



SIS! Newsletter

PO Box 8981, Minneapolis, MN 55408
Web: www.aabcainc.org

(612) 825-3675
E-Mail: aabca@aabcainc.org

AUGUST 2009

Welcome New SIS! members ...

Welcome to the new members of the African American Breast Cancer Alliance, Inc of Minnesota. Our support group, "Sisters In Survival" offers support and understanding by helping you find a new belief, a new faith, a new hope, and new friends in your recovery through cancer. We want you to know you are not alone in this journey. We hope you find comfort in being able to reach out to us. If you have questions about our organization, one-to-one buddies, or support group, please call us at (612) 825-3675.

Cancer Support Group Info ...

Our Cancer Survivors Support group meetings are held the 3rd Saturday of each month at various locations in Minneapolis and St Paul from 12 noon to 2:00 pm.

- Next Meetings in 2009: Saturday, September 19th, November 21.

Special Events – Save the Date!

Saturday, October 3 -

The 8th Annual Breast Cancer Awareness Association Conference, "Living with Breast Cancer", Minneapolis Convention Center, 8 am to 3:30 pm, featuring educational seminars, awards,

luncheon, fashion show and resource fair. Plus several AABCA members will be modeling in the style show! Costs are \$45 for the conference day or \$30 for the luncheon style show only. After September 14th the conference ticket is \$59. Limited scholarships are available for those that qualify. See the website: www.bcaamn.org for more information or online registration form <http://www.bcaamn.org/ConferenceRegistration.html>.



Saturday, October 10 -

AABCA's Breast Cancer Awareness Fundraiser Walk at the North Mississippi Regional Park Nature Center in Minneapolis begins at 9 am to 11 am. Help raise awareness and funds for the AABCA programs that educate the many women, men and families affected by breast cancer. Donation and registrations forms will be mailed to collect pledges and sign up walkers.

On Sunday, October 18th our annual Celebration will be held at the Cultural Wellness Center, 1506 East Lake Street, Minneapolis. We invite your family, friends and supporters to join you as we celebrate your journey and AABCA's 19th year! We always have a great time getting together and sharing our blessings, our stories, good food and good times. Invitations will be mailed in September, tickets \$5.00 each.

Information for you:

It is important that you arm yourself with information to help you with your treatment plan and team. Check out other medical and support resources in your home area and around the US:

- Minnesota Cancer Plan Resources, see www.mncancerplan.org
- American Cancer Society - ACS 1-800-227-2345, see www.cancer.org
- The Sisters Network, Inc., see www.sistersnetworkinc.org, or call 1-866-781-1808
- National Cancer Institute – NCI Cancer Information Service 1-800-422-6237
- Mayo Clinic – Oncology Department
 1. Arizona 480-301-8000
 2. Florida 904-953-2000
 3. Minnesota 507-284-2511
- Cancer Care 1-800-813-4673
- The Wellness Community 1-888-793-9355
- Cancer Treatment Centers of America, www.cancercenter.org
- Men and Breast Cancer <http://www.menstuff.org/issues/byissue/breastcancer.html>

Inspirations and Motivations ...

At previous celebrations, sisters wrote heartfelt messages:

- **I'm so glad we shared!** *Barbara L.*
- **You all are special and your journey and steps have been ordered by God. Thanks for sharing.** *Stella*
- **God Bless and Thanks.** *Love, Loretta*
- **Feeding my immune system was the best advice! Thank you!** *Angela B*
(*PS: Dream your best dreams then go live your best life!*)
- **Glad to be a part! Thank you.** *Love, Melanie*
- **Laughter is a good medicine.** *Bridgette*
- **Thank you African American Breast Cancer Alliance. I think that you women are the most beautiful in the world!**
Autumn
- **"Faith" is the substance of things hopeful, the evidence of things not seen!** *Gwen*
- **Praise God! We are here!** *Jewel-Mzuri*
- **Faith, Focus, Follow-up, Support and Survival.** *Beverly*
- **Thank you God for another day!** *Alma*
- **Faith, the size of a mustard seed. Ask without 2 or more and it shall be done.** *Kim*
- **Thank you for Being There!** *Reona*

Sisters In Survival, Carol's Getaway!

We are planning our first SISTERS Retreat, a 2 day weekend at one of Brainerd's fabulous resorts and spas. Space for 40 ladies is being reserved. Included in the retreat package will be \$20 spa services, meals, wellness sessions, exercises, pool, dancing, reflections, and a sister ceremony. Save the Dates: Friday, November 6 to Sunday, November 8, 09 for a relaxing and wonderful time just for you girls! Cost \$40. More info coming soon!

***Keep your faith, hope and spirits up!
Always...Take Care!*** Reona