



The Breakfast Club
Sister to Sister
Caring & Sharing

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BREAKFAST CLUB, INC.

The Breakfast Club Beacon

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Editor: Wanda Morganfield-Nelson

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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

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

Your Headline Goes Here Your Name Goes Here

Pulling The Breakfast Club Beacon out of archives on short notice has created a dilemma. What to publish in this first issue after being asleep for 13 years. Yes, it has actually been that long ago. It has not been determined if this will be the first and last issue in an attempt to revive The Beacon. A lot will depend on reader response. But that's another question for another day.

I had this great idea (at least I think it's a great idea) to let the readers write their own front page story. You decide what you would want to see as front page news. You

get your own byline.

Stories should be concise and length should not exceed this space. Get out your pencils, paper and typewriters (are they even still used) or computers and get those creative juices flowing.



Email stories to mswanda@gmail.com You may also submit your picture.

Even Better, consider becoming a reporter for The Beacon.

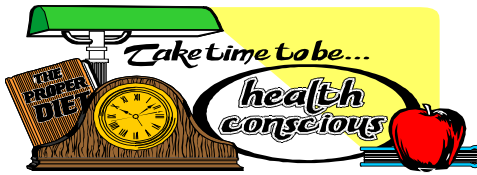
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Important Upcoming Events-Mark Your Calendar

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

- ◆ Annual Shining Star Gala, Scheduled for Saturday, April 25, 2020-Canceled
- ◆ Komen St. Louis More Than Pink Walk, Scheduled for June 13, 2020-Rescheduled, New Date To Be Announced
- ◆ Annual Women's Seminar-date to be announced
- ◆ Faith on the Move™- suspended until further notice.



Your Health Matters

Eloise Crayton, RN, BSN, MA

Your Health and Coronavirus Virus



As you all are aware the Coronavirus is on a rampage. It is resulting in death in the African American community more often than in other communities.

I am sure you are asking why. Well,

we have more high blood pressure, diabetes, heart disease and kidney disease than our Caucasian counterparts. These pre-existing conditions predispose us to a bad outcome if we get the coronavirus.

So, what can we do to stay safe?

Stay at home—If we stay at home we are less likely to come in contact with the virus.

Wash your hands frequently. Dirty hands spread the virus. Do not touch your eyes, nose and mouth with dirty hands. The virus enters the body through your mouth and nose.

Limit the number of people in and out of your home. Every person you come in contact with is a potential carrier of the disease. Some people have no symptoms but can still infect others.

If you have symptoms, Fever, Cough Shortness Of Breath stay home and call your doctor or the City of St. Louis or St. Louis County Health Department to schedule testing.

If You Must Leave Home wear a mask, gloves and stay at least 6 feet away from people you come in contact with. Wash your hands as soon as you return home.

Please be aware that Coronavirus does not discriminate. It attacks persons of all ages, races, color, creed

and socio-economic status. It is a myth that African-Americans cannot contract or at low risk for contracting the virus. Fact is, African-Americans may be at a higher risk because we have underlying health problems; high blood, diabetes, heart problems, kidney disease and other medical conditions.

BE INFORMED AND FOLLOW RECOMMENDED GUIDELINES.

For more information contact St. Louis County Department of Public Health, 6121 N. Hanley, Berkeley, MO 63134, 314-615-0600

St. Louis City Department of Health, 1520 Market St, Rm 4027, 63103, 314-612-5100 or See coronavirus.gov for more information.

You are also encouraged to pay attention to your body. Nobody knows your body like you do. Take your temperature daily and if it's higher than 100.4, call your doctor. Keep your medical appointments for routine and follow up visits, Do not miss or skip your appointments for dialysis or cancer treatments. Take your medications and do not change or stop without doctor's orders. Eat healthy and drink fluids to stay hydrated.

To my cancer patients in treatment, "Unfortunately, when Coronavirus is no longer with us, cancer will probably still be around."

On March 17, 2020 I received this post from my son, Cornell, about Coronavirus and want to share it with you.

"I am not an alarmist but I now know this is definitely real. All of you reading this are in some way friend or family and when I refer to you, I say "my. In a way you all belong to me, but really we belong to each other because we are a part of each other's village.

I reached out to my colleagues in Italy and China over the last five days and heard some horrible stories from each of them. However, what most struck me is that before a title/name was offered toward a story the word "my" came up over and over. That word was followed by friend, mom, dad, brother, sister, cousin, uncle, aunt and neighbor. The words passed, died, hospitalized, ill, etc. then followed.

Why even write this? Well, I write it because my friends are all shades, affiliations and preferences. Some believe this is real, some doubt, some politicize, some make it a religious lesson/warning/whatever, and others just bury their heads in the sand.

If for nobody else, I ask that you prepare yourself and those around you...for me. Based on what I personally heard (anecdotal for sure) all 9 colleagues I spoke with told me to get prepared both for the virus and for the loss to my village...the last thing I want to hear or share are stories where I use the word "my" followed by a member of my village"

My question to you, is now we know are you prepared for today and the days ahead as we face this deadly Pandemic?

Your health matters to me!

We want to thank all the 1st responders and essential worker for their service. Our prayers are with them as they work through this difficult period.

Stay safe. We look forward to seeing you when we can resume our monthly meetings.

Eloise Crayton is the Projector Director BCI, Inc. She is also the Manager of Faith on the Move™ and The Buddy programs.



Wanda Morganfield-Nelson

Ella Jones joined The Breakfast Club in 2009 shortly after being diagnosed with breast cancer.



She began helping other survivors as a Breast Health Buddy 6 years ago. As a Buddy she has provided one-on-one support to numerous women going through their cancer journey. Ella states she takes her Buddy position seriously and loves being a Buddy. She states it gives her great satisfaction to know

she has been a comfort and help to women on their cancer journey. Her Buddy duties also include being on site for the Faith on the Move™ mammography van visits to churches in the St. Luis Metro area. The van offers free mammography screenings to underserved women.

Not only that, she has worked diligently on numerous Breakfast Club committees to help raise funds for the organization. She is an invaluable member of The Breakfast Club. Ella beams when she proudly states, "I love The Breakfast Club."

Ella is a member of the 1st Baptist Church of Creve Coeur and serves as

President of their Usher's Ministry. She also serves as Secretary to the Berean District of Ushers and Health Unit Auxiliary.

Her other outside activities include being a 15 year volunteer at the Pilgrim Church Soup Kitchen; bowling for The Happy Timers, serving as their Secretary/Treasurer; and member of The Foxy Bookeeze Book Club.

Ella is married to Joel Jones, a Breakfast Club Brother and they will be celebrating their 25th Anniversary in June 2020.

Cures for Cabin Fever

Stay at home is becoming the New Normal and we don't know how long we will have to abide by this order. How can we occupy ourselves and children or grandchildren in the same household? Here are some activities that may help you past the time.

Try something new, learn to craft, quilt, scrapbook or even cook. If you have a recipe book or Google recipes online. If you already know how to cook, test new recipes. Teach your children or grandchildren to cook (this could be a survival skill). YouTube has videos on any subject you could possibly imagine.

Not a kitchen person, there are board games, computer games, like solitaire, bridge and even slots are available. Puzzles are popular again. Get one that has a lot of pieces and an intricate pictures.

What about researching your family tree? It is not only interesting and informative, but takes up a lot of time. Go back to days of old when family would gather around and listen to family stories and history. Make it a Storytime hour. Dig out old photographs and albums and document them (they are family history.)

My husbands family have weekly Sunday gathering on Zoom. They have a good time "e-visiting" and can actually see each family member. Call a friend or relative that you have not talked to in ages.



What about exercise? The equipment being used as a clothes rack? Walking shoes in back of closet? Clear the equipment and use it for 30 minutes or so.

Dig out your walking shoes, mask up and walk your neighborhood, observing social distancing. Catch up on your reading.



What about Movie Marathon watching (don't forget the popcorn.)



Kids like Slime, Lego building, computer games and cell phones. Some like to make videos.

Include them in as many of these activities whenever possible. Have fun and be safe. This to shall pass and who knows, some activities may become your "New Normal."

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

Your BCI Board of Directors are Sherrill Jackson, Co-Founder and President.; Kenita Collier, Vice President; Iva Lambert, Treasurer; Barbara Davis, Co-Founder, Historian and Special Events Co-Ordinator; Earnestine Davidson, Parliamentarian; Dayle Sandler of Medical West; Dr. Lannis Hall; Rev. Veronica Richardson and Napoleon Carter. Eloise Crayton is the Project Director.

Are you familiar with BCI programs? Here is a quick reference to programs currently sponsored by us:

BCI Bras and Breast Forms-BCI provides bras and breast forms. Contact Medical West, 314-725-1888 or BCI office at 314-972-8883 if you need these items. Don't forget to tell your family and friends about this program. You do not have to be a member of BCI to qualify for these items.

Faith on the Move™ provides free mammograms to the underserved women in North St. Louis City and County. We partner with Siteman, Mercy and Missouri Baptist mammography vans to provide onsite mammograms at more than 20 churches.

Buddy Programs offers one-on-one support to women newly diagnosed with breast cancer. The Buddy is there to answer questions, go to treat-

ment with them or offer a shoulder to lean on.

Healthy Eating Program offers classes on healthy eating and life styles. Good health may reduce your chances of cancer.

Comfort Kits Program kits re 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.

BCI welcomes new members If you know of a survivor or co-survivor who may be interested or in need of our services, please have them contact us at 314-972-8883 or when our regular monthly meetings resume, **BRING THEM WITH YOU!**

Share Your Story-Would you like to give hope and encouragement to women who have been diagnosed with breast cancer?



Survivors share your breast cancer experience. Spouse and "Buddy" stories may also be shared. Stories will be featured in the BCI Beacon.

If interested, please email mswandal103@gmail.com or call the BCI office at 314-972-8883.

BCI fundraising efforts-BCI cannot

maintain our outreach programs without funding. We are forever searching for grants and sponsors. We also have three major fundraising events, our **Annual Shining Star Gala, The Pink Posse Roundup for a Cure Western Dance** held in October (Breast Cancer Awareness Month) and our annual **Direct Mail Appeal**. We rely on **YOU** to support these efforts so BCI can continue to provide services to the underserved women of North St. Louis City and County. Contributions are tax deductible and each gift will be acknowledged.



BCI Birthday Club: Our late and beloved member, Joan Owens-Peters, had a plan to keep in touch with members. Her suggestion of establishing a Birthday Club was accepted. Captains were assigned for each month. Members were to furnish the captains their name, telephone number and birthday. Birthday club members could readily keep in touch with each other. Members you may want to re-instate the birthday club. It is an excellent way to keep in touch. If so, captains would be needed.

Happy Birthday!



We are excited to reveal our new BCI Logo. It has been updated after more

than 20 years. Can you identify the differences? Her silhouette has been humanized where she looks more like us, an African American woman. There are other changes, did you find them? Let us know what you think of the new logo. Thanks to Darryl and Kenita Collier, the graphic designers.



The Breakfast Club



BCI Umbrella of Love Prayer List

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

Prayer Changes Things

The 23rd Psalm

The Lord is my Shepherd-
That's Relationship

I shall not want-*That's Supply!*

He maketh me to lie down in green pastures-*That's Rest!*

He leadeth me beside the still waters-
That's Refreshment!

He restoreth my soul-*That's Healing*

He Leadeth me in the paths of righteousness-*That's Guidance!*

For His name sake-*That's Purpose*

Yea, though I walk through the valley of the shadow of death-*That's Testing!*

I will fear no evil-*That's Protection!*

For Thou art with me-
That's Faithfulness

Thy rod and Thy staff they comfort

me-*That's Discipline!*

Thou preparest a table before me in the presence of mine enemies-
That's Hope!

Thou annointest my head with oil-
That's Consecration!

My cup runneth over-
That's Abundance!

Surely goodness and mercy shall follow me all the days of my life-
That's Blessing!

And I will dwell in the house of the Lord-*That's Security!*

Forever-*That's Eternity!*

Amen!

Special Prayers Go Up For Krista Stewart, Kim Whitley, Carolyn Vaughn, Geraldine Dolgins, Delicia Williams, Deborah Pratt, Dawn Brown, Willie Crayton and Ms. Wanda.

Thought for the Quarter-To face a titanic hour with cool calm is grace. To speak words of wisdom when the boat is sinking is grace. And to swim in deep waters of adversity rather than

drown in despair is grace. When things go slow, go bad, go sour, or go away, it's time to unwrap the life preserver of God's love and stay afloat on the boundless ocean of His grace. But don't wait for catastrophe before you unwrap grace. Embrace it today. The past is gone. The present is today and tomorrow is unknown. There is only one minute in which you are alive. This minute! Right here, right now. *(Barbara Johnson)*

Umbrella of Love Get Well and Sympathy Cards are sent to members and friends of BCI. Please let us know of anyone who is ill, shut in or in bereavement. Submit names for cards and the prayer list to the BCI at 314-314-972-8883.

BCI's Spiritual Advisors, Rev. Milton and Mrs. Kathy Mitchell, are available 24/7 to any member needing prayer or counseling. Contact them at 314-524-0516.



BCI Beacon Bits

Quarterly Congratulations

To all BCI members celebrating survivor anniversaries and birthdays.

I t ' s A B o y - congratulations to new grandparents

Iva and Marva Lambert. Their daughter and our BCI "kid", Erika, gave birth to a healthy and "handsome" baby boy. Parents, baby and grandparents are doing just fine.

Spring Graduations-Isabella Rayford granddaughter to Wanda Morgan-

◆ ◆ ◆ ◆ ◆ ◆ ◆ field-Nelson and Robert Nelson will graduate from Marian Academy and will attend Incarnate Word High School in the fall. Her twin, Isaiah Rayford will graduate from Lutheran North Middle School and will attend Lutheran North High School in the fall. .

Why Complete the 2020 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 2020.**

Your vote matters! Election day is Tuesday, June 2, 2020. St. Louis County residents can vote now by Absentee ballot.



The County government center is open at the Crossings at Northwest Plaza, 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 should call the Board of Election Commission at 314-622-4336 for Absentee voting information

Breakfast Club, Inc.

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"Sister to Sister, Caring & Sharing"

We're On The Web!
www.breakfastclub-stl.org

Find us on 

From the Desk of the Editor



Above photo is from 2008 archives. Nothing much has changed. No Pepsi, trying to drink more water; more grey hair. Spending less time on computer as fewer BCI duties since resigning from BCI board as Secretary.

Currently in Covid-19 mode, trying to "Stay in and Stay Alive." Staying in can become a problem for someone who is use to running here, there and everywhere. But staying alive is more important. I have been trying to occupy myself with "things to do." Like purging my closet, but Goodwill is closed along with other agencies that take clothing donations. I could change out my closet from Winter to Spring/Summer clothing. No, didn't happen. What about Spring cleaning? No, that definitely did not happen either. Dresser drawers were cleaned and seems like more stuff is in than

when I started. Same with kitchen pantry. So it seems all in vain.

What I have done is catch up on my reading. Being an avid reader, it's great to actually have time to read the books on my wish list. I do miss my The Foxy Bookeeze, my book club meetings. Trying to get them to have a video meeting on Zoom, no luck yet.

I have cooked more in the last month than I have in last 3 years. I am not the greatest cook, but believe it or not, I cooked fried peach pies. Not quite as good as Grandma's, but tasty enough. Play a lot of Solitaire on computer, until I nod off and decide it's time for a nap. What about exercise? What about it? There is no excuse, now that Spring has arrived. Where are my walking shoes? Something else to do, locate them. I did get my personal documents to a community shred before the service was canceled.

Far from my "things to do" was to pull the Beacon out of archives. My friend suggested that I do this to keep BCI members connected. She probably had an ulterior motive to keep me in the house as she acts as my "ankle

monitor." So here we go, The Beacon is out of archives and hot off the press. Publishing this newsletter has always been a Labor of Love. Beacon, I really have missed you. Welcome back!

Thanks to Eloise Crayton for her encouragement and support. She stepped up to the plate when I needed advice, an article to fill an empty column and a proofreader. I am W and she is E, together we are "WE" and make a great team. You are the best !

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.

