

# Steel Magnolias

Breast Cancer Support Group, Inc.

## Then and Now

September 16, 2013

It has been said, **“Youth is wasted on the young.”** I have said it many times and heard it said by others, both privately or said by some anchor on a television talk show, “Young people feel invincible.” This is often said after a terrible accident happens or a young person has participated in some risky behavior.

Several breast cancer patients, affiliated with Steel Magnolias were misdiagnosed by doctors because of their youth. We lost two beautiful, smart members in 2004 because doctors assumed their youth prevented them from needing to be screened. Brenda was 38 when she died in May, 2004 and Del was 48 when she died in July, 2004. Two current members were misdiagnosed in their youth.

At the time I accepted the calling on my life, to start a breast cancer support group at RMC, I asked God’s blessings on the group and added, “When they start dying, I am leaving.” However, I was so outraged that Brenda and Del, because of their youth, had been dismissed by doctors, I asked Dr. Dave Roberts to go with me to seek permission from the Superintendent of Calhoun County Schools to start a program that would teach girls, 7th -12th grades to do breast self exams and stress the importance of seeking second and even third opinions. We provided, as we still do, an information booklet that is given to girls who are encouraged to give to their mothers/guardians.

We are thankful for the great work done by Steel Magnolias School Girl Awareness Program, Director, Margaret Taylor. For her outstanding work, Margaret

received the 2010 Juliette P. Dostor Award from the N.E. Alabama Community Foundation.

Sometimes, as happened to me, we learn that in our youth, we have inadvertently encountered danger we didn’t know existed.

In the April 12, 2004 newsletter, I wrote about this incident: “There is nothing sweeter to a gardener than the smell of fresh plowed earth, warmed by Spring’s first sunny days. Sometime in the past, farmers scattered chicken litter on their fields to enrich the soil. Some gardeners even volunteer to help clean chicken houses in return for the litter. Before we become too enraptured with the beautiful vegetables and flowers that chicken litter allows us to grow, STOP! WHOA! A WARNING! There is a fungus among us!”

Histoplasmosis is an opportunistic infection caused by *Histoplasma Capsulatum*, a fungus found primarily in the southern part of the US and South America. Infection occurs by inhaling the fungus. Dr. Cerfolio said that many people who grew up in the south have histoplasmosis. The microscopic fungi, found in soil where bird or bat droppings accumulate, are released into air when soil is disturbed by plowing fields, sweeping chicken coops or digging holes. As long as it remains dormant, no treatment is required.

CAT and PET scans, done just before my 5 years survivorship, identified two lymph nodes on either side of my wind



### Sharing love through support

Steel Magnolias  
P.O. Box 2208  
Anniston, AL 36202

Lenora Johnson, Founder, Editor,  
Executive Director  
Marti Warren, President  
Keither Zeimet, Vice President  
Margaret Taylor, Secretary  
Nancy Burnell, Treasurer  
Group Chaplains: Marti Rogers &  
Sherry Grinstead  
RMC Chaplain, Jim Wilson

Pinks Boutique: Marti Warren, Mgr.  
For Appointment (256) 239-0855

Office 256-231-8701  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207  
[lenora@steelmagnoliasinc.org](mailto:lenora@steelmagnoliasinc.org)  
[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)

pipe that were possible cancer. A biopsy done, at UAB, by Dr. Cerfolio, revealed that two very large lymph nodes were full of scar tissue from the battle they had waged with histoplasmosis.

I have tried for several years to manage a cough that has

gotten worse as I age. I learned that part of my problem was GERD but treating my digestive problem provided only partial relief. As with almost everything, stress increases the severity of symptoms, as it has for me since my husband's death.

Tests are currently being done by Dr. Ferguson, a lung specialist at RMC. Dr. Ferguson suggested that my problem may actually go back to my histoplasmosis infection. We won't know until the tests results are in. When I came home from Dr. Ferguson's office I did a little research on the Histoplasmosis Foundation website. I learned that an encounter with an unknown danger in my 20's could actually be causing problems so many years later.

I closed my 2004 report on histoplasmosis with this advice: "Live life to the fullest, enjoy gardening, just fertilize with 13-13-13 or 20-20-20, bought at your garden supply store or if your garden already has chicken litter in the soil, moisten the soil before plowing or digging.

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Earlier this month, dear friend, Ted Nail, the amazing blind man, loved by both Steel Magnolias and Men of Steel and the oldest blind man to ever graduate from JSU, called to update me about the wonderful opportunities that continue in his life, allowing him to spread his message, "I may be blind but I never lost my vision!" Ted shared a few of his favorite Satchel Paige quotes.

**"Not to be cheered by praise,  
Not to be grieved by blame,  
But to know thoroughly one's  
Own virtues or powers are the  
Characteristics of an excellent man."**

**"Work like you don't need the money.  
Love like you've never been hurt.  
Dance like nobody's watching"**

Satchel Paige



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Monday, September 2, 2013, at the age of 64, Diana Nyad walked ashore at Key West, Florida, completing her life long dream of swimming the 110 miles from Cuba to Florida, without the protection of a shark cage. Her first attempt was in 1978, at the age of twenty-four. Nyad made comments that makes every person who has ever faced any life altering obstacle applaud her success.

In an interview with ABC's Good Morning America anchor, Robin Roberts, Diana Nyad acknowledged Ms. Roberts' battle with breast cancer and made several comments that are worth adopting:

***Find a way, never, ever give up!..... At 24, I was physically stronger. At 64, I have more endurance, because with age comes an increase in the powers of concentration and perspection..... People give up too quickly!***

**Regardless of the struggle, learn how to push through the tough moments..... VICTORY is one of human spirit and of human resolve!**

### **Three Simple Rules**

1. If you do not **GO** after what you want, you'll never have it.
2. If you do not **ASK**, the answer will always be NO.
3. If you do not **STEP FORWARD**, you will always be in the same place.

From Andrea Johnson's Facebook page

*Steel Magnolias*

**Caring and Sharing Group**

Monday, September 9, 2013, Chaplain Jim Wilson, Lenora Johnson and Stephanie Thornton launched a new, more

intimate support group. At this time, the meeting is scheduled at 1:00 pm, the 2nd and 4th Monday's of each month. This is a group designed to respond to concerns that arise for those women going through the journey of cancer, especially cancers that are exclusive to women. Lenora and Stephanie will be leading this group. We know that we will be a sounding board as patients share their concerns. It is our goal to include professionals who are trained in therapy that can address the physical and psychological wounds incurred in the battle with cancer. Stephanie and Lenora are both cancer survivors who have traveled the difficult journey of reclaiming their lives. We want only to see other women who have been wounded by cancer restored to vitality. Issues we hope to address in this group include:

\*Body image/self esteem – the old self is gone

\*Depression

\*Anxiety

\*Panic Attacks

\*Abandonment

\*Feelings of isolation

\*Helplessness

**For more information and to sign up for participation in the Steel Magnolias Caring and Sharing Group, please call the RMC Cancer Resource Center (256) 235-5146 or email <Lenora@steelmagnoliasinc.org> Meetings will be in the meeting room inside the Cancer Resource Center (chaplain's office), Suite 406 of the RMC Physicians Center, 901 Leighton Ave., Anniston, AL.**

**“Steps To Help” Breast Cancer Awareness Walk/Run  
October 5, 2013 at Ranburne High School, Ranburne, AL**

**RUN: 7:00 AM CT** Runners sign in by 6:45 AM CT **WALK: 9:00 AM CT** Walkers sign in by 8:45 AM CT  
My name is Runa Kimbrell, I am the secretary of Freedom Baptist Church in Ranburne, AL. This year I am happy to have my sister, Shelby Lueke, a homemaker and member of Sandy Flat Baptist Church in Bowdon, GA, alongside me as I once again plan a Breast Cancer Awareness Walk in Ranburne. The walk will be a 5k, as it was last year. We are also adding a 5k run this year. We wanted to accommodate those who prefer running.

**\*LAST YEAR:** We had a very successful walk. We hosted over 200 people and raised \$5000. The money was divided with the two designated organizations.

**THIS YEAR:**

We have decided we want to continue distributing the money close to home, so we will again divide the proceeds raised at this year's event between “Tanner Breast Health Center” in Carrollton, GA and “Steel Magnolias Breast Cancer Support Group,” located onsite at Regional Medical Center in Anniston, AL. Both of these organizations have been monumental in the lives of so many ladies already and will be in the future.

**COST TO WALK:** In order to walk/run/, there will be a \$10 registration fee, made payable to “Steps to Help.”

**TO GET A T-SHIRT:** In order for more people to be able to participate in raising money for this special cause, we are asking for donations of only \$25. Please make check payable to either Tanner Breast Health or Steel Magnolias. Please turn this money into the walk organizers and we will distribute all the money at one time. If you give \$25 or more in donations, you will receive a free T-shirt designed especially for our walk/run. **WHEN WILL YOU GET YOUR SHIRT?:** If we receive your \$25 donation by September 18, you will have your shirt before the walk. After that date, you may receive it the day of the race or if you wait until that day to make donation, your shirt may have to be shipped to you, hand delivered or you may pick them up when ready.

**TEAMS:** If you have a special group, church, etc. that you would like to recognize at the walk, get up at least 12 or more people in your group and we will put the name that you choose, on the sleeve of your shirts. Each person will be asked to pay \$10 registration fee and a \$25 donation. If any group can raise above and beyond the requested donations, the team raising the most money will get special recognition at the event.

**We are looking forward to a really BIG EVENT!**

**For more information:** 770-710-6908 or [stepstohelp@gmail.com](mailto:stepstohelp@gmail.com)

**MAIL REGISTRATION or donations to:** Steps to Help c/o Runa Kimbrell, 2124 Frank Ledbetter Memorial Drive, Ranburne, AL 36273 **PLEASE DO NOT SEND CASH in the MAIL**

In case of inclement weather or unforeseen reasons the walk that the walk could not be held, there will be no refunds

Thank you from the bottom of our hearts!!

Runa Kimbrell & Shelby Lueke

Steel Magnolias and supporters of the work of Steel Magnolias, \*please reread “Last Year,” and support this walk in Cleburne County! **Please see application on page 7 of this newsletter.**



## *Steel Magnolias* Dining Voucher Bazaar September 11 & 12

The 2013 Dining Voucher Bazaar, all money deposited in the Steel Magnolias, RMC Foundation account to pay for food vouchers given to 2 family members of any cancer patient in surgery at Anniston RMC, for payment of meals in the hospital cafeteria was a great success. A complete report with pictures will be in the October

newsletter. **Sincere Thanks** to the wonderful **Steel Magnolias, Men of Steel and volunteers** who worked tirelessly to make this event the best ever!!

### **Steel Magnolias & Men of Steel Meeting**

Steel Magnolias Breast Cancer Support Group, Inc. and Men of Steel met on Tuesday, August 27, 2013 at 5:00 pm in the RMC private dining room.

The menu for the evening was pizza, provided by RMC, side dishes and desserts provided by Steel Magnolias. Following the blessing by Chaplain Sherry Grinstead, everyone enjoyed food and fellowship.

The meeting was brought to order by President Marti Warren and those attending for the first time were recognized. Marti thanked Jimmy Taylor for providing a station for the new name tags.

Chaplain Sherry Grinstead's devotion for the evening was about helpful hints for parents and grandparents and how we should be the right examples for our children.

In the absence of Treasurer Nancy Burnell, Marti Rogers gave the financial report., Balance on hand is \$30,338.50.

President Marti Warren reminded everyone of the bazaar to be held on Wednesday and Thursday, September 11th and 12th in the hospital lobby. She passed out sign-up sheets for everyone to volunteer for various jobs.

Marti Rogers announced that there would be counseling available for women with intimate issues on the 2nd and 4th Monday's of each month at 1:00 pm, in the Chaplain's office. This new group will be led by Lenora Johnson and Stephanie Thornton. Chaplain Wilson will be available to counsel men.

Margaret Taylor announced that the "Steps to Help" walk/run sponsored by Runa Kimbrell & Shelby Lueke, will be in Ranburne, AL, October 5, 2013. The walk/run will begin in the parking lot at Ranburne High School. Information will be included in the newsletter. All Steel Magnolias are encouraged to attend and/or give whether you can walk or not because 1/2 of proceeds will return to Steel Magnolias.

There were door prizes for men and women that were donated by Nancy Gillespie's hairdresser as a thank you for what Steel Magnolias does to help women through Pinks Boutique.

Respectfully submitted, Margaret Taylor, Secretary

### **Financial Report**

August		Balance brought forward	\$30,338.50
02 (-)	200.00	Lenora Johnson- Monthly expense	30,138.50
07 (+)	618.17	\$500-Contribution from Dr. Dave & Faye, honor of Lenora J.; \$50 donation from Chaplain Jim & Carol Wilson; \$68.17 Dining Voucher Bazaar	30,756.77
12 (-)	230.24	Lenora Johnson-Reimburse (Office Max) Office. Supplies RMC office	30,526.53
12 (-)	18.00	Kyuka Waters-Anniston Oncology	30,508.53
12 (-)	35.00	Moore Printing- July newsletters	30,473.53
22 (-)	101.21	Pokey Warren- 3 boxes of mailing labels	30,372.32



## **Mark Your Calendar**

**Monday, September 23, 2013:** Caring and Sharing Group, 1:00 pm in RMC Physicians Center, Suite 406 (Cancer Resource Center/Chaplain's office).

**Tuesday, September 24, 2013:** Steel Magnolias & Men of Steel Meeting, 5:00 pm in the RMC Private Dining Room. RMC will provide Potato Bar. Steel Magnolias bring side dishes, light dessert or fruit.

**Monday, October 07, 2013:** Caring and Sharing Group, 1:00 pm in RMC Physicians Center, Suite 406 (Cancer Resource Center/Chaplain's office)

**Monday, October 21, 2013:** Newsletter mailing day. Please meet at 12:30 pm in suite 406 to stuff envelopes. A sincere thank you to everyone who is so faithful every month!

**Tuesday, October 22, 2013:** Steel Magnolias and Men of Steel Meeting

### **Celebration Time!!!**

Information will be forthcoming concerning the place and time for the free (calendar) Pizza Party awarded Steel Magnolias for having the most relevant picture on our month, October. Plans are to have the party in October.

**Steel Magnolias past board chairman, Derek Brown forwarded this important message:**

#### **Family Tree DNA**

It is rare that I send 'blast emails, but if there was ever a time in my life that called for a broad based blast, now is the time. I want to share with you an important campaign <[www.freemygenes.org](http://www.freemygenes.org)> that I have started, to raise awareness to an alarming situation. About 10 weeks ago The Supreme Court of the United States (SCOTUS) decided that "[isolated human genes cannot be patented](#)."

That same day our DNA testing company launched a breast cancer test that was far more affordable than previous offered tests. Our precedent-setting reduction in price meant millions of Americans who previously could not get the test—because their insurance company wouldn't pay, or because they lacked insurance—now had access to a high quality test for breast cancer risk.

Myriad sued us and others for offering this test and although we are not looking for a fight, we are now forced to defend ourselves and feel morally obligated to bring the world a more affordable test. As a child of the 60's, I can tell you that if there ever was a fight worth fighting, this is it.

I urge you to visit our site: [www.freemygenes.org](http://www.freemygenes.org) and familiarize yourself with the situation as it has unfolded and I urge you to share this information with others., Our actions are based on two key points: genetic testing should be affordable and available to everyone; and test providers should share data to enable better tests for consumers.

To help us promote the effort we ask that you LIKE our page and update your FB profile to reflect our cause. Details are on the website.

Best Regards, Bennett Greenspan, President, Family Tree DNA

**(NOTE—I urge everyone who reads the Steel Magnolias Newsletter to look into this information!)**

## **Joggin' Inside**

### **Talking in Church**

Six-year-old Angie and her four-year-old brother Joel were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers.".....Courtesy of Pokey.....Anniston, AL

### **Water in the Carburetor**

Wife: "There is trouble with the car. It has water in the carburetor.

Husband: "Water, in the carburetor? That's ridiculous!"

Wife: "I tell you the car has water in the carburetor!"

Husband: "You don't even know what a carburetor is. I'll check it out. Where is the car?"

Wife: "In the pool." Courtesy of Faye.....Jacksonville, AL

### **Today's Short Reading From the Bible.: Genesis**

"And God promised men that good and obedient wives would be found in all corners of the earth." Then He made the earth round.....and He laughed, and laughed and laughed! Courtesy of Faye.....Jacksonville, AL

### **He Must Pay**

Husband and wife had a tiff. Wife called up her mom and said, "He fought with me again. I am coming to live with you." Mom said, "No darling, he must pay, for his mistake. I am coming to live with you."

Courtesy of Faye.....Jacksonville, AL

### **Just in Time For Football Season (Hello!)**

Charlie took his girlfriend to her first football game. They had really good seats., right on the 50 yard line. At the end of the game, Charlie said, "Did you like it?" "Yeah, it was great!" she said. "I just don't understand why all the fuss about a quarter!" Charlie was confused. "At the beginning of the game," she explained, "I saw the two guys flip a quarter. Then the rest of the game, all they said was: "Get the quarter back! Get the quarter back! Hello!! I's only 25 cents!"

Courtesy of Judy.....Saks, AL

### **Bad News**

An office supervisor once called a secretary in to give her the bad news that she was being fired. He started the conversation with, "Ms. Smythe, I really don't know how we're going to get along without you, but starting Monday, we're going to try." Courtesy of Judy.....Saks, AL

### **A Good Boy!**

Little Robert asked his mother for ten cents. "What did you do with the money I gave you yesterday?" "I gave it to a poor old woman," he answered. "You're a good boy," said his mother proudly. "Here is 20 cents more, but why are you so interested in the old woman?" "She is the one who sells the candy." Courtesy of Pokey.....Anniston, AL

### **Gone Shopping**

A wife asks her husband, "Could you please go shopping for me and buy one carton of milk and if they have avocados, get m6. A short time later the husband comes back with 6 cartons of milk. The wife asks him "Why did you buy 6 cartons of milk?" He replied, "They had avocados." If you're a woman, I'm sure you're going back to read it again! Men will get it the first time. Courtesy of Elaine.....Oxford, AL

### **Religious**

A big, burly man visited the pastor's home and asked to see the minister's wife, a woman well known for her chartable impulses. "Madam," he said in a broken voice, "I wish to draw your attention to the terrible plight of a poor family in this district. The father is dead, the mother is too ill to work, and the nine children are starving. They are about to be turned into the cold, empty streets unless someone pays their rent, which amounts to \$400." "How terrible!" exclaimed the preacher's wife. "May I ask who you are?" The sympathetic visitor applied his handkerchief to his eyes, "I'm the landlord," he sobbed. Courtesy of Pokey....Anniston, AL

### **Marriage**

On his way out of church, Frank stopped at the door to speak to the minister. "Would it be right," he asked, "'For a person to profit from the mistakes of another?" "Absolutely not!" replied the pastor. "In that case," said the young man, "I wonder if you'd consider returning the hundred dollars I paid you to marry my wife and me last July?"

Courtesy of Pokey.....Anniston, AL

(Individuals)"STEPS TO HELP" BREAST CANCER AWARENESS WALK/RUN

REGISTRATION NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE (ALL) \_\_\_\_\_

\_\_\_\_\_

EMAIL \_\_\_\_\_

PLEASE CHECK:

ENCLOSED IS MY \$10 REGISTRATION FEE TO WALK \_\_\_\_\_ RUN \_\_\_\_\_

ENCLOSED IS MY \$25 DONATION \_\_\_\_\_

MY TSHIRT SIZE IS \_\_\_\_\_ (This is only for those giving \$25 donations)

I plan to do the 3 mile \_\_\_\_\_ Walk/Run I plan to do the 1 mile Walk \_\_\_\_\_

I am a SURVIVOR! \_\_\_\_\_ I am in the fight now, but I will be there!! \_\_\_\_\_

I cannot do the walk, but here is a donation of: \_\_\_\_\_

For more info: 770-710-6908 or [stepstohelpwalk@gmail.com](mailto:stepstohelpwalk@gmail.com)

or website: [www.stepstohelpwalk.wix.com/breastcancerawareness](http://www.stepstohelpwalk.wix.com/breastcancerawareness)

You may mail your registration and donations to:

Steps To Help c/o Runa Kimbrell, 2124 Frank Ledbetter Memorial Drive, Ranburne AL 36273

Please do not send cash in the mail, make your \$10 registration fee payable to: STEPS TO HELP. If you are sending your \$25 donation, make payable either to Steel Magnolias or Tanner Breast Health Center. Mail all checks to the above address. We want to give them all the money at one time.

*In case of inclement weather or unforeseen reasons that the walk could not be held, there will be no refunds. All donations will still be given to the designated organizations. If donations are not received in time, shirts will be delivered to you or shipped to you after the walk. Get your money in early so we will have time to get your shirt made for the walk!*