



### ***Executive Officers 2022***

#### ***President***

***Susan Allred***

#### ***1st Vice President/***

#### ***Membership***

***Kathy Shepherd***

#### ***2nd Vice President/***

#### ***Programs***

***Kathy Mattox***

#### ***Recording Secretary***

***Dianna Carson***

#### ***Corresponding Secretary:***

***Pat Swan***

#### ***Treasurer/501c3***

***Ana Kolb***

#### ***Parliamentary Advisor***

***Barbara Brooks***

# GFWC Lilburn Woman's Club

[www.lilburnwomansclub.org](http://www.lilburnwomansclub.org)

**October, 2022**

## President: Susan Allred

Lilburn Daze was a great success! The committee worked hard, and everyone worked and contributed to the success of our 50th Lilburn Daze! Thank you to Nadine Bily and her team for organizing and executing such a terrific event. It was a beautiful day; patrons, and vendors were very happy to be there.

The kick-off of our 50<sup>th</sup> Anniversary Scavenger hunt was at Lilburn Daze and runs through November 8<sup>th</sup>. Encourage your local friends and family to participate. It's a great way to learn what Lilburn Woman's Club has been doing over 50 years. Share on Facebook and sell your tickets!

Be sure to check out our Charleston Wraps fundraiser too. Share the link with family and friends. The fall is [holiday](#) shopping season so take advantage! This sale runs through October 31<sup>st</sup>. [Charleston Wraps](#)

The last few months of the year are busy! Be sure to track your hours, turn in expenses, get ready for the Christmas auction, and all the other things! I'm looking forward to spending time with each of you in our upcoming endeavors.



## 1st Vice President: Kathy Shepherd

The orientation for new or prospective members will be on Saturday, November 5th at Kathy Shepherd's home at 2:00PM.



**Community Service Program Chairs**

**Art & Culture**

**Gloria Sill & Susan Boudreaux**

**Civic Engagement & Outreach:**

**Adela Salame-Alfie & Ginnie Childers**

**Education & Libraries:**

**Judy Nash & Rodean Wilson**

**Environment:**

**Laurie Benken & Lori Bottens**

**Health & Wellness:**

**Nadine Bily**

**Committees**

**Lilburn Daze  
Nadine Bily**

**Domestic Violence:  
Diane DeGaetano**

**Social**

**Laurie Benken**

**Communications  
Brenda Dana**

**Websites, Facebook  
Andrea Brannen**

**Newsletter**

**Dianna Carson**

**Fundraising:**

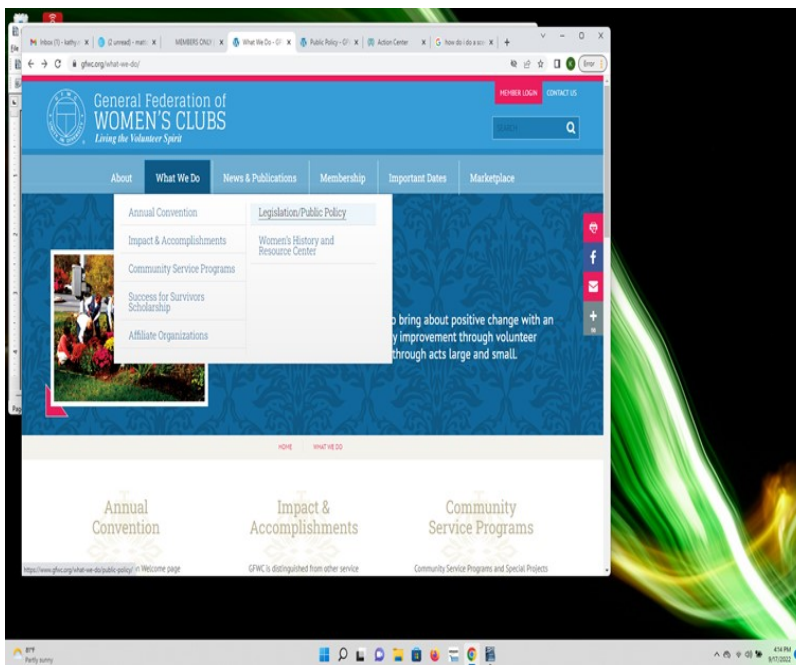
2nd Vice President: **Kathy Mattox**

**Legislative Action Center**

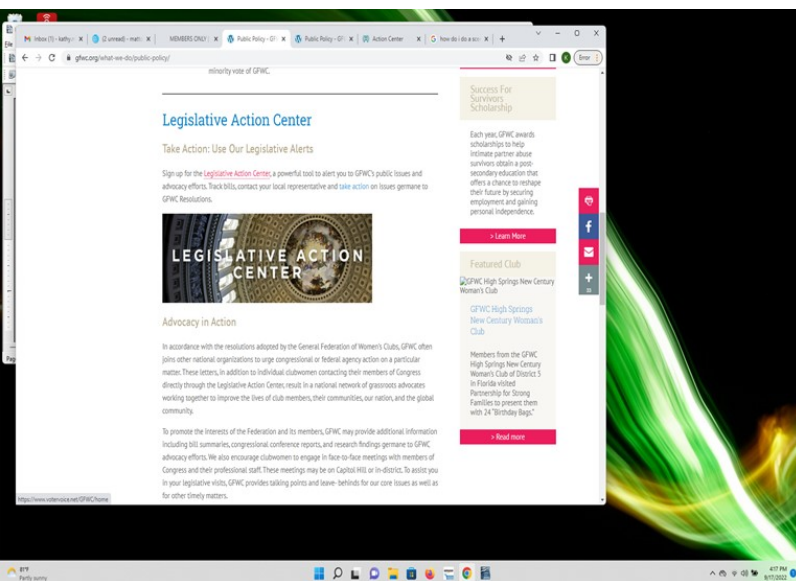
GFWC works locally and nationally to bring about positive change with an unwavering dedication to community improvement through volunteer service. Simply put, we impact lives, through acts large and small.

You can help support legislative action by supporting various bills that are under consideration. By registering online at GFWC you can help our HQ gain support at the Federal level as well. This falls under Civic Engagement and Outreach Program of Work where we can take actions that will create a better quality of life locally, regionally, nationally and globally.

To enroll in political action policies, you should go to the GFWC.org website. At some point it will require you to enter your name and address so that when emails are sent the system knows where to send them.

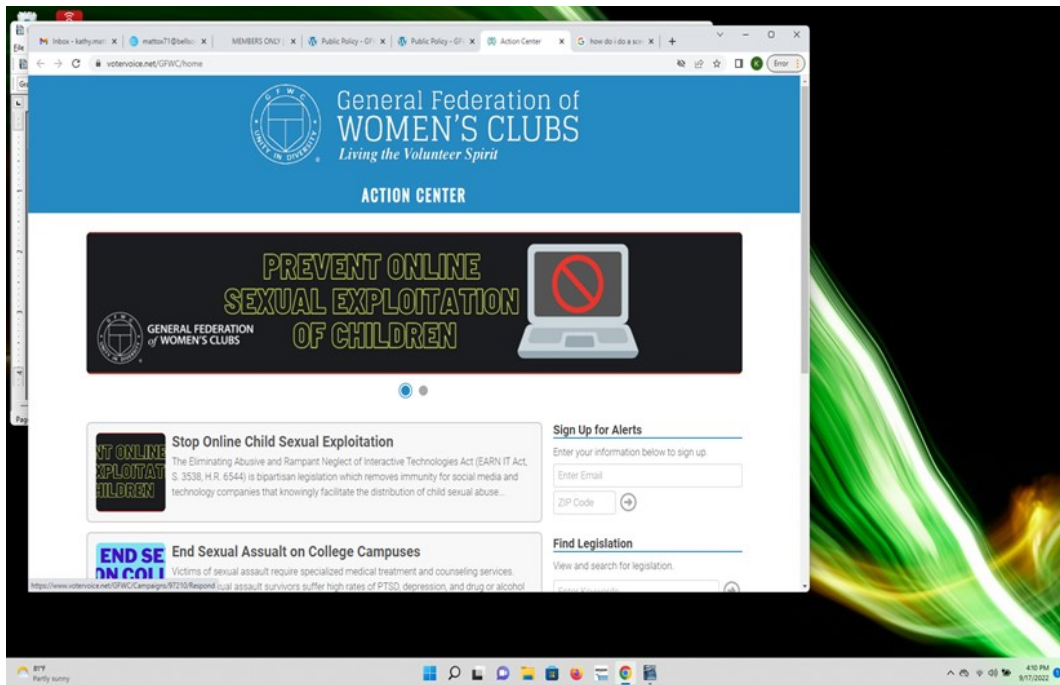


1. Mouse over the tab for What We Do
2. Then select Legislation/Public Policy



3. Scroll down to the Legislative Action Center choose the link to the Legislative Action Center under the Take Action: Use our Legislative Alerts
4. Then in that same section click on Take Action

Continued next page



5. Then you can sign up for alerts or search for different legislation by a keyword, e.g. safety, women's rights, voting, etc.

## Corresponding Secretary: Pat Swan

Cards and letters were sent to members who are sick. Please let me know of any needs in our club. We have many members who need to hear from us. Thank you for remembering me during my illness.



## 50th Anniversary Celebration: Andrea Brannen



To celebrate 50 years of Lilburn Woman's Club's accomplishments, a virtual scavenger hunt has been developed. This hunt incorporates quizzes, videos, selfies, and GPS challenges to inform non-members (and members too!) of the many areas

that LWC has touched. The hunt will begin on Lilburn Daze on October 8<sup>th</sup> and continue until November 8<sup>th</sup>.

To play, a participant will need to purchase access to the game for \$10 to begin the fun. Many of the challenges revolve around the downtown Lilburn area. One of the challenges encourages players to take a selfie with their favorite school's sign – after the challenge is complete, the school with the most pictures will receive a donation from the Lilburn Woman's Club.

Each challenge has a point value. Taking a selfie with an LWC member has the highest point value of 100 points! The more challenges you complete the more points you will earn.

What is a game without prizes? The first 10 players to complete the hunt will receive a coupon for a free Chick-fil-A sandwich. All the players that complete the hunt will be entered in a drawing for the following prizes:

Yellow River Animal Sanctuary Family Annual Membership

2 Atlanta Botanical Garden Passes

Amazon Gift Card

1910 Public Gift Card

Three Blind Mice Gift Card

Lilburn Farmers Market Gift Card

Smokin' Gold BBQ Gift Card

Nail Protect Gift Card

Lilburn Blanket

Luggage Set

Juicy Couturiers Cologne Set

Outdoor Blanket

Graphic Design Package

Extra Large All-Weather Planter

60-minute massage



### Art and Culture: Gloria Sill & Susan Boudreaux

The art committee with other club volunteers has worked hard to create sellables for Lilburn Daze. We had a very successful day at Lilburn Daze. Many of our garden art and stepping stones and birdhouses sold very well as well as the wonderful art tea towels from Pat Shaver. Thank you to all of our women who contributed to our beautiful and creative inventory of fall, Christmas, garden and so many other creative items to please many a customer. All of these interesting, beautiful and creative items made it a successful day for us. And, it was very fun working together and getting to know each other better in the process. That's what gives us our energy - working together for a common purpose.

Thank you to everyone who contributed and who purchased. We all make a great team, don't we? Look for supporting our arts by going to some of the many fun musical events around town.

There are more immersion art activities that are very creative and will flabbergast your mind. The Monet Immersion event is finally here. There's also a Picasso Immersion event. If you have never gone to an im-

mersion event, you must try it. They're amazing. There's also a more candlelight concerts in town. They're fun, intimate, and amazing with hundreds of candles lit around musicians who interpret music from Vivaldi to Beyonce to Taylor Swift depending upon which concerts you choose. Many of these are in the afternoon so no need to drive at night. Happy Fall Y'all!



### Civic Engagement & Outreach: Adela Salame-Alfie & Ginnie Childers

With funding support from our club and in collaboration with the 917 Society, members of CEO were able to, once again, deliver almost 1900 copies of the US Constitution to 8<sup>th</sup> graders attending Trickum, Lilburn and Berkmar Middle Schools. Kathy Mattox, Karen Snaveley, Joann Brown (and her husband Mike), and Adela Salame-Alfie delivered them just in time for Constitution Day (Sept 17).

The school Principals and Social Studies teachers were very appreciative of our collaboration and are looking forward to continuing this partnership with our club. We know the importance of Civics, and we are happy to be able to support the schools by providing the kids with their very own copy of the US Constitution. We hope you enjoy the pictures!

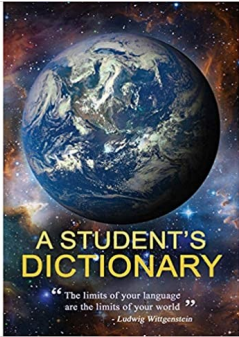




## Education and Libraries: Judy Nash & Rodean Wilson

### History, Significance and Impact of the Dictionary

Language is fluid. In fact, the most recent edition of the



Merriam-Webster dictionary boasts seven-hundred new entries including "photobomb," "meme," "emoji," and "jegging." Looking back at the history of language, it's interesting to note that Noah Webster, the "Father of the American Dictionary," came of age

during the American Revolution. At that time, words had the power to define our national identity. Later, they had the power to reflect that new identity as it evolved. Webster believed that "Great Britain, whose children we are, and whose language we speak, should no longer be our standard..." and so he set out to create a new standard.

The pre-eminent English dictionary was [Samuel Johnson's](#). It was published in 1755 and had taken nine years to complete. Its entries were unique in that Johnson used literary quotations to illustrate the meaning of a word. He often cited William Shakespeare, John Milton, and John Dryden.

Samuel Johnson once said, "No man was ever great by imitation." It appears [Noah Webster](#) took this maxim to heart as he undertook the writing of *Webster's American Dictionary of English Language* (1828). Among his innovations was the inclusion of distinctively American vocabulary.

Merriam printers and booksellers acquired the rights to revise and publish Webster's Dictionary from his heirs following Webster's death in 1843. This publishing tradition has continued, uninterrupted, to this day. Along with new editions with a growing number of entries, the dictionary has also made its way into the digital age. According to company president, John Morse, a dictionary "isn't primarily a book anymore. It's a database." Merriam-Webster's bold new project is to revise *Webster's Third New International Dictionary, Unabridged* as an online resource.

Dictionaries are impactful in defining health literacy. A large body of research shows that health literacy affects nearly every aspect of health, from medical knowledge to mortality. Low health literacy is a key contributor to health care disparities. Research has shown that, in most contexts, health literacy is a more important predictor of health than race, socioeconomic status, or educational attainment. Below are some of the key research findings

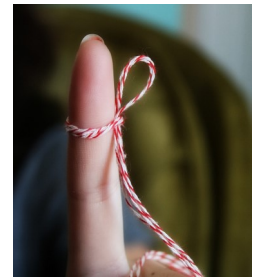
and examples. On average, adults with low health literacy have:

- Less knowledge about their medical conditions
  - May not know what their blood pressure or blood glucose should be
  - May not recognize signs and symptoms of common medical conditions
- Less use of preventive health services<sup>5</sup>,
  - Less use of mammography, Pap smears, vaccines
- Difficulty in performing disease self-management
  - May not use an asthma inhaler correctly
  - Have difficulty reading and understanding prescription drug labels
  - May not effectively manage early signs of a heart failure exacerbation
- Poorer disease control
  - Tend to have higher blood pressure and glucose values
- Excess health care utilization
  - Are more likely to seek care in Emergency Departments and be admitted to the hospital
- Higher mortality

Literacy could be causally related to physical functioning; decreased cognitive skills may lead to progressively lower understanding of how to stay healthy, when to seek medical attention, and how to properly follow medical regimens to recover from acute and care for chronic health conditions

Our Lilburn Woman's Club works diligently to help make an impact in our community with literacy. We strive each year to provide a copy of A Students Dictionary to each third grade student in Lilburn area schools. These books are often the only book these students have ever owned. They offer much more than a dictionary and as John Morse says, a dictionary "isn't primarily a book anymore. It's a database." This dictionary includes bios of all US Presidents, the periodic tables, world maps, US maps and individual states with their state flower, bird, etc.. It also includes information about the longest rivers in the world, and even a chart on Braille and American Sign Language and much more! It is a wonderful reference book targeted for 3<sup>rd</sup> grade and above, not merely a dictionary!

Because our schools are largely students where English is their second language, these books can help bridge gaps in the language barriers and improve their ability to communicate. Our Student Dictionaries are one way LWC hopes to impact the students literacy long term. And as noted, improving their literacy helps improve their overall, long term health literacy.



#### Donation Reminders

**The LWC collects the following items to help those in need. Bring items to club meeting.**

#### Art:

#### Civic Engagement & Outreach:

##### Lilburn Co-op:

Canned Peas  
Canned Chicken, Tuna, Stew  
Canned Mixed Veg.  
Peanut Butter  
Shampoo  
Canned Pork & Beans  
Toilet Paper  
Cereal  
Hamburger Helper  
Soda can tabs

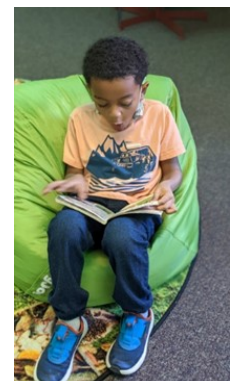
#### Education & Libraries:

Books for Little Free Library

#### Environment:

Wood for bird Houses

#### Health & Wellness:





## Environment: Laurie Benken & Lori Bottens

Fall is the time for planting! You might need to water more especially with this drought period we are experiencing, but the cooler nights, allow plants to get a strong root hold in their new home and less stress due to the hot summer sun baking down upon them. Some ideas for a fall garden whether it be in a container on your deck or patio OR in your yard as part of a raised bed. Some good selections of fall vegetables would be: Lettuce, peas, radishes, chard, spinach, kale, turnips, beets, carrots are all cooler weather options. Some good herb choices would be parsley, sage, rosemary, thyme, cilantro. These would be do fine in a pot outside your back door for easy access.

Also if you like to have spring surprises in the way of bulbs blooming in your yard, a great place to get bulbs towards the end of October is the Growers Outlet in Loganville off Hwy 78, [Directions | Grower's Outlet LLC - buy direct from the grower at the lowest prices! \(growersoutlet.com\)](#), they have the best prices for sure, and their bulbs are really good too. They have them well labeled for easy directions for those not familiar with bulb planting. Late October is a great time, as they have to rest in cool weather and then after the new year they will start to spring into action depending on the variety of bulbs you choose. Crocus are one of the first ones to break through the ground and show some winter blooms. Next are varieties of daffodils and hyacinth. Tulips usually come up last and only last a season or so, they prefer cooler temps year round to get the best blooms. They also have quite an amazing selection of winter bulbs that you can grown in your own home mainly Amaryllis and paper whites.

There are many other kind of bulbs as well, but these are the most popular types.

Laurie enhanced the Healing garden on Tuesday with a few new colorful perennial plants, and mulch to make this area look better for Lilburn Daze!





## Health & Wellness: Nadine Bily

### Treating Breast Cancer in People Age 70 and Up

Hanh-Tam Tran, M.D.

Older age increases the risk of several types of breast cancer. But advancements in diagnosis and highly individualized treatment plans are

increasing the odds of recovery for older patients and making it possible for many to live longer, healthier lives.

Breast surgeon Hanh-Tam Tran, M.D., explains what people age 70 and older should know about being diagnosed with breast cancer and why there's reason for hope.

#### Common Breast Cancers in Older Adults

The most common cancer diagnosed in this age group is invasive ductal carcinoma, or IDC, followed by invasive lobular carcinoma (ILC). These cancers arise in different tissues of the breast, but are treated in similar ways.

Most invasive cancers in this age group are hormone receptor positive. Hormone-positive breast cancers are considered slow-growing tumors, which can mean a good overall prognosis.

#### What is the best breast cancer treatment for older patients?

In gauging which treatment might be best for an individual, Tran looks at the characteristics of the tumor. This can help identify tumors that are likely to respond to hormone-blocking therapy alone and those that may respond to other modes of treatment.

Genomic breast cancer tests (also known as onco-type tests) can map the genome of the cancer cells and help reveal their sensitivity to hormone-blocking treatment, chemotherapy or both. Though Tran says onco-type tests are not appropriate for every patient, for some people with invasive cancers that are larger than 0.5 centimeters and estrogen positive, the tests can provide information on how likely a particular cancer is to return after therapy.

Tran says that in late 2019 and early 2020, genomic tests for breast cancer were improved, and they can now yield clues on more advanced breast cancers, even those that have infiltrated the lymph nodes. Using these data, your doctor is better prepared than ever to recommend a treatment plan to bring breast cancer under control.

#### Individualized Breast Cancer Treatment for Older Adults

Tran says her group's approach to dealing with breast cancer in patients of any age is highly individualized. "We recommend both the treatments and the order in which the patient will receive them, which is very important. For instance, radiation is not common before surgery, since it makes wound healing more difficult."

She notes that most cancers are found early, and generally surgery is the first step in treatment. But for cancers that are more advanced when they are diagnosed, starting out with chemotherapy can offer some advantages.

"In cases where the cancer is advanced, chemotherapy is often done first to shrink the tumor. Another benefit of doing chemotherapy first is the tumor's response to the chemotherapy gives us information on your prognosis, and surgery afterward can confirm those findings."

### Breast Cancer in Patients Age 70 and Older: Questions and Answers

#### Do larger breast cancer tumors always require a mastectomy?

No, not always. Tran says some large tumors do not require mastectomy. "The surgical decision for lumpectomy versus mastectomy is determined by the tumor's size relative to the size of the breast. Lumpectomy would likely be feasible for a 2-centimeter tumor in a person with very large breasts, but mastectomy would be recommended for the same tumor size in a person with small breasts," Tran explains.

#### If I have invasive breast cancer, do I have to have a mastectomy?

Mastectomy is one treatment for invasive breast cancer, but it isn't required in all cases, Tran says, especially now. "Which treatments your doctor recommends — and the order in which they're given — depend on several factors. "For example," she says, "You and your doctor may decide that the best option for you is to undergo chemotherapy first. Chemotherapy can shrink the tumor and melt part of it away, so it is small enough to be managed with a lumpectomy instead of a full mastectomy."

If surgery is the best choice for you, new advancements for [breast-conserving surgery](#) (lumpectomy) and mastectomy with reconstruction can offer alternatives that preserve your appearance and self-image, such as oncoplastic breast reduction, nipple-sparing mastectomy, aesthetic flap closure and other techniques.

#### Will I have to have chemo if I have breast cancer?

Tran says chemotherapy can be an effective way to reduce the size of a tumor, but admits the regimen can be tough. Depending on your individual situation, chemo is not always necessary.

"For postmenopausal patients with invasive cancer where the tumor is greater than 1 centimeter and hormone receptor positive, the information we get from the onco-type genetic profile of cancer can help predict if chemotherapy will be beneficial," she says.

"If tests come back with a low score for certain factors, even if there's cancer in lymph nodes, the patient may be able to skip chemotherapy and instead receive hormone-blocking treatment, which is easier to take and involves fewer side effects." Tran says hormone therapy is given over five years, and can be administered in pill form.



## Health & Wellness: Nadine Bily (continued)

### If breast cancer has spread to my lymph nodes, do they all have to be removed?

Not always, says Tran. "We are performing fewer axillary (underarm) lymph node removal surgeries now. Just a few years ago, if you came to me with breast cancer that had spread to the lymph nodes, those nodes would all have to come out, which raises the risk of [lymphedema](#)."

"Recent studies have found that for some patients with cancer in their lymph nodes, radiation to the remaining lymph nodes may control local cancer as well as axillary lymph node dissection — removing all of your lymph nodes."

"Another way to avoid axillary dissection is to shrink the cancer with a course of chemotherapy first. If there is a good response, we can remove fewer lymph nodes."

### If I'm 70 or older, will invasive breast cancer be fatal?

Though a cancer diagnosis is scary at any age, older adults may feel more vulnerable. But Tran says there are reasons not to panic.

"In patients 70 years old or older, most of the time, the invasive cancer is hormone receptor positive, which means it is a slower-growing cancer. "Most patients treated for invasive breast cancer survive," she says. "Even when you are diagnosed at an older age, you can successfully complete your therapy, go on living and eventually die from causes other than breast cancer."

"This is especially true for those who are in good general health at the time of their diagnosis and who are able to care for themselves."

### A Team Approach to Breast Cancer Treatment

"Our team meets weekly to discuss individual patients' cases, and that helps us bring the best thinking to each person's treatment plan," Tran says. "Our combined experience supports every patient."

OCTOBER IS  
breast cancer  
awareness month  
Perform self-breast exams  
monthly and get screened!



## Social: Laurie Benken

Gibbs garden and lunch on Tuesday October 11<sup>th</sup> if we get enough folks interested in going. We will car-pool from City Hall leaving at 8:45am.

\*\*Day trip to Dahlonga to check out The lavender farm flowers and gift shop [Red Oak Lavender Farm](#), Wolf Mtn winery [Wolf Mountain Vineyards | Georgia's premier wine and food experience.](#), and eat a later lunch at Shenanigan's Irish Pub in town [Shenanigans Irish Pub \(theshenaniganspub.com\)](#). We will be car-pooling, everyone going will need to contribute towards their drivers gas.

Date options Tuesday October 18<sup>th</sup> OR Friday Oct 21<sup>st</sup>.



# October, 2022

Because of covid-19, many of these activities may be cancelled, delayed, or held by conference call / zoom

Check [www.lilburnwomansclub.org/Calendar.html](http://www.lilburnwomansclub.org/Calendar.html) for updates.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3	4	5	6 LWC Gen. Mtg. 6PM	7 Lilburn Daze setup	8 50th Lilburn Daze 
9	10	11	12	13	14	15
16	17 LWC Book Club 7PM at Nash barn	18	19	20 GFWC Southern Region Conference— Holiday Inn Resort—Jekyll Island 7PM Exec. Bd	21	22
23 GFWC So. Conference	24	25	26	27	28	29
30	31 Charleston wrap ends 	1	2	3 Gen. Mtg 6:30 PM	4	5 New Member Orientation 2PM

**Happy Birthday:**

Oct. 18—Lori Harrison

