

Steel Magnolias

Breast Cancer Support Group, Inc.

Wet— WINTER —Cold

January 20, 2014

Wednesday, January 8, 2014

At about 7:00 am, I walked Abby and Dallas next to the Coosa River backwater, in front of my home. In places the ice was so thick that there were cracking sounds caused by water moving under the ice. The sound was loud enough that it scared my little dogs. Thank God, this is the last morning of this batch of record setting cold. When the doggies and I got back in the house, the sixty something degrees on my thermostat made the room feel absolutely like summer time.

Long before the first day of winter, most of us knew this was not going to be a mild winter.

The November 26, 2013, group meeting, a special celebration for winning the RMC Calendar contest for having the page that illustrated best what we do, was cancelled because of pouring rain, making for unsafe driving conditions. That Pizza Party and the "Charging of new officers," by Chaplain Jim Wilson is planned for Steel Magnolias' January 28, 2014 meeting.

Personally, there could not have been a much worse week-end for my estate sale than North Central Alabama experienced on December 6, 7 and 8. Gilbert and Co. did an exceptional job, however, Jerry Gilbert said that if the weather had been better we would have enjoyed much better sales. Still I am thankful for the money to pay my balance at Lowes and have money for Christmas.

Sometime in February, I will have a yard sale to try and sell the house full of items that didn't sell at the Dec. estate sale.

Among the items remaining is an antique Cannon Ball bedroom set, a dining table with six chairs and many decorative and kitchen items. The sale will be advertised in the Anniston Star and on Facebook.

Sadly, Jimmy and Margaret Taylor's party, in celebration of their 50th wedding anniversary was impacted by torrential rain. Jimmy and Margaret are however thankful for the loving friends and family that drove in pouring rain, to Heflin Baptist Church, on the evening of December 28, 2013.

For me and my family, 2013 will be remembered as a year of great personal loss. Not only my family but others as well who are part of Steel Magnolias.

The January, 2014 issue of Reader's Digest has an outstanding collection of comments from thought leaders, authors and experts in various fields. The article is introduced with the title, **2014**20 Reasons Why This Year Will Be Better Than 2013.** I love the Reader's Digest, because they include so many optimistic stories.

As Steel Magnolias begin this year, we do so with a new slate of officers. I am appreciative of Marti Warren, outgoing President and member of the nominating committee for keeping me informed about the nominees. I salute this committee for their selections and the Steel Magnolias group for electing such fine officers. I requested of each new officer, a bio for this January newsletter. Responses are as follows:



Sharing love through support

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

Lenora Johnson, Founder, Editor,
Executive Director
Elaine Johns, President
Nancy Gillespie, Vice President
Connie Stephens, Secretary
Chuck Trull, Treasurer
Group Chaplains: Marti Rogers &
Sherry Grinstead
RMC Chaplain, Jim Wilson

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

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President: Elaine Johns

I am a cancer survivor. In November of 2011, a needle biopsy detected that I had breast cancer. Everything about my life changed: A lumpectomy, chemo-lost all my hair, then radiation. I am still here and so blessed! I had a dear friend suggest the

Steel Magnolias Breast Cancer Support Group and I started attending meetings in February 2012. I found myself in a support group whose focus is about educating young women, providing care packages and offering, at no cost to cancer patients, bras, prosthesis, wigs, caps and scarves. It was a little different than what I thought I was getting into, but it is very rewarding and very important to our community.

I have been asked to serve as President this year. I have some new ideas about raising money to support our services and more ways to help cancer patients in their journey with cancer. I want anyone new that comes to our meeting to know that we are there for them and try to help them find answers for the things they do not understand or know. I want to get more exposure for our group through Facebook. I would like for everyone to like us on Facebook and invite your friends to like us also. By doing this more people will know about our fundraisers and our meetings. The more people know about us the more they will help us.

Submitted by Elaine Johns.....Oxford, AL

Vice President: Nancy Gillespie

I am married to Lawrence Gillespie. We have four children, Clint and Lisa Gillespie and Bart and Lorrie Gillespie; two grandchildren, Emily 5 and William Lawrence 2 1/2. Originally from Georgia but have resided in Alabama since 1992. I'm a member of Jacksonville Church of God, Steel Magnolias, Jacksonville Garden Club and Calhoun Master Gardeners. I like to read, garden, sew and travel. I was first diagnosed with breast cancer in 1994 and again in 2011 as stage IV but am in remission. I look forward to what new and wonderful things the new year will bring for Steel Magnolias.

Submitted by Nancy Gillespie..... Jacksonville, AL

Secretary: Connie Stephens

My husband, Steve and I live in Oxford, AL and have 3 children and 7 grandchildren. We love traveling, dancing, and going to concerts, plays and movies. I worked as a Department of the Army civil service employee for 30 years and retired in 2010. While working for the Army, I was a Training Specialist and Ammunition Manager. Although I was born and grew up in Oxford, AL, I have also lived in California, Illinois and Georgia, courtesy of the U.S. Air Force and Army.

In addition to Steel Magnolias, I am a member of the Marine CORPS League and the Golden K Kiwanis Club. I started volunteering in 2010 at Gentiva Hospice working in the office; as well as at Camp I Believe which is a hospice sponsored camp for children that have lost a loved one and, organizing Veteran Appreciation luncheons and ceremonies. I also volunteer with the Marine CORPS Leagues' Toys For Tots, the Special Olympics and Cerebral Palsy telethon.

I am very fortunate that I have never had breast cancer; however, Steve and I joined Steel Magnolias in honor of his mother who had breast cancer.

I am very excited about being the new Secretary and look forward to getting to know all our Steel Magnolias.

Treasurer: Chuck Trull

Mr. Trull retired as Master Sergeant from the US Army after serving 21 years in various units throughout the United States, Korea, Viet Nam and Europe from 1958 – 1979. Following retirement, he accumulated experience in military operations, chemical surety matters, safety and security, research and development managements and test and evaluation of U.S. Army material acquisitions while employed as a Department of the Army Civilian from 1979 – 1992. From 1992 – 2008, Mr. Trull was employed by numerous organizations contracting with the Department of Defense following his retirement for the U.S. Army. Following the September 11, 2001 attack on the World Trade Center Towers, Mr. Trull was one of five members selected to go to Washington, D.C., Afghanistan, Kuwait, and Turkey to train military personnel in new biological detection procedures. Following his retirement in 2008, he has joined the Golden K Kiwanis, the Chemical Corps. Regimental Association and the Steel Magnolias, serving as secretary and treasurer and providing individual support to our community during organization functions. He has exceptional administrative, managerial and technical and training skills that will prove invaluable in his role as 2014 treasurer for the Steel Magnolias Breast Cancer Support Group, Inc. Submitted by Chuck Trull.....Oxford, AL

Interesting Facts About the Affordable Care Act

There have been numerous articles touching on how little the public actually knows about the Affordable Care Act. Polls show that the overall opinion of the law remain negative, although there are several components that are very popular. Given that, here are some of the law's most significant policies and consequences.

1. By 2022, the Congressional Budget Office (CBO) estimates the Affordable Care Act will have extended coverage to 33 million Americans who would otherwise be uninsured. Insurance companies are not allowed to discriminate based on preexisting conditions;
2. Families making less than \$29,000 (133 percent of the poverty level) will be covered through Medicaid. Families that make \$88,000 will receive tax credits to help pay for private insurance. Their premiums will be capped based on where their income falls along the spectrum.
3. Once the mandate is fully phased in, those who choose to forgo insurance coverage will be subjected to a fine equaling 2.5% of their income or \$695, whichever is greater.
4. Small business employing less than 10 people whose wages average less than \$25,000 and currently offer health insurance will receive a 50% tax credit on their contribution. This tax credit is initially scheduled to last two years, however, Congress will be pressured to extend it.
5. Insurance Companies are not allowed to discriminate based on pre-existing conditions; however, they are allowed to discriminate based on age (with certain limits), family composition, tobacco use and premium rating area.
6. Starting 2018, those companies offering "Cadillac Insurance Plans" will be assessed a 35% tax Cadillac insurance plans are defined as those where the employer contributes more than \$10,200 for an individual policy and more than \$27,500 for family coverage. The premise behind this is to discourage employers from offering extremely generous plans and thus give, insurers an incentive to hold costs down.
7. The law requires companies to spend between 80 and 85 percent of every premium dollar on Medical care as opposed to administrative costs like salaries, advertising and executive perks. If insurers fail to reach this threshold, they will be required to refund premiums to their customers. This policy is already in effect, and insurers are projected to refund \$1.1 billion this year.
8. The new law is expected to generate expenditures of just over \$1 trillion over the next 10 years. Congress is expected to cover this expenditure through spending cuts and tax increases. As time goes on, the savings are projected to out-pace expenditures, and by the end of the second decade, projections call for the deficit to be reduced by at least \$1 trillion.

In recent years, health care costs have slowed noticeably. Much of this is due to the recession, but there is evidence that the law has accelerated changes in the way that health care is delivered as providers move from a fee-for service model to a model that is driven by quality. The law's long-term success at controlling costs hinges on the government's ability to continuously enforce its mandates without fear of political or economic retribution. If this can be attained, the chances of bringing change to a system of providing healthcare under a system that is currently overburdened are greatly improved.

Courtesy of Joe Weaver, Chief Operating Officer..... Regional Medical Center, Anniston, AL

(NOTE from Editor – COO, Joe Weaver, asked that I let him know if this was what I wanted. I responded that it was and asked Mr. Weaver if he would be willing to attend a Steel Magnolias/Men of Steel meeting for a Q and A session. Joe Weaver, COO responded, "I'm glad you like the article, and it was my pleasure to contribute to such a worthy organization! I would be happy to visit with any of your groups for a question and answer period. Nancy can contact me at my office or cell phone." – – – As soon as we have a date scheduled with Mr. Joe Weaver, we will publish the date on the Steel Magnolias website and Facebook page so that anyone wishing to attend this meeting will have time to make plans. We ask that anyone who doesn't routinely attend meetings to please contact Steel Magnolias by phone (256) 231-8827, email Lenora@steelmagnoliasinc.org or in a message to the Steel Magnolias Facebook page. We want to be prepared for everyone attending.

Steel Magnolias Christmas Brunch

December 7, 2013 at Classic on Noble

Photo Journal



Christmas Brunch

Photo Journal — Page 2





TWO BRIGHT LITTLE LIGHTS DALLAS AND ABBY



Pizza Party
Celebrating
Steel
Magnolias
winning
Calendar Page
Jan. 28, 2014
5 pm in the
Private D. R.

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

Tuesday, January 28, 2014: Steel Magnolias & Men of Steel Meeting in the Private Dining Room, 5:00 p.m. for a Pizza Party! Special cake for dessert. Chaplain Wilson will charge new officers.

Monday, February 17, 2014: Newsletter mailing day. Meet in Suite 406, at 12:30 p.m.

Tuesday, February 25, 2014: Steel Magnolias & Men of Steel Meeting in the Private Dining Room, 5:00 p.m. Special Guest will be Dr. Baird, Oncologist. RMC will provide Potato Bar with condiments. Steel Magnolias bring side dishes and light desserts.

Steel Magnolias Need

Contributions of mastectomy bras and breast prosthesis for Pinks Boutique

Jewelry contributions for the April 19, Quintard Mall Bake & Jewelry Sale

A volunteer for the Steel Magnolias Office on Tuesday Afternoon

Financial Report

December		Balance Brought Forward	\$32,035.36
01 (-)	200.00	Lenora Johnson, Monthly Expenses	31,835.36
04 (-)	150.00	Cash-Executive Director Christmas gift	31,685.36
04 (-)	88.00	Sound Solutions	31,597.36
07 (-)	952.00	Classic on Noble—Christmas Brunch	30,645.36
13 (+)	79.00	Deposit: Hollingsworth contribution in honor of daughter Claire \$50; Rhodes contribution in memory of Prentiss Johnson \$25; Mayor of Talladega in honor of deaf women \$2; Lady in Talladega \$2	30,724.36
16 (-)	200.00	Quarterly Transportation	30,524.36
16 (-)	53.00	Moore Printing	30,471.36
16 (-)	18.00	Kyuka Waters	30,453.36
24 (-)	219.22	Margaret Taylor, Snacks for chemo patients	30,234.14
24 (-)	71.50	Evans Flowers-Hospital arrangement for Helen Henley	30,162.64

Joggin' Inside

Burglars Just Broke In

An elderly woman had just returned home from an evening of religious service when she was startled by an intruder. As she caught the man in the act of robbing her home of valuables, she yelled, "Stop! Acts 2:38!" [Turn from your sin] The burglar stopped dead in his tracks. Then the woman called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was quote scripture at you." "Scripture?!" replied the burglar, "She said she had an axe and two 38s!"

Compliment

A man was reading the newspaper during breakfast and said to his wife, "Look at this. Another beautiful actress is going to marry a baseball player who's a total dope! I'll never understand why the biggest jerks get the hottest wives." His wife said, "Thank"

DOCTOR! DOCTOR!

A woman runs into a doctor's office and says, "DOCTOR! DOCTOR! You have to help me! Everywhere I touch on my body it hurts!" The doctor replied, "Show me." So the woman poked her ankle and screamed in pain. Then she poked her knee and yelled OW. She poked her forehead and screamed again. She was about to continue when her doctor said, "That's enough, let me think this over." He thought for about a minute and said, "I think I know what your problem is. You broke your finger."

Mail Box

A man was in his front yard mowing when his attractive blonde female neighbor came out of the house and went straight to the mail box. She opened it, slammed it shut, and stormed back in the house. A little later she came out of her house and again went to the mail box and again opened it, then slammed it shut again. Angrily, back into the house she went. As the man was getting ready to edge the lawn, here she came out again, marched to the mail box, opened it and then slammed it closed harder than ever. Puzzled by her actions, the man asked her, "Is something wrong?" To which she replied, "There certainly is! My stupid computer keeps giving me a message saying, 'YOU'VE GOT MAIL!'"

Would You

A husband and wife were golfing when suddenly the wife asked, "Honey, if I died would you get married again?" The husband said, "No sweetie." The woman said, "I'm sure you would." So the man said, "Okay, I would." Then the wife asked, "Would you let her sleep in our bed?" And the man replied, "Ya, I guess so." Then the wife asked, "Would you let her use my golf clubs?" And the husband replied, "No, she's left handed."

Would That Get Me To Heaven?

A teacher was testing the children in her Sunday School class to see if they understood the concept of getting to heaven. She asked, them, "If I sold my car, had a big garage sale and gave all my money to the church, would that get me to heaven?" "NO!" the children answered. If I cleaned the church every day, mowed the yard and kept everything neat and tidy, would that get me into Heaven?" Again, the answer was "NO!" Now she was smiling, because they were getting it! "If I was kind to animals, gave candy to all children and loved my husband, would that get me to Heaven?" All answered, "NO!" She asked, "Then how?" A five year old boy shouted from a back seat, "You have to BE DEAD!"

ALL JOKES———Courtesy of Pokey Warren.....Anniston, AL