



**The Breakfast Club**  
Sister to Sister  
Caring & Sharing

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**BREAKFAST CLUB, INC.**  
ESTABLISHED 1997

# 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.

## BCI Battles Challenges of Covid-19

The Breakfast Club programs have met many challenges this past year due to Covid-19. This pandemic is something we have never seen in our lifetime and has adversely affected many people with loss of life, health, homes and jobs. Business have suffered and have had to reduce hours or close down altogether. Covid-19 devastated our community and impacted The Breakfast Club's outreach programs to the women in the St. Louis Metropolitan Area.

One BCI program, Faith on the Move, has been able to sustain itself and been successful in meeting their goal during the Pandemic.

The program was forced to cancel all mammography screenings in March, April and May 2020. The Mercy Mobile Mammography van cancelled all screening dates for 2020. In spite of all this, The Breakfast Club with the support of the Siteman Cancer Center Mobile Mammography van was able to screen 310 women in 2020. We also identified 2 women with breast cancer who may not have been diagnosed if we had not continued to work toward making mammography screening readily available to the African American community.

Women in our community continue to be diagnosed with breast cancer as the

Pandemic continues. Therefore, The Breakfast Club provided one-on-one support to 30 newly diagnosed women. We also distributed 20 Comfort Kits and numerous pieces of literature.

The Breakfast also provided many uninsured breast cancer survivors with bras and breast prostheses when they were unable to afford them.

The Breakfast Club, Inc. will continue to serve women during the Pandemic. We are committed in providing service in the safest manner possible to assure your health.

### 2021 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

### Important Upcoming Events-Mark Your Calendar

- ◆ **The Breakfast Club Virtual Monthly Support Meetings, 9:15 a.m., 3rd Saturday of each Month. You will be notified of call-in and I.D. numbers**
- ◆ **NOTE-January meeting will be held on January 30, 2021**
- ◆ **Shining Star Virtual Gala-April 17, 2021**



## Surviving Covid-19

As of December 2020 one in 1000 Americans, 19,000,000+ Americans



have been infected with Covid-19. Over 340,000 Americans have died from the disease. Large numbers of the lives lost have been among citizens over 65 and in the African American community.

Many of those lost had underlying health conditions like diabetes, heart problems, high blood pressure and lung conditions. **The question is: What can we do to avoid becoming a statistic?**

- Avoid large gatherings. Congregate only with those in your household.

Eloise Crayton, RN, BSN, MA

- Wash your hands frequently
- Wear a mask when you are outside of your house, when you are likely to be within 6 feet of people outside of your household and if visitors come into your home, insist they also wear a mask. If you have a high risk household, you may want to post at the door "NO MASK, NO ENTRY"
- Eat a well-balanced diet and get adequate rest
- **Get vaccinated when Covid-19 vaccine becomes available.**

Many people have reservations about the vaccine. We do not want to be "used as guinea pigs." By the time the vaccine becomes available to most of us, millions and millions of others will have received the vaccine. Also thousands, received it during the clinical trials. By the time the vaccine was approved the "guinea pig" stage had passed. Some people worry about potential side effects of the vaccine.

For most people, the side effects are minimal: sore arm, low grade fever, aches and headaches. These are far more tolerable than the disease.

If you are like me, I am sure that you know at least one person who has been infected by the virus and also someone who has died from the virus. This has been very scary. Without the vaccine, it will take millions and millions more infections and hundreds of thousands more deaths for the Pandemic to come to an end. Let's not wait to become a statistic or have our close relatives and friends fall into that category.

**Let's Get Vaccinated!!**

**Help Our Country Recover!!**



Why do we make New Year's Resolutions? More than likely they will not be kept and leave us with a sense of futility and failure. As I was surfing the Web I came across an article that gave some sound advice about resolutions. It said "strive for progress and not perfection" and to pursue fewer goals in small steps. Makes sense to me. Some of the resolutions are from the article.

Pick one or a few you feel you can keep. 1. Write snail mail and brighten someone's mailbox. Remember how happy you are to receive a card or letter 2. Drink more water (may be easier said than done, but let's try) 3. Try something new each month, perhaps a recipe, new hairstyle (be creative) 4. Theme Verses for persons of faith looking for something to study. Find a theme or word to direct your focus on for the year,

i.e. love, peace, trust. Use a concordance or dictionary if necessary 5. Be a Lazy Genius, a genius about things that matter and lazy about things that don't. Clarify what matters in your life (reference-The Lazy Genius by Kendra Adachi) 6. Make a monthly playlist to document your favorite music 7. Pay off some debt, go on a



"spending fast" and see how much you save by eliminating expensive items, i.e. coffee, take out meals, compulsive shopping, even lottery tickets 8. Journal one line a day 9. Shed Some Weight and I don't mean body weight, but STUFF. Declutter your closets and home by donating

or selling items you no longer use, repurpose stuff you want to keep 10. Send birthday cards to family and friends 11. Stay in touch by telephone or text messages. A short telephone call may mean a lot 12. Pick a new hobby 13. Smile more instead of frowning 14. Love instead of hate 15. More gratitude instead of ingratitude 16. More happiness, less sadness 17. Encourage more, complain less 18. More hope, less worry 19. Believe more and doubt less and last on my list, 20. treat others as you would want to be treated.

**Good Luck and Happy New Year**

**Make a New Year's Resolution to Yourself...**

- Eat less **MEAT** and more **VEGETABLES**
- Take less **SALT** and more **VINEGAR**
- Eat less **SUGAR** and more **FRUIT**
- Eat less **FOOD** and **CHEW** more slowly
- Buy less **STUFF** and **REUSE** more often
- TALK** less and **DO** more
- DESIRE** less and **GIVE** more
- WORRY** less and **SLEEP** more
- DRIVE** less and **WALK** more
- Get **ANGRY** less and **LAUGH** more

healthy-family.org



### My Unexpected Journey Within Myself By Cheresa Walker



The road to graduate school can be a difficult one, now imagine being diagnosed with breast cancer at the same time. My doctor called and said he had my test result. Driving to his office, I expected the worse, but deep down, I was hoping for the best. My worst fears became a reality as I was told my results were back positive. I was diagnosed with breast cancer at age 25.

I decided to continue with my Master's program and keep my medical team in my hometown of Crown Point, IN. It was a 5 hour trip from St. Louis to Crown Point. I would leave St. Louis on Wednesdays and return on Sundays. I did genetic testing to determine if I carried a gene which caused me to have breast cancer at age 25. The test came back negative and did not find a gene that caused my breast cancer. I was then diagnosed with

ER+ and PR+ stage one breast cancer. I made the decision to have lumpectomy. This was a difficult decision because I had the fear that my cancer would return if I did not have a mastectomy.

After my lumpectomy, I was sent for a second opinion to determine if chemotherapy would be necessary. My doctor stated that due to my age he did not feel comfortable in solely making the decision about not doing chemotherapy. I was sent to meet with doctors at the University of Chicago. Two doctors reviewed my case and determined that the best course of treatment would be to complete at least four rounds of chemotherapy, followed by radiation.

My chemotherapy treatment consisted of four total treatments, every three weeks. My first treatment was November 21, 2019 and I was administered Taxotere and Cytoxan. Two weeks after my first treatment, I began to lose my hair, which was devastating. I did not realize losing my hair would take such an emotional toll on me.

I was extremely sick after my first round of chemotherapy and had to be hospitalized on Thanksgiving day. I experienced anxiety, depression, nausea, fatigue, loss of hair and taste and bone pain. The bone pain was caused by the shot I had to have the next day after treatment. The shot helped to increase my white blood cell count.

My school program director told me about the services offered by The Breakfast Club. I joined and was assigned a Buddy who helped me throughout my treatment process. I made it through my four rounds of chemotherapy and completed 32 rounds of radiation. I was able to do this through a strong support system and God's wonderful Grace. My battle was an unexpected journey, but it was one that made me stronger and I thank God for it.

Original article edited for formatting purpose.



### Beacon Bits

Become a shining star and join us for our annual Shining Star

Gala on Saturday, April, 17, 2021, 11:00 a.m. This year, some adjustments have been made due to Covid-19, but the purpose remains the same, financially supporting the Breakfast Club, Inc. programs.

The gala will be a virtual presentation, where you will be able to watch from the comfort of your home. Ticket



holders can pick up their box lunch, which includes dessert and Orlando Gardens famous mimosas.

There will also be entertainment and presentation of the 2020-2021 Shining Star awardees.

Tickets for this event are \$40 per person. You can place your reservations by calling the BCI office at 314-972-8883. Mark your calendar and make your reservation early. You do not want to miss this event.

What does 2021 have in store for you? It's unfortunate that question cannot be answered because we cannot see into the future. We can plan for the future and hope those plans fall into place. Some of those plans may include taking better care of ourselves, our finances, our family and loved ones.

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Let's try to make our community a better place by sharing our good fortunes and looking out for one another. Be a good friend and a good neighbor.

# Inside BCI

**Monthly meetings** are being held virtually by Zoom due to Covid-19. Meetings are held the 3rd Saturday mornings beginning at 9:15 a.m. The virtual meetings follow the same format as our in person meetings and always include a sharing period. You will be notified by email of the I/D



number and password.

Our last meeting for 2020 was held on Zoom on December 19, 2020

Kenita Collier, Vice President, was in charge of the meeting. Zoomers were Board members, Pastor Veronica Richardson and Iva Lamber; Brenda Carter, Adrienne Gaines, Sandy Hornsby, Angie Bordeaux, Carolyn Moore, Vera Rainey, Donna Wilkinson, Patricia Ross, Claudia Blackmon Kimbrel, Saundi McClain Kloeckener, Darlene Mathis and Wanda Morganfield.

The meeting included an Ugly Sweater contest, best Christmas headdress and a Name That Nut quiz. And the winners are Sandy Hornsby won the Ugly Sweater contest. Patricia Ross took the prize honors for best headdress coming out in her full Clown for Christmas costume. Angie Bordeaux won the Name That Nut quiz.

Clown Pat Ross says Merry Christmas and Clowns Love Christmas Too! Dur-

ing this season if you see a clown, his/her message to you is, **C**-comfort you with laughter; **L**-love to make others happy; **O**-open door to peace; **W**-win your hearts with joy; **N**-naturally gifted to make you smile; **S**-speak to you through



their actions.

**Ugly Sweater winner** Sandy Hornsby. Sandy crafted her No Jingle sweater by adding PJ legs for sleeves, removing jingles from bells and several other clever ideas. First Runner up was Claudia Blackmon-Kimbrel and second runner up was Carolyn Moore. Congrats to all the winners.



**You will be notified when in person meetings resume. And be sure to join us for "The Breakfast of Champions."**



**New members** are always welcome.. If you know of any women who may benefit from our services, invite them to join us in our conference call meetings

Happy Birthdays!



**Happy Birthday-to all** BCI members and co-survivors celebrating birthdays and survivor anniversaries in October,

November and December. We wish you the best and many more.



**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 and who qualify. Funds may be used in paying rent, mortgage, purchase of food and paying utility bills. Your request is confidential. Call Kenita Collier, 314-972-8598 for assistance.



We had never experienced a year like 2020. It was hard, but we still had a lot to be thankful for. May 2021 bring a brighter, happier, healthier and peaceful year to all.

**Happy New Year!**



# BCI Umbrella of Love

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

**Special Prayers Go Up** for Barbara Davis, Krista Stewart, Glenda and John Laws, Bertha Merriweather, Diane Stevenson, Robert and Wanda Morganfield Nelson, Pearl Clair, Rosie Willis, Darryl Collier, Bessie Orsby Jones, Kim Whitley, Carolyn Vaughn, Rutha Rice, Carolyn Thomas, Geraldine Dolgins, Delicia Williams, Deborah Pratt, Dawn Brown, Willie Crayton, Nathalie Davis-Spivey, Lelua Jackson, Nurse Diyon Duke, Dr. Charron Woods, Tierra Long, Kathy Thompson, Carlene Reedus, Herbert Jefferson, Linda Gaskin, Bessie Thomas, Renea Thompson and Pamela Hornsby Irvin.

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.

In 2020 Covid-19 impacted us all in one way or another. We had to adjust to a new normal of trying to survive during the Pandemic. Many of us may have lost loved ones and friends to the virus. Some survived, but are still having side effects.

To those of you who have lost loved ones we offer our sincere sympathy and hope God will comfort you through your loss. Please know that the Breakfast Club is here for you and just a phone call away.

We enter a new year with the hope of new vaccines to control this dreaded virus. We must continue to be vigilant by wearing our masks and following guidelines set by science and the medical profession.

Our prayer is that Covid-19 will be under control and lives can stop being lost. Asking God to continue to bless

us with his goodness, grace and mercy. He knows our every need and will be a healer to the sick and a comforter to the bereaved. May he lift us and grant us love, peace and wellness.

**Gratefulness...**do you sometimes become down and want to have a Pity Party for yourself? We may have all been there at one time as we travel along our journey. Instead, make a "I Am Grateful" list on a daily or weekly basis. Does your "Grateful" list outweigh your "Pity" list? Your "Grateful" list should show you just how much you have to be grateful and thankful for. It should lift your spirits, cheer you up and let you know that your situation could always be worst.

Don't forget your "Grateful List" in 2021. God is good and continues to bless. Let's give Him the thanks, praise and glory He deserves.



## Inspirational Corner

*Pastor Veronica Richardson, Pastor of Southern Union Baptist Church, BCI Board Member*



### Breakfast Club Prayer for the New Year

As we embark on a new journey in a new year, we ask that Your Holy Spirit come alone side us and lead us and guide us into all that you have for us in this new year. Lord may our worship of you deepen, may our praise be even more authentic and our desire for the things of God be greater in this upcoming year.

Help us to be more Christ like

as we strive to be your hands and feet in the earth. Let our joy be full and complete in you. Lord help us to navigate these turbulent times, that the pandemic will end and the people be restored.

We thank you for your undying love and for blessing us abundantly.

Now, as we walk into the unknown of a new year, let us fix our eyes on you, knowing that you are the author and finisher of our faith. In Jesus' name. Amen

**Breakfast Club, Inc.**

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**"Sister to Sister, Caring & Sharing"**

**We're On The Web!**  
**[www.breakfastclubstl.org](http://www.breakfastclubstl.org)**

Find us on 

## From the Desk of the Editor



**Wanda the Wonder Woman**

One of my friends affectionately calls me "Wonder Woman" for reasons that was not explained to me. Of course the above photo depicts me in my full costume and wig. As 2020 ends, maybe my friend does have the correct nickname for me.

In 2020 I survived The Toilet Paper Crisis, The Global Pandemic, The Hand Sanitizer and any other Sanitizer or Wipe Shortage, The Curbside

Pickup (I did master). The Online Shopping (even for groceries, which I have not yet mastered), The Social Distancing, The Travel Ban, The Stay Home and Stay Safe orders, The Wearing of Masks and Gloves and a severe case of Hives. Most importantly, I survived to see a second Christmas after being diagnosed with Pancreatic cancer on December 13, 2019.

God has blessed me with His grace and mercy. Through it all, I survived and thrived. I truly do feel like "Wonder Woman." What's on your 2020 survival list?

The editor and contributing staff of the BCI Beacon takes this opportunity to thank those who have contributed articles and photos to the newsletter. This is your newsletter and we value any input that you may have.

Please feel free to contact me regarding articles you would like to submit or subjects you would like to see covered in your newsletter. The Beacon is published on a quarterly basis.

Submit your inquiries to [mswandal103@gmail.com](mailto:mswandal103@gmail.com)

The Breakfast Club Beacon extends our wish to you and your family for a healthy and happy New Year.

**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.**

