

Deloris Jenkins Howard  
One Year Survivor – June 2008  
Married to Vernard V. Howard  
Mother of Horace and Javas Howard

BREAST CANCER.... Those words are startling to any woman who hears them. Each year I mark the calendar for my mammogram and physical. The words of Linda D. Ross RN, “It is more important than ever that each of us becomes our own health and wellness advocate”. Making sure that I take care of myself so, that I am able to take care of my family. Develop a take-charge mentality, and to know my family health history.

Well, in 2007 I was informed by my physician of the breast cancer. I thought I knew who had what, as he was telling me of the test results it seem the world stood still. My mind wonder how was I am going to tell them, it was the week of my son high school graduation and I did not want to spoil it. Several family members from out-of-town had drove in for the celebration, for it was all about him and I wanted him to enjoy it. When I told my husband I remember him saying, “Why does this happen to those I love”.

My family and friends were very supportive during surgery and radiation treatments. The Howard family would like to thank everyone for the many cards, food and prayers. I thank God for his goodness and mercy and I will praise thee; for I am fearfully and wonderfully made; marvelous are thy works; and that my soul knoweth right well.

Deloris Jenkins Howard  
Employed by: The Breathing Association as an Coordinator for the Better Breathing Club

