



Multi-County Cancer Support Network, Inc.

Bedford, Coffee, Franklin, Grundy, Lincoln,
Marion, Moore, Warren

Volume 29

Number 12

December 2023

OFFICERS

Terry Tucker, President
Carol Davis, Vice President
Dr. Navid Monajjem, Secretary
Linda Goodman, Treasurer

DIRECTORS

Barney O'Keefe - 2023
James V. Payne - 2023
Rhonda Cantrell - 2024
Jeremy Price - 2024
Robert Bailey - 2024
Open - 2024
Melanie C. Smith - 2024
David Williams - 2024
Amanda Wiseman - 2024
Cile Alexander - 2025
Dan Marshall - 2025
Ashley Brock - 2025

REPRESENTATIVES

Brandi Henley - Grundy County
Joan Davis - Marion County

MCCSN is a registered section
501 (c) (3) nonprofit organization

Administrative Director: Tracy Sparks
Office Assistant: Linda Goodman

Office Hours:
8:00 a.m. - 11:30 a.m.
12:30 p.m. - 4:00 p.m.
Tuesday, Thursday, Friday

Mailing Address:
P. O. Box 633, Decherd TN 37324

Office Address:
501 W. Broad Street
Decherd, TN

Contact Numbers:
931-967-0904
Fax: 931-967-0920

Website: www.mccsn.org

E-mail: mccsn501@att.net

Associate Newsletter Volunteer: Open

Newsletter published periodically with
exception of January, also available
on the website.



Multi-County Cancer Support Network
Election of officers/directors

The by-laws of MCCSN state that the election of officers and directors be presented and voted on at the December Board meeting. If you are interested in becoming an officer or director, please submit your biography to our office.

MCCSN Christmas Dinner and Support Meeting has been canceled.

Christmas Project

For our annual Christmas project, the Board has chosen TWO families. Both families are battling cancer:

Family #1 is a Mother with a three year son diagnosed with Leukemia. She also has two sons, ages 4 months and 18 months, and a daughter, age 6 years.

Family #2 is an 80-year-old man diagnosed with prostate cancer and his wife.

If you would like to help, please mail or bring donations to MCCSN, P O Box 633, 501 West Broad St, Decherd, TN 37324

Office Hours: Tuesday, Thursday, & Friday - 8 AM to 4 PM
Phone number: 931/967-0904

We would like to have donations in our office by December 12, 2023. We will accept gift cards, cash, or food donations.

Your generosity is appreciated!

Treasurer presents 2023 Walk-A-Thon Report

Teams	\$ 24,979.30
Quilt Tickets	1,577.00
Candles	10,470.00
Donations	1,718.02
Sponsorships	8,000.00
Cookies/Drinks	258.00
Silent Auction	3,265.00
Fund Raising	1,490.50

Total: \$ 51,757.82
LESS expenses: 8,344.69

Total Net \$ 43,413.13

Thanks again to all who made our 30th Annual Walk-A-Thon a success !!

MCCSN Quarterly Report

July 1 through September 2023:

Total number of families helped: 45

Total amount expended: \$ 19,851.43

Your continued commitment to helping patients is appreciated by MCCSN and most importantly, by those who benefit from your kindness.

Not without Everyone!

Closing out another productive year at MCCSN is only because of all the support received throughout the year.

- Volunteers
- Memorials
- Donations
- Various fund raisers
- Walk-A-Thon participants
- Willing folks serving on the board
- A dedicated office staff
- Prayers
- AND YOU!!**

Donation Greatly Appreciated from Middle Tennessee Corvette Club



Multi-County Cancer Support Network (MCCSN) recently received a donation from Middle Tennessee Corvette Club. Pictured left to right, MCCSN Administrative Director Tracy Sparks, President Terry Tucker, Treasurer Linda Goodman. Presenting check to MCCSN is Middle Tennessee Corvette Club President Brian Roy and Vice President Richard Shasteen. Also pictured are Tennessee Corvette Club members: Ernie & Brenda Brewbaker, Dave & Phyllis Krech, Bob Steele and Monica Skelton.

MCCSN Prayer list: Please pray for each person listed and their families. Names are in bold print when first added. If you have asked to be on the prayer list and your name does not appear below, or you would like to add someone to the prayer list, please email mccsn501@att.net with your request or call MCCSN office (931/967-0904).

<p>Bedford</p> <p>Jacqueline Cantrell Karina Flores Charlotte Garrett Carolyn F. McCroskey Kiana Pendergrass Earl Pressley James Price Diana Prince</p> <p>Coffee</p> <p>Suzanne Boals David Bolt Deborah Clayton Larry Davis Larry Elkins Beatrice Embair Perry Godfrey Gary Mahaffey Danielle Phillips Joyce Thompson</p>	<p>Franklin</p> <p>Anonymous Herman Acklen Melisa Ballard Gloria Beard Susan Elliott Kristina Farris Brenda Hall Dickie Hollis Mark Hughes James Ingle Bill Keller Rickey Lukehart Carolyn Payne Dwayne Miller Tina K. Robinson Edith Scott Marylyn Short Ellen Steadman Earl Stoutzenberger Jim Tipps Pepply Zeman</p>	<p>Grundy</p> <p>Johnny Bray Ethelene Burnette Kathy Campbell Russell Fountain D. Jane Hampton Tammy Hargis Brenda Layne Wendy Lockhart Norman Meeks Jennifer Parmley Doris Patrick Bessie D. Totherow Jeffery Vanderploeg</p>	<p>Lincoln</p> <p>Steven Bailey Jane Bradley Sherry Cagle Anthony Carter Connie Carter Chris Counts Ruby Cowan Roxane Halburg Kimberly Johnson Joey McNeal Shirlie Mearse</p> <p>Marion</p> <p>Deborah Christian Alicia Elmore Brittney Griffith Natasha Johnson Gary Kimber Lasenia Ladd Marty Webster</p>	<p>Moore</p> <p>Jeffery Burton April Charlton Vickie Farrar Amanda Holt Stovall Chip Swann</p> <p>Warren</p> <p>Jeffery Borren Sunshine Clem Kurtis Grubbs Emily Knowles Pam Minton Russell Montandon Gwendolyn Robles Tony Terrell Kellie Thaxton Stephen Weeter</p> <p>Out of State</p> <p>Bobby Clark (Indiana)</p>
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Memorials

Ken Bailey
by John Darnell II
Terry & Dottie Darnell

Kirk Rutland
by Angela Bowden
Andrea Hanna
Terry Tucker

Pat Williams
by Linda Cornelison
Johnny & Diana Seals

Christmas Lights

By Marie Irish

Bright Christmas Stars shine on high
Golden stars in the wintery sky;
Christmas candles in windows bright
Send greetings into the night.

While in our hearts the Christmas
flame

Glows with a love like His who came;
The infant Christ of lowly birth
To bring good will and peace on
earth.



Items for Patients

Thanks to generous individual's donations. Multi-County Cancer Support Network has various items available to our patients at no cost. Donated books, walkers, wheelchairs and colostomy supplies are available. Caring people have brought in personal hygiene items, prosthetic breast forms, hats, turbans and wigs for you to have. We have a variety of wig colors...grey, blonde, white, auburn, brown and black. The styles are mostly short but there are a few shoulder lengths.

If you have it in your heart to donate items, our patients now and, in the future, will appreciate it

Deepest Sympathy

To the families who have lost loved ones including the families of:

Ken Bailey
Mary B. Floyd
Kirk Rutland
Karen E. Tyler



"So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord."

- 2 Corinthians 5; 6-8

REGULAR DONATIONS

Bridgestone Tire Operations
(Warren Plant Teammates)
Cumberland Radiation/Tullahoma
Imaging
Lori Anne Petty
Middle Tennessee Corvette Club
Susan & James Sain

WAT Sponsor

Elk River Health & Nursing Center
(Winchester)

*Thank you for caring and
your generosity*

Every good and perfect gift is from above,
coming down from the Father of the heavenly lights, who does not change like shifting shadows.

— James 1:17 (KJV)



MCCSN Welcomes Tracy Sparks...



My name is Tracy Sparks. I was born and raised in Florida. My children and I moved to Tennessee in 2007 and now reside in Moore County. I have two daughters and two grandkids. I grew up in a hair salon and have been a hair stylist for 29 years, following in my Mom's footsteps.

My family's journey with cancer began in 2011 with my grandmother. She was diagnosed with invasive ductal carcinoma with necrosis, which spread to her bones then brain. My Dad was diagnosed with prostate cancer in 2013 then small cell lung cancer in 2015. He lost his battle with cancer at the age of 67. In 2017, I was diagnosed with ductal carcinoma breast cancer. I am currently 6 years cancer free.

I look forward to assisting cancer patients as Administrative Director of Multi-County Cancer Support Network.

December is Cancer-Related Fatigue Awareness Month

Cancer related fatigue is a constant feeling of tiredness from cancer or cancer treatments. The tiredness may prevent you from doing your normal, daily activities.

Signs & symptoms of cancer related fatigue: listless, sluggish, faint, apathetic, tired, no motivation, exhausted, pooped, unable to think or lack of mental sharpness.

Cancer related fatigue has many causes and some are easy to change. It is important to let your healthcare team know if you are fatigued. The source of your fatigue can be found by looking at the treatments you are receiving, medications, your sleep pattern, daily activity, blood tests, and your emotional well being. Other causes can be poor nutrition, anemia, anxiety and depression.

Tips to help manage fatigue: conserve energy, nutrition, exercise, and relaxation.

Noted from The Cancer institute of New Jersey.

Multi-County Cancer Support Network, Inc.
P. O. Box 633
Decherd, TN 37324

Nonprofit Org.
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RETURN SERVICE REQUESTED

MAIL TO:



We wish you a Merry Christmas! And a Happy, Healthy and Blessed New Year!
---MCCSN Officers & Directors and Office Staff