

HEY GIRL!

Issue 6
Hey Girl is a
publication of
SISTA AH Talk!
Miami, FL



Pink Hat Tea & Fashion Show
Deloris Smith Johnson, *SISTA AH Talk* Historian



Cover
"Her"story in Pics
Tea & Fashion Show

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Hey Girl!
is published to keep you
informed about our
programs, our research,
and the experiences of
breast cancer survivors in
South Florida
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...UM JUST SAYIN'

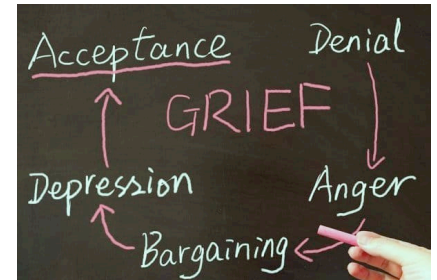
SISTA AH Circle



Women of Color Breast Cancer Support Group

- Breast cancer is the most feared cancer among women
- Women diagnosed with breast cancer may go through the stages of grief and loss: *denial, anger, bargaining, depression, acceptance*—not necessarily in that order
- They are often afraid when they hear the words, *you have breast cancer*
- Newly diagnosed women are sometimes *unsure about their treatment choices*, causing fear
- After treatment, survivors maybe afraid that the breast cancer might return and they dread the word, *recurrence*

Fear Management



These 10 suggestions may help manage breast cancer fears

1. Decide what you can handle.

Realize that for most women, breast cancer is scary. Acknowledge your fear, but don't let your diagnosis blindside you. Check your emotions; anxiety and depression add to fear. The first step is to think about what you can handle—and what is beyond your reach.

2. Protect yourself. Stay away from negative people, negative talk, and negative news.

3. Build trust. Developing a good relationship with your healthcare team—oncologist, nurse, radiologist, surgeon—will go a long way to reduce fears about your treatment. This takes time, but a good place to start is to have a one-on-one conversation with each member of your team.

Let your faith be bigger than your fear. 

4. Ask the experts. Seek information from credible sources.

5. Limit stress. Life goes on, even with a breast cancer diagnosis. Financial concerns, work issues, family matters, etc., do not stop because of cancer. Try listening to music, relaxing, praying, or exercising (like yoga) as a way to keep your mind clear.

6. Learn to navigate the healthcare system. Managing appointments for tests, treatment, and follow-up can be daunting. Here are a few tips that may help:

- Learn addresses, office locations, parking availability, and other need-to-know information before your appointments
- Discuss what to expect at each appointment with the referring doctor
- Bring someone with you to your first appointments—at least until you feel comfortable

7. Understand what to expect.

Most women fear breast cancer treatment side effects. It is important to learn what *could* happen as a result of your treatment. Even though this information maybe overwhelming, it will empower you to adapt to what is ahead.

8. Get support. A woman who has completed breast cancer treatment is the best support for overcoming your fears.

9. Stay healthy. A poor diet and sedentary behavior will not help you cope. To reduce fear, eat well, exercise, and reduce stress.

10. Face your fears. Take a deep breath. Make a mental note, write it down, or say out loud what you fear. Evaluate each fear based on what you can and cannot change. Seek pastoral counseling, a support group, or guidance from a trusted friend.

Visit our website Publications page to view slides or download a brochure on managing breast cancer fears
www.sistaahtalk.net



Decide what you can handle. A good place to start is to acknowledge your fear.

SISTA AH Circle
Fear



NITTY GRITTY



Mary Whitehead, MPH, CHES
SISTA AH Talk Facilitator

The Importance of Faith

Faith and health have been linked since the beginning of time. Research shows that 90% of cancer patients use faith to cope, and 40% indicate that it is the most important factor that kept them going. Helping women of color diagnosed with breast cancer find hope, no matter their faith, is the goal of SISTA AH Talk. We try to reach women where they are to help them gain peace of mind. Faith is one path to peace. Although a cancer diagnosis can challenge faith, many survivors find that their belief is strengthened by the breast cancer experience.

10 ways to use faith on the breast cancer journey

1. Spirituality and religion have different meanings. Religion is a specific set of beliefs and practices; spirituality is an individual's sense of peace, purpose, and connection to others. Breast cancer survivors may think of themselves as religious, spiritual, or both.

2. Faith can help you cope. Spiritual coping (regardless of your religious beliefs and practices) can reduce anxiety, depression, and fear during breast cancer. It is important to believers and non-believers.

3. Determine the place faith has in your cancer care. Most newly diagnosed breast cancer patients pray for a cure. They also seek emotional healing, which can come from their spiritual relationships. Deciding the role of faith is important in deciding what comes next.

4. Talk with your doctor. Make your health care team aware of your religious or spiritual beliefs so that all concerns, practices, or needs are respected and addressed appropriately.

5. Words and thoughts are powerful. Speak and think positively.

6. Seek spiritual help. Talk with your pastor or support group facilitator. Don't have either? Your health care team can refer you to a chaplain or appropriate spiritual leader.

7. Avoid spiritual distress. For some, a breast cancer diagnosis may have a negative effect on faith or spiritual health. Spiritual distress can make it harder to cope with cancer treatment. Even when people are angry with God, experts say that it is important to talk with someone about what you're feeling. This will help you cope with the challenges ahead.

8. Plan ahead. Once you have been diagnosed, it's time to assess your spiritual storehouse. Think of faith practices that bring you comfort. Make a list of your favorite scriptures; download your favorite songs, and bookmark writings that give you hope. During times of pain and discomfort, during treatment or when you feel alone, you will need these.

9. Engage in spiritual practices.

Do what works best for you. Here are a few recommendations:

- Praying alone or with someone else
- Having someone else pray for you
- Meditation
- Meditative breathing
- Reading scripture or devotionals
- Reciting one passage from your religious tradition (Scripture) over and over again like a mantra
- Listening to religious or gospel music
- Yoga
- Talking about faith matters with others

10. Find sanctuary. A breast cancer support group can serve as a sanctuary—a guide from diagnosis through treatment—on the cancer journey. They can help members face cancer with faith, literally and figuratively.

Visit our website Publications page to view slides or download a brochure on faith
www.sistaahtalk.net




Determine the place for faith on your journey. Most newly diagnosed women pray for a cure.

SISTA AH Circle
Faith

WHAT'S UP?

Join us for a recipe review, cooking demonstration, and tasting party.

Learn how to eat well and how to contribute to the SISTA AH Talk! cookbook!



MyPlate Palooza

Saturday
March 17, 2018
1:00pm-4:00pm
Miami Dade County Library
Arcola Lakes Branch
8240 NW 7th Avenue
Miami, FL 33150

To RSVP contact:
Mary S. Whitehead, MPH, CHES
SISTA AH Talk! Facilitator
(305) 333-3495

Join the Conversation




Deborah Jones-Allen, PhD, a clinical pastoral counselor, introduces us to the ways that early life experiences affect health and healing.

Miami Dade County Library, Arcola Lakes Branch
8240 NW 7th Avenue Miami, FL 33150

Saturday, April 21, 2018, 1:00pm-4:00pm
RSVP: Mary @ (305) 333-3495

ONLINE COOKBOOK




SISTA AH Talk!
Women of Color Breast Cancer Support Group

Our coaches are ready to receive your recipes!

APPETIZERS & BEVERAGES
Vera Selmore & Monique Carver

MAIN DISHES
Robert Young & Ginnette Jackson

VEGETABLES & SIDE DISHES
Regina Livingston & Louise Lindsey

DESSERTS
Cathee Connor & Terry-Ann Ramjus

THIS & THAT
Gail Roberts & Romane Joseph

ready to explore?
choose your category ↓ ♥



SISTA AH Talk!
Women of Color Breast Cancer Support Group

Paint the town Pink

in celebration of
Mothers Day

\$35 per person

Art Party/Fundraiser
Saturday, May 5, 2018, 1:00pm-5:00pm

RSVP by April 28, 2018
to Mary @ (305) 333-3495

Purchase tickets at:
www.sistaahtalk.net

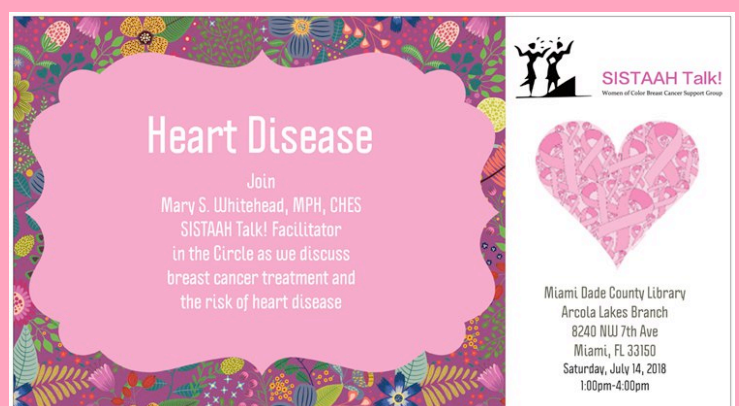


SISTA AH Talk!
Women of Color Breast Cancer Support Group

Let's Get Physical!

Saturday, June 23, 2018
1:00pm-4:00pm
Join
Cathee Connor,
SISTA AH Talk! Lead Physical Activity Coach
for a fun-filled, easy-to-do exercise session:

- Promoting the benefits of physical activity for healthy survivorship
- Targeting cardiovascular health, flexibility, muscular strength, and muscular endurance



SISTA AH Talk!
Women of Color Breast Cancer Support Group

Heart Disease

Join
Mary S. Whitehead, MPH, CHES
SISTA AH Talk! Facilitator
in the Circle as we discuss
breast cancer treatment and
the risk of heart disease

Miami Dade County Library
Arcola Lakes Branch
8240 NW 7th Ave
Miami, FL 33150
Saturday, July 14, 2018
1:00pm-4:00pm