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### Give Thanks

Deloris Smith Johnson, *SISTA AH Talk Historian*



Hey Girl!  
is published to keep  
you informed about  
our programs,  
activities, and the  
experiences of breast  
cancer survivors in  
South Florida  
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December 2017

# 'UM JUST SAYIN...



## Attitude of Gratitude

Mary S. Whitehead, MPH, CHES  
SISTA AH Talk Facilitator

'Tis the Season to Be Jolly! Not always so for a person dealing with breast cancer during the holidays. Adding cancer to the holiday equation of juggling finances, gift giving, and family gatherings, coupled with doctor appointments, special diets, managing fatigue and

other pieces of the cancer survival puzzle, is not easy.

So, how does a Sistaah maintain an "Attitude of Gratitude" this holiday season?

- **Schedule healthcare visits wisely.** I remember my chemo treatments ending around the holiday period. The thought of being weak and unhappy was mind-boggling. I delayed my treatments a day or two, so I could be strong enough to watch the kids open gifts, eat without feeling nauseous and avoid having to stay in bed all day.
- **Ask Others for Help.** Get help from others to deal with shopping, rides to appointments, cooking meals.
- **Shop on line.** Many sites compete for your holiday business by offering free convenient home delivery.
- **Slow your Pace.** Step away from it all. Discover your quiet space. Rest and spend some time alone.
- **Laugh A Little.** Engage in joyful activities. Watch a holiday movie, have game night with the family.

Remember, each day is a gift from God! **"Maximize the Moment!"** It's your Life, Live it. Take complete charge of



## Pray, Eat, Love

Monique Carver  
SISTA AH Talk Coach

In 2006 I received my breast cancer diagnosis; my treatment was aggressive with chemotherapy, bilateral mastectomy, radiation, and hormone therapy for 5 years. My side effects were monster hot flashes, joint pains, excessive weight gain, neuropathy, and insomnia.

Ten years later it came back (a survivor's greatest fear); now it has metastasized to the spine!!

Now, more than ever, I am determined to get out of my own way to live, love, laugh, and give as much as possible. To my surprise, on a recent Alaskan cruise, I was able to practice what I had learned at My Plate Palooza. My mindfulness approach to eating was working and I was able to bypass the breads and desserts in the buffet line and eat healthy meals every day. Let's be real, the pizza bar called my name a few times and I just couldn't resist. I'm just saying!

Life is fragile, but you've got to keep your faith and live a value driven life. I try to face my challenges head on, and every morning I thank God for getting me up and allowing me to take care of myself. When things get tough I'm inspired by listening to "Put it on the Alter" a song that goes a little like this:

***"You're not alone, everything that your worrying about  
just put on the alter...  
hand it over and leave it there...  
he'll work it out and answer your payers,  
prayer changes things"***



## Pansy's Garden of Eden

Tiffany Stennett

SISTA AH Talk Supporter

Pansy Joyce Stennett (pictured left) was born in Kingston, Jamaica on March 6, 1944. She was diagnosed with breast cancer in 1985; following surgery and treatment, she initially beat the disease. Nearly fifteen years passed before she experienced a recurrence in 2005, which forced a mastectomy. Even after that experience, she was brave, positive, inspirational, and continued to run the family business (Mr. Freeze Auto Air Conditioning, Co). She fought courageously until her passing on Tuesday, March 27, 2007.

To honor Pansy, her daughters established Pansy's Garden Of Eden II Breast Cancer Foundation, Inc., a non-profit organization created to raise awareness, fundraise for research, and offer life coaching (through a program entitled, *Bloom Despite The Storm*) for women affected by breast cancer.

To learn more about Pansy's Garden of Eden, please contact Tiffany Stennett (President) 305-788-3668; Enjoli Paul, EdD (Vice President) 954-599-3763; or [tstennett.pansyngarden@gmail.com](mailto:tstennett.pansyngarden@gmail.com)

# THE NITTY GRITTY



The American Institute for Cancer Research (AICR) recommends a healthy diet to prevent cancer.



AICR diet-specific recommendations for cancer prevention



1. Be as lean as possible without becoming underweight
2. Limit foods that promote weight gain (energy dense foods and sugary drinks)
3. Consume a variety of plant foods (fruits, veggies, unprocessed grains, legumes)
4. Limit intake of red meat and avoid processed meat
5. Limit alcohol intake
6. Limit sodium consumption
7. Do not take supplements for cancer prevention.

## Did you know?

- Most breast cancer survivors do not believe that diet is related to their overall post-diagnosis health
- Few are aware that an improved diet may have a role in reducing cancer recurrence
- Most are unsure of what constitutes a healthy diet
- For overweight breast cancer survivors, modest and sustained weight lost reduce risk of



*Working together to improve the health of black women*

## Black Women's Health Study

In a study, which assessed the diets of 49,103 Black women ages 21-69 years, to determine adherence to the AICR diet-specific recommendations. Researchers found that only:

- 15% met body weight recommendations
- 5.4% followed at least 3 of the recommendations
  - 1.8% met recommendations for plant foods
  - 1.8% met recommendations related sugary drinks

When women followed the 7 AICR diet-specific recommendations (on the left), they were less likely to develop breast cancer.

For more information on the Black Women's Health Study, visit:

<http://www.bu.edu/bwhs/>



## Hands On Experience

How do we learn? Think of a baby learning to walk. She sees her mom, dad, brother, and big ma walking. She struggles to get up. From her knees, she stumbles to her feet and before you know it, she is upright, walking. She learned by imitating those around her. That's called

experiential learning—learning through reflection on doing. When it comes to eating well, we believe that breast cancer survivors learn better by *doing*. @ My Kitchen Table is an experiential nutrition education program that offers hands-on opportunities to help participants learn how to cook for good health. For this study, breast cancer survivors will submit recipes from their kitchens—from holiday to special occasion to everyday—and we will help them apply recommendations from AICR to transform their dishes. To see what survivors learn about nutrition, they will take a brief quiz before (baseline) and after (post) the recipe transformation process. SISTAAH Talk will present cooking demonstrations and conduct tasting parties to test recipes. Through a sensory evaluation (sight, smell, taste, texture), support group members will judge the recipes. Once we have collected, transformed, and tested enough appetizer, salad/vegetable/side, main dish, sweet treat, and holiday recipes, our cookbook will be ready. We will post a brief bio of the survivor, a photo of her prepared dish with an ingredient list, preparation steps, and nutritional analysis, on our website.

Help us collection 100 recipes for the  
 @ My Kitchen Table Online Cookbook  
 Selina A. Smith, PhD, MDiv, Principal Investigator  
[www.sistaahstalk.net](http://www.sistaahstalk.net) or [sistaahstalk09@gmail.com](mailto:sistaahstalk09@gmail.com)

# WHAT'S UP?



## Table Talk

Online gathering for breast cancer survivors and their supporters

Saturday, December 16, 2017  
1:00pm-3:00pm

By computer, tablet, or smartphone:  
<https://global.gotomeeting.com/join/558430591>

By phone:  
1 (646) 749-3131  
Access code: 558-430-501

First GoToMeeting?  
Try a test session:  
<http://link.gotomeeting.com/email-welcome>



Women of Color Breast Cancer Support Group



**SISTA AH Circle**  
Join us in the Circle as we usher in a new year filled with health, happiness, and hope.

SISTA AH Talk!  
Women of Color Breast Cancer Support Group

**HAPPY NEW YEAR**  
**2018** NEW YEAR

Saturday, January 6, 2018  
1:00pm-4:00pm  
Miami Dade County Library  
Arcola Lakes Branch  
8240 NW 7th Avenue  
Miami, FL 33150

**Lit' SISTA AH Talk!**

5 Things Every Millennial of Color Needs to know about Breast Cancer

4 Things Everyone With Boobs Should Know about Breast Health

5 Things Your Mama Never Told you about Women's Health

Thursday, January 25, 2018  
4:00pm-6:00pm  
J. C. Sams Multipurpose Room

To learn more, visit our website: [www.sistaahtalk.net](http://www.sistaahtalk.net)



We are looking for a few good women—women who have survived breast cancer and want to help someone else survive.

SISTA AH Talk! Coaches give hope to breast cancer survivors. They provide leadership in developing and implementing our programs and research.

Download the Coach application from our website **Publications** page today.  
[www.sistaahtalk.net](http://www.sistaahtalk.net)

### Want to tell your story?

Consider contributing to the 'Um Just Sayin... page of the Hey Girl Newsletter.

When you are ready, drop us a note.  
[sistaahtalk95@gmail.com](mailto:sistaahtalk95@gmail.com).



**Pink Hat Tea & Fashion Show**  
Doubletree Hotel by Hilton Grand Hotel  
1717 N. Bayshore Drive Miami, FL 33132  
Sunday, February 25, 2018  
2:00pm-4:00pm



**SISTA AH Talk!**  
Women of Color Breast Cancer Support Group

my Heart is Open to the Potential that Exists when I strive to survive

Please join



**SISTA AH Talk!**  
Women of Color Breast Cancer Support Group  
for our annual fundraising event  
featuring an elegant meal, soulful entertainment, fashion show featuring breast cancer survivors, and acknowledgement of survivors and supporters for their contributions

\$75 per person

For more information, contact  
Mary S Whitehead, MPH, CHES (305) 333-3495 by 2/5/18  
Table Discounts and Sponsorship Opportunities available

Purchase tickets at [www.sistaahtalk.net](http://www.sistaahtalk.net)