

# the community

Newsletter of Cancer Support Community East Tennessee

volume 26 | Spring 2026



## An Oasis in the Desert

When first diagnosed with cancer, one feels like a person wandering in a desert, desperate for water. If one finds an oasis, with not only water but also shade, food, and coolness, it is a godsend. CSCET has been that godsend for me.

It's hard to imagine a life without CSCET available to the thousands of people diagnosed with cancer in the Greater Knoxville area each year. In my own case, I very much doubt I would still be alive today, much less healthy, if I had not had the services of CSCET after I was diagnosed with three cancers (kidney, bladder, prostate) in April of 2023. Among the many valuable services of CSCET the most important one for me was, and is, the cancer support groups they offer. Here one can speak openly and freely with others who are going through and have gone through their own cancer experience, all facilitated by wise, effective, and considerate professionals. It was through my cancer support group that I learned that I have to be my own most important advocate. Without getting this advice and acting on it, I would not be here today.

My cancer support group also provides unique emotional support. I get strong support from family and friends, but the support from others who are traveling through their own cancer journeys provides me with more strength than I otherwise could achieve. The friendships developed in the group are a precious gift. Having been in remission for two years now, I am in a position where I could 'graduate' from my group, but my group is a second family to me.

The many other programs and services of CSCET have also been valuable to me, not only for enjoyment but also for my health. Just as an example, the monthly nutrition programs have enabled me to improve my diet, especially by adding many cancer-fighting antioxidants to my cooking. Many other educational programs by doctors and nurses have taught me very practical lessons about things like understanding the results of CT scan, PET scans, and other diagnostic procedures, and new therapies that are becoming available for many types of cancers. As for enjoyment, multiple programs at CSCET have given me benefit, pleasure, and more good friends, including exercise, art, music, meditation, and even knitting!

Finally, I wish to thank all those who have made and continue to make CSCET available to me and to all those fighting cancer in East Tennessee. I thank the wonderful staff of CSCET, all my fellow members who have helped me so much, and especially all the kind and generous people whose donations make CSCET possible.

- Jerry Caveney



Jerry with Demi, another member, enjoying knitting class



Jerry and Wanda, a former member, pose at an ice cream social

**Our mission is to uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities and breaking down barriers to care. All CSCET services are offered at no charge.**

**Officers of the Board**

Tonia Mostella, *President*  
 Nathan Woods, *Vice President*  
 Mitzi Anderson, *Secretary*  
 Matt Neilson, *Treasurer*

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 Cancer Survival Center  
 Tonya DeGuira, Tennova Healthcare  
 Becky Dodson, Tennova Healthcare  
 Susan Stinnett, UT Medical Center

**Honorary Lifetime**

Marty Begalla  
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 Gail Grossman  
 Malinda Little  
 Leslie Parent

**Founding Members**

Lindsay Young (1913 - 2006)  
 Rachael Young (1919 - 2017)  
 Robert Young (1913 - 2009)

**CSCET Staff**

Jennifer Harrell, *Executive Director*  
 Debra Sullivan, PhD, *Program Director*  
 Renee G. Dawson, MA, *Office Manager*  
 Natalie Depp, LCSW, *Program Manager*  
 Lori Friel, *Development & Comm. Manager*  
 Denise Stillman, PhD, *Program Associate*

**Adjunct Staff**

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 Jan Coe  
 Stephanie Chunn  
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 Dianne Lemieux, PhD  
 Margaret Page LPC-MHS  
 Ann Pendley  
 Randy Rainey  
 Russell Sauls  
 Kelly Sullivan  
 Nora Vines, EdD

**2025 Impact Report & Program Highlights:**

**6935 program visits- most in 35-year history of CSCET!**

**Educational Topics**

- Cancer Imaging
- Prostate Cancer
- Understanding Lab Results
- The Role of Pelvic Floor Therapy Following Cancer Treatment
- Understanding & Preventing Caregiver Burnout
- Clinical Trials

**Support Groups and Individual Support Sessions:**

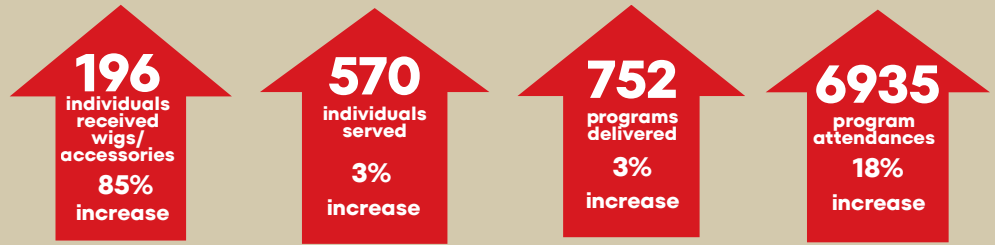
- Added a new, in-person, weekly support group for people with cancer

**Series:**

- 8-week Mindfulness-Based Stress Reduction
- 4-week Cancer Transitions
- 4-week Cultivating Balance Through Mindfulness
- 3-week Stress Management 101
- 4-day Kids Week

*All programs & services are always free to anyone living with cancer & their loved ones.*

**19**  
**counties served**  
 Knox 67%  
 Counties surrounding  
 Knox 27%  
 11 ETN Counties 6%



**Save the Date: Good Vibrations Concert - June 4, 2026**  
**Fall Luncheon and Silent Auction - October 21, 2026**



**Survivor**

**Susan Fisch Good**, a CSCET member, entered a “short short story” contest, which had to be 100 words or less. She entered in the “Nightmare” category and titled it *Survivor*. She used this opportunity as a way of processing her cancer journey. She won in the category, and her 99-word piece was featured in Ethos Literacy Magazine.  
**Congratulations Susan!**

My heart pounds, ready to erupt. I stutter, “Will I lose my hair?”  
 “Yes,” the doctor replies. “I am sorry.”  
 A nightmare!  
 “What if I don’t do treatments?”  
 A sigh. “You die.”  
 Dazed, swept up into a new world. Biopsies, bloodwork, scans, and more scans. Urgent decisions are made. Hurry and Wait.  
 Have Faith.  
 Trust my doctors and treatments. Work on what I can do.  
 My hair is gone, replaced with colorful wigs and a positive attitude. An affirmation comes in a store.  
 “Who colors your hair? The purple is beautiful!”  
 I smile!  
 My heart beats a happy rhythm.

# PROGRAM HIGHLIGHTS!

## Program Guest Speakers: January - May 2026

Lynn Anderson • Noel Arring, DNP, PhD, RN • Jacqueline Brecheen • Esha Cannon, DO • Reese Chunn  
Neal Denton, BS, MS • Janet Colbert • Zan Gao, PhD • Daniel Ibach, MD • Katelyn Nees  
John Overholt • Brian Salesky • Maria Watson, PT, DPT, CLT, OCS • Lauren Woods, MS, RDN, LDN

## KIDS WEEK 2026

**FREE!**

**JULY 13 - 16, 2026, 9 AM - 2 PM**  
**6204 BAUM DRIVE**

**4 DAYS OF FUN FOR KIDS AGED 6-12**  
**WHO HAVE CANCER IN THE FAMILY**

**PARENT ORIENTATION WEDNESDAY, JULY 1**  
**4:30-6:00 PM**

**ART-MUSIC-GAMES-DANCING-YOGA &**  
**MORE!**

Facilitated by Natalie Depp, LCSW & Nora Vines, EdD  
Contact [NDepp@CancerSupportET.org](mailto:NDepp@CancerSupportET.org)



# CANCER TRANSITIONS

## MOVING BEYOND TREATMENT

*Cancer Transitions* is a free, four week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Participants should plan to attend all four in-person sessions.

### Wednesdays in August

August 5, 12, 19 & 26

Facilitated by

**Natalie Depp, LCSW**

**Cancer Support Community**

6204 Baum Drive

Knoxville, TN 37919

### For more information

call 865-546-4661 or email

[NDepp@CancerSupportET.org](mailto:NDepp@CancerSupportET.org)



## Volunteers: January - May 2026

Becki Brehmer • Hugh Bright • Jerry Caveney • Sherry Chobanian • John Clark • Rhonda Clark  
Audrey Dobbs • Bethany Hallam • Donna Hardy • Ethan Hardy • Clark Harrell • Jenifer Jennings • Joanne Kennedy  
Kirstin Kropilak • Veronica O'Hearn • Priscilla Lyons • Cheri Pollack • Charlie Rasco  
Bobbie Thurston • Clay Thurston • Martin Whitaker • Susan Whitaker • Jeff Zaher

# 2026 TopGolf FUNraiser

## Thank You to our Bay Hosts



Admiral Title,  
Baker Wealth Strategies  
Shelly & Hugh Bright  
CauseMedic  
CSCET Board Members  
CSCET Members and Friends  
Family Hearing Center



First Horizon  
Genentech  
Gilead Sciences, Inc.  
Mark Hahn  
Andrea Harper  
Knoxville Insurance Group  
Millenium Wealth Management  
Natera



Pinnacle Financial Partners  
Rather & Kittrell  
Regions Bank  
The UPS Store - Hardin Valley  
University of Tennessee Medical Center  
VOYA Financial  
Ben Woods  
Zimmer Biomet Joint Medical Concepts

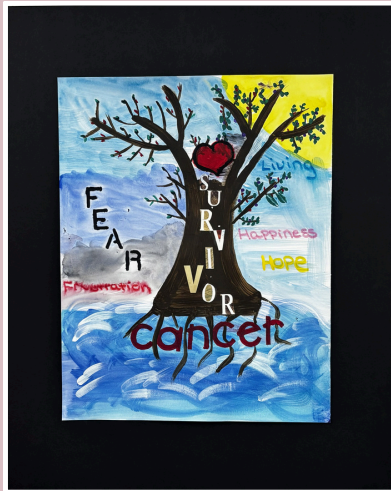
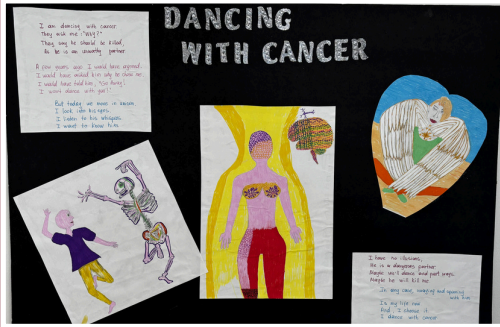


# Stories From the HeART

## CSCET's Inaugural Member Visual Art Show

### FEATURED ARTISTS

Stephen Lyn Bales • Sue Cooper • Ann Cranwell • Bobbie Crews • Irina Dyankova  
 Mary Fox • Pat Gallagher • Eric Good • Susan Good • Terri Hopkins • Ted Jones  
 Melissa Laird • Meirav Matityahou • Rebecca McKeehan • Debbie Morgan  
 Kim Nelson • Demi Perez • Rachel Phillips • Dan Scaperoth • Debbie Slack  
 Catherine Trapp • Windie Wilson



## 2025 - 2026 ANNUAL GIVING SOCIETY GIFTS \*

\*Gave \$1,000 or more in cumulative gifts, as of April 17, 2026. \*HB: Hope builder; joined monthly recurring gift club

Abercrombie Radiology	Fraley and Schilling, Inc.	Susan Pffnner & Tommy Phelps
Akima Club	G&G Interiors	Sara Phillips <b>25/26</b>
Bob Monday Charitable Foundation	Genentech <b>25/26</b>	Pinnacle Financial Partners <b>25/26</b>
Bonnie & Richard Anders	Robin Gibson	Plant Exchange
Anonymous	Gilead Sciences, Inc. <b>25/26</b>	Premier Surgical Associates, PLLC
Arts & Culture Alliance of Greater Knoxville	Martha Giles	Pugh & Company, P.C.
Aslan Foundation	Girls' Night In 4 a Cause	Rather & Kittrell Capital Mgmt. <b>25/26</b>
Ann & Steve Bailey	Gail & Allan Grossman	Mary Rayson
Linda Bailey <b>25/26</b>	Beth & Mike Hamil	Regions Bank <b>25/26</b>
Baker Wealth Strategies <b>25/26</b>	Hanna Cancer Associates	Margaret & Wayne Ritchie
Martha Begalla	Jennifer & Clark Harrell	Karen & Michael Rodgers
Blue Ridge Yoga/Jessica Mishu	Ann Hansen	Rogers Petroleum
Blueprint Medicines	Melissa Harrison	Sam's Club #8256 <b>26</b>
Lisa & David Bogaty <b>26</b>	Sarah & David Hetrick <b>25/26</b>	Daniel Scaperoth
Bill Bradshaw <b>HB</b>	Dee Lockwood Hicks & Steve Hicks	Wendy Schuetz & Robert Cordani
Becki & Bob Brehmer <b>25/26</b>	Home Federal Bank of Tennessee	Sequoyah Hills Presbyterian Church
Shelly & Hugh Bright <b>25/26</b>	Laurel & John Howanitz <b>25/26</b>	Tiffany & Tommy Siler
Dianna & Alan Brizzolara	Sue & Randy Humble	Spahr Industries LLC.
James Brock	Johnson Architecture, Inc.	Strategic Tax & Business Services/ Kathryn Schrader <b>HB</b>
Dr. Kim Brooks <b>HB</b>	Lou & Ted Jones	Tennessee Arts Commission
CauseMedic <b>25/26</b>	Knoxville Academy of Medicine Alliance <b>25/26</b>	Tennessee Cancer Specialists
Ileen & Jimmy Cheek	Nancy & George Lefler	Tennessee In Teal <b>26</b>
Rhonda & John Clark	Malinda & Ford Little <b>HB 25/26</b>	Tennessee Oncology
Stacy Clark <b>HB</b>	LJ Family Foundation	Nan & Clif Tennison
Nicki & Brad Collett	Carole Lundin	Tennova Healthcare <b>25/26</b>
Jackie & Lee Congleton	Deborah Lutz	Wimberly Thompson
George G. Conner, Jr.	Sarah & Tim MacKenzie	Thompson Cancer Survival Center
Mindy & Tom Coulter	Marcia McMillan Malarkey	Thompson Charitable Foundation
Covenant Health <b>25/26</b>	Jane & Larry Martin	Janice & Mike Threlkeld
Betty, Al & Ann Cranwell	Sandy & David Martin	Emily & John Tupps
CrestPoint Wealth Management, LLC <b>25/26</b>	McCarty Holsaple McCarty Architects, Inc.	University of Tennessee Medical Center Cancer Institute <b>25/26</b>
Crown Cleaners	Lindsay McDonough	The UPS Store - Hardin Valley/Denise & Steve Douglas <b>25/26</b>
Karen Depp <b>25/26</b>	Karen McKinney & John Taylor	VOYA Financial <b>26</b>
Dermatopathology Partners PC	Millennium Wealth Management <b>25/26</b>	Mary & Bill Walker
Jeff Dobbs <b>25/26</b>	Sharon Mills	Walmart #2932 <b>26</b>
Becky & Jim Dodson	Carol Momsen	Anne Washburn & Jamie Cloyd <b>25/26</b>
Liz & Chris Doody	Suzanne & Donald Morrison <b>HB 25/26</b>	Gaye & Robert Williams <b>25/26</b>
Denise & Steve Douglas	Tonia & Michael Mostella	Katherine Wohl <b>25/26</b>
East Tennessee Foundation <b>25/26</b>	Mount Rest Fund of East TN Foundation	Wonderworks Attraction
Bill Eichorn	Lynda Newton <b>25/26</b>	Ben Woods <b>25/26</b>
Melinda & James Ethier	Adrienne & Brian Notess <b>HB</b>	Joan & Robert Young <b>25/26</b>
Facebook Fundraisers	Veronica & Jack O'Hearn <b>25/26</b>	Zimmer Biomet Joint Medical Concepts <b>26</b>
Family Hearing Center/Lindsey Stone Hill <b>25/26</b>	Leslie & Ken Parent <b>HB</b>	
First Horizon Foundation	Gwendolyn Kerney & Jim Parris	
FirstBank	Margaret & Robert Petrone	
Melanie & Jeff Flickinger		

## 2025 LEGACY SOCIETY GIFTS \*

\*names CSCET in their estate plans

### Legacy Society Received

Katherine Sloan Black	Jennie Macfie
Steve Cowan	Phyllis J. March
Richard A. Hodge	William F. Martin
Marie Hofer	Kathy M. Poesse
Martin Hunt, Jr.	Laura Post
Kathy Jones	Elizabeth Wall
John M. Kennerly	Ron Wyrick
Phillip Knight	Lindsay Young
	Rachael P. Young

### Legacy Society Intent

Martha E. & James A. Begalla	Jacki and Richard Imbrey
Shelly & Hugh Bright	Elizabeth Kloker
Sherry Flecken Chobanian	Marcia McMillan Malarkey
Kathy & Frank Gethers	Susan D. Martin
Dawn Goodall	Karen McKinney and John Taylor
Drew Griggs	Sara A. Phillips
Lou and Ted Jones	Susan Stalgaitis & Bill Tuberville
Courtney Baker Hall	Debra J. Sullivan
Beth and Mike Hamil	Janice Guion Threlkeld
Sue Humble	Rachael and Doug Webster

# 2025 DONATIONS FROM NOVEMBER 1, 2025 - APRIL 17, 2026\*

\*HB: Hope builder; joined monthly recurring gift club

## Contributions were made

### IN MEMORY of:

Nancy Bass  
Beth A. Booker  
Pam Bradshaw  
Christopher Ray Brown  
Juanita F. Campbell  
Linda Cole  
David G. Craig  
Jane Humble Doyle  
Ben Dunlap  
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Kevin Hafer  
Dorothy 'Randy' Hamil  
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Kim & Douglas Beames  
Nancy & Jeff Becker  
Connie & John Begovich  
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James Bradshaw  
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Judy & Phil Bush  
Linda Cain  
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Jerry Caveney  
Chandler, Britt & Jay, LLC  
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LaVance Davis  
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Karol Ann & David Dickinson  
Mary Donahoe  
Linda Dority  
Kathy & Thomas Ehrnschwender  
William Eichhorn  
Valerie & Hugo Eiler  
Ellen & Andrew Evancho  
Lynne & Walter Fain  
James Faulkner  
Johnna Felton  
Kathleen & John Fenton  
Lori & Rick Friel  
Jim Gartner  
Gloria Gaskin & Emery Soler  
Caryl & William Gitlow  
Judith & Edward Green  
Laura Green **HB**

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Laura Gross  
Joyce Grubb  
Alline & George Hackett  
Mark Hahn  
Tanya Hairston  
Andrea Harper  
Marcella Hatch  
Rickard Hawkins  
Lucy & Richard Henighan  
Josh Hickman  
Bob Hill  
Chris Hill  
Linda Holton  
Terri & John Hopkins  
Susan Humble  
Roxanne Johnson  
Myra & Bob Joy  
Elizabeth Justus  
Judy Keller  
Wayne Kramer  
Kroger Foundation  
Trilby Leech  
Suzanne Lenhart  
David Lipscomb  
Becky & Joe Little  
Jennifer & John Little  
Michael Lucas  
Priscilla Lyons  
Marcela & Augusto Macchiavelli  
Janice Maclin  
Kathleen Mavournin  
Marie McGuigan  
Natalie McNutt & Chris Foell  
Daniel McWhirter  
Donna Mihura  
Gloria Mire  
Matt Neilson  
Mary & Jim Normand  
Keith O'Connor  
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Lawrence  
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Sandra Parker & Steve Beber  
Allan Philp Sr.  
Linda & Bill Pickett  
Linda Pickle  
Kathleen & Thomas Plank  
Yvonne & Wilson Prichett  
Sherry Pruitt **HB**  
Priscilla Rankin  
Deane & Michael Raper  
Betty Rawls/Christian Living Class  
Terri Reed

Mary & Rob Ritchie  
Pam Rizzi **HB**  
Melinda & Humberto Rodriguez  
Valerie Rose  
Lorraine Salzer  
Wanda Scarbro  
Greg Scealf  
Beth & Neil Schmitt  
Linda & Dave Sestrich  
Gavin Shepherd  
Tiffany & Thomas Siler  
John Slaten  
Camille Smith  
Sandra Smith  
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Tennessee Valley Oncology  
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Julie & Allen Valeo  
Linda Vopal  
Jane Walker  
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Amye & Paul White  
Jacqueline Whittemore &  
Andrew MacDonald **HB**  
Juli Williams  
Susan Williams  
Stacey & Bryan Wilson  
Joani & W.C. Wilson  
Carol Wood  
Viola Woods & James Minter  
John Young  
Alice & Jeffrey Zaher **HB**

## Contributions were made

### IN HONOR of:

Marty Begalla  
Lorraine Bowen  
Mary Byron  
Natalie Depp  
Joyce Robinson Diftler  
Chris Foell  
Vesta Hollis  
Abe Kani  
Dianne Lemieux  
Malinda Little  
Natalie McNutt  
Alice Mercer  
Leslie Parent  
Debbie M. Slack  
Denise Stillman  
Debra Sullivan  
Kathleen Williams

**WOULD YOU LIKE TO BE A MEMBER OF THE ANNUAL GIVING SOCIETY OR BE A HOPE BUILDER?**

Contact Lori Friel, Development and Communications Manager, at [LFriel@CancerSupportET.org](mailto:LFriel@CancerSupportET.org) to discuss ways to support CSCET's mission,



The Rachael Young Center  
 6204 Baum Drive  
 Knoxville, TN 37919  
[www.CancerSupportET.org](http://www.CancerSupportET.org)  
 (865) 546-4661  
[info@CancerSupportET.org](mailto:info@CancerSupportET.org)  
 Change Service Requested

NON-PROFIT ORG  
 U.S. POSTAGE  
**PAID**  
 KNOXVILLE, TN  
 PERMIT #582



Follow us  
 on social!  
 @CSCET



**General Admission Tickets On Sale Now – \$50**

**Please note:** Tickets are general admission and this will be a standing-room-only event. Guests are welcome to bring a bag chair for this event. For the safety and comfort of all attendees, pets are not permitted due to high attendance. Thank you for your understanding—we can’t wait to see you at Good Vibrations!



Thank you to **Walmart Store #2932** and Timothy Stewart for a grant donation to help support program needs.



Thank you to **Sam’s Club #8256** on Walbrook Drive for providing a grant to help offset cost of supplies for programs.

*We appreciate your commitment to the community*



Thank you to **Knoxville Academy of Medicine Alliance** for your support of our program calendars