

MEMBERS ONLY

November 2016

A monthly newsletter for gynecologic cancer survivors, Members Only will feature articles, stories, inspiration, events, recipes and more written for survivors by survivors. Proudly published each month by GYNCA.



We have all been there, sitting in the seat, waiting for the doctor to consult with us about our diagnosis and treatment plan moving forward. In a matter of minutes, our lives change. At that very moment we either make the quick decision to fight back or we allow ourselves to fall victim to defeat. Cancer now our enemy. Emotions hard to hold back and time seems to stand still. I remember this day very well and I hope I always do, and I'm pleased to say cancer changed me, for the good. The battle was brutal and continues, but I found more favor than I found harm by sticking with the P's. What is the P's in which I speak of? Let me elaborate.

Positive Thinking - yes, positive thinking! Cancer doesn't define who you are, isn't a curse and definitely isn't your forever. Remember that. Soak up those words. Those days in the infusion room will one day be a distant memory. Make them good ones! Make them count! And remember, positive thinking always makes room for a smile. Your smile is your shimmer!

Prayer - allowing friends and family to pray on your behalf, brings Glory to His kingdom! It's powerful, believe in it. Stay humble and let the very Man who gave us our first breath, breathe life in you again. It's an awesome testimony when you allow yourself time in His arms and rely solely on Him and trust Him fully.

I believe in medicine for healing, but it's such a small part of the bigger picture. Positive thinking and prayer are the vivid colors that bring any picture to life, especially a life with cancer.

People- surround yourself with people. Well, except when your counts are really low. In those cases, hide! Being with others brings about laughter and truly, it's the best medicine. I can't even begin to tell you, as I don't have the words to describe, how wonderful the girls at GYNCA are. They've always made me feel special, more like a princess, and have supported me from day one. Truly great people! I've been able to attend a few of their functions and I would never have guessed that anyone there had cancer by their smiles, but sometimes the "no hair" thing gives it away! And I can't wait to attend what will be my first "Teal to Heal" gala. I'm already looking for a dress! This year, I was just too sick and too consumed with treatments to go.

Poop - oh, how I love to talk about poop anymore. I've said that word more times than I ever have, this year. It's been brought up at every GYNCA event with no shame attached. We are either praying to go or praying for the poop to stop. It goes either way in this game. Give thanks when you go! Poop is a good thing. And on that note, I'll leave you with this.... what do cancer and poop have in common? They both stink! And they both are worthy of praise when focusing on the P's and not the pain.

Much love and many blessings,

Mindy Johnson, fellow Woman of Courage.



Upcoming Events

NOVEMBER

17th – SPRINGFIELD, MO – New Hope Event, Holiday Wreath Making! Join GYNCA for a special craft night as we create stunning holiday wreaths. RSVP's are required so we may plan for supplies. Come get in the holiday spirit with us at the Springfield Library Center on South Campbell Avenue from 6-8PM. RSVP to Amber@gynca.org or (417)869-2220.

DECEMBER

5th – JOPLIN, MO – Holiday Celebration at Granny Shaffer's (728 North Range Line Road) from 6-8PM. Caregivers and family are encouraged to attend. RSVP is required to Ashley (417)869-2220 or Ashley@gynca.org by December 2nd.

15th – SPRINGFIELD, MO - GYNCA's Annual Christmas Party at Andy B's Entertainment (1127 East Battlefield). Bowling, food, fun and games for all ages. RSVP is REQUIRED to Amber (417)869-2220 or Amber@gynca.org by December 8th.