

# Steel Magnolias

Breast Cancer Support Group, Inc.

## New Year's Resolution or Decision

January 19, 2015

### Times Square on New Year's Eve

**The Ball Drop in Times Square began on December 31, 1907 and has been held annually except in 1942 and 1943 in observance of wartime blackouts.** The most memorable televised event for most of us on New Year's Eve is the crystal ball drop in Times Square. My first memories of ringing in the New Year is the sweet sounds of Guy Lombardo and the Royal Canadians. Following Guy Lombardo's death and the decline of the Royal Canadians, Dick Clark, well known for American Bandstand, became host of the Times Square New Year's Ball Drop. Dick Clark became host in 1977, and was revered by everyone until complications from a stroke forced him to pass his mantle on to Ryan Seacrest, who is the current host.

New Year's Day is most famous for 'New Year's Resolutions.' Many of us make the same one every year. It is usually a resolution to do better, whether it be overcoming addiction, weight loss, eating healthier, getting more exercise, taking advantage if educational opportunities or mending fences with friends and loved ones. Making a resolution is obviously not a commitment. It is more like, "I would like to do better, I'll try."

Many of us, who are in different stages of recovery, following some great personal loss, need to trust more, laugh more and become more sensitive to the opportunities given us for increased social involvement. Our children are grown with children of their own. The loved ones that God placed in our quiver, are busy at jobs, attending school, and other events that are exclusive to their individual families. This is our time for reclaiming interests, long since placed on the back burner, making new friends and spending quality time with life long friends.

Making a decision carries the weight of commitment. Making a commitment does not mean we will reach our goals and fulfill the promises we have made to ourselves or to others, but it does make success more likely.



### Sharing love through support

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

Lenora Johnson, Founder  
Nancy Burnell, Executive Director  
nancyburnell@gmail.com  
Editor: Becky Tiner  
Beckyathome@cableone.net

Elaine Johns, President  
Nancy Gillespie, Vice President  
Connie Stephens, Secretary  
Chuck Trull, Treasurer  
Group Chaplains: Gloria Woosley  
& Sherry Grinstead  
RMC Chaplain, Jim Wilson

Pinks Boutique: Marti Warren, Mgr.  
For Appointment (256) 239-0855  
Office 256-231-8827  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207  
www.steelmagnoliasinc.org

***Fresh New Year  
Another fresh new year is here...  
Another year to live!  
To banish worry, doubt and fear  
To love and laugh and give!  
This bright new year is given me  
To live each day with zest...  
To daily grow and try to be***

**Email any officer by typing  
officer's first  
name@steelmagnoliasinc.org**

**Chuck Trull, Treasurer:  
Treasurer  
@steelmagnoliasinc.org**

***My highest and my best!  
I have opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree  
And sing more joyful songs!***

William Arthur Ward  
1921—1994  
American Author and Poet

**Happy New Year  
Positive Thinking for Steel Magnolias**

Two events happened in my childhood, planting seeds that have continued to be the foundation of how I react to life's challenges. The first was a 5th grade Sunday School lesson, taught by Ms. Longmire in Fort Myers' First Methodist Church. The scripture Ms. Longmire read took root in my heart. "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his glory was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you?" Matthew 6: 25-30

The second event happened in a little swamp house, located near the railroad tracks in the Big Cypress Swamp in Collier County Florida. At the age of 13, while walking down the tracks, I found a little Guideposts Magazine. From that little publication founded by Dr. Norman Vincent Peale in 1945. The message that has been a foundation for my reaction to life's challenges was a quote from that 1954 issue of Guideposts: *"Whatever your mind can conceive and believe the mind can achieve regardless of how many times you may have failed in the past."* Napoleon Hill 1883—1970

The writings of Dr. Norman Vincent Peale, May 31, 1889—December 31, 1993, have been a great source of encouragement throughout my life. On June 12, 1966 at the National Council of Churches, Dr. Billy Graham said, "I don't know of anyone who had done more for the kingdom of God than Norman and Ruth Peale or have meant more in my life for the encouragement they have given me."

*"I can do everything through Him who gives me strength."* Philippians 4:10

*"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."* Dr. Norman Vincent Peale

*"Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause of fear. Perhaps the action you take will be successful; perhaps different action or adjustment will have to follow. But any action is better than no action."* Dr. Norman Vincent Peale

*"There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment."*  
Dr. Norman Vincent Peale

Dearest Steel Magnolias,  
2015 is a clean slate! The history of Steel Magnolias is one of accomplishment, of vision and of believing the promises of 1st Chronicles 4 : 10, "The Prayer of Jabez." My prayer for you is that 2015 will be a year guided by vision, courage, wisdom and blessed with open doors and partnerships with dedicated community leaders. That Steel Magnolias will continue to support all who reach out to us and that we would strive to meet the needs of cancer patients and the families who love them. Submitted by Lenora Johnson, Founder

## Survivor's Story

Well I guess I will start this year with my story. I am always urging everyone else to write their story, so here I go with my journey. I have three sisters. In 2004 my next to the oldest sister was diagnosed with breast cancer. Her cancer was detected in very early stages and she had a lumpectomy and radiation. She has been cancer free going on eleven years, praise the Lord! I went for my yearly check up and let my doctor know about my sister's cancer. We did blood work and found my thyroid did not work, but everything else was ok. Dr. Mullis then referred me to Dr. Kontiras at the Kirkland Clinic for my mammograms. We did a case history on my family and find very little cancer on my mother's side of the family but on my father's side his mother and both of his sisters had breast cancer.



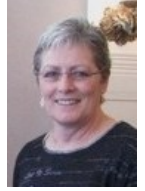
I was very diligent about keeping my yearly mammograms. In 08 they thought they detected something in my right breast. They do another mammogram, an ultra sound and determine that we needed to do a needle biopsy. It turned out to be nothing. I had to start going every six months for a mammograms. I have always been one to do what I wanted, go where I wanted and life was good. Then my mother who had been suffering from dementia got to a point where she needed care 24/7. She had always been the one to take care of everyone and now the four of us along with sitters cared for her for about two years. The disease took her from us in November 2010. When you are a caregiver you really do not know the stress you are under until you stop taking care of them. I was getting back to doing things I had put off and had not had the time to do, visiting with friends and in general trying to live a normal life. I was still having six month mammograms and in late November 2011 they see something else in the left breast and want to do another needle biopsy. Well I am thinking this is nothing like it was the first time. Well let me tell you, when they come back and want to talk to you and they start telling you that you have cancer.....The hardest part was telling my family.

My cancer was in early stages and diagnosed as invasive ductal carcinoma in situ. I opted to have a lumpectomy and after that I went to see my sister's oncologist Dr. Lakhanpal. I suggest anyone starting this journey take a recorder with you, I did and it helped me remember all that was said. I found out I was Her2 positive and would have to have Chemo and radiation. I wanted to have treatments in Anniston so Dr. Lakhanpal referred me to Dr. Melissa Baird at Anniston Oncology. I recorded my visit with her and the treatment was almost word for word with Dr. Lakhanpal. I would have six rounds of Chemo every three weeks and Herceptin every week from January 26<sup>th</sup> until May 10<sup>th</sup>. I had Herceptin from that point on every three weeks until January of 2013. I will be honest, there was nothing fun about Chemo, but looking back there were some good things that came from taking Chemo. I did not have to worry about fixing my hair or getting a hair cut, I didn't have to shave my legs, I did not have to worry about hair falling into food while cooking and I did not have to buy hair products! I do miss that part! I had no problems what so ever from radiation. The owners of Sunny King Toyota and my coworkers were wonderful during my illness. I was fortunate to have an office at work and was able to work through my treatments. I did not want to sit home and feel sorry for myself. That is an easy pit to fall into and a hard one to get out of. The worst part of finishing my treatments was leaving all of the people in the Chemo room. I felt guilty that I was getting to go home, leaving them there and I would not have to come back. Suddenly you have become part of a group that no one would volunteer to join. I am still part of that group and it is not something you can just put behind you. You meet a lot of courageous people in a Chemo room. They have the same fears and the same hopes as you do. You are the only one that really understands what they are going through. As they say "until you walk in their shoes..."

I was very fortunate. I had a lot of people praying for me, sending me cards, food and keeping a check on me. I had a good friend that gave me the devotional "Jesus Calling". It helped me daily dealing with what I was going through and it changed my life. I know I have been given a second chance and I turned my life over to God. I ask for forgiveness every day and life is a struggle, but I still have God and I still read Jesus Calling everyday.

When I first started my treatments I was introduced to the Steel Magnolia Breast Cancer Support Group. I did not know what to expect from the support group and I guess it wasn't what I expected. What I met was a group of caring people that were trying to raise money to supply the Pink's Boutique with wigs, bras, prosthesis and fill care packages to send to newly diagnosed patients with items they would need. I got involved and it gave me a purpose in life. I have never looked back. I just want everyone to know that this journey is not easy. You need to stay positive. Most of all remember that you are not alone in this, the Steel Magnolias are here and that God is always with you.

Elaine Johns



### **Honorable Mention**

Our Honorable mentions for January are Elizabeth and Paul McCabe. Elizabeth is the photographer and historian for the Steel Magnolias and Men of Steel. If you need to know anything about us, she can find it for you. Paul and Elizabeth traveled all over south Alabama collecting signatures that aided in getting the HB147 bill passed in the state legislature. They set up at the Weaver post office a few years ago promoting the Breast Cancer stamp during October and continue to do so every year. They do things on their own to get supporters and to spread the word about the Steel Magnolias. They are faithful members of our group and have the "know how" to get things done! Thank you Paul and Elizabeth for all you do.



### **President's Corner**

Happy New Year! I hope everyone enjoyed their Christmas. It is time to start fresh again in this new year. We were truly blessed last year with support from our community and everyone put in a lot of hard work to make it all happen.

We collected a donation check for \$321.40 from Brighton Collectables from the sale of the "Power of Pink" bracelets and a check for \$521 from Stokes Fitness. Thanks to both of these partners that help us every year during the month of October!

We need for someone to take charge of the Bake and Jewelry Sale at the mall the Saturday before Easter on April 4<sup>th</sup>. We have all the contact information and all you have to do is make the arrangements and schedule members to cover the event. We need someone to do the same with the Dining Voucher Bazaar at RMC.

Plans are being made for the Lea Fite Golf Tournament. Please contact Jimmy Taylor at 256-463-4313 if you would like to help.

There is still a need for help in the office at the Physician's Center. If you feel you have a day or a half day contact Nancy at [nancy@steelmagnoliasinc.org](mailto:nancy@steelmagnoliasinc.org) or you can call Margaret or Nancy at the office @ 256-231-8827. Margaret works Thursday and Nancy works Friday. Please consider helping us out.

As everyone can see I shared my story in this issue and I still want to encourage anyone that wants to share their story to send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail it to me at Steel Magnolias Attn: Elaine PO Box 2208 Anniston, AL 36202.

Again, if you are reading this for the first time and would like to come to our monthly meetings, come on! We meet the 4th Tuesday of every month (except July and December) in the private dining room at RMC. If you are not sure of where that is just give us a call at the office after 11am. 256-231-8827. Hope to see you there.

Submitted by Elaine Johns

## Steel Magnolias & Men of Steel Meeting

November 25, 2014

The Steel Magnolias Breast Cancer Support Group Inc. met on Tuesday, November 25th, in the private dining room of RMC.

New members Jessie Knighton and Elaine Mundy were welcomed by President Elaine Johns and Executive Director Nancy Burnell. Gloria Woolsey gave the blessing before our meal of meatloaf and mashed potatoes provided by RMC. Side dishes and desserts were provided by Steel Magnolias members.

### **BUSINESS MEETING:**

Minutes from the October 28th meeting were read by Secretary Connie Stephens. Linda Barton made a motion to accept the minutes as read and Steve Stephens 2<sup>nd</sup> the motion. The minutes were accepted as read.

Treasurer Chuck Trull gave the Financial Report and Steve Stephens made a motion to accept the Financial Report. Linda Barton 2<sup>nd</sup> the motion and the financial report was accepted.

Elaine asked that we all try to think of a slogan to be used for our golf tournament to be held on April 25th, 2015. The new slogan will be put on the tee shirts that will be given to golfers in the tournament.

Nancy Burnell reminded everyone of the Christmas Brunch which will be held at Classic on Noble on December 6<sup>th</sup>. She asked everyone that is planning to attend to sign a sheet that was passed around the group. Nancy requested that everyone who attends bring a wrapped \$10 gift card from any restaurant or business of their choice. Our special guest singer for the Christmas Brunch will be Pat Barker. Nancy then led us in a short devotional and went over the prayer list.

Steve Stephens made the motion to adjourn the meeting and Linda Barton 2<sup>nd</sup> the motion. Meeting was adjourned.

Submitted by:  
Connie Stephens, Secretary

### **Up Coming Events**

January 27<sup>th</sup> is our next Meeting in the private dining room at RMC at 5pm. Our guest speaker will be Tara Fulford from Advance Imaging. She will share information on Digital Mammography. We will have baked potatoes (Irish and sweet) with butter, sour cream and cinnamon, Steel Magnolias please bring side dishes.

February 16th is our next newsletter mailing day.

Our next fundraisers are in April. These are very important events for our group. If you would like to help and don't really know what to do or where you are needed, just get with an Nancy or myself and we will find you a place or show you what to do. If you would like to help with the golf tournament get with Jimmy or Margaret Taylor.

April 4<sup>th</sup> is the Bake and Jewelry sale at the Quintard Mall. Everyone start asking for volunteers to bake and be on the lookout for jewelry for Marti to get ready for the sale.

April 25<sup>th</sup> the Lea Fite Golf Tournament at Pine Hill. Please consider helping with getting sponsors, door prizes and teams for the tournament. More information will be provided at our meeting. This event by far is our biggest fundraiser and we need all the help and support we can get from our group. If you have anyone you know that would like to volunteer to help in this event please let us know.

### November and December Events

We met in November for our last meeting of the year. We had several members out, preparing for guest coming in for Thanksgiving dinner and with no guest speaker we just enjoyed good fellowship. Everyone was excited and getting ready for Thanksgiving and Christmas.

What a great time we had at the Christmas Brunch! Elaine Johns welcomed everyone and asked Dr. Dave Roberts to bless our meal. Before we ate, Nancy Burnell introduced Pat Barker who sang a couple of songs. What a voice! After we ate Nancy asked Dr. Dave Roberts to read the Christmas story to the group and to remind us all what Christmas is really about. Pat Barker performed for us again and then we drew numbers to exchange gift cards.





# Breast Cancer 101

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

ANGER  
 ANXIETY  
 BACTERIA  
 BALD  
 BIRTHDAY  
 BRAVE  
 BREAST  
 CANCER  
 CHEMO  
 CURE  
 DOCTORS  
 DRUGS  
 EMOTION  
 FAITH  
 FATIGUE  
 FEAR  
 FEVER  
 FRIENDS  
 HAIR  
 HEAL  
 HELP  
 HOPE  
 HORMONES  
 HOTFLASH  
 HUMOR  
 HYDRATE  
 INFECTION  
 JOURNEY  
 LIFE  
 MUSIC  
 NURSE  
 PRAYER  
 RELAY  
 REST  
 SCARF  
 SURVIVOR  
 WIGS

## Joggin' Inside

Creation Order Joke: God made man before woman so the man would have time to think of an answer for the woman's first question.

If God wanted me to touch my toes, He would have put them on my knees.

Submitted by Elaine, Anniston, AL

Recently I went to the doctor for my annual physical.

The nurse asked me how much I weighed. I told her 135 pounds. Then she weighed me and the scale said 160. She asked me how tall I was. I said, "5 feet, 5 inches."

She measured me and I was only 5 feet, 3 inches. So she took my blood pressure and told me it was high. "Of course it's high," I said. "When I came in here I was tall and slender. Now I'm short and fat!"

Submitted by Elaine, Anniston, AL

Please send your jokes to: [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or PO Box 2208 Anniston, AL 36202