

Ask an Expert with Dr. Deborah Jones-Allen
Deloris Smith Johnson, *SISTA AH Talk Historian*

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Ask an Expert

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...UM JUST SAYIN'



Oh, What Memories!

This Mother's Day I have fond memories of at "My Mama's Kitchen Table". It was at Mama's table that I learned to cook and love food. Mama had 9 kids. I was number 7 and the youngest girl. Therefore, she was my playmate when everyone else was out on a date doing things that a little sister would be in the way. I loved going grocery shopping. Afterwards, hearing the sweet symphony of pots rattling in the kitchen as she created a new dish from our recent "pickins".

One of the prize possessions at my kitchen table is having matching plates and cookware. In hindsight, I've come to realize it's probably because nothing in Mama's kitchen matched. She cooked with pots and pans that looked like they'd been passed for generations. Regardless of the look, they certainly got the job done!

With 11 people to cook for daily, everything was huge and monstrous. She had pots large enough to cook for an army and baking pans and cooking sheets big enough to make lots of cornbread and 3-4 dozen biscuits at a time. Imagine cooking like this 2-3 times a day. The food was so good, with rarely any leftovers, nothing was ever thrown away. Anything left was stored away to make this spectacular "What She Got" soup. On Saturday afternoon she would look in the refrigerator to see "What She Got" and throw in all in one pot and transform it into this gourmet goodness. My God what a treat!

Things I learned at My Mama's Kitchen Table

- How to cook for a large group of people
- How to season a cast iron skillet
- Sift flour and make pie crust with a rolling pin
- Make biscuits with Lard
- Eat greens with my fingers
- Eat cornbread with buttermilk
- Make pepper sauce with vinegar
- Lick the bowl after mixing a cake or sweet potato pie
- Suck turkey necks at Thanksgiving
- Make cornbread on top of the stove
- Cut up collard greens
- Love okra, tomatoes, squash, and black eye peas
- Shell peas and shuck corn
- Clean chittlins' and cut up a chicken
- Eat fried fish on Fridays

Oh, What Memories!

Hosting Mama at My Kitchen Table

Before Mama went on to Glory, the tables turned. I became her caregiver in her last years and I got a chance to show her what my kitchen table was like. She probably would tell you mine wasn't as adventurous as hers. We didn't eat biscuits made with lard, greens with our fingers, chittlins, or fried fish on Fridays. Not taking anything away from mama, but we were both diabetic and me a cancer survivor. There were many rules to follow. Who cares about matching plates and fancy cookware? Being healthy was forefront! I still looked in the refrigerator for "What She Got". This time the choices were much healthier.

Oh, What Memories!

**Make Some Mama Memories
This Mother's Day**



NITTY GRITTY

SISTA AH Circle



Talking with your kids...

- Women of color are diagnosed with breast cancer at a younger age than women of other racial/ethnic groups
- They are much more likely to have young children at the time of diagnosis
- A breast cancer diagnosis can be scary, especially for children
- Talking with your children about a diagnosis can be hard, but not impossible

These 10 suggestions may help you talk with your kids about breast cancer

1. **Plan the conversation in advance.** Decide what you will say and consider practicing it before beginning the conversation.
2. **Use everyday language.** Make sure to communicate at a level suitable for your children. Define terms like cancer; avoid using medical language (for example, substitute chemotherapy for medicine) and use a “show” not “tell” approach.
3. **Speak in a positive, optimistic tone.** If you seem anxious, sad, or fearful, your children maybe overwhelmed with the news of your diagnosis. Set a reassuring tone to help everyone overcome his or her fears.
4. **Avoid blame or fault when you talk.** Even very small children may think that something or someone—God, himself or herself, or you—caused your breast cancer. Carefully explain that they are not the cause. They may also believe that breast cancer is catchy. You will need to explain that no one can catch breast cancer from someone else.
5. **Be honest, but not scary.** Describe the effects of treatment in easy to understand terms. Relay side effects as they relate to your children’s daily activities.
6. **Stay the course.** For most children, maintaining a routine will be very important during breast cancer treatment. Get the help you need to ensure as little disruption takes place in their lives as possible.
7. **Don’t give into temptation.** Maintain a sense of structure during treatment and recovery. Keep your usual limits to things like TV, cell phone, games, etc.
8. **Listen carefully.** Allow your children ask questions and answer them honestly. Listen not only to what they ask, but how the questions are asked. Use a reassuring, confident tone when you respond.
9. **Don’t make promise that you cannot keep.** During your conversation, keep to the facts as you know them. If you have confidence in your doctors, your children will, too.
10. **Spend time with your children.** While you may want to avoid difficult periods immediately following chemotherapy or radiation, there will be periods within each treatment cycle where you feel better. Make a special effort to spend time with your children.

Visit our website Publications page to download a brochure on talking with your kids
www.sistaahtalk.net



SISTA AH Circle

Talking with your Kids



SISTA AH Talk!

Women of Color Breast Cancer Support Group

WHAT'S UP?



SISTA AH Talk!

Women of Color Breast Cancer Support Group



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

it's party time



SISTA AH Talk!

Women of Color Breast Cancer Support Group

You're invited to the
SISTA AH Talk!
Lead Team Mid-Year Gathering

Friday
June 22, 2018 **SAVE THE DATE**
7:30pm-9:00pm



RSVP:
Mary Whitehead, MPH, CHES
(305) 333-3495

Supporting the
Fighters.
Admiring the
Survivors.
Honoring the
Taken.
**AND NEVER, EVER
GIVING UP HOPE.**



SISTA AH Talk!

Let's Get Physical!

Join
Cathee Connor,
SISTA AH Talk! Lead Physical Activity Coach
for a fun-filled, easy-to-do exercise session

Saturday, June 23, 2018
1:00pm-4:00pm
Arcola Lakes Park
1101 NW 83rd Street
Miami, FL 33147




SISTA AH TALK!, INC.
— @ My Kitchen Table —

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

Saturday July 21, 2018
2:00pm-5:00pm

Join the Conversation



SISTA AH Talk!
Women of Color Breast Cancer Support Group

Ask AN EXPERT



Dr. Joycelyn Lee, a Clinical Psychologist, will present
"Waiting for the Other Shoe to Drop"

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

Saturday August 18, 2018, 2:00pm-5:00pm
RSVP: Mary @ (305) 333-3495