



2230 Sutherland Avenue
Knoxville, TN 37919

NON-PROFIT ORG.
U.S. POSTAGE PAID
KNOXVILLE, TN
PERMIT #195

Return Service Requested

*The mission of
Cancer Support
Community is to
ensure that all people
impacted by cancer
are empowered
by knowledge,
strengthened by action
and sustained by
community.*

TAKE ON CANCER TOGETHER

JOIN. GIVE. ACT.

Everyone in our community can take part in assisting those impacted by cancer by joining our Take on Cancer Together campaign.

Contact CSC today to learn how you can be part of this national movement!

Save The Date

Friday, March 31, 2017 • 6 p.m.
The Atrium at Cherokee Mills



Inspired Creations Celebrating Courage and Survivorship is back!

Dogwood Arts and Cancer Support Community are teaming up to present Artitude.

Unique art for the home & garden • Hands-on Art Experience • Delicious Hors d'oeuvres by Holly's

For a sneak preview, visit the Artitude display at the Dogwood Arts Home & Garden Show on February 3-5 at the Knoxville Convention Center.

dogwoodhouseandgarden.com



Support us when you shop this holiday

Support CSC by registering at smile.amazon.com and selecting Cancer Support Community East Tennessee as your preferred charity.

community connections

the newsletter of cancer support community east tennessee

A Source of Strength by Christi Branscom

It has been over sixteen years since I first heard about Cancer Support Community, and after having been a participant, board member and board president, my official affiliation with CSC is coming to an end. While I will always be a CSC supporter, it seems odd that I will not be visiting the center or engaging with the staff on a regular basis.

Considering how CSC has changed since my first visit is truly overwhelming. The organization has evolved from a fledgling support group of a few people meeting on UT's campus to a recognized, strong, and important regional support system for all those touched by cancer.

Initially, I was a participant at CSC - a 34-year old mom diagnosed with Stage 3 colon cancer, and I was desperate to find a place where I could face my fears and talk about them out loud. The support group I joined became my weekly therapy session where I cried, laughed and learned how to live my life after cancer. One woman in my group was named Rachael Young. When I met her, I didn't realize that she was the person responsible for creating this support place in Knoxville. I just thought she was a wise, super cool lady who helped me gain some perspective on being diagnosed with cancer. Rachael helped me to understand that I didn't have to die from the disease, that death wasn't an automatic outcome of the diagnosis, and that I could live a really good life in spite of it.

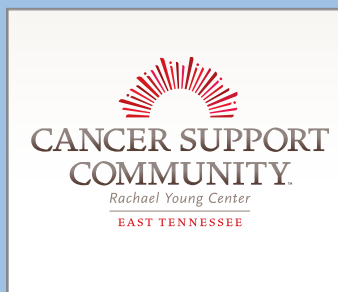
So, I decided to "dig in" and do my part in the battle for recovery. I trusted in my doctors to treat my physical being, but I took ownership (with God's help) of my emotional and spiritual well-being. I became more engaged



in my group meetings, and I joined mindfulness classes where I learned how to meditate and focus on enjoying my life in the moment - which is important when you don't know what the future holds. I participated in art classes, and I began considering how I could give back to CSC because I felt so richly blessed by my own participation.

As I was finishing my chemotherapy treatments, someone mentioned that CSC would be organizing a fundraising run. After having relied on CSC services for many months (all free of charge), it seemed like a great way to give back because surely I could walk the race. Then, I heard the run would be the Strides for Hope marathon, and I was disappointed because I thought that I could never participate – I had been too sick, and I had never been a long-distance runner anyway.

But, with my support group's encouragement, I committed myself, started raising money and walking. Before long, I was



Officers of the Board

Robert N. Page, MD – President
Karen L. McKinney – Vice President
Jim Parris – Secretary
J. Douglas Arnold – Treasurer

Board of Directors

Steve Arnett
Christi W. Branscom
Hugh B. Bright, Jr.
Jenny Brock
Paige Christenberry
Meghann Erhart
Kathy Gethers
Drew Griggs
Jennifer Holder
Sue McKenzie Humble
Michael Langenberg
Malinda Little
Susan Martin, PhD
Leslie Parent
David Raubach
Doug Webster

Hospital Representatives

Ann Henderlight, RN
Covenant Health/Thompson Cancer
Survival Center
Karen L. McKinney
Tennova Healthcare
Steve R. Ross, DPh
UT Medical Center

Honorary Lifetime

Gail Grossman

Founding Members

Lindsay Young (1913-2006)
Rachael Young
Robert Young (1913-2009)

Professional Advisory Board

John Anderson, MD
John L. Bell, MD
Robert Bertoli, MD
Raymond Brig, MD
Kenneth Cofer, MD
Russell DeVore, MD
Tracy Dobbs, MD
Paul Dudrick, MD
Allan Grossman, MD
Wahid Hanna, MD
Don Heiser, MD
Daniel Ibach, MD
Kamilia Kozlowski, MD
Ronald Lands, MD
Richard Lee, MD
David Martin, MD
Thomas McDonald, MD
William Muse, MD
Tim Panella, MD
Alan Solomon, MD
Clifton R. Tennison, Jr., MD
Margo Uri, MD



Robert N. Page, MD
Board President

and policies), its superior financial controls, and excellence in Program Delivery.”

I not only enjoyed being a part of an active and growing support organization, but also felt privileged to work with skilled leadership in Executive Director Beth Hamil and Program Director Dr. Debra Sullivan.

I proudly hand the baton to Karen McKinney who I know, from my past experience in working with her on the Board, will be a dynamic force as the incoming President.

The Cancer Support Community performs a unique and elemental function in supporting people affected by cancer. Join me in supporting Cancer Support Community as we **Take On Cancer Together**.

– Robert N. Page, MD

from the Board President

It has been my distinct pleasure to serve as President of the Board of Trustees for Cancer Support Community East Tennessee for the last two years. We are proud to announce that following a rigorous review by our Global Headquarters, Cancer Support Community East Tennessee was named an Affiliate of Distinction.

“Cancer Support Community East Tennessee is excellent in its quality review. In all, Cancer Support Community East Tennessee serves as a role model for other Cancer Support Communities. Particular areas of strength include the level of the organization's financial security, its human resources (both people

Easy Year-End Giving

Cancer Support Community can accept gifts of cash, check, credit card, and appreciated stock. You may make a gift in memory of, in honor of, or on the occasion of, and we will send an acknowledgement to your designee(s). You may also rest assured that 99% of all donations remain right here in East Tennessee serving your neighbors impacted by cancer.

STAFF LIST

Beth Hamil, Executive Director
Debra Sullivan, PhD, Program Director
Kathleen Williams, LCSW, Program Associate
Denise Stillman, PhD, Program Associate
Lisa Fisher, Manager of Finance & Statistics

Ashley Siferd, Communications
& Special Events Manager
Sherry Lomax, Office Administrator

CLINICAL ASSOCIATES

Kathy Ehrnschwender, PhD
Phillip Johnson, PhD

**Want to learn more about CSC?
Our door is always open!**



2230 Sutherland Avenue
Knoxville, TN 37919
P: (865) 546.4661
F: (865) 522.0938
info@CancerSupportET.org

Administrative Hours
Monday-Friday
9:00 a.m. to 5:00 p.m.
www.CancerSupportET.org

community programs



Welcome Denise!

Dr. Denise Stillman is a Program Associate at Cancer Support Community. She is a licensed clinical psychologist who has practiced in the area of cognitive-behavioral therapy and behavioral medicine in Knoxville for over 25 years, following her training and early positions at Auburn University, Vanderbilt University, and Dartmouth Medical School. She has a special interest in helping individuals cope with chronic illness, especially those dealing with cancer.

When not working, Denise loves being a wife, a mother to her two teenage sons, and dog-mama to her Weimaraner rescue dog Willie.

Get Moving and Reduce Some Stress

Cancer is stressful, whether you have just been diagnosed, are in treatment or if you are the caregiver. At Cancer Support Community, our goal is to help reduce the stress of cancer. One way to do that is through our movement classes. When we change our body through gentle movement, we create real change. And when our bodies start to feel a bit of stress relief, the mind can follow.

Consider attending Chair Yoga, Yoga, Qigong, or Wellness Workout. All of our movement classes are taught by certified and trained professionals. If you want to try a class for the first time, let the instructor know when you arrive where you are in your cancer experience and he or she will help adapt the class to your level and need.

There are many ways to get moving and reduce stress. Check out our calendar for dates and times!



Thanks to these professionals who have donated CSC programs

Susan Dodd, MD
Jennifer Findley, RD, LDN
Bob Grimac
Bethany Hallam
Shelley Hecht
Daniel Hullett
Marti Iroff
Michelle Ironside Henry
Ted Jones, PhD
Missy Kennedy
Viren Lalka
Annette Mendola, PhD

Tammy Nickles, RN
Tammy Norwood
Lisa Oglesby, PhD
Knoxville Opera
Jillian Lloyd, MD
Haley Pace, MS
Lisa Patton
Cheri Pollack
Randy Rainey, CYI
Randi Ray, RN, OCN
Brian Salesky
Jennie Talley, RN

A special thanks to program volunteers

Courtney Baker
Charlie Brown
Mylissa Buttram
John Clark
Nancy Cooper
Barbara Crotzer
Bob Crouch
Frank Gethers
Katie Graham
JoAnn Hackler
Bethany Hallam
Mary Harris
Barbara Hill

Meredith Hudson
Gary Kobialka
Jeanette Kobialka
Shelley Mangold
Linda Milan
Carrie Myers
Diane Schneider
Nancy Schowalter
Louise Scott
Norma Smith
Becky Thomason
Libba Wall

community events



Cancer Support Community hosted Celebrating the Art of Survivorship, its annual fall luncheon and silent auction, on October 5, 2016.

Nationally-acclaimed author Lisa Patton delighted guests with anecdotes of growing up Southern and then living in the North. A breast cancer survivor, Lisa shared her story of being diagnosed as a single mother with two young children and worrying about what the future might hold for them. She told the audience that her journey was about “finding beauty in the ashes.”

We are grateful to Tearsa Smith, of WATE Channel 6, for emceeding our event. Tremendous thanks goes to the diligent and talented

committee members who made the luncheon such a success: Chair Malinda Little, Jenny Brock, Ileen Cheek, Sherry Chobanian, Marcia Elam, Marty Hancock, Sue McKenzie Humble, Jennifer Holder, Connie Hutchins, Chris Kahn, Leslie Parent, Jo Ann Parker, Kim Robinette and Linda Tisdale. We very much appreciate our volunteers for their hard work and creativity: Courtney Baker, Rebecca Brehmer, Megan Erpenbach, Katie Graham, Donna Hardy, Meredith Hudson and Linda Milan.

Because of the generosity of our sponsors, table hosts, auction donors and guests, CSC raised more than \$94,000 to benefit our programs! Thank you!

THANK YOU TO OUR SPONSORS

PRESENTING

Marty Begalla

PLATINUM

Ann & Steve Bailey
Tennessee Cancer Specialists
UT Medical Center Cancer Institute

DIAMOND

Dermatopathology Partners

GOLD

First Tennessee Foundation
Hanna Cancer Associates
Home Federal Bank
Knoxville Comprehensive Breast Center
Dr. & Mrs. Robert N. Page
TeamHealth
Thompson Cancer Survival Center

SILVER

Abercrombie Radiology
Genentech
Martin & Company
Summit Medical Group – Diagnostic Imaging
The Trust Company

Paint Your Pumpkin



The 6th annual Paint Your Pumpkin expanded to include several days of fun activities, all involving pumpkins! Dee Lockwood-Hicks of Sweet Pea hosted Pumpkins & Potions Night as well as the annual Paint Your Pumpkin Saturday event, where members of the UT Spirit Team and Twinkie from Horse Haven of Tennessee visited with pumpkin-painters! Members of the Junior League of Knoxville provided volunteer support. Michelle Baker hosted Toddler 'N Tykes Pumpkin Paint for younger kids. Brickyard Beer & Wine hosted Brewin' with Pints & Pumpkins and offered special fall-inspired cocktails and a fun atmosphere for painting pumpkins.



Oak Ridge Golf Tournament

Thank you to the Oak Ridge Firefighters Association for hosting their Breast Cancer Classic at the Oak Ridge Country Club benefitting CSC.



Breezeway Yoga Studio hosted the 2nd annual Soul of Creativity, an art show and yoga event which benefitted CSC. Local artists showcased their beautiful and inspiring work. Amidst a creative and fun atmosphere, there was live music by Brad Austin, delicious food and drinks, and an acroyoga demonstration. Thank you to everyone who came out to support local artists and CSC!

HISTORICALLY MODERN FASHION

EST8TE

We are grateful to Est8te, located at 5609 Kingston Pike, for donating proceeds from their October sales to CSC! Est8te is a clothing boutique with a Southern aesthetic, featuring Eileen Fisher, Tory Burch, Nicole Miller, Milly, Kendra Scott and more.



Community Partnership Day

CSC was proud to partner with WUOT for Community Partnership Day to support local radio and business. Because the pledge goal was exceeded, Law's Interiors & Design will donate furnishings and redecorate our family support group room! THANK YOU!

community contributors

We are truly thankful for the generosity of our donors, both monetary and in-kind. Your gifts make it possible for Cancer Support Community to provide services at no charge for families facing cancer. Donations listed were received through October 31, 2016. Donations posted after that date will be recognized in our next newsletter.

Special thanks to **MICKI GRABER** and **MELLOW MUSHROOM** for regularly donating lunches for our programs. No gift is too small and 99% of all funds raised stay right here in East Tennessee. In addition to cash or in-kind donations, CSC is able to accept gifts of personal property and stock. If you would like to discuss how you can make a difference, please contact Beth Hamil today: (865) 546-4661 or BHamil@CancerSupportET.org

Contributions were made IN MEMORY of

Edward "Bud" Albers, Jr.
James Begalla
April Burt
Lee Congleton, II
Ann Daves
George Dixon
Rex Evans
Annette Sublett Ferguson
Ralph Gage
Trena Hammer
Julia Ann Harris
Marie Hofer
Jim Kughler
Beverly Mathis
Trish McCurry
Leigh Lawson Reeves
Fred Schubert
Jim Shelby
Roland Vernon
James Wall
Michael L. Williams
Gail H. Wilson
James Worden

Contributions were made IN HONOR of

Kathie Blaine
Lisa Blakley
Christi Branscom
Bonnie Buonocore
Bonnie Callen
Ronni Chandler
Carol Ann Coyle
Callie Cullom
BJ Shelton &
J&D Running Bears
Darcy Dungan-Seaver &
Family
Jonathan Foell
Beth Hamil
Sue & Randy Humble
Jill & Menachem Langer
Malinda Little
Stephen Logan

Jennifer Lukens
Karen McKinney
Leslie Parent
Cheri Pollack
Debra Sullivan
Janice Threlkeld
Rachael Young

DONORS

21st Century Sunday School
Class
Gaye Adegbalola
Susan Adkisson
Michelle & Sam Albritton
Catherine & Bill Ambrose
Bonnie & Richard Anders
Anonymous (6 Donors)
Barbara & Steve Apking
Doug Arnold
Arts & Culture Alliance of
Greater Knoxville
Virginia & Edward Babb
Ann & Steve Bailey
Suzanne Baker
Susan Bales
Eddie Baysinger
Marty Begalla
Aggie Bell
Christine Bell
Mary Biggs
Lisa Blakley
Jean & Brian Bonnyman
Kathy Boyd
Susan Brackney
Christi Branscom
Shelly & Hugh Bright
Jenny Brock
Stacey Brock
Mary Beth & Joe Browder
Adam Brown
Pat & Jerry Brown
Barbara & Linwood Budlong
Anne Caldwell
Kathleen Callen
Nicole Chandler
Vicki & Jeff Chapman
Lori Chmielewski
Paige Christenberry

Kay Clayton
Martha Clift & Jean Cates
Catherine Coffey
Christine Collins
Cindy Compton
Bobbie Congleton
Jackie Congleton
Conner Family Fund
Leslie Consoli
Covenant Health
Emily Cox
Rose Conway Cox
Carol Ann & Brent Coyle
Betsey Creekmore
Ruthellen Crews
Katherine Crosthwaite
CSC Board of Directors
Callie Cullom
Marsha & Jed Dance
Lavance Davis
Fran Day
Cindi DeBusk
Donna Dempster
Dianna Dishman
Martha & S. Thomas Dolinak
Karen Drexler
Anne Dungan
Martha Earl
East Tennessee Foundation
Kathy & Tom Ehrnschwender
Valerie Eiler
Caitlyn Elam
Marcia & Curtis Elam
Carol & William Ellis
Enterprise Holdings
Foundation
Susana Esrequis
Lisa & Tom Fisher
Dawn & Richard Ford
Patty Fowler
Lynne Fugate
Marianne & Ray Gansley
Michael Garofalo
Genentech
Ann & Dick Goldstine
Betty Golub
Doris Gove
Mary & Richard Grapski

Vernell & Erskin Gray
Sandra Greear
Robin Greeson
Drew Griggs State Farm
Gail & Allan Grossman
Jane Gulley
Margo Stowers Hall
Beth & Mike Hamil
Jean Hannan
Helen Harb
Alex Harkness
Janet & Tom Harper
Clarke Harrison
Janet Harrison
Melissa Harrison
Lorraine Hart
Marcella Hatch
Leslie Hatmaker
Linda & John Haynes
Barbara & David Hill
Lindsey Stone Hill
Hines & Company
Estate of Marie Hofer
Jacqueline Holdbrooks
Home Federal Bank
Suzanne Horsfall
Sue & Randy Humble
Vicki & Brian Humphreys
Julie & Gale Huneycutt
Julia Huster
Connie & Ron Hutchins
Jacki & Richard Imbrey
Bitsy & Lee Ingram
Carney Ivy
Denise & Andrew Jackson
Benjamin Jennings
Patricia & Joe Johnson
Barbara & Howard Johnston
Sheryl & Raeburn Josey
Chris & Robert Kahn
Ellie & Bob Kassem
Sarah & Dick Kelso
Estate of John M. Kennerly
Martha Kern
Debbie Kinnard
Knoxville Comprehensive
Breast Center
Kroger Foundation

Marsha Kughler
Jo & Gerald Lachut
LBMC, Inc.
Sherri Parker Lee
Joan & Kenneth Leifheit &
Martha Lovin
Gayle & Kevin Lind
Jennifer & John Little
Malinda & Ford Little
Becky Little
Dina Loukota
Deb Lutz
Gay & Bill Lyons
Patricia Maffeo
James Malia
Jen Manneschmidt
Martin & Company
Jane & Larry Martin
Angela Masini
David Mathis
Anne & Bill May
Pam McClain
Karen McKinney & John
Taylor
Loucinda McLean
Natalie McNutt
Lee & Greg Meadows
Alice & Charles Mercer
Meridian Trust & Investment
Company
Carol Merrill
Angie Merry
Susan Miller
Meg & Bennett Millikan
Lee Anne & Kevin Mischler
Jessica Mishu
Stacy Moody
Terry Morgan
Suzanne Morrison
Mount Rest Fund
Annelle Neel
Jennifer Overstreet
Margaret Page
Leslie & Ken Parent
Jo Ann Parker
Shannon & Phil Parker
Gwendy Kerney & James
Parris

community contributors

Lisa Patton	Jody Sims	Anne & Edward Wilson	Diane Conover	Ben Morton
Nicole Perez-Camoirano	Erica Skalet	Kimberly O'Neal Wilson	Joan Cronan	M.S. McClellan
Philoptochos Society	William H. Skelton	Brenda Wood	Elise Denny	Northshore Brasserie
Pilot Flying J	Lynn Smith	Wendy & Dale Wortham	Diana Warner Boutique	Nourish Skin Studio
Publix Super Market Charities, Inc.	Tina Snoderly	Andrea Wright	Dogwood Arts	Oak Ridge Country Club
Quantum Environmental & Engineering Services, LLC	Susan Stalgaitis & Bill Tuberville	Theresa Wright	East TN Tours	Leslie & Ken Parent
Chris Ragan	Ruth Louise Stauffer	Cathy & William Youmans	Emilia	Piece of Sunshine Designs
Mary Beth Ramey	Debra Sullivan	Jo & Tom Zarger	Est8te	Pilot Flying J
David Raubach	Mary Sullivan	IN-KIND DONORS	Edna Feulner	Cheri Pollack
Avice Evans Reid	Summit Medical Group, PLLC	Ethan Allen	Five Bar	Regal Entertainment Group
Linda K. Ridings	Trisha Sweeney	Bonnie Anders	Fleetwood Photo & Digital	Roost Home
Jennie Ritchie	Sandi Swilley	Arrowmont School of Arts and Crafts	G & G Interiors	RaRa Schlitt
Margaret & Wayne Ritchie	Lynn Talley	Marge Baker	GemStore by Jewelry Television	Schrivers' Boutique
Beverly Roberts	Arlene Lynsky & Paul Tanguay	Balanced You Studios	Glass Bazaar	Skin Fusion
Patricia Robledo	TeamHealth	Elaine Barnes	Glowing Body Yoga Studio	Smoky Mountain Gillies LLC
Katherine Collins Roddy and J. P. Roddy, Sr. Fund	Tennessee Cancer Specialists	barreg Knoxville	Goodness to Go	Sole in the City
Madeline Rogero	Nancy & Clifton Tennison, Jr.	BenchMark Physical Therapy	hairpeace	Southern Grown Designs
Amy Romano	The Trust Company	Bennett Galleries	Harper's Auto	Ellen Stinnett
SageView Advisory Group	Joy Thomas	Julia Bentley	Historic Rugby	Bonny Kate Sugg
Lisa & Patrick Schaad	Janice Threlkeld	Bill Cox Furniture	Holly's Eventful Dining	Temptations Inc.
Fran Scheidt	Linda Tisdale/Chic Additions	Blue Ridge Yoga	Mebbie Jackson	Tennessee Water Technology
Erin Schettler	University Radiology	Boyd-Thomas Clothing	Janice Ann's Fashions	The Flower Pot
Diane Schneider	UT Campus Chest	Judy Brater	Sheila Keller	The Hill Bar & Grill
Joan Schubert	UT Medical Center Cancer Institute	Breezeway Yoga Studio	Missy Kennedy	The Lodge at Buckberry Creek
Allyn Schwartz	Loida Velazquez	Rebecca Brehmer	Shauna King	The Oliver Hotel
Lacey Scruggs	Elizabeth Vernon	Jenny Brock	Knoxville Opera	The Shrimp Dock
Irene Seidner	Libba Wall	Pat E. Brown	Lacquered Up	Janice Threlkeld
Billie Shelby	Rocio Wezensky	Cachepot	Sherri Parker Lee	Linda Tisdale
Bj Shelton	Jacqui Whittemore & Andrew MacDonald	Campbell Station Wine & Spirits	Light Finds Gallery	Bill Tuberville
Charles Shipp	Amy Wilbanks	Carmike Cinemas	Linda's Hallmark	UT Chancellor's Office
Priscilla & Thomas Siler	Linda & Walter Williams	Case Antiques	Malinda Little	Wallace Paper Company
Moshe Siman-Tov	Tonya Willis	Chariots of Hire	Little Nest Portraits	WATE
Mary Simcic		Cherokee Country Club	Markmans	Jessica Weiss
Margo Uri Simmons		Chick-fil-A	Sandra McEntire	West Flats and Taps
		Coast2Coast Catering	MerMer's Bakery	Westside Family YMCA
			Tracy Morgan	WindRiver Golf Club
				Zoo Knoxville

Continued from page 1.

even running. There were days when I just couldn't do it. But, there were days that I was amazed by where my feet could take me. It gave me something other than cancer to fill my thoughts, and I began visualizing myself crossing the finish line. One marathon led to two, and I was able to raise a lot of money in support of CSC.

After those experiences, I became a member of the board and served the organization in a variety of positions. Being on the board all these years has allowed me to give back and to play a role in leading and growing CSC – a place I believed in so much, and a place that had been such a source of strength in my recovery.

I've worked with many wonderful people and made many dear friends through my time at CSC, and while I know I will see

them at various events in the future, I'm going to miss the CSC family.

The good news is that the board is strong, the staff is excellent, and CSC is better than ever. The future is bright, and as with all things, new leadership can provide new vision, new possibilities, and new successes, and I can't wait to see what the future will bring.



Kroger Supports CSC!
Register your Kroger Plus Card today!