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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.

SAVE-THE-DATE

Celebrating the Art
of Survivorship

*Our annual Fall Luncheon
and Silent Auction*

Featuring: Terri Tate

*Renowned Humorist, Author
and Oral Cancer Survivor*



How do you keep going when doctors give you a two percent chance of survival? For Terri Tate, it was a blend of faith, perseverance, prescription-strength humor – and most of all, a heart that never quit. Terri created her own

recipe for healing, and now uses lessons from her own struggle to help support anyone facing life challenges.



WEDNESDAY, OCTOBER 18, 2017

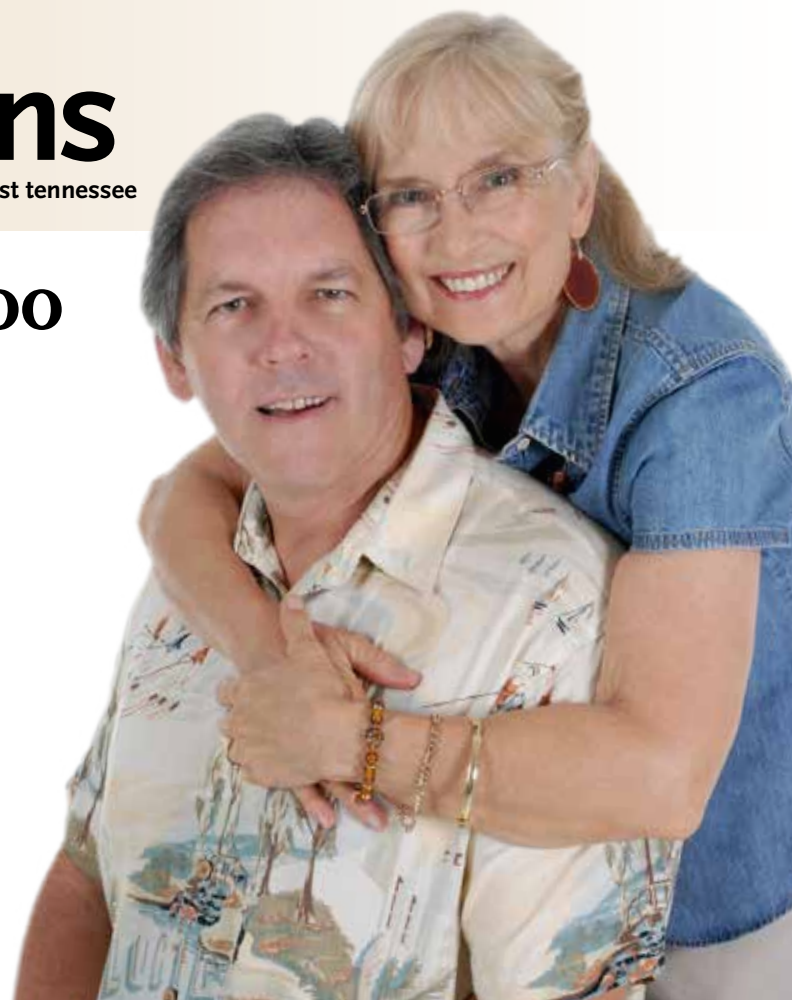
11:00 AM – 1:00 PM

The Foundry at World's Fair Park

Join us by becoming a sponsor or table host.
Call today (865) 546-4661 for more information.

community connections

the newsletter of cancer support community east tennessee



Randy and Alice Jones

Men have feelings, too Finding the appropriate outlet to process these feelings is the challenge.

By Randy Jones

Like most guys, I didn't know what to do with the emotions associated with my wife's cancer. I knew I felt something; I just didn't know how to navigate this new, unwelcomed experience. My wife Alice had attended programs at Cancer Support Community during her first bout of ovarian cancer. When her cancer recurred, she knew that it was more serious and started going back to CSC.

One night at supper, Alice told me I would be attending the caregiver support group that took place at the same time as her cancer support group. I agreed as I knew it was very important to her. Little did I know that it would become so important to me. It took 3-4 meetings of listening to others before I could begin to assemble my feelings and make sense of what was happening to the both of us.

For the next year and a half, I was part of the caregivers group that I looked forward to so much that I never wanted to miss. It was a safe place to sort through this struggle called cancer.

On January 6, 2014, I lost Alice, and I was once again in uncharted territory. How do I deal with the loss of my wife? After a short time, I moved from the caregivers

group to the bereavement group. By now, I knew that I needed the group to help me through this difficult time. No longer was it a suggestion of my wife to come; I had grown to know that I needed this in my life.

Alice has been gone 3 ½ years now. Though I miss her dearly, I am in a better place. At first I was on the receiving end of care, and now I get to give back through my time and effort as a volunteer. I would encourage people in a similar walk to take advantage of the services offered as it has helped me so.

Facing Cancer Together: Learn. Love. Laugh.

This FREE half-day conference features national speakers on relevant topics, lunch and opportunities for building community with others in East Tennessee impacted by cancer. It has been 10 years since Cancer Support Community has sponsored an event of this magnitude, and it may be another 10 years before it happens again.

Come be a part of something special!

WHEN: June 24, 2017, 10:00 am – 2:00 pm
WHERE: Tennessee Valley Unitarian Universalist Church
2931 Kingston Pike, Knoxville, TN 37919

To register please call Cancer Support Community at (865) 546-4661 or register online at www.CancerSupportET.org by June 20th.



community notes

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from the Executive Director

Cancer care is expensive – *really* expensive, often causing a financial burden for patients and their loved ones. Because our support services are so essential to healing, we believe that they must remain at no charge to ensure that they are available to everyone in our East Tennessee community facing cancer.

To recognize those who make our work possible, our board has launched two new giving societies and society members will be listed on our new Giving Wall.

Annual Giving Society – Recognizes donors who make combined gifts totaling \$1,000 or more in a calendar year. Gifts can be in honor or in memory of a loved one, as a sponsorship of an event or for a designated program.


Legacy Society – Recognizes donors who make and notify us of a legacy gift valued at \$5,000, whether a bequest in a will or as a named beneficiary in a retirement plan or life insurance policy.

No gift is too small, and we are very appreciative of both monetary and in-kind donations. All donors are recognized in this community newsletter.

We understand that you want to be certain your hard earned dollars are put to good use. If you have questions about how we fund programs or would like to meet to discuss a gift, please request a confidential meeting with me or a member of our planned giving council.

Thank you for joining us as we **Take On Cancer Together.**

– Beth Hamil



EAST TOWNE HEALTH FAIR

Saturday, September 9
10:00 am – 2:00 pm | Knoxville Center Mall

Free Health Screenings • Educational & Community Resources
Healthy Lifestyle Classes & Demonstrations
Fun & Healthy Activities for Kids

For more information visit
www.CancerSupportET.org or call (865) 546-4661.

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Administrative Hours
Monday-Friday
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www.CancerSupportET.org

 Find us on Facebook  Follow us on Twitter

community programs

You have cancer. You have children. Now what?

Having cancer is hard enough. If you are a parent with school-age children or know someone who is, the challenges multiply. You have probably asked questions like:

- How much do I tell the kids?
- What do they need to know and when?
- How do we help them maintain as normal a life as possible?
- Will they be able to cope?

You don't have to face this alone. Attend a Parent Orientation and sign the kids up for CSC's free,



4-day **Summer Fun Kids Camp**. Through art, music, active games, and yoga, kids will have fun with others who have cancer in the family, and you will get a short respite.

When: July 17-20, 9:00 am – 2:00 pm

Where: Cancer Support Community

Parent Orientation: Wednesday July 5, 4:30 – 6:00 pm

Register by calling (865) 546-4661

Thanks to these professionals who have donated CSC programs

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Guest Chef Mahasti Vafaie teaches us the healthy value of chia seeds.

We know it can be difficult to get in the daily recommended amount of fruits, vegetables,

and grains.

At CSC, we aim to empower you



with knowledge and yummy recipes to help you increase your intake of good food! Thank you to guest chef Mahasti Vafaie, owner and chef of Tomato Head and Flour Head Bakery, for whipping up this delicious, healthy treat.

Chia seeds are whole-grains packed with healthy omega-3 fatty acids, protein, fiber, antioxidants, and calcium.

Flour Head Bakery's Chia Pudding

- 2/3 cup raw cashews
- 2/3 cup water
- 2 cups almond, flax, or coconut milk
- 1 2/3 cup coconut cream
- 1/2 cup chia seeds

Soak cashews in water overnight. Drain and rinse cashews, place in blender with 1 cup almond milk and blend until smooth. Pour the mixture into a medium bowl, and add the remaining milk, coconut cream and chia seeds. Whisk until evenly distributed. Place in refrigerator overnight.

Enjoy the next day topped with fresh berries, dried berries, or granola drizzled with maple syrup or honey.

A special thanks to program volunteers

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community events

ARTITUDE



Celebrating Courage & Survivorship in 2017

We thank everyone who participated in this year's Artitude, a lively event featuring one-of-a-kind works of art by local and regional artists. Our partner, Dogwood Arts, provided a fun, screen-printing activity with Riot Printing. Casey Wheeless of WVLT Local 8 was emcee. Guests enjoyed a beer tasting by Will Rute Meyer, co-owner and beer master of Balter Beerworks, and a wine tasting led by Matt Burke, sommelier at Old City Wine Bar. Delicious food pairings were prepared by Holly's Gourmet. Ben Maney of the Community School of the Arts, along with students Joshua Washington and Emma Ryan, provided the music.

Special thanks to the following committee members for planning such a fabulous event: Pam Bradshaw, Jenny Brock, Tom Cervone, Kate Creason, Lindsey Stone Hill, Sue Humble, Heather McKinney, Karen McKinney, Dianna Osickey, Leslie Parent, Sarah Verzyden and Judy Yeager.

Thank you to our generous 2017 sponsors

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SAVE-THE-DATE: Evening of Self-Care at Blue Ridge Yoga



Saturday, August 26
5:00 pm Yoga and Meditation
6:00 pm Food and Party

Come and nourish your mind and body with this special evening of self-care at Blue Ridge Yoga. Guests will have the opportunity to attend a yoga or meditation class. The fun party follows immediately after with a silent auction, food, massage, essential oils and more. Give yourself some tender loving care and help CSC out at the same time!

Tickets \$45 | www.yogaknoxvilletn.com

SAVE-THE-DATE: Sips & Succulents



Thursday, September 7
5:30-7:00 pm

Make your own living wreath at Sweet Pea, just in time to decorate for fall! Proceeds benefit CSC.



KNOXVILLE KICKIN CANCER SOCCER TOURNAMENT



Thank you to Jenny Pleasant, Cool Sports, all the soccer players, and these sponsors for hosting the annual Kickin Cancer Soccer Tournament benefiting CSC.

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The following gifts, received between November 1, 2016 and May 15, 2017, make our programming possible. We are fortunate to have so many faithful supporters who want to ensure that CSC services are offered at no charge to people facing cancer.

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