUTS!" replied the homeless man. "I haven't played golf for years!" "Will you spend the money on a woman in the red light district instead of food?" the man asked. "What disease would I get for ten lousy bucks?" exclaimed the homeless man. "Well," said the man, "I'm not going to give you the money. Instead, I'm going to take you home for a terrific dinner cooked by my wife." The homeless man was astounded. "Won't your wife be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting." The man replied, "That's okay. It's important for her to see what a man looks like after he has given up beer, fishing, golf and sex."

Laying in a Coffin

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?" Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man." Merle commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives." Don said, "I'd like them to say, "LOOK! He's moving!"

Parking Place

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey." Miraculously, a parking place appeared. Paddy looked up again and said, "Never mind, I found one!"

Edna

There was a man at the Post Office...whose job it was to process the mail that had illegible addresses. One day a letter came addressed, in a shaky handwriting, "To God." He thought he should open it to see what it was all about. The letter read, "Dear God, I am an 83 year old widow, living on a very small pension. Yesterday someone stole my purse. It had \$100 in it, which I had until my next pension check. Next Sunday is Christmas and I had invited two of my friends over for dinner. Without that money, I have nothing to buy food with. I have no family to turn to and you are my only hope. Can you please help me?" Sincerely, Edna.....The postal worker was touched. He showed the letter to all the other workers. Each on dug into his or her wallet and came up with a few dollars. By the time he made rounds, he had collected \$96, which they put unto an envelope and sent to the woman. The rest of the day the workers felt a warm glow thinking of Edna and the dinner she would be able to share with her friends. Christmas came and went. A few days later, another letter came from the old lady to God. All the workers gathered around while the letter was opened. It read: Dear God, How can I ever thank you enough for what you did for me? Because of your gift of love, I was able to fix a glorious dinner for my friends. We had a very nice day and I told my friends of your wonderful gift. By the way, there was \$4 missing. I think it must have been those thieving swine at the Post Office. Sincerely, Edna