



# Multi-County Cancer Support Network, Inc.

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

Volume 30

Number 10

October 2024

#### OFFICERS

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

#### DIRECTORS

Barney O'Keefe - 2026  
Jeremy Price - 2024  
Robert Bailey - 2024  
Dottie Darnell - 2026  
Barbara Lucas - 2026  
David Williams - 2024  
Amanda Wiseman - 2024  
Cile Alexander - 2025  
Dan Marshall - 2025  
Ashley Brock - 2025  
Levi Payne - 2027

#### 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](http://www.mccsn.org)

E-mail: [mccsn501@att.net](mailto:mccsn501@att.net)

Associate Newsletter Volunteer: Open

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

31<sup>st</sup> Annual



Has been rescheduled for Friday, October  
18 at 5:00 p.m., with the survivor's lap at  
6:00 p.m.

#### **Walk-A-Thon reminders . .**

##### **For Survivors -**

Remember to register and get your  
survivor t-shirt from the MCCSN office or at  
the Walk-A-Thon. All cancer survivors  
should be ready to walk at 6:00 p.m. as  
Amazing Grace is sung, and balloons are  
released.

##### **For Memorials & Honorariums -**

The candlelight service is a highlight of the  
event when lights are turned out with just  
luminaries glowing around the track. Forms  
to purchase candles, remembering  
or honoring someone whose life has been  
touched by cancer, are available for  
\$10.00 each at the MCCSN office and at  
the Walk-A-Thon. What a touching  
moment as you see your loved one's name  
on the white bag with the candle lit.

##### **For Teams -**

If you haven't done so yet, get your team  
signed up and t-shirts picked up NOW!  
Upon arrival at the Walk-A-Thon, please  
have one team member register at the  
MCCSN team tent.

##### **Team Fundraising done at Walk-A-Thon -**

Be creative - sell popcorn, pies, glow  
sticks, snow cones, or any food that is not  
available in the concession stand. Raffle  
off an item.

#### **MCCSN Quarterly Report**

April 1 through June 30, 2024

Total number of Families helped: 37  
Total amount expended: \$12,969.74

Thank you !!

**Awards** will be presented to each of the  
following: First team to sign up & pay;  
church, friends/family, school and  
corporate teams with most  
contributions; team with most  
contributions from fundraising done at  
the Walk-A-Thon, and team with best  
decorated tent featuring the 2024  
theme of *Together We Walk*.

**Volunteers** are always needed. If you  
are interested in being a volunteer,  
please call the MCCSN office at 931-  
967-0904

#### **Special Requests. . .**

A must request is NO bikes,  
skateboards, hoverboards or dogs  
(except service dogs) are to be brought  
onto the field. Your cooperation in  
caring for the facilities provided to  
MCCSN for this event is appreciated.

All tents must be taken down after the  
Walk-A-Thon.

See you at the Walk-A-Thon!





Pictured left to right is the 2024 MCCSN Board Members: President – Terry Tucker, Amanda Wiseman, Dan Marshall, Vice President – Carol Davis, Secretary – Dr. Navid Monajjem, Dottie Darnell, Jeremy Price, Cile Alexander, Barney O’Keefe, Robert Bailey and Treasurer – Linda Goodman. Not pictured: Ashley Brock, Barbara Lucas and David Williams.

**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](mailto:mccsn501@att.net) with your request or call MCCSN office (931/967-0904).

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

Gail Bean  
by Cile & David Alexander

Cody Crosslin  
by Kathy Crosslin

James & Iris Curtis  
by Betty J. Campbell

Millie Murphy  
by Cile & David Alexander

## Breast Cancer Awareness

Breast cancer is a disease in which malignant cells form in the tissues of the breast and can affect both women and men. Cancer grows when a cell's DNA is damaged. The damage can be genetic or environmental and lifestyle factors. Genetic factors are inherited or passed down from parent to child through genes.

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer.

When caught early, the survival rate is 99%. Early detection and treatment methods have significantly increased over the years. Early detection includes doing monthly breast self-exams and scheduling regular clinic breast exams and mammograms.

The risk of recurrence depends on the type and staging of the initial breast cancer. Typically, the highest risk of recurrence is during the first few years after treatment and decrease over time.

There are five treatment options: surgery, radiation, chemotherapy, hormone therapy, and targeted therapies. Some are local, targeting just the area around the tumor. Others are systematic, targeting your whole body with cancer fighting agents.

Awareness of facts and statistics are important for individuals to make informed decisions about their health.

Noted from The National Breast Cancer Foundation

## Deepest Sympathy

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

Charlisa Alexander  
Martin Arabejo  
Frank Bain  
Ronny Bartlett  
Gail Bean  
Regina Kay Bucher  
Clyde H. Caldwell Jr.  
David Camp  
Anthony Carter  
Freddie Cunningham  
William Durham  
Melba Henley  
Doris Patrick  
Danielle Phillips



*"He will swallow up death forever,  
and the Lord God will wipe away  
tears from all faces . . .  
For the Lord has spoken."  
Isaiah 25:8 NKJV*

## DONATIONS

Katlynn Davis  
Lincoln Rogers  
Susan & James Sain  
Sequachee Valley Electric Cooperative  
Tennessee Oncology

*Thank you for caring and  
your generosity*



Supporting the *fighters*  
Admiring the *Survivors*  
Honoring the *taken*  
and never, ever giving up  
*hope*



October is

**Breast and Liver Cancer**

Awareness month



## Liver Cancer Awareness

Liver cancer happens when the cells develop mutations in their DNA. A cell's DNA is the material that provides instructions for every chemical process in your body. DNA mutations cause changes in these instructions, which results in that cell growing out of control and forming a tumor – a mass of cancerous cells. Sometimes liver cancer happens in people with no underlying diseases and it's not clear what causes it.

Factors that increase the risk of liver cancer include: Chronic infection with Hepatitis B or C; Cirrhosis; inherited liver disease, hemochromatosis and Wilson's disease; Diabetes; nonalcoholic fatty liver disease; exposure to aflatoxins (aflatoxins are poisons produced by molds that grow on crops) and excessive alcohol consumption.

Early signs and symptoms of liver cancer are: losing weight without trying, loss of appetite, upper abdominal pain, nausea & vomiting, general weakness & fatigue, abdominal swelling, white chalky stools and jaundice.

Treatments include: removing the tumor, liver transplant, chemotherapy, radiation, immunotherapy and palliative care.

Noted from mayoclinic.org

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

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**RETURN SERVICE REQUESTED**

**MAIL TO:**

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**31<sup>st</sup> Annual**

**Walk-A-Thon**

A stylized line drawing of four pairs of sneakers, arranged in a row and slightly overlapping. The sneakers are simple in design with laces and distinct soles.

**Friday, October 18, 2024 at 5:00 p.m.**  
**Old F.C.H.S. Football Stadium in Winchester**