

Pink Shabbat - Jolie's Brief Remarks October 13, 2017

Hello

For those who do not know my name is Jolie Rubin

AND



I began my own personal breast cancer journey exactly one year ago today.

I would like to share a few things I have learned this past year.

I share these thoughts in case you ever have to experience a similar dreaded diagnosis.

First – Don't feel bad for me.

I AM LUCKY!

I have a good job that offers a wide variety of health care choices, which afforded me the opportunity to take a mammogram every year since I turned 40 years old. This annual screening mammogram allowed my doctors to find my cancer early. And treat my cancer promptly. Don't press your luck, be diligent about this annual screening.

Second - I AM A WORK HORSE

If you are diagnosed, try to maintain your regular routine. Don't fall victim to being a victim. I have always liked going to work every day, to be busy working on home and TBI projects (*come shop at the Artisan Faire on November 19*). To have to-do lists with lots of tasks to scratch off when completed. David, my husband, helped me coin my mantra "I am a work horse". While at first it was more about denial, how could this be happening to me I AM A WORK HORSE, it became I AM A WORK HORSE this will not stop me. So, when I wanted to call in sick to work and curl up in bed I would repeat to myself "I am a work horse" and get up and go. But I also have to link this back to I AM LUCKY because I was able to carry on, I know that is not true for everyone. Don't allow breast cancer to be an excuse to stop your productivity or plans.

Next, I ENJOYED MY JOURNEY this past year.

Sick I know.

Chemo turned into enjoyable days because on these days I got to spend some very confined time with David and sometimes Moshe and my mom. We chatted, and snacked and played games FOR THE several hours I had to be present.

Yes, at first, the hair loss was difficult for me for sure. But it did allow me the opportunity to purchase an **amazing** wig, which I have really enjoyed and received so many compliments on.

And during radiation I made each day special by buying myself an expensive cup of coffee and enjoyed several audiobooks for my long journey to work each day. Something I don't do during my regular life.

And well I am still trying to figure out what I enjoyed about surgery. I am grateful that I still wearing my wedding rings. You can ask me about that during the oneg.

Finally

I AM BLESSED

I had A great family of support. David, my husband and Moshe and Lyle, my children, were my pillars of strength. My mom, my brother, my sisters in law, my extended family, my Sisterhood Sisters and the broader TBI community all supported me during this journey. All the other surviving women of breast cancer, and there are so many of us, shared helpful tips, and readings and funny stories and referrals. You made this easier for me. I am blessed to have each of you in my life. And I feel blessed and lucky to be on this side of my breast cancer journey hopefully only looking back to encourage others.

I don't wish journey on anyone but if you must take it – try and make the most of it.

Shabbat Shalom