

# Sister's Keeper Resource Center, Inc News Letter

Volume 1 Issue 1

VOICE

October 2005

ONE MISSION "Helping to shape mothers today for their kids tomorrow."

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## From the President's Desk

The month of October is dedicated to lots of important awareness issues, such as; Domestic Violence, Breast Cancer and Health Awareness. Voice is designed to make you do a little soul searching and educate today's woman. I would like to thank all of you for your years of encouragement and continue support of our mission.

Motherhood is a big challenge we have the most important job in the world. It is one of the many gifts God has given us. Motherhood is the most important job and career than any multi millionaire can have. It's rewarding watching your child grow and develop to young men or women and to have their own families. We have the ability to buildup and encourage, as well as destroying. We have the power to impart moral and values, love, and encouragement as well as hatred, and destruction.

We women wear many hats! Especially single mothers, we are the good guy and the bad guy; we are the financial supports, the encourager, the teacher, the friend. We are the ones that wipe our children first tear when their hearts get broken by love! We are there when they miss the winning score, and when they get in their first big fight with their best friend.

So I keep encouraging all the moms, godmothers, grandmothers and all women. Keep up the good work and remember you are not alone.

### Breast Cancer Awareness

By Roberta E. Elliott Speight

#### Parts of the Breast



The third Friday in October each year is National Mammography Day, first proclaimed by President Clinton in 1993. On this day, or throughout the month, we encourage women to make a mammography appointment. In 2005, National Mammography Day will be celebrated on October 21.

Mammography screenings are a woman's best chance for detecting breast cancer early. When coupled with new treatment options, mammography screenings can significantly improve a woman's chances of survival.

My mother was diagnosed with breast cancer over fifteen years now and still today fighting this disease. She first discovered a lump in her breast performing her routine self breast examination. This saved my mother's life.

#### What is cancer?

Cancer is a group of diseases that occur when cells become abnormal and divide without control or order. Each organ in the body is made up of various kinds of cells. Cells

#### Benign tumors are not cancer

Eighty percent of all breast tumors are benign. They can usually be removed, and, in most cases, they don't come back. Most important, the cells in benign tumors do not invade other tissues and do not spread to other parts of the body. Benign breast tumors are not a threat to life.

## **Malignant tumors are cancer**

The cancer cells grow and divide out of control, invading and damaging nearby tissues and organs. Cancer cells can also break away from the original tumor and enter the bloodstream or lymphatic system. This is how breast cancer spreads and forms secondary tumors in other parts of the body. This spread of cancer is called metastasis.

### **The most common risk factors:**

#### **Age**

The risk of breast cancer increases as a woman grows older. About 82 percent of breast cancers occur in women age 50 and older. The risk is especially high for women age 60 and older. Breast cancer is uncommon in women younger than age 35. There is some evidence to suggest young African American women are at greater risk for breast cancer than young white women.

#### **Personal History**

Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again.

#### **Family History**

The risk of getting breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives have had the disease. It is important to know how old they were at the time they were diagnosed.

#### **Other risk factors and lifestyle choices to avoid**

Common to all women are daily lifestyle decisions that may affect breast cancer risk. These day-to-day choices involve factors such as poor diet, insufficient physical activity, alcohol use, conditions.

#### **Decrease your daily fat intake**

Especially saturated or hydrogenated fats. Eat leaner meats and limit red meat. Reducing your fat intake helps prevent other health problems such as heart disease and stroke and may reduce your chance of developing breast and colon cancers.

#### **Stay active**

## **Increase fiber in your diet**

Fiber is found in whole grains, vegetables, and fruits. This type of diet is beneficial for your heart and can help prevent other cancers such as colon cancer.

### **Eat fresh fruits and vegetables.**

In addition to their fiber content, fruits and vegetables have antioxidant properties and micronutrients that may help prevent some cancers.

### **Limit alcohol**

Evidence suggests that a small increase in risk exists for women who average two or more drinks per day (beer, wine, and distilled liquor).

The U.S. Surgeon General recently reported that you can help prevent many health problems by engaging in a moderate amount of physical activity (such as taking a brisk, 30-minute walk) on most days of the week. Strive to maintain the body weight recommended by a health professional, since excess fat may stimulate estrogen production.

**Don't smoke** Although smoking doesn't cause breast cancer, it can increase the chance of blood clots, heart disease, and other cancers that may spread to the breast.

*This information was provided by The National Breast Cancer Awareness Month <http://www.nbcam.org>*

For additional information on risk factors, access the American Cancer Society Website, [www.cancer.org](http://www.cancer.org), Breast Cancer Facts and Figures, 2005.

# Spiritual Encouragement

## Healing and Restoring

Roberta E. Elliott Speight

Taking the time to heal and to renew self is a must. Some of us move to relationship to relationship looking to move on and forget the hurt. But what we do is an injustice to ourselves and to others involved with us as well as around us.

Most of the time we “women” have been emotional scared from a relationship, whether it has been from a family member, or close friend perhaps a significant other. And one time or another we have been cheated on, lied to, abused and our dreams put on hold. We are the caregivers for everyone and we place our needs last. We don’t allow ourselves to grieve, grow and deal with painful experiences simply because we feel that we have to be strong.

Everyone has a past therefore; they have experienced the bad as well as the good that has shaped their lives. The key is how we deal with the past experiences. Do we hold on to the bad and allow it to grow slowly and unnoticed? Are we constantly on guard looking for clues of being cheated on?

If so I’m here to tell you it’s time to heal!  
Healing can be a painful and emotional experience but it’s a process needed to move forward into and healthier life.

To heal you must want to change your situation and change is an on going process. It’s a mental, physical and spiritual metamorphosis.

The first part of healing is mental- Reconditioning the mind! It’s of the biggest challenge and the hardest. This require you to stop those negative thoughts as soon as they begin. Decide who is in your inner circle and get rid of those individuals that do not have a kind or an encouraging word.

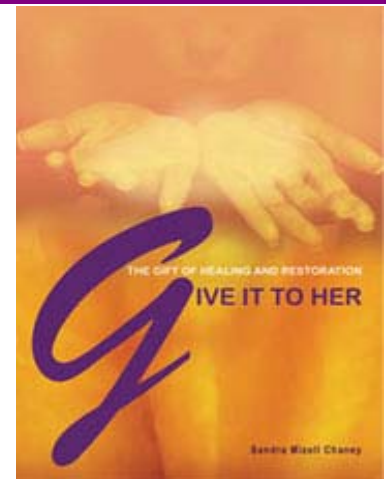
Second- Physical- Exercise, go out and walk during lunch, change some of your eating habits, and get proper rest at night.

Third- Spiritual- Find your spiritual center. A strong spiritual foundation will allow you to find inner peace, clear direction and strength through the rough times.

For me it took twelve painful years to work through a lot of issues. I got through them one at a time and some I’m still working on. I had to listen to God and as the song goes “Order my foot-steps in his words.” However all of it is a part of which I use to be and has made me a better person today. Now I said “better”, not perfect.

So before you run to the next relationship, take time to closely examine yourself. Shed those unwanted layers and ask God to order your steps as He begins to guide you through the journey of healing and restoring.

## NOW AVAILABLE



Minister Sandra Mizell Chaney  
Author: Give It To Her: The Gift of  
Healing and Restoration  
[www.sandramizellchaney.com](http://www.sandramizellchaney.com)

# **Encouragement From Your Life Coach** Food to Motivate the Soul

Life Coach Dawn Mason

"When making life choices, it's not what others think you should be doing, it's what you know you could be doing that matters."

Dawn M. Courtney, Life Coach

www.superbpublicity.com  
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The Land Court Group  
planyourlife@hotmail.com

## **Women and Heart Attacks**

Do you know that women are less likely to be diagnosed correctly of having symptoms of having a heart attack? Do you know the warning signs? Being a single mother you are always stressed about three or more things learn the warning signs.

## **Heart Attack Warning Signs**

**Chest discomfort.** Most heart attacks involve discomfort in the middle or the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Sometime people just think it is indigestion. A doctor should examine you.

**Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, and jaw or stomach.

**Shortness of breath.** This feeling often comes along with chest discomfort, but it can occur before the chest discomfort.

**Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

## **HEALTH TIPS For What AILS You** Mama Edith

Ladies if you are suffering from

Colds-Garlic - will clear up a stuffy head

Breast Cancer-Wheat, Bran, Cabbage will help maintain estrogen at healthy levels

Bladder Infections-Cranberry Juice. High-acid cranberry juice controls harmful bacteria.

**Always remember to see your physician**

### **TAX RETURNS!!!**

### **AUTHORIZED FAST CASH!!!**

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## THE NEW MK SIGANTURE

Heather Poindexter, Independent MK Consultant

Have you seen the new Mary Kay (MK) look? Well if you haven't, you don't know what you're missing. The new MK collection is back with new colors and products. MK is still America's #1 selling cosmetics line in the country. We offer skin class shows, one-on-one facials, and, skin care consultation...for FREE!!

Today, MK offers products for the entire body, the eyes, lips, and down to the toes. The popular seller of the MK collection is the Satin Hands & Body Set. This retails for \$29.00 (plus tax). Each season MK introduces new colors. For this summer, MK introduces the new Eye and Cheek Colors. If interested in receiving a catalog, or being on the Preferred Customer Mailing List, or interested in hosting a skin care class with a couple of family/friends, or would like to schedule a one-on-one facials you can email me with you mailing address at: [hl1886@aol.com](mailto:hl1886@aol.com). And remember, as Mary Kay Ash would always say, God first, family second, and career last!



# Community News U Can Use

**O** August 24<sup>th</sup> at the Bowie Town Center Sister's Keeper Resource Center partnered with Women 2 Woman Social Group at our annual Clothing Drive. All donated items went to Bread For The City.



Heather Poindexter, Dawn Courtney with Sister's Keeper getting setup for the morning with Sammie Jones from Women 2 Woman



The ladies from Women 2 Women Social Group



Founder/CEO Roberta Elliott after loading up the truck with donations.

## Up Coming Community Events

### Home Purchase

Thursday, December 29, 2005  
11AM - 1PM  
HCS Training Center  
1730 Kalorama Road N.W.  
Washington, DC 20009  
(202) 667-7006  
(202) 462-5305

\*\*\*\*\*

### Arlington Farmers' Market

Saturday, December 31, 2005  
8:00 a.m.-12:00 p.m.  
14th St. and N Courthouse Rd.  
Arlington, VA 22201  
(703) 228-6417 (703) 228-6407

\*\*\*\*\*

### Free G.E.D. Class

Thursday, December 01, 2005  
5-7 p.m.  
Scripture Cathedral  
810 O Street NW  
Washington, DC  
(703) 220-2593

The Scripture Cathedral is accepting registrations for a FREE G.E.D. class. Students must live in the Shaw section of D.C. to enroll. Classes begin in September and will be held at the church (9th and O St. NW) on Tues. and Thurs. evenings. To register contact Ms. Sharp (703) 220-2593

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### *Special Thanks To Our Sponsors*

*Accounting and Tax Management Services*

*Minister and Author Sandra Chaney*

*Mary Kay Cosmetics Consultant*

*Life Coach Dawn Mason*

# Letters To The Editor

## Letters To The Editor

We want to hear from you.  
Please email us your comments  
and suggestions about the  
newsletter to  
sisterkeeper2000@yahoo.com

## Job Posting

We are starting up a job posting  
on our website. If you know of  
any openings please submit your  
submission to  
sisterkeeper2000@yahoo.com

## IN SEARCH OF

We are in search of encouraging life  
experience stories that can uplift our  
readers. Also anyone interested in  
editing the newsletter or helping in  
anyway.

If you are interested in sharing please  
contact us at  
240-354-1653 or  
sisterkeeper2000@yahoo.com for more  
information.

Sister's Keeper Resource Center, Inc,  
is a nonprofit organization gear to  
assisting women in developing their  
skills to succeed in life.

- We hold workshops and seminars for all ages.
- Learning the signs of an Unhealthy Relationship
- Building Up Self Esteem
- How To Set Goals
- Filling Up The Void

These are just a view workshops and seminars.

For more information about how you  
can invite us to your next event.  
Please contact us via email at  
sisterkeeper2000@yahoo.com.