



## Mary Kay's Road to Survivorship (by Danielle DeGroat)

Mary Kay Price was diagnosed with stage three colon cancer four years ago. She was forced to undergo surgery to have part of her colon removed. Following surgery, Mary Kay had to endure chemotherapy treatments three times a week, every other week in Alma.

Immediately after her diagnosis, Mary Kay became involved with the Pardee Cancer Treatment Fund which assisted her with payment of some expenses that her insurance would not cover. Pardee connected her with CCS for additional financial help as there were still many extra expenses that she could not afford, especially since she was forced to take off work during this time.

"We had no income during the times I had treatment because I couldn't work," said Mary Kay. "Not only were we worrying about bills associated with the disease, but we needed to figure out how to pay for everything else in our lives."

That's where CCS stepped in. CCS covered all of the mileage that she used when traveling to her multiple chemotherapy treatments. "It might not seem like much but it helped our family a lot," she said.

"I can't stress enough how much CCS helped me and my family," she said. "We didn't have to worry about coming up with gas money on top

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## COURAGE

Hannah Simons-Scalise, 19, a client of CCS, died recently from a rare form of bone cancer called Ewing's Sarcoma. Many say that Hannah "lost her battle with cancer". However, if you followed her fight against this disease, you might not agree with this assessment.

Hannah was a fighter. When first diagnosed with cancer, she vowed that her life would not be defined by this disease. During the five year period while she was undergoing treatment, including 900 doses of chemotherapy and having five thoractomy surgeries on her lung, making countless trips to hospitals in Texas, Pennsylvania and University of Michigan's Mott Children's Hospital, she was also on the cross country team at Mt Pleasant High School, held a part-time job at Spinning Wheels, and spoke to students about her fight against cancer. And all of this was done with an incredible outlook and sense of humor.

She graduated High School, and was a sophomore at Central Michigan University. Lost her battle with cancer? No way!! She showed us how to meet and defeat this disease. When unable to actually run with her cross country team, she rode along side them on her bike. So, rather than saying she lost this battle, we say "God-Speed", Hannah Simons-Scalise. Run like the wind. Run, Hannah. Run.

CCS is not affiliated with American Cancer Services

## CCS Makes a Difference in Isabella County

- Has been helping cancer patients in Isabella County since 1982.
- Is run completely by volunteers and almost every penny goes directly to meet patient's needs.
- Pays transportation costs in addition to medical expenses.
- Pays for mammograms during Nation Breast Cancer Month for those without adequate health insurance.
- Maintains at the public library a rack of current National Cancer Institute booklets on many kinds of cancer.
- Supports the Nancy Carey Support Group for women in Mt. Pleasant.
- Your tax-deductible donations, gifts, memorials stay here in Isabella County for research, patient support and education.

## CCS Board of Directors Meetings

CCS meetings are the third Thursday of each month at the Central Michigan Metal Health Building, 301 South Crapo, Mt. Pleasant at 6:30 pm. New members are always welcome to join the group. We would like to welcome the following new members to the Board: Rachel McClintic and Deonna Doty.



## Board of Directors

**Front Row - newly elected officers for a two year term:** Mary Ann McPherson, Treasurer; Vanda Barker, Patient Coordinator; Harold Cook, President; Deonna Doty, Secretary; Jane Clark, Historian. **Back Row** – Zora Walsh, Mary Kay Price, Shary Gaunt, Betty Campbell, Amy Bourns, Donna Parr, Karen Williamson, Ruth Anne Sowle, Rachel McClintic, Paulette Schieber, Jack Tillis Missing - Bill Sowle, Don Bertsch, Bill Cain, Clarence Tuma.

### **Not too late for a tax credit:**

You're not too late to take advantage of a State of Michigan "Community Foundations Tax Credit". You can claim up to 50% of a contribution reported on your Michigan tax return. Send your donations to CCS, PO Box 36, Mt. Pleasant MI and specify the donation be made to the "Community Cancer Services Endowment Fund of the Mt. Pleasant Community Foundation." Also, all regular donations to CCS are tax deductible.

### **Ruth Anne Sowle to Receive "Eagle Award"**

Ruth Anne Sowle has been selected to receive a prestigious Chamber of Commerce "Eagle Award" for outstanding service in our community. Ruth Anne has been a member of CCS for ten years. She served as president for six years and during that time she has been instrumental in increasing the CCS membership, has been an ambassador with the community and has set future financial goals for CCS. This past fall at the "Into the Light Cancer Walk", she alone raised over \$5,000 for her team.

The Eagle Award will be presented to Ruth Anne at the Chamber of Commerce banquet at Bucks Run on February 19<sup>th</sup>. Congratulations Ruth Anne. You are very deserving of this award.

### **Survivor Stories**

CCS is looking for "cancer survivor" stories to include in our newly being developed web site and are hoping that some of our readers are willing to share their stories of survivorship. New members, Rachel McClintic and Mindy Lux are developing a CCS web site and need help from all of us cancer survivors to make this site ours. Won't you send in your survivor story? It can be of any length (within reason); it can be anonymous or first name or your complete name if you want; can be from our men, women or children survivors. You can email your article to [zwalsh1@yahoo.com](mailto:zwalsh1@yahoo.com) or send it U.S. mail to CCS, POBox 36, Mt. Pleasant, MI 48858.

### **Mileage Program for Cancer Treatment Travel**

Did you know that CCS will help pay your mileage to and from cancer treatment? With gas at over \$3.00 per gallon, this will help fill up the tank. Fantastic news is that the community has donated very generously to CCS this past year and CCS would like to pass this windfall on to our clients. At the December Board of Directors meeting, the board voted to increase the mileage allowance from \$.30 per mile to \$.40 per mile and increase the quarterly maximum payment from \$500 to \$600. The Board also voted to start a grant program for clients staying out of town for treatment. Applications are with the Patient Coordinator.

### **Nancy Carey Support Group for Women**

This amazing group of compassionate women meets the last Wednesday of each month to provide friendship, information and comfort to those who have had a cancer diagnosis recently or in the past.

Women at any stage of diagnosis or treatment are welcome to attend. The meetings are informal, upbeat and informational and begin at 7:00 pm at Canterbury East Apartments office/community room in Mt. Pleasant.

Call Shirley Wiltse at 773-7565 or Gisela Moffitt at 772-1602 for more information.

### **13<sup>th</sup> Annual "Into the Light Cancer Awareness Walk"**

Friday, September 30<sup>th</sup>, Island Park

We're looking for lots of volunteers for advance planning and working the day of the event. If you have a few extra hours to spare or if you want to be a part of the planning committee, call Zora at 989-773-0346. The first planning meetings will be held at the end of April.

### **"Bowl Over Cancer" Tournament**

February 27, 2011 - Chippewa Lanes - Registration at noon

Two person teams - No Tap Tourney - Up to \$300.00 in prize money

Split Insurance, Shot calls, Door Prizes - Sponsored in part by Isabella Bank

For more information call 773-9631

### **Current CCS Board Members**

#### **President**

Harold Cook..... 773-9781

#### **Vice President**

Don Bertsh ..... 772-1424

#### **Treasurer**

Mary Ann McPherson...772-4673

#### **Service Coordinator**

Vanda Barker..... 772-2524

#### **Secretary**

Donita Doty..... 828-6903

#### **Publicity**

Zora Walsh ..... 773-0346

#### **Memorials**

Donna Parr ..... 772-3925

#### **Historian**

Jane Clark..... 773-3596

#### **Board Members**

Amy Bourns ..... 506-3443

Shary Gaunt ..... 773-3875

Minde Lux ..... 773-3428

Mary Kay Price ..... 773-5076

Ruth Anne Sowle ..... 773-7648

Jack Tellis..... 772-9918

Clarence Tuma ..... 773-5639

Paulette Schieber..... 588-2089

Rachel McClintic ..... 779-1900

#### **Nancy Carey Support Group**

Pam Pfau ..... 828-5476

Shirley Wiltse..... 773-7565

#### **Community Liaison Director**

Bill Sowle..... 773-3673

#### **Educational Coordinator**

Karen Williamson ..... 773-5478

#### **Mastectomy Counselors**

Betty Stiff..... 644-2334

Ruth Anne Sowle ..... 773-7648

#### **Financial Advisor**

Bill Cain..... 772-3929

#### **Newsletter Co-Editors**

Zora Walsh ..... 773-0346

Ruth Anne Sowle ..... 773-7648

#### **Professional Advisors**

Sandra Howell, M.D.

Somdev Roy, M.D.

David Howell, MD

## Thank you from our clients:

*Here are just a few of the thank you notes from our clients. At Christmas, CCS sent gas card to all of our clients..*

✦“We thank you for all of your help this past year. We have had to make monthly trips to Ann Arbor and the mileage checks have been a blessing. Thanks also for the gas card at Christmas; it was a very unexpected surprise. From a client.

✦Dear CCS - Thank you for the support this past year. We also appreciated the gas card. I think Hannah has attended about ten appointments in Houston, and also had major surgery in Philadelphia. Without your support none of that would have been possible.

Your support means that Hannah can get expert medical advice from people who work with rare sarcomas, and yet be able to be home, with friends and family. You add immensely to this girl's life and immeasurable quality to our family. It gives us quality time with Hannah.

Thank you, Lynn Simons

## Into the Light Cancer Awareness Walk 2010

The “Into the Light 2010” Cancer Awareness Walk Committee and Community Cancer Services of Isabella County would like to thank the all of the individuals, teams, walkers, organizations, sponsors and businesses for helping to make our 12<sup>th</sup> annual cancer walk an outstanding success. Because of the continued support from our community almost \$35,000 was raised for local cancer patient support, research and education. On September 24<sup>th</sup> the pathway around Island Park was glowing with over 2,000 luminaries honoring cancer survivors and those who have passed from cancer.

Special thanks to cancer survivors and speakers Keisha Brown and Margaret Steslicki for sharing their survivorship stories during the Cancer Survivor Ceremony. Thanks also to Dr. David Howell, Reverend Ebner, Dave Verwey, Keith Voeks and Suzanne Courser for the inspirational cancer survivor ceremony. Isabella Bank was the sponsor of the candlelight Cancer Survivors walk.

We want to especially thank all of the many generous sponsors and businesses in our community including our major sponsors: Isabella Bank, Morey Foundation, Krapohl Ford Lincoln Mercury, Morbark Inc., University Events, The Saginaw Chippewa Indian Tribe, Central Michigan Community Hospital, and Chippewa Hills Education Association.

In the team competition, Nancy Carey Support Group raised over \$8,000 this year. Other top teams were Baby Bucks, Dean Team, Isabella Bank, CHHS Cancer Crusaders, ICCU Glow Trotters and Morbark.

And most importantly, a special thanks to all the cancer survivors for walking and to their families, care givers and support groups.

## Important Phone Numbers

Pardee Fund of Isabella County	772-6896
Community Cancer Services	772-2524
NCI (up-to-date information)	1 800-4CANCER
Y-ME: (24 hour breast cancer hotline)	1 800-221-2141

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of paying for everything else.” She said that she doesn't know if her family could have made it through her times of treatment without the help of CCS, especially when treatments left her unable to work.

“Cancer is an expensive disease,” she said. “You have so much to deal with that any little bit less is such a great relief.”

CCS granted Mary Kay and her family the benefit of having one less thing to worry about when they were under such tremendous pressure coping with the illness all in itself.

Because Mary Kay was found to have an allergic reaction to the chemotherapy treatments, doctors decided to cancel her treatments after three months for the better of her health. She continues to be in remission today.

“I am so thankful to Pardee and CCS; I know that my family and I could not have made it through that rough time without their help.”

## Developing Headwear for Women with Chemotherapy-Induced Hair Loss

Armine Ghalachyan

I am a graduate student at Central Michigan University in the Apparel Product Development and Merchandising Technology (APDMT) program and am dedicating my Master's thesis to the topic of chemotherapy-induced hair loss. Hair loss is one of the most feared and troublesome side effects of chemotherapy as hair is one of the most defining aspects of a woman's appearance. A large body of literature examining chemotherapy-induced hair loss in women attests to the negative impact of hair loss on women's self-esteem, body image, sexuality and overall psychological well-being. However, no studies have been found that investigated the needs of these women related to headwear. Because chemotherapy-induced hair loss is a life-altering condition that cannot be avoided or remedied immediately, headwear becomes an essential part of everyday clothing for women going through this process. Therefore, as part of my Master's thesis, I will be designing headwear to help improve the quality of life of women experiencing hair loss.

Through personal interviews and an on-line survey at <http://www.surveymonkey.com/s/HeadwearForHairLoss>, information about participants' needs, opinions, preferences and suggestions in regards to headwear are being gathered. Data is also being collected through a blog created for this study. Women who have experienced hair loss are invited to share their opinions and comments on the blog at <http://headwearhairloss.blogspot.com>. “The nature of this topic calls for Ms. Ghalachyan to use some very innovative methods for data collection. Although she is conducting personal interviews and is in need of women with this problem to volunteer their participation, the digital age provides us with the ability to open up our measures to the larger community and allow women to participate virtually as well,” said Dr. Maureen MacGillivray, thesis advisor and graduate coordinator of the APDMT program.

Findings from this investigation will contribute to the existing knowledge about women and chemotherapy-related hair loss. Most importantly, the findings will serve as design criteria for developing headwear that will better address the needs of women experiencing hair loss. *Please contact Armine Ghalachyan at 774-1724 or ([ghala1a@cmich.edu](mailto:ghala1a@cmich.edu)) if you have experienced, or are currently experiencing chemotherapy-induced hair loss and are willing to participate in this study. Participation via the links above is also sought.*

### Memorials / Luminary Request Form

In the past year, many contributions to honor the memory of friends or family members who have died of cancer have been received by Community Cancer Services. These donations and memorials are a positive, meaningful way to remember loved ones and to provide continuing support for those still struggling with this relentless disease. CCS memorial envelopes are at all local funeral homes. Memorial contributions in honor of living or deceased cancer patients may also be sent to CCS at the address below. Even if you or your loved ones have been fortunate enough not to have been personally touched by cancer, **a tax deductible donation of any amount is desperately needed to help those who are fighting cancer**

Please accept this contribution in the amount of \$ \_\_\_\_\_ In Memory of: \_\_\_\_\_ or in Honor of: \_\_\_\_\_

Your name: \_\_\_\_\_ Phone \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

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Send to: Community Cancer Services of Isabella County, PO Box 36, Mt. Pleasant, MI 48804-0036

An acknowledgement will be sent to the person or family you choose. Your gift will help fight cancer in a concrete way.

\*Please make a luminary in honor of \_\_\_\_\_ for the "Into the Light" cancer awareness walk this fall.

**Into the Light 2010 – a sincere thank you to all of our sponsors displayed on the event t-shirts and sponsor board. Super Sponsors Donated \$500+:** Isabella Bank, Morey Foundation, Morbark Inc., Krapohl Ford Lincoln Mercury, WCZY, Central Michigan Community Hospital, Saginaw Chippewa Indian Tribe, University Events, Mt. Pleasant Summer Festival, Chippewa Hills Education Association, E & S Graphics, "Miles for Miracles" West Intermediate & M.P. High School, Saint Vincent de Paul, Sacred Heart.

**Sponsors – Donated \$150 to \$499.00**

Ace of Diamonds; Allen P. Montoye, DDS; Animal Health Associates, P.C.; Bandit Industries; Bennigan's; Berry Funeral Home; Bill's Custom Fab, Inc.; Bird Bar & Grill; Blystone & Bailey CPAs P.C.; Broomfield 7/11; Buffalo Wild Wings; Charles R Lux Family Funeral Home; Clark Family Funeral Chapel; Cold Stone Creamery; Daniel R. O'Neil, Attorney; DJ's Automotive; Downtown Drugs; Elliott Greenhouse; Freddie's Tavern; Gray Sowle & Iacco, PC; Gray's Household Furniture; Howell Breast Surgical Services; Hubscher & Sons; Isabella Community Credit Union; Jenny's Diner; Kiwanis Club of Mt. Pleasant; Konwinski Construction; Kroger; Lake Trust Credit Union; Lil' Chef; LOR Manufacturing; Michael Kruscke, DDS; Mid-Michigan Radiology Associates; MJ Murphy Beauty School; Mt. Pleasant Agency; Mountain Town; Old Mission Party Store; Papa John's Pizza; Pleasant Hills Golf Club; Pleasant Graphics; Ponderosa; Quilts by Doris; Red Hats in the Mitten; Rent Rite; Riverwood Resort; Rowley Funeral Home; Save-A-Lot; University Recreation; WCFX Radio; VFW Post 3033 Ladies Auxiliary; VFW Post 3033 Mens' Auxiliary. We sincerely thank all of our sponsors and apologize if we missed anyone.

# COMMUNITY CANCER SERVICES OF ISABELLA COUNTY

**"Your Local Cancer Organization"**

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