

THE CHRYSALIS



Patient Navigation + Wholistic Health + Holistic Wellness = Complete Wellness

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Butterfly BEGINNINGS

My Journey. My Destiny.

OUR MISSION & VISION

Our mission is to provide education and awareness about breast cancer and to provide support and resources to help navigate the journey to wellness for breast cancer patients.

Our vision is to navigate breast cancer patients by making them aware of their healthcare options and proper resources along their journey.

A TOUCH OF MOTIVATION

from blackliturgies by Cole Arthur Riley

"There is no end to what a living world will demand of you." - Octavia Butler

INHALE: The demand is too great.

EXHALE: I deserve to stay whole.

INHALE: My "no" is sacred.

EXHALE: I can honor its sound.

Meditate & Reflect:

- How does your body feel today?
- What practice brings you renewal?
- Who in your community is protective of your body and its needs?
- What dominant fear keeps you from saying "no"? Explore its origins.
- What demands are you making of others that you can release?



HOLISTIC WELLNESS

We are excited to introduce our newest program, Rhonda's Holistic Wellness. This program approaches wellness that addresses the emotional, mental, physical, social, and spiritual of an individual. Essentially, tapping into one's mind, body, and spirit. Examples of holistic wellness include massage therapy, chiropractic, meditation, yoga, reiki, eating healthy, focused breathing, and more. Integrating holistic approaches into a comprehensive care plan can contribute to a more holistic and balanced approach to healing and well-being.





WHOLISTIC HEALTH

Medicaid is a federal and state program that provides essential health coverage to low-income individuals, pregnant women, children, elderly adults, and people with disabilities. With its wide-ranging benefits, Medicaid significantly contributes to reducing health disparities and promoting overall well-being. Yet, like many government assistance programs, Medicaid is subject to periodic renewal to ensure that recipients still meet the eligibility criteria. Medicaid renewal is a fundamental step to continue receiving healthcare benefits. The process involves updating personal and financial information to demonstrate ongoing eligibility.

If the Family Support Division has enough information to check your eligibility, your renewal letter will say that your coverage is renewed and there is nothing else you need to do. If FSD needs more information, you will get a form that you will be required to return. If your address has changed in the last 3 years, you will need to update your contact information to make sure you get this important information. You can do this anytime by reporting a change online, visiting your local FSD Resource Center, or by calling 855-373-4636.

CONNECTION TO MISSION

A wife and mother with a busy schedule was diagnosed with stage II breast cancer at the age of 41. After her first-ever mammogram, she was called back for a second scan and then a biopsy. It was confirmed that she had breast cancer.

"My doctors are truly amazing. They answered all my questions, and their positive attitudes gave me hope. I am happy to say I have completed 16 rounds of chemotherapy; a lumpectomy and I am officially a cancer survivor!"

"I have always called my life a journey with God, but this experience showed me once again that He is always with me. Until I was diagnosed, I didn't realize how important it was to have people in your circle that can relate. I'm so grateful to Butterfly Beginnings, for walking with me through this journey. Navigator Nedra Stevenson and her team provided me with referrals to doctors and support groups along with encouraging me during treatments. I was also blessed to receive care kits filled with items needed during chemo. Although my journey is not over, I thank God for my health and strength and for bringing me this far." ~ Michelle





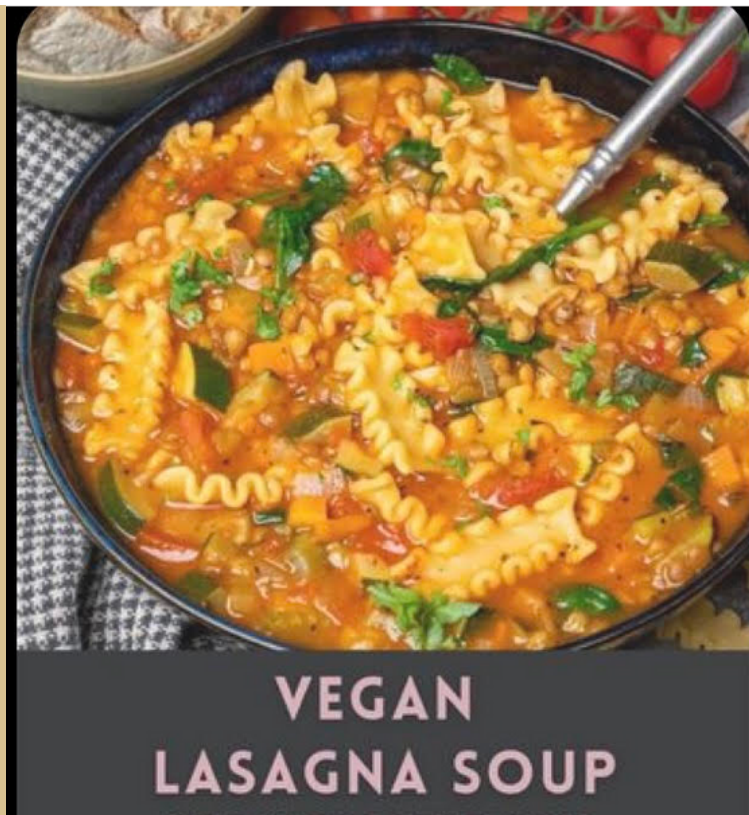
FAVORITE RECIPE

THE INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, diced.
- 1 medium carrot, diced.
- 2 celery stalks, diced.
- 2 large garlic cloves finely chopped.
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 tablespoon tomato paste
- 1 × 400 g (14 oz) can chop tomatoes
- 1 medium courgette (zucchini), cut into ½ inch pieces.
- 1 × 400 g (14 oz) can green lentils
- 1.5 liters vegetable stock
- 200 g (7 oz) lasagna sheets, uncooked, broken into bite-size pieces
(or Mafalda Corta pasta)
- 100 g (3.5 oz) baby spinach
- Salt and pepper to taste.

INSTRUCTIONS: Heat the olive oil in a Dutch oven or large stock pot and add the onion, carrot, and celery stalks. Cook over medium heat for 5 minutes, stirring occasionally, until the veggies soften a bit. Next, stir in the garlic, oregano, and basil and continue to cook for another minute until fragrant. Then, add the tomato paste and cook for a further minute, stirring occasionally. Add the chopped tomatoes, courgette, lentils, and vegetable stock. Stir to combine, bring to a boil and simmer for 5 minutes.

Stir in the broken lasagna sheets or pasta and cook for another 10 minutes or until the pasta is al dente. Add some extra stock if the soup starts to look too thick as the pasta expands. Stir in the baby spinach and allow it to wilt. Season to taste and serve immediately



UPCOMING EVENTS



Aug. 26th Rhonda's Holistic Wellness Program

Oct. 28th Hula Hoop A-Thon

Nov. 11th Mammogram Day

Visit www.butterflybeginnings.org for more info about our events.

MEET THE CEO/FOUNDER

Nedra D. McPherson has worked as a Breast Health Navigator at Barnes Jewish Hospital in St. Louis MO, for over 16 years. She is part of a team that helps women obtain free breast imaging and breast health care if qualified. Nedra also works as a Clinical Research Coordinator/Co-Author with Washington University, School of Medicine in Genetic Testing and Counseling. Nedra is currently taking on a new role as proprietor of Butterfly Beginnings, a non-profit organization that helps to navigate breast cancer patients of St. Louis through their entire breast cancer journey. Health coaching, financial resources, and mental health support are just a few of the services available to people in the St. Louis Community that are suffering from breast cancer. Nedra's navigation training that she received with the Harold P. Freeman Patient Navigation Institute and the Susan G. Komen Foundation empowered her to lead individuals through their breast cancer journey.

