

Steel Magnolias

Breast Cancer Support Group, Inc.

Choosing To Dance

August 19, 2013



Sharing love through support

Steel Magnolias
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Oxford area. I was diagnosed with breast cancer in October 2009, and underwent a mastectomy in Dec. 2009 and two subsequent reconstructive surgeries in 2010 and 2011. During this time, I became very sick stopped taking my Tamoxifen regimen. (I woke up in ICU after 5 days only to learn my husband had left me

Professional Comment:

In an interview, Dr. Nancy L. Snyderman, head and neck surgeon and chief medical editor for NBC News, said “In medical school, we memorize and regurgitate information; as interns and residents, we strain to learn every new procedure. As young doctors, we keep patients at arm’s length and try simply to cure them. We can’t know then what we will come to realize later in life—that our professors are just laying the brickwork, and that our real teachers are our patients.

Dr. Snyderman used the example of Lindsay, an unmarried 22 year old woman with tongue cancer. When told she would require surgery to remove part of her tongue, radiation and probably chemotherapy, Lindsay asked, “Is this going to interfere with my chances of having a family later?” Dr. Snyderman’s clinical knowledge of the challenges that lay ahead left her stunned. She replied to Lindsay, “I’m not concerned about the fact you might want a baby in five years. I’m worried you won’t be here in five years.” With Dr. Snyderman’s help, Lindsay got a second opinion.

Lindsay decided, before chemo, she would freeze her eggs. That was more than 10 years ago, one husband and three stunningly beautiful children ago. Lindsay started a nonprofit organization (fertilisupport.org) which was recently acquired by the Livestrong Foundation. Dr. Snyderman said, “For me, the lessons were profound and humbling. Lindsay changed who I am as a doctor. She taught me to listen to my patients. She taught me that no matter how young or

old, every patient has a voice and deserves to be heard. And sometimes—whether on the cusp of life or in its twilight—sees a future that the doctor hasn’t even contemplated.”

We by all means, want the best, clinically trained and experienced surgeon and oncologist we can find. However, cancer is intensely personal and cannot be isolated from the emotional person.

Because Steel Magnolias is an organization whose members are primarily survivors or in treatment, with the exception of devoted volunteers who work faithfully in honor or in memory of a loved one, we know the emotional devastation of a cancer diagnosis and the haunting thought of recurrence that sometimes creeps up unexpectedly.

We are all aware of so many entertainers and TV personalities who have battled breast cancer. None of us can forget the battle for life waged by ABC Good Morning America Anchor, Robin Roberts. Recently I read a quote from an interview of Hoda Kotb, from NBC’s Today show, “Kathie Lee and Hoda”: Hoda was diagnosed with breast cancer in 2007 and underwent a mastectomy. She said, “You can be an optimist, and then your world falls out from under you. At that point you either look for potholes everywhere, or you realize your life has margins, and you stop wasting time.”

Rose

July 21, 2013:

My name is Rose, I am new to the

for another woman while I was in ICU – needless to say I was more devastated by this than anything). So-I have been going it alone since 2011. I was delighted to learn there was a support group for survivors thru a photographer used by Prestige Medical Spa. I know that I need to be with others who have been through this disease process. I have been trying to do it alone, and be strong but I feel that I have isolated myself. After reading through your website, I realized I DO want to DANCE!!! I'm so tired of being sad, wondering if anybody could love me again despite my scars. I would like very much to participate in whatever way I can – to help others and to help myself out of this dark place I keep finding my way back to.
Sincerely, Rose (Used by permission)

Lenora's response – Rose, I am so glad you chose to contact Steel Magnolias. This Tuesday, July 23, we have our 10th annual New Beginnings Banquet, 6:00 p.m. at Classic on Noble, located at 1024 Noble Street. It would be great if you could join us. Please respond ASAP because tomorrow morning I have to get the number of guests turned in to Classic. There is no charge to attend this event and we close the evening with Dr. Dave Roberts singing, "I Hope You Dance."

I am so sorry for all the anguish you've been through. Dealing with a diagnosis of cancer and having mastectomy is troubling enough. You are a beautiful woman and I look forward to getting to know the beautiful woman you are. Lenora Johnson

NOTE – Rose attended the New Beginnings Banquet. I think it was the most inspiring of previous events. I trust that Rose heard something that made her determined to DANCE!

July 23, 2013 Quote for the Day (Sent by my sister, Debby Summers)

"Today may there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are., Let this knowledge settle in your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for every one of us.."
Author Unknown



Tuesday, July 23, 2013, 6:00 pm at Classic on Noble.....
By the time Greg, Amy, Kaylee, Emily and I arrived at 5:45 p.m., a large crowd had already gathered. It was amazing to see such a great crowd on such a stormy evening. Marti Warren kicked the evening off by welcoming everyone and asking Chaplain Sherry Grinstead to return thanks for our food. Following our delicious meal, Marti Rogers introduced

the evening's program. Before Margaret sang "Be Strong," she and Jimmy Taylor made a report on the success of the golf tournament, gave certificates of appreciation to those who served on the steering committee, to major contributors and presented Steel Magnolias with proceeds of \$16,000. Walgreen Drugs district manager, Adam Portwood presented



Margaret & Jimmy Taylor Nancy & Lawrence Gillespie Elaine, Johns, Chuck Trull Adam Portwood, Linda Barton, Joyce Guldin

a check to Steel Magnolias for \$1,233. Following Margaret Taylor's very inspirational song, *Be Strong*, Board Chair, Debi Kaufman, oncology nurse and office manager for Anniston Oncology gave an effectiveness report on Steel Magnolias' services and the enrollment of breast cancer patients in the Medicaid Breast and Cervical Cancer Treatment Act. I was delighted that Senator Kim Benefield was there to hear Debi's report on the legislation, HB147, she introduced on the floor of the Senate during the 2009 Alabama General Session. We are reserving Justin Rogers' performance of "Bridge Over Troubled Water" until next year's New Beginning Banquet. Debi Kaufman introduced keynote speaker, Dr. Dave Roberts.



Marti Rogers

Lenora Johnson, Nancy Burnell

Margaret Taylor

Debi Kaufman

Dr. Dave Roberts

Dr. Dave Roberts was the keynote speaker at the 1st New Beginnings Banquet. It seemed appropriate that he should be keynote speaker at the 10th annual Steel Magnolias New Beginnings Banquet. He skillfully delivered a very encouraging dissertation. Two examples he used were quite effective. One was a comment made by a patient he, as a hospice minister, counsels. As he was leaving this very upbeat woman, after visiting with her for an extended period of time, he said, "I hope you have a good day." To which she replied, "I hope you have a good life." Dr. Dave said, "Regardless of circumstances, we should make the best of every moment we're blessed to live." The other comment was made by motivational speaker, Zig Ziglar. Mr. Ziglar said, "Some people think it's a waste of time listening to a motivational speaker. They say, 'It doesn't last.' Neither does a bath but it is best to take one every day."

Dr. Dave closed out a wonderful evening with his outstanding presentation of "I Hope You Dance."





Wonderful friends, busy dancing the dance of Life



***Heaven is Richer
Memorial to Gerri Smith***



Geraldine (Gerri) Elaine Smith, known to Steel Magnolias and newly diagnosed breast cancer patients as Gerri, was born November 18, 1940 —died July 28, 2013. Gerri had battled ovarian cancer for four years. Nothing dimmed her love of people or her sense of duty and belief that God had placed a calling on her life. Gerri was the founder of The Tuesday Bear Huggers, a group in Borden Springs that for 15 years has faithfully made comfort items for cancer patients in recovery from surgery and treatments. Gerri was the most creative person I've ever known. She drafted the patterns for Bear Hugger packages. All cards were designed by her and she was a prolific writer. Gerri was a multi-faceted artisan. Her dying wish was that the Tuesday Bear Huggers would continue the work of sewing for cancer patients. Condolences to family will be included after this tribute.

The Steel Magnolias memorial to this great friend, called by her children, "Wonder Woman," will be to include two poems. One written for me in 2004, when scans

suggested I might have a recurrence of my breast cancer. She wrote the other after learning her ovarian cancer had spread. Her words allow the reader to look into the heart of this beautiful woman.

*Dear Lenora,
I don't know you real well,
But it's easy to see...
You have been an influence
On my life and on me
I don't know why I came here,
But it's easy to see
God had a purpose for you
And a purpose for me.
Our lives intertwined
When our purpose was outlined
And we could help, others
Through His Purpose in mind.
You've done good works
And been an anchor for others*

*For sisters, friends, mothers
And grandmothers
Now you need attention
To continue your goal too
To further Steel Magnolias
In the special things you do.
May God look over you
And see you through your plight
And put His hand on your shoulder
As you face another fight...
May you know you are loved
By the Tuesday Bear Huggers
As well as everyone crossing your path
And by many, many others
By Gerri Smith for a very Special Lady & friend—
February 26, 2004*

*Lord, Lift Me Up
Lord Lift me up from where I am
Give me strength so I can stand
Please hold my hand so I can cope
Lift me up and give me hope*

*Let me see that I can be strong
And hope and faith will carry me, on
Let me know that I can bear
All in front of me, with you there*

*Lord keep me strong in all I do
And let me always turn to you*

*Let me love life and do my best
Let me put my mind to rest*

*I depend, God, a lot on you
And ask for help real often too
I want to lean on your loving care
And God, I know you're always there.*

*Lord lift me up, I ask again
And help me to lift others too
With all the love you give to me
Let me thank and give praise to you.*

Gerri Smith—March 14, 2011

Geraldine (Gerri) Elaine Smith was the beloved wife of Melvin (Mel) L. Smith. Mel and Gerri made Borden Springs their home for the past 19 years. Gerri was a mother, grandma, and great grandma. Gerri is survived by 1 brother, Douglas Montgomery; 4 children-Rick York (wife Emmy), Deborah Harper (husband Jerry), Vicki Nakayama (husband Dean), Kimberlee Hixson (husband Dave); 9 grandchildren and 2 great grandchildren. She also has 2 stepsons, 2 stepdaughters, numerous step-grandchildren and great grandchildren.

Our deepest condolences go out to Gerri's family. Steel Magnolias and Men of Steel love Gerri and ask an extra portion of God's peace and love as you learn to live in a world without Gerri. Heaven is definitely richer!

July 22, 2013

Please accept this \$500 contribution to Steel Magnolias, Inc. in honor of Lenora Johnson. She is a friend that loves at all times and a true treasure to all that know her! May God bless all that your organization does in an effort to make this world one day cancer free.

*Dr. Dave and Faye Roberts
49 Windstone Drive
Jacksonville, AL 36265*

(RESPONSE) Thank you Dr. Dave and Faye for being dedicated supporters of Steel Magnolias since 2003! I am humbled by your kind words. Please keep us in your prayers as we work to encourage & support.

Sincere Thanks to Joanie, Rep. Brown and Sen. Benefield for July 23 contributions to Steel Magnolias.

Facebook Correspondence

Koven L. Brown: Mandee, Savannah and I attended the annual Steel Magnolias Support Group banquet this evening at Classic on Noble. Breast cancer survivors support each other in many special ways. I really admire what they do in our community and as an individual who has been touched by breast cancer (lost my only sister to breast cancer at age 34). I admire them for what they do to support each other and our community and thank RMC for the role they have in supporting Steel Magnolias.

Lenora Johnson Response: K.L., It was wonderful having you, Mandee and Savannah attend our 10th annual New Beginnings Banquet. It was special having Sen. Kim Benefield back with us this year, accompanied by her husband. I was glad she heard Debi Kaufman's report on how well the legislation she introduced on the Senate floor of the 2009 Alabama general session is working.

Angela Morgan: Alexandria High student organizations (lead by our Valley Club cheerleaders) supported SM last year with a "stadium run" for donations during an October football game (Calhoun Co. schools just need a rep. from SM there to receive the donation). I challenge student organization sponsors from all area schools to organize a stadium run this year at their schools..SM supported my fight 6 years ago and supports so many of our family and friends today...a little effort and loose change on our part can really go a long way to support the mission of these healing angels.

Lenora Johnson Response: Steel Magnolias will certainly provide a representative. We appreciate the wonderful support we've received from Alexandria High School and other schools in our county.

Financial Report

July, 2013		Balance Brought Forward	\$16,970.85
02 (-)	540.00	Downey Medical: 4 silicone breast prosthesis	16,430.85
02 (-)	200.00	Lenora Johnson: Monthly Expenses	16,230.85
08 (-)	549.60	Moore Printing: printing services	15,681.25
20 (-)	24.50	Kyuka Waters: Anniston Oncology	15,656.75
22 (+)	540.00	Deposit: \$500 Anniston Oncology for Banquet, 40 private donation	16,196.75
22 (-)	110.00	Sound Solution: Equipment for New Beginnings Banquet	16,086.75
23 (-)	542.15	Margaret Taylor: Reimburse 174.85 office supplies (for golf tournament), 193.54 Snacks for chemo patients, 173.76 Wig Forms	15,544.60
23 (-)	3,289.00	Classic on Noble: 130 plates-New Beginnings Banquet	12,255.60
25 (+)	18,183.00	Deposit: 16,000 Annual Golf Tournament, 600 Chaplain Services, 1,233.00 Walgreen Drugs Tournament donation, 200 Rep. K.L. Brown, 150 Benefield donation	30,438.60
29 (-)	100.00	Memorial gift in memory of Gerri Smith-Tuesday Bear Hugger	30,338.60

Mark Your Calendar

Tuesday, August 27, 2013: Steel Magnolias and Men of Steel meeting, 5:00 p.m., RMC Private Dining Room. RMC will provide Pizza. Steel Magnolias bring appropriate side dish, light dessert or fruit. Meeting agenda will be to discuss Dining Voucher Bazaar and celebrate God's blessing during the month of July.

Wednesday & Thursday, September 11 & 12: Dining Voucher Bazaar, 9:00 a.m. —5:00 p.m., RMC 3rd floor main lobby. Steel Magnolias, Men of Steel and volunteers, please be in the lobby no later than 8:00 a.m. to set up sale. Contributions continue to be accepted. Please bring to Physicians Center, Ste. 407 during the afternoon, Monday-Friday. If secretary not in, please carry contributions to Ste. 406 and leave with a Chaplain's volunteer.

Monday, September 16, 2013: Newsletter mailing day. meet at 12:30 p.m. in Ste. 406 of Physicians Center to stuff envelopes.

Joggin' Inside

Simple Home Remedies

1. Avoid cutting yourself when slicing vegetables by getting someone else to hold vegetables while you chop.
2. **Avoid arguments with females about lifting the toilet seat by using the sink.**
3. For high blood pressure sufferers~ simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to use a timer.
4. **A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.**
5. If you have a bad cough, take a large dose of laxatives. Then you'll be afraid to cough.
6. **You need only two tools in life—WD 40 and Duct Tape. If it doesn't move and should, use WD 40. If it shouldn't move and does, use the Duct Tape.**
7. If you can't fix it with a hammer, you've got an electrical problem.
8. **Never, under any circumstances, take a laxative and sleeping pills on the same night.**

Courtesy of Pokey.....Anniston, AL

Texting Codes For Oldsters

- ADT— At the doctors office.....* BFF—Best friend's funeral.....* BTW—Bring the wheelchair.....
- BYOT—Bring your own teeth.....* CBM—Covered by Medicare.....* CUATSC—See you at the Senior Center.....*DWI—Driving while incontinent.....* FWIW—Forgot where I was.....*GGPBL—Gotta go, Pacemaker Battery low.....* GHA—Got heartburn again.....* HGBM—Had good bowel movement.....* LMDO—Laughing my dentures out.....* LOL—Living on Lipitor.....* OMSG—Oh my! Sorry, gas.....
- * TOT—Texting on toilet.....* WAITT—Who am I talking to? Courtesy of Pokey....Anniston, AL

Notice In a Farmer's Field

The farmer allows walkers to cross the field for free, but the Bull charges! Courtesy of Pokey...Anniston, AL



Steel Magnolias

BAZAAR

Exquisite Auction & Sale Items

- Great Prices • Creative Ideas**
- Marti's Recycled Antique Jewelry •**
- Household Items • Christmas Decor**

THURSDAY & FRIDAY
 SEPTEMBER
 11th & 12th, 2013

RMC Main Lobby
 9am till 5 pm

Benefits Steel Magnolias Dining Vouchers

Two dining vouchers are given to the family of any cancer patient in surgery at RMC

Proceeds from the July 18 & 19 Dining Voucher Bazaar will be deposited into Steel Magnolia's RMC Foundation account and provide 2 meals in the RMC cafeteria, for cancer patients' family members or caretakers – of patient surgery at RMC.

www.steelmagnoliasinc.org

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&
Buy 2 meals for
the family



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GENTLY
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BUY 2
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