



The Breakfast Club
Sister to Sister
Caring & Sharing

June 2020
Publisher: BCI, Inc.

BREAKFAST CLUB, INC.

The Breakfast Club Beacon

Volume 6, Issue 2
Editor: Wanda Morganfield-Nelson

Inside this issue:

Your Health Matters	2
Member Spotlight	3
Inside BCI	4
Umbrella of Love	5

Our Mission

Impacting the St. Louis Metropolitan community through Education, Awareness, Resources and Support concerning breast health, breast cancer and breast cancer prevention and screening.

2020 Meeting Dates

In Person Monthly Meetings Currently Suspended Due To Covid-19. You Will Be Notified When Meetings Will Be Resumed. Meanwhile Follow CDC, City and County Guidelines.

STAY IN, STAY ALIVE AND
STAY SAFE

Sherrill Jackson 2020 Women of Achievement Honoree



Sherrill Jackson has been selected as one of the 2020 Women of Achievement in the field of Health and Education. She shares this honor with nine other women who have made a difference in volunteering in a wide range of areas from health to the arts.

Mrs. Jackson is a retired pediatric nurse practitioner who spent her entire career

providing medical care to under-served children receiving care at local Community Health Centers.

Sherill is also a 28 year breast cancer survivor. In 1997 she co-founded The Breakfast Club, Inc. an African American Breast Cancer Support group and currently serves as its Board President. In this capacity she has worked tirelessly in the fight against breast cancer in the St. Louis Community. The Breakfast Club programs focus on educa-

tion, awareness, resources and support concerning breast health, breast cancer prevention and screening in the St. Louis Metro area.

She also serves on numerous boards addressing breast cancer disparities.

The Women of Achievement luncheon will be held on Tuesday, September 15, 2020 at the Ritz-Carlton Hotel. Tickets are \$60 per person and may be purchased on their Website.

Important Upcoming Events-Mark Your Calendar

2020 Events That Have Been Canceled or Rescheduled Due To Covid-19

- ◆ Komen St. Louis More Than Pink Walk, Scheduled for Sunday, October 4, 2020 Tower Grove Park, St. Louis City
- ◆ BCI Annual Women's Seminar-Scheduled for June 13, 2020-Canceled
- ◆ Sistah Strut St. Louis-Date To Be Announced
- ◆ Pink Posse Round-up for Cure Western Dance- Scheduled for Oct. 2020-Canceled
- ◆ BCI Christmas Celebration-Scheduled for 2020-To Be Announced
- ◆ BCI Healthy Eating Program-Suspended until further notice



Surviving Cancer

In 2019, the number of cancer survivors was approximately 16.9 million and that number is expected to increase over the next ten years to nearly 22.1 million. This increase is the result of improved cancer treatments and early screening and diagnosis.

Survivor- According to the National Cancer Institute, an individual is a survivor from the moment of diagnosis until the end of life. This includes family, friends, and caregivers of those with cancer.

Survivorship- focuses on health and well-being, including physical, mental, emotional, social, and financial effects of cancer that begin at diagnosis and continue through treatment and beyond.

Factors That Impact Survival

The overall 5 year survival rate in breast cancer is 90 percent. Compared to white women, black women remain less likely to be diagnosed at earlier stages and have lower survival within each stage.

Additional factors that impact survival include: age, stage of diagnosis,

Rochelle Hobson, RN MSN CHPN Manager, Survivorship Program

sis, treatment, attitudes, beliefs, and preferences, insurance, and access to care.

Long-term and Late Effects

Approximately 1 in 4 cancer survivors report a decreased quality of life due to physical problems. Depending on the treatment, patients may experience long-term and late effects.

Long-term effects are those symptoms that lasts beyond treatment. Late-effects can occur months to years following treatment. For example, treatment with an aromatase inhibitor may cause osteoporosis (bone loss). Other long-term and late effects can include swelling in your arms or legs, numbness/tingling, chest wall tightness, pain, and/or "chemo brain."

If you experience prolonged symptoms, it is important that you talk to your doctor or treating team. There may be options available to help you.

Key Points: You are not alone. Join a support group and connect with others who share in your experience. After you complete treatment, you should report any unusual or persistent symptoms to your doctor.



breast cancer. I told her I would lose but we had to compromise on the chart weight as I felt it was too low.

I joined Weight Watchers (now WW) and lost 23 pounds. I also learned more about what foods were healthy and nourishing and not to overeat. I followed the program and became a Lifetime member in September 2019.

In December 2019 I was diagnosed with Pancreatic cancer; panic of the unknown overcame me. This cancer is by far more aggressive and the treatment is more intense. Unlike the chemo for breast cancer, I have loss my appetite, but not my senses of taste and smell. So I eat not because I'm hungry, but because I have to.

My White Blood Cell count is low sometimes, which puts my immune

Request a Survivorship Care Plan.

Once you have completed treatment, your doctor can provide you with a treatment summary that explains how your cancer was treated. It will also contain important information about any screenings and future tests you will need to help you stay healthy. Remember, just because chemotherapy is over, it doesn't mean that you should stop taking care of your overall health.

Early detection is essential. Keep your scheduled screening appointments and take advantage of community mobile mammography vans and other screening events. Don't stop seeing your doctor just because you are cancer free.

To learn more about the Survivorship Program at Siteman Cancer Center, visit our website: <https://siteman.wustl.edu/treatment/survivorship/> or call Debra Spoljanic, RN, MSN, CPNP, PNPC, Nurse Practitioner at 314-747-1792 for general survivorship questions or 314-747-1171 to schedule a consultation.

Me, My Food and I

By Wanda Morganfield-Nelson

I am not a nurse or a dietician, but I would like to share what I have learned about healthy eating habits on my cancer journeys.

Thirty-seven years ago when I was first diagnosed with breast cancer, I do not recall speaking to a dietician or receiving any information about diet and healthy eating. In 2015 when I was again diagnosed with breast cancer, a dietician and my doctor talked to me about healthy eating. During chemo, I lost weight and my doctor was on the fence about giving me medication to increase my appetite. But, my appetite came back with a vengeance, I gained weight and then she told me of all things, that I was obese, according to the chart. She also informed me that obesity increased my chances of reoccurrence of

system at risk for infections. My oncologist says there is not too much you can do to raise your count. But my God and me disagree.

I have researched and there are foods that have helped ME keep my WBC up. These foods are rich in proteins and antioxidants. The foods are brightly colored vegetables, kale, spinach, sweet potatoes, avocados, nuts, berries, red grapes, oranges, fish like salmon, tuna, mackerel and lobster (which I love), poultry, lean meat (I choose T-bone steak), and yogurt.

Incorporating these foods into my diet have shown an improvement in my WBC. I try to eat a well balanced diet with adequate calories to maintain my weight and adequate proteins needed during treatment. I encourage you to consult a dietitian for more information.



On Wanda Morganfield-Nelson

By Eloise Crayton

Wanda Morganfield-Nelson joined



The Breakfast Club in 2003 after retiring in 2002 with 32 years of government service. She was appointed to the BCI Board of Directors and

served as Secretary until her resignation in December 2019.

Ms. Wanda, as she is known by most, is a two-time breast cancer survivor, first being diagnosed 37 years ago and most recently in November 2015. She continues to be a strong advocate for breast health and breast cancer prevention. She works closely with BCI's Faith on the Move™ and Buddy programs and the Pink Posse Roundup for a Cure Benefit Western Dance. She is committed to the organization's efforts in making a difference in the lives of women in St. Louis Metro area who are under-insured. She believes

"women must put on the armor of knowledge" and learn all they can about the disease to prevent and to survive the disease.

In December 2019, Ms. Wanda was diagnosed with Pancreatic cancer and began her third journey down the cancer road. She believes that God knew she had this battle to fight and is not finished with her yet. Her Buddy/Warrior, Ella Jones, told her God wants her to have a three time testimonial as a miracle. With God and her support team, Wanda's Warriors, she is again on the battlefield.

Ms. Wanda has served on the Board for People's Community Action Corporation (PCAC), a corporation under the umbrella of Betty Jean Kerr's People's Health Center, for 5 years. PCAC addresses the health care needs and socioeconomic conditions of the residents of St. Louis City and Wellston.

She is a member of and past Secretary of the National Council of Negro Women, Bertha Black Rhoda Section. The Section's goal is to support, encour-

age and mentor young ladies about to enter their freshman year of college.

Moving to Ferguson, MO in June 2014, she has become active in Get Out the Vote and was active in Ella Jones' 2020 successful campaign for Mayor. Ms. Wanda also volunteers for Samaritans Feet, an organization that distributes shoes to needy children of Ferguson. Three years ago, she was appointed to serve on the Ferguson Senior Citizen Board.

In April 2020, BCI was honored to recognize Ms. Wanda as one of their 2020 Shining Star Honorees. The award represented her dedication and hard work to the organization for over 16 years. She is also BCI's 2019-2020 reigning "Queen." In addition to serving on boards and volunteering, Ms. Wanda is an avid reader and belongs to the Foxy Bookeeze book club.

She and her husband, Robert, have been married for 26 years and are members of New Sunny Mount Baptist Church in St. Louis City.

The Butterfly Lady

As BCI's retired 2018/2019 Queen, I did not dress in my royal robe and tiara to write this article. I come to you as a



"commoner" to share how Covid-19 has changed my "royal butterfly lifestyle." I have gone from a "social butterfly" to a "social distancing" butterfly, flying 6 feet apart from my fellow butterflies.

Here's what has changed, I pray harder and attend e-church services more. you know how I am about my hair, I have become my own beautician with the help of wigs. I used to change clothes every day, now it's every 3 days. Shopping habits changed from buying clothes, jewelry or cosmetics,

By Sandy Hornsby

now it's food, water, disinfectants, toiletries and PPE's. My search for toilet paper resulted in 12 double rolls, instead of my usual average size, that don't fit my roller. I am now fearful of my own hands. My best friends are now soap, sanitizer and Clorox products that allow me to wash my hands properly and sanitize surfaces. I now spend more time putting away groceries because they should be wiped down with Clorox wipes for protection against possible spread of Covid-19.

I had been forced to move to a new apartment and promised myself to downsize and purge unneeded household items, etc. To my dismay, all consignment, resale and Goodwill stores are closed. Well so much for downsizing and purging. My activity calendar for balance of year has all my scheduled events "canceled."

My gym is closed so no more hourly workouts, now 20 minutes "at home." Due to "social distancing" meeting my new neighbors have been impossible. I am known for having the gift of gab, but now less said is better. My radio keeps me company as I continue to unpack. Oh, just found my flat screen, I can hook up and watch T.V.

I have acquired an undocumented condition, "grandkids syndrome" with accelerated use of cell phone, texting, YouTube, etc. I've gotten lazier or should I blame that on me being newly retired.

Last, but not least, being a breast cancer survivor my most familiar chant was "Lets Beat Breast Cancer", now it's "Stay Home-Save Lives.!"

I'm forced to wear this t-shirt, my daughter designed to remind me to "STAY HOME."

Inside BCI

Monthly meetings are held at Centennial Christian Church, 4950 Fountain, St. Louis, MO. Monthly meetings are held on the 3rd Saturday mornings from 9:00 a.m. until 12 Noon. There is no cost to you for the breakfast. OUR meetings always include a sharing period. We are currently holding meetings by conference call. The calling committee will notify you several days in advance regarding the conference telephone number and access code. May and June 2020 meetings were held by conference call and were very successful with average participation of 23 members per meeting.



You will be notified when meetings resume. When they are, be sure to join us for "The Breakfast of Champions."

Happy Birthday-to all BCI members and co-survivors celebrating birthdays and survivor anniversaries birthdays in April, May and June.



BCI welcomes new members Renae Thompson and Donna Wilkinson. If you know of any women who may benefit from our services, invite them to join us in our conference call meetings. New members are always welcome.

Comfort Kits are available for women going through chemotherapy and radiation treatment for breast cancer. The kits include Aquaphor cream, booties, a scarf, a journal, pen and other comfort items. If you know of



any woman in need of a kit, please contact Eloise Crayton, 314-839-1024. Please note you do not have to be a BCI member to qualify for a kit.

BCI T-Shirts and Sweat Shirts-new members, still don't have your BCI T-shirt or sweatshirt? Old members, need a new T-shirt? Contact Brenda Carter at 314-799-9546.

Special Needs if you have been impacted by Covid-19 or any other emergency situation, BCI may be able to assist you. The Oneta Welch Relief and Emergency Fund can give financial assistance to BCI members who may need help in paying rent, mortgage, purchase of food and paying utility bills. Your request is confidential. Call Kenita Collier, 314-972-8598 for assistance.



Oldest known US celebration of the end of slavery in Texas. Emancipation Proclamation in 1863 freed most slaves, but Texas slaves did not find out until 1865.

Why Complete the 2020 Census?

2020 MISSOURI CENSUS The Census determines congressional seats Electoral College votes, and influences the distribution of \$1.5 trillion dollars in federal spending. On state and local levels it helps plan infrastructure projects, school locations and business operations and expansions. **Plus it is the law. Complete online or mail in your form. It only takes a few minutes. Deadline is mid August.**

Encourage your family, friends and

neighbors to complete and return their census requests.

Your vote matters! Primary Election day is Tuesday, August 4, 2020 and General (Federal) election

day is Tuesday, November 3, 2020. Don't use the excuse of my vote won't make a difference or I don't want to stand in long lines to vote. **YOUR VOTE WILL MAKE A DIFFERENCE..**

Avoid long lines and confusion at the polling place. Consider voting "**In Person**" by **Absentee Ballot**. St. Louis City and County residents can vote now by Absentee ballot. The County government center is open at the Crossings at Northwest Plaza from 8a.m. to 4:30 p.m., Mondays-Fridays, 314-615-1800. Tell the election official that you WILL NOT be in the county on election day. You will be allowed to vote on the spot.

St. Louis City residents can vote at the Board of Election Commission office at 300 N. Tucker, from 8:a.m. to 5 p.m., 314-622-4336. Both St. Louis City and County Websites have full information about absentee voting, registering to vote, polling places and verification if you are registered.

Be mindful that your polling place may have been changed. Start early to verify your status. Also research who you are voting for, making sure that person will represent you and your interest. In these times of unrest and demands for change, keep in mind that **PROTEST** raises awareness, but **POLICY** makes the changes and changes come through voting.

Encourage your family, friends and neighbors to **VOTE** and make their voices heard.





BCI Umbrella of Love

The BCI family opens its Umbrella of Love to our members, supporters and friends in need of pray-

er.

Special Prayers Go Up

for Krista Stewart, Glenda and John Laws, Bertha Merriweather, Kim Whitley, Carolyn Vaughn, Geraldine Dolgins, Delicia Williams, Deborah Pratt, Dawn Brown, Willie Crayton, Nathalie Davis-Spivey, Lelua Jackson, Nurse Diyon Duke, Dr. Charron Woods, Tierra Long, Burnest "Pops" Orr, Carlene Reedus, Herbert Jefferson, Linda Gaskin, Bessie Thomas, Renee Thompson and Ms. Wanda. Special prayers for ALL front line workers, nurses and doctors and the essential workers who work faithfully and tiredness to take care of us. We thank you and pray for your strength and safety.

Health and Healing Prayer-this prayer was given to me and I would like to share it with any and all who are ill and/or going through treat-

ment.

Health and Healing Father in the name of Jesus, I confess Your Word concerning healing. As I do this, I believe and say that Your Word will not return to You void but will accomplish what it says it will. Therefore, I believe in the Name of Jesus that I am healed, according to 1 Peter 2:24. It is written in Your word that Jesus himself took our infirmities and bore our sicknesses. Therefore, with great boldness and confidence, I say on the authority of that written Word that I am redeemed from the curse of sickness, and I refuse to tolerate its symptoms

Satan, I speak to you in the name of Jesus and say that your principalities, powers, your spirits who rule the present darkness, and your spiritual wickedness in heavenly places are bound from operating against me in any way. I am the property of Almighty God, and I give you no place in me. I dwell in the secret place of the Most High God. I abide, remain stable and fixed under the shadow of the Almighty, whose

power no foe can withstand.

Now, Father, because I reverence and worship You, I have the assurance of Your word that the angel of the Lord encamps around about me and delivers me from ever evil work. No evil shall befall me, no plague or calamity shall come near my dwelling. I confess the Word of God abides in me and delivers to me perfect soundness of mind and wholeness of body and spirit from the deepest parts of my nature in my immortal spirit even to the joints and marrow of my bones. That Word is medication and life to my flesh for the law of the Spirit of life operates in me and makes me free from the law of sin and death. I have on the whole armor of God, and the shield of faith protects me all the fiery darts of the wicked.

Jesus is the High Priest of my confession, and I hold fast to my confession of faith in Your Word. I stand immovable and fixed in full assurance that I have health and healing now in the Name of Jesus. Amen!



Faith on the Move

By Eloise Crayton, RN, BSN, MA
Coordinator, Faith on the Move

Faith on the Move is the flagship program of The Breakfast Club, Inc. BCI partners with Siteman Cancer Center, Mercy and Missouri Baptist mobile mammography vans to make mammograms available at local churches and community venues. During the average year, BCI facilitates mammography screen at 25 to 30 locations and screens an average of 400 women.

Due to Covid-19 many screening

dates scheduled for this year have been cancelled. However, we do have dates scheduled for the coming weeks and months. If you or someone you know need a mammogram, please contact The Breakfast Club at (314)972-8883 to find a location near you where you can be screened. Mammography screening is available at no cost to you if you are uninsured.

Many changes have been put in place to make sure you and all staff members remain safe from Covid-19 during screening. All

staff and women being screened are required to wear a mask. If you do not have a mask, one will be given to you. Temperatures are also being taken before boarding the van. The equipment is deep cleaned between clients.

Do not forego your annual mammogram. Remember breast cancer will still be around when Covid-19 is no longer a threat.

We will keep you updated on scheduled dates and sites the vans will be available.

Breakfast Club, Inc.

P.O. Box 2678
Florissant, MO 63032

Phone: 314-972-8883
E-mail: www.breakfastclubstl@gmail.com

"Sister to Sister, Caring & Sharing"

We're On The Web!
www.breakfastclubstl.org

Find us on 

From the Desk of the Editor

I've run out of words, so let's play some games. Try your skill on the Breast Cancer Awareness Word Finder and other games and teasers. Find these words: Awareness, Breast, Cancer, Chemotherapy, Courage, Cure, Diagnosis, Exam, Hope, Hormones, Lump, Mammogram, Men, Pink, Radiation, Ribbon, Risk, Survivor, Tumor, Women.



Share Your Newsletter

E-mail your newsletter to your family, friends, and church members so they may be informed about your breast cancer support group and our efforts to fight breast cancer and increase breast health awareness.



NEVER HAVE I EVER

1 point for each

broken a bone	got a ticket
skipped school	gone scuba diving
fired a gun	eaten sushi
been skydiving	been to nyc
ridden in a limo	ran a marathon
had braces	got fake nails
had a massage	been on a train
gotten a tattoo	been in an ambulance
swam in the ocean	gone zip lining
dyed my hair	needed stitches
watched star wars	been camping
rode a horse	gone on a cruise

For Your Kids , Grandkids or the Young at Heart

★ 52 RESPONSES TO I'M BORED ★

PLAY HOPSCOTCH	PLAY TAG
DRAW WITH CHALK	WASH THE CAR
BOTTLE FLIP	BUILD WITH BLOCKS
WRITE A STORY	MAKE UP A DANCE
DO A PUZZLE	RIDE YOUR BIKE
PLAY DRESS UP	TAKE PICTURES
BLOW BUBBLES	WASH THE DOG
WALK THE DOG	PLAY FREEZE DANCE
READ A BOOK	HAVE A TEA PARTY
SEARCH FOR COOL ROCKS	WATER PLANTS
HAVE A PICNIC	MAKE A CRAFT
MAKE A PAINTING	LISTEN TO MUSIC
BOARD GAMES	LOOK FOR LADYBUGS
LOOK AT OLD PICTURES	PICK FLOWERS
HAVE A LEMONADE STAND	WRITE A LETTER
MAKE A TIME CAPSULE	PRACTICE A SPORT
MAKE FOIL JEWELRY	DIG IN THE DIRT
PLAY CHARADES	PLAY GO FISH
HAVE A STARING CONTEST	TAKE A BUBBLE BATH
BAKE A TREAT	BE HELPFUL
PAPER AIRPLANE RACE	MAKE SOCK PUPPETS
WATCH A MOVIE	PUPPET SHOW
LEARN A MAGIC TRICK	DRAW YOURSELF
CREATE A SUPERHERO	FASHION SHOW
FIND TOYS TO DONATE	FACETIME GRANDMA
FIND TOYS FOR GARAGE SALE	JUMP ROPE

LOVE MARRIAGE