

Steel Magnolias

Breast Cancer Support Group, Inc.

Helping The Steel Magnolias

July 15th 2019

Every month I try to fill this newsletter with all the activities the Steel Magnolias are a part of, some humor to brighten your day and other useful information. Sometimes it is a struggle to put this together without input from our readers. I welcome good clean jokes, recipes or anything that would encourage someone reading this newsletter. I know I repeat myself month to month about someone sharing their journey with cancer or if you are a caregiver we would love to have your story also. I have included suggestions for someone's story or just an outline to give you an idea of what to write. Please consider sharing.



Sharing love through support

We are blessed with several groups that help us each month. The Angel Ministry at Iron City make bags for us each month. They also make the holders for the drain bags after surgery. They took this over from the Tuesday Bear Huggers after their group disbanded. The Knitted Knockers knit for us a soft lightweight breast prosthesis that everyone loves! They brought us 8 more this month. We have wigs donated to us that are cleaned and ready to use. Don't worry you will not have to wear it forever! We have caps, bras and prosthesis. All these items are free to cancer patients. We also partner with "Hearts" in Heflin who can help qualified patients with household bills or gas money to get to treatments. We could not make it without them.

We operate this Breast Cancer support group with volunteers. The office and "Pinks" are part of their duties. They help women every week in our "Pinks boutique with items they need. Another part of our group that we cannot do without.

I guess what I am really getting at is we blessed with wonderful partners and volunteers. We are always looking for new partners and willing volunteers to keep this group going and growing. If you feel that you want to be part of a group helping people please contact us. We need people with computer skills, people who have writing skills, anyone with a can do attitude or anyone with love and compassion to help others. We need you!

Give your life meaning with the gifts God has given you!

Submitted by:

Elaine Johns, President

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Pinks Boutique: For Appointment
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Anniston, AL 36207
www.steelmagnoliasinc.org

Like us on Facebook

Email any officer by typing
Their—first name
@steelmagnoliasinc.org

**STEEL MAGNOLIAS AND MEN OF STEEL MEETING
JUNE 25, 2019**

Meeting was called to order by our President, Elaine Johns. We had the pleasure of welcoming first-time visitor, Lanette Alexander.

Minutes of the previous meeting were read. Motion was made by Judy Elders and seconded by Linda Barton that minutes be approved as read.

Roger Ziemet presented the Treasurer's Report in the absence of Chuck Trull. Beginning balance in June was \$24,013.17 and ending balance of \$22,952.04.

Elaine thanked everybody that came out and helped at the Quad Cities BBQ. BBQ and home-made ice cream were enjoyed by all.

Margaret Taylor handed out invitations to the New Beginnings banquet. She stressed the importance of RSVP. So much so that Elaine came right behind her taking RSVP from members present. The banquet will be July 23d, 6:00 PM, at the Anniston Country Club.

Elaine talked to us about the Sunny King Golf Classic, July 12-14. Steel Magnolias will be working the photo booth each day from 12-6 PM. She passed out a sheet for volunteers to sign up for two or three hour shifts.

Marti gave us a report on the Cerebral Palsy telethon. She reported that as of meeting time, she has 400 pieces of jewelry. She also passed out a sheet asking for volunteers to set-up and man the booth. The telethon is August 2-3, with set-up on the 1st.

The newest edition of the Members Directory was handed out. Corrections and/or additions were made in pen and ink.

Due to time constraints, Sherry was unable to give us devotion. However, she did hand out the latest Daily Bread and went over our prayer list.

Door prizes were won by Pam Staples, Nancy Buckman, Kenny Guldin, and Kathy Cross.

No further business, motion was made by Roger Ziemet and seconded by Susan Dupree that meeting be adjourned.

Submitted by
Brenda Parker, Secretary



Cheesy Squash Casserole

1 TSP vegetable oil 6 med yellow squash, thinly sliced
1 TSP butter 1 large Vidalia onion, thinly sliced
½ c grated Parmesan 1 c shredded sharp cheese
1/2 c sour cream salt and pepper

1 sleeve Ritz crackers, crushed

Preheat oven to 350 degrees.

Grease a 2 quart casserole dish.

Heat the oil in a large pan over medium heat. Sauté the squash and onion and butter until soft. Stir in Parmesan, cheddar, and sour cream. Add salt and pepper to taste.

Place in the prepared casserole dish and sprinkle the cracker crumbs evenly over the top. Bake for 20 minutes or until the top is golden and bubbly.

This is a Paula Dean recipe.

Shared by Brenda Parker



Birthdays and Survivor Years!

August 2nd is Susan Dupree's birthday and she is a 12-year and 7-year survivor!

August 17th is Carol Chitwood's birthday and she is a 18-year survivor!

August 18th is Teresa Tally's birthday and she is a 7-year survivor!

Upcoming Events

July 23rd is the New Beginnings Banquet at the Anniston Country Club. It starts at 6 p.m. and Dr. Dave Roberts will be our MC again this year. Our guest speaker will be Cindy Williams and our musical entertainment is Cindy Woodard. Our meal will be a Citrus Pecan Salad, Chicken Picatta, Vegetable Rice Pilaf, Grilled Zucchini and Squash. All served with rolls, coffee and tea. For desert we will have Fudge Brownie Crumble with ice cream topped with whipped cream and berries. I can't wait!

August 19th is the next newsletter mailing day. If you have anything you want to see in it contact Elaine. If you have anything to go into the newsletter, please send it in no later than August 12th.

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Death

What a Wonderful Way to Explain It

A sick man turned to his doctor as he was preparing to leave the examination room and said,
"Doctor, I am afraid to die. Tell me what lies on the other side."
Very quietly, the doctor said, "I don't know..."
"You don't know? You're a Christian Man, and don't know what's on the other side?"
The doctor was holding the handle of the door; on the other side came a sound of scratching and whining, and as he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness.
Turning to the patient, the doctor said,
"Did you notice my dog?
He's never been in this room before.
He didn't know what was inside.
He knew nothing except that his master was here, and when the door opened, he sprang in without fear.
I know little of what is on the other side of death, but I do know one thing....
I know my Master is there and that is enough."

SIX LITTLE STORIES

1. Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella.
That's FAITH.
 2. When you throw babies in the air, they laugh because they know you will catch them.
That's TRUST.
 3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up.
That's HOPE.
 4. We plan big things for tomorrow in spite of zero knowledge of the future.
That's CONFIDENCE.
 5. We see the world suffering, but still we get married and have children.
That's LOVE.
 6. On an old man's shirt was written a sentence 'I am not 80 years old. I am sweet 16 with 64 years of experience.'
That's ATTITUDE.
- Have a happy day and live your life like the six stories.
When I was a child I thought nap time was punishment...Now it's like a mini vacation.

“WANTED”

Your story!

**I found out I could eat..... After Chemo
I found out I felt better if I made myself get
up and go outside for a while....**

**I usedcream during radiation
I found a cute top to wear during chemo for
easier access to my port..**

**I started doing yoga and meditation to help
with depression**

**I always felt better after reading my daily
devotions in the mornings**

**I found if I got involved with helping others it
helped me cope with my problems**

Sometimes I just sit down and cry!

**You need to wear a cap at night if you loose
your hair so your head won't get cold!**

**Do what your oncology nurse tells you about
your anti nausea medication, play it safe
Anything you learned during your journey**

Please help someone, share your story or tips!

**Send to elaine@steelmagnoliasinc.org or mail
to PO Box 2208 Anniston, Al 36202**

Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.

1. Group Meetings

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

2. Steel Magnolias' Office

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

3. PINKS Boutique

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

4. Care Packages

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

5. Dining Vouchers

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

6. Snacks

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

7. Breast Cancer Awareness Program

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.

8. Speakers Bureau

Speakers are available to civic clubs and churches. To schedule, contact our office.

9. Steel Magnolias Newsletter

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

10. Web-Site

www.steelagnoliasinc.org is a great source of information and inspiration. Also, 

11. Men of Steel

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email tjimmeg63@aol.com for additional information.

12. Prayer

We are praying for you with love and blessings.

WAYS YOU CAN HELP

1. VOLUNTEER YOUR TIME

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
 - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
 - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

2. CONTRIBUTE - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

3. DONATE UNUSED JEWELRY (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

4. PRAY FOR OUR MINISTRY

Last night I was walking home and decided to take a short cut past the cemetery... 3 girls walked up to me and explained that they were really scared to walk past the cemetery at night, so I agreed to let them walk along with me. I told them "I understand... I used to be freaked out too when I was alive..."

Never seen anyone run that fast!!.. 🤣🤣🤣🤣🤣

A new supermarket opened near my house. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.

When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.

The veggie department features the smell of fresh buttered corn.

I don't buy toilet paper there any more.

I ASKED MY GRANDPA, "AFTER 65 YEARS, YOU STILL CALL GRANDMA DARLING, BEAUTIFUL, AND HONEY. WHAT'S THE SECRET?" HE SAID, "I FORGOT HER NAME 5 YEARS AGO AND I'M SCARED TO ASK HER."

I just had a physical.

The doctor said, "Don't eat anything fatty"

I said, "Like bacon and burgers?"

He said, "No fatty, don't eat anything!"

This pastor decided to skip church one Sunday morning and go play golf.

He told his assistant he wasn't feeling well. He drove to a golf course in another city, so nobody would know him.

He teed off on the first hole. A huge gust of wind caught his ball, carried it an extra hundred yards and dropped it right in the hole, for a 450 yard hole in one.

An angel looked at God and said "What'd you do that for?"

God smiled and said "Who's he going to tell?"

STEWARDSHIP

M I S U O R E N E G S H A R
 B L E S S I N G S G R P P A
 O T U O B A E H I D P A E R
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ACTS	BOUNTY	GIVE	SOW
APPEAL	CHEERFUL	GRACE	STEWARDSHIP
ATTITUDE	CHRIST	HEARTFELT	SUPPORT
BENEFITS	EUCCHARIST	NEEDS	TALENTS
BENEVOLENCE	FAVOR	PRIVILEGE	THANKS
BLESSINGS	GENEROUS	REAP	TIME
BONDS	GIFTS	SHARE	UNITY
			WORK