

# Relay For Life Of Shelby County



# LIGHTS, CAMERA, RELAY!

Friday, May 31



## RELAY FOR LIFE

### Honorary Survivor: Bob Mages

By Ryan Pattee  
News Reporter

**PANAMA** -- Bob Mages has lived an extraordinary life.

Growing up in Panama, Mages attended Harlan Community high school where he met his future wife, Lori. At 19 they married and began a comfortable life, having four children.

Mages joined the family business, transporting goods across the country, buying and selling grain and hauling the occasional livestock. During the weekends Mages would play country music on guitar with his band 'The Country Four' later renamed 'The Martin Family'.

In 1986, the band won a concert, allowing it to open for "The King of Country" George Strait, Hank Jr. and Ricky Skaggs. Mages left the Martin Family in 1997, but even now Mages plays guitar on the weekends for per-

sonal enjoyment.

Eventually his family expanded again, and Mages became a grandfather to nine grandchildren. Unfortunately for Mages not everything could stay good forever.

#### Cancer Diagnosis

It was October, 2015 when Mages and his wife were given the news of his cancer. Lori talked about the day they found out.

"He had had a bowel obstruction twice within six days," she said. "We ended up down in Omaha when the second one happened. He was in the hospital for a week. No one could figure out what was going on. They thought he had an internal hernia, but when the surgeon did the surgery to remove it, they found out it was can-



**HARLAN** -- Bob Mages plays his guitar during one of many concerts with his band on the weekend. Mages has previously opened for George Strait, Hank Jr. and Ricky Skaggs. His band was previously known as the *Country Four* before changing it to the *Martin Family*. Mages still plays guitar on the weekends, and still enjoys being on stage. (Photos submitted)

cer."

Mages had been diagnosed with stage 3 Adrenocortical Carcinoma, a rare form of cancer which affects an estimated amount of 300 to 500 Americans each year, according to *Cancer.net*.

Adrenocortical Cancer causes cancerous cells to grow on the outer layer of the adrenal gland, which produces hormones for the human body. The typical life expectancy, according to Mages, is about three to five years.

Due to the cancer being third stage, it had begun to spread to other areas of his body.

"I had a round of chemo and a scan at that time, did labs and I was good," Mages said. "So, we went back every three months just for labs, no scans. Then in June 2017, the one year mark

(since treatment) they found that it was back."

This came as a shock to Mages family, who had hoped the worst of it had been over. The cancer was now in an area called the peritoneal, the layer of fat between your abdominal and pelvic region.

In even more devastating news, the Mages family had been told that there was no surgeon in the Omaha area that could perform the surgery needed. The doctors said that Mages would last six months without chemo and maybe a year with chemo.

Mages went home bearing the full weight of the doctors discovery. However, hope would be given in an unlikely place.

**Mages** please see page 3



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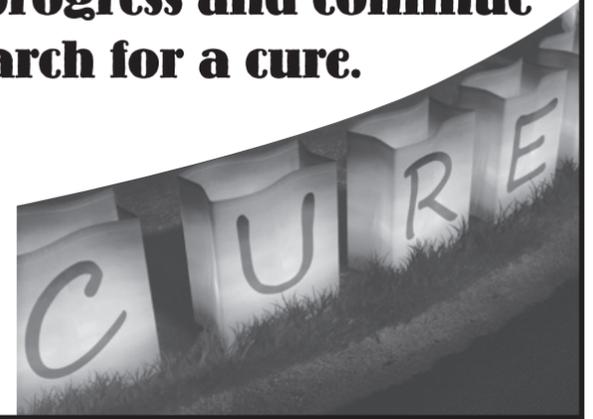
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## Honorary Survivor: Bob Mages

Mages from front page

### Hope

While in Rochester MN, Mages had a blood clot in his left lung. While staying at the hospital, Mages' surgeon told him of someone that could operate on him.

Mages said, "The surgeon up there told me to go back down to Omaha and take my chemo before surgery. He said he knew a doctor in Omaha that had taught him in Creighton several years ago, who was performing the surgery I needed, a cytoreduction with hipec."

Mages is unsure why the doctors in Omaha had not told them about this other surgeon, but he made his way to the University of Nebraska Medical Center (UNMC) to meet with Dr. Jason M. Foster, who had taught the surgeon in Rochester. Foster would perform the cytoreduction with hipec on Mages, which was performed without incident.

Following the operation, Mages continued to do scans and be checked up on. Unfortunately six months after the surgery, Mages would be diagnosed with stage 3 prostate cancer. Then three months later a tumor was found on Mages liver, resulting in surgery once again during March, 2019.

Since that time, Mages has begun rounds of chemo again. "Third time is maybe a charm," Mages joked.

### Family so important

Despite the setbacks, and steady stream of bad news, Mages has stayed strong crediting his will to live and constant support from family as the reason he remains hopeful.

"You just go on, you try to achieve some sort of normalcy. You do something you like to do and you do your best at it," he said.

Mages is typically tired and fatigued due to the chemotherapy, but understands it is a small price to pay when it comes to treatment, saying that he can "deal with that."

If there is one lesson Mages has learned from his experience, and what he is still currently going through, it's do what you love and enjoy life.

"Take every chance you can get to go have some fun with family or friends. I've never really done anything in my life I never truly didn't want to do, I've been pretty lucky. You become very, very, aware of the good things around you," he said.

He also praised his home town of Panama for sticking with him and always checking up on him.

"A lot of good support over in that neck of the woods," he said.

### Will overcome

Despite the odds, Mages believes he will overcome his cancer and continue living his life to the fullest.

"Any kind of stage three or four if you look it up on the internet it says three to five years," Mages said. "I feel we're really gong to beat that, so thanks to people like the American Cancer Association and Relay For Life, there is more research being done and that is the key. Research is the key."

This year, Bob Mages was selected to be the honorary survivor for the Harlan relay for Life event on May 31.

"It's kind of an honor. I've been affiliated with them for a lot of years," Mages said. "Sharon Peterson called me back in the 90s to join. She was just one of those people you couldn't tell no."

"We met so many good driving forces in Relay that stay pretty focused on what they want and get what they need. When they asked to be the honorary survivor I said, 'sure I'll do that.'"

At the event, Mages plans to talk about overcoming the odds, and continuing to fight against cancer.

"We are going to beat this. Not just me, but everybody I know, and I really feel were winning," he said.

Mages will be at the Relay For Life event on Friday, May 31. He encourages everyone go out and participate in the event to fund raise money, raise awareness and live life to the fullest.



## Luminarias

*Relay For Life – May 31, 2019*

Each Luminaria bag represents a loved one lost to cancer, brings support to those affected by it, and honors survivors.

Luminarias may also be purchased online for \$10.00 each with decorating included to honor your loved ones: [www.relayforlife.org/shelbycountya](http://www.relayforlife.org/shelbycountya)

Luminarias may also be purchased for \$10.00 until approximately 7:00 P.M. the night of Relay.

Lighting ceremony to be held the night of Shelby County Relay For Life, May 31, 2019 at approximately 8:00 P.M.

### Caregivers

Let's not forget about our Caregivers! Caregiver bags may be purchased for the same prices.



### Contact for questions:

Julie Ziola, cell: 813 245-4851

Cindy Schechinger, cell: 712-579-1212



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We invite all individuals, organizations and businesses to join us as we continue fundraising during the year ahead. Your dollars are used wisely for research, and to help those directly affected by cancer through various support programs. Please join us!

**To learn how you can help, please contact:**



**Suzie Mages**  
Senior Community Development Manager  
712-579-1878  
suzie.mages@cancer.org



# Get your tests!

Recommended cancer testing can help save your life. Ask your doctor or nurse about these tests.

Recommended Tests for Men and Women at Average Risk				
21 to 29 Years	30 to 39 Years	40 to 49 Years	50+ Years	GLOSSARY
<b>Colorectal Cancer Testing*</b> Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.		<b>Colorectal Cancer Testing*</b> Start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested.		<b>Colorectal Cancer Testing</b> These tests can help prevent colorectal cancer or find it early when it's easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.
Recommended Screening Tests for Men				
<b>Prostate Cancer Testing</b> No test is needed at this time.		<b>Prostate Cancer Testing</b> Starting at age 45, African American men and men with close family members who had prostate cancer before age 65 should discuss the pros and cons of testing with a health care provider. They should then decide if they want to be tested with a PSA blood test with or without a digital rectal exam.		<b>Prostate Cancer Testing</b> Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.
Recommended Screening Tests for Women				
<b>Breast Cancer Testing*</b> Find out if you are at high risk for breast cancer. If not, testing is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.		<b>Breast Cancer Testing*</b> Women ages 40-44 should have the choice to start breast cancer screening with yearly mammograms if they wish to do so. Starting at age 45, get a mammogram every year.		<b>Mammogram</b> A screening mammogram is an x-ray that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.
<b>Cervical Cancer Testing</b> Screening should be done every 3 years with a Pap test.		<b>Cervical Cancer Testing</b> Women ages 30-65 should get a Pap test and an HPV test every 5 years, or get a Pap test every 3 years. Women 66 and older who have had normal Pap tests on a regular basis can stop testing. Women who have had a serious cervical pre-cancer should be tested for at least 20 years after the diagnosis.		<b>Pap Test (Cervical Cancer Testing)</b> The Pap test checks for cell changes or abnormal cells in the cervix. <b>HPV Test (Cervical Cancer Testing)</b> The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.
Lung Cancer Screening Recommendations for Men and Women at High Risk				
			<b>Lung Cancer Testing.</b> If you are a current or former smoker ages 55-74 and in fairly good health, you might benefit from screening for lung cancer with a yearly low-dose CT scan.	<b>Lung Cancer Testing</b> People who smoke or used to smoke are at higher risk for lung cancer. Talk to a health care provider about your risk for lung cancer, and the possible benefits, limitations, and harms of getting tested for early lung cancer.

Insurance typically covers prevention and screening services. Please check to confirm your specific health care benefits.

**Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.**

\* You may need to begin testing for colorectal cancer or breast cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your doctor about this.

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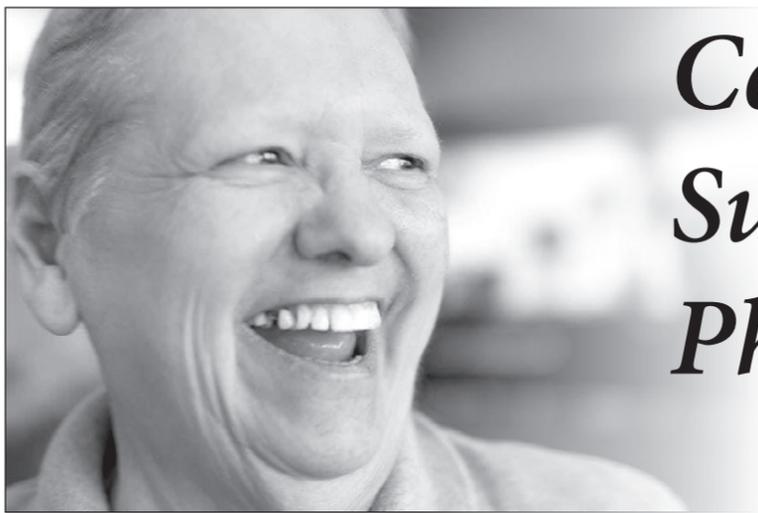


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## Using Past Experience to Help Others

By Ryan Pattee  
News Reporter

**HARLAN** -- In one of the many houses in Harlan tucked away on a quiet street lives 78 year old John Gilliland.

However, many may know him as Mr. Gilliland, the former math teacher at the Harlan Community High School. Unfortunately for Gilliland, cancer is something he is all too familiar with.

Back in 1998, his wife, Janelle, another teacher at Harlan Community High School, was diagnosed with cancer.

Gilliland understood the struggle he and his wife had to endure when it came to traveling for chemotherapy and checkups, experience he now uses when volunteering for Road to Recovery.

"I had to drive her many times to Council Bluffs and to the Nebraska Med Center for treatments. So, I understand what it is to need a driver," he said.

"There were a couple of different times she had 33 consecutive treatments, and you drive for about five to six weeks. You know that takes a strain on you every day, so I understand when someone needs a ride."

Unfortunately Janelle would pass away in 2003, after her cancer spread to the brain and spinal region. Gilliland had retired a few months before she died, ending his career as a teacher earlier than he had planned.

In 2011, Gilliland was given another blow, when he was diagnosed with prostate cancer. When asked about his condition Gilliland said he "seemed to be doing fine." Gilliland decided to take the worst of a bad situation and make some good out of it.

### Working for Road to Recovery

Gilliland began working with Road to Recovery, deciding that there had to be a reason he was alive when his wife wasn't. Gilliland said, "I always say the good Lord must have something for me to do. Otherwise he would have taken me instead of my wife."

Gilliland began working with Road to Recovery around the time it was created, but says he was already volunteering to drive people to the hospital when needed.

While working with Road to Recovery, Gilliland has busy months, where trips to Council Bluffs seem to happen four to five times a week, and other months where he won't have to drive anyone.

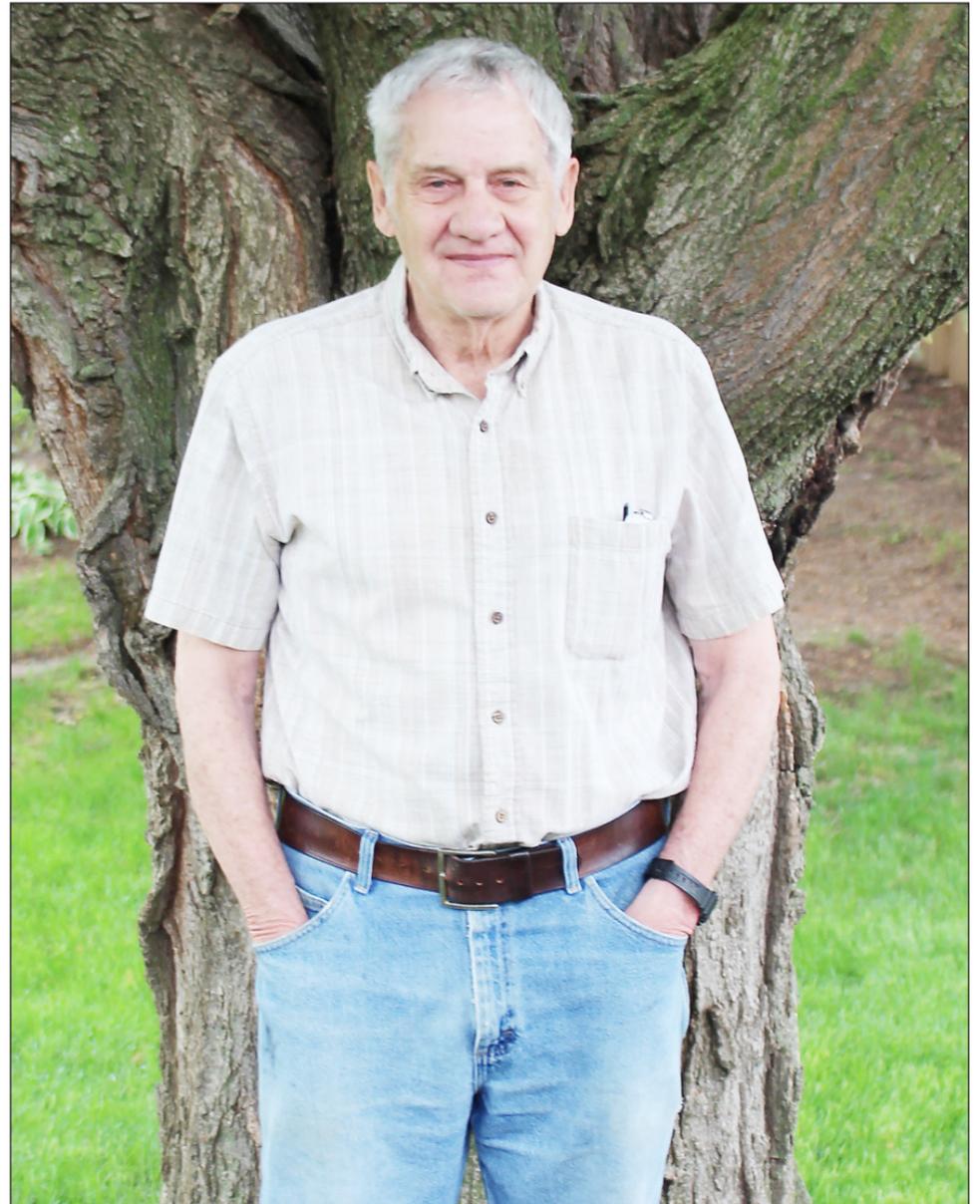
Regardless of how many times he has to drive, Gilliland always makes sure to keep his travelers encouraged to keep fighting the good fight.

"I feel a need for myself because it does help me," he said. "I feel like it's my little ministry, right now."

"I can kind of encourage them as we drive back and forth. It's about an hour's drive depending on where it's going and I've gone through this situation before, and I understand what they're going through."

Gilliland isn't bothered when he gets a call asking to drive someone. If he's too busy he lets them know, but if he's free he grabs his car and begins driving to meet them. Gilliland says compassion for his passengers keeps him inspired to drive. However, the best part for Gilliland is being there for someone who needs it.

"Just knowing your helping someone out," he said. "That they need help, and them being appreciative. It



**HARLAN** -- Former Harlan Community High School teacher John Gilliland, who says he's been driving people since the program started. (Photo by Ryan Pattee)

makes you feel good."

Gilliland has no plans to ever stop helping those in need. He also wishes to encourage others to follow in his footsteps, hoping that others will take up the duty and join Road to Recovery.

"I think there's a need for drivers," he said. "When I talk to Suzie Mages (Harlan's Relay For Life Specialist) she's always looking for more drivers to make the trip. It's good ministry."

Gilliland serves as an example of charity and goodwill many try to emu-

late in their lives. If you ever want to be reminded of giving back or volunteering to help another, look no further than the flag at the Harlan Community School District.

The American Flag that flies near the middle school was given to the school by Gilliland in memory of his wife -- a symbol for everyone to remember that they can still help and support one another despite the troubles of the past.



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- 6:00 Sponsor Recognition
- 7:00 Survivor and Caregiver Lap & Ceremony
- 9:00 Luminary Ceremony



## A Look Back At The 2018 Shelby County Relay For Life...



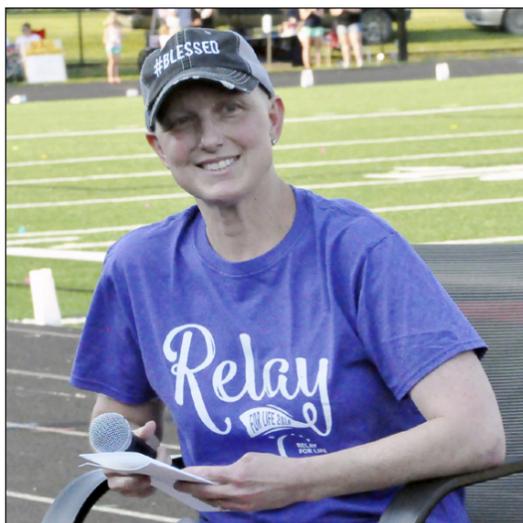
Last year's Relay theme, "Turning The Cancer Frown Upside Down, Circus Style," was deemed a great success. Teams lined the track with entertainment for the kids and fundraising efforts to help reach Shelby County's yearly goal.



The Harlan Fire Department provided stars and stripes while Girl Scouts recited the Pledge of Allegiance.



Photo at right: Julie DuVal delivered a stirring honorary survivor speech and Prue Frederickson, above, shared her memories of 22 years participating in the Shelby Co. Relay For Life.



Please join the Shelby Co. Relay For Life in honor of loved ones, in celebration of survivors, and to help in the search for a cure.



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## Driving Down The Road to Recovery

By Ryan Pattee  
News Reporter

**HARLAN** -- The road to recovery. It's a simple phrase with a very straightforward meaning: 'the journey one takes to get better.'

Of course, most usually take this as a metaphorical approach, having the phrase talk about the journey or the steps to becoming healthy once again. Relay For Life, however, takes it in a literal approach.

The American Cancer Association created a program called 'Road to Recovery' where cancer patients can be driven to a hospital by volunteers for cancer related appointments.

The volunteer drivers are people who get nothing except the satisfaction of helping another human being.

Two such people are Harlan's Cletus and Mary Jane Gubbels, who volunteer their time and vehicle to those in need. "We transport patients for care or check ups," Cletus said.

"Usually it's to Council Bluffs and my wife usually goes along with me."

Cletus says having his wife with him makes the trip easier because the

transported get to have someone to talk to.

The Gubbels had always been around Relay For Life and have participated in it for more than 20 years, especially due to Mary Jane's family having a history with cancer.

"In the process we got to know Susan Mages," said Cletus. "She kind of got us going into road to recovery, it all went from there, I guess."

Both Mary Jane and Cletus are retired, which gave them plenty of free time to volunteer their services. Cletus feels sympathetic to individuals who can't necessarily get a ride to the hospital.

"Cause there is sometimes where it just does not work out," Cletus said.

Mary Jane agreed, saying that it is a relatively short time to drive someone to a hospital in Council Bluffs.

"It's only two to three hours out of your day, I mean that is not too long," she said. Every trip is different for Cletus and Mary Jane, with some weeks being full of driving back and forth between the hospital and other days being more uneventful with very little



**HARLAN** -- Harlan is home to some Road to Recovery volunteers. Using their time and vehicles, they transport cancer patients to the hospital for appointments. Above are Mary and Cletus Gubbels, who drive together to bring patients to the hospital. (Photo by Ryan Pattee)

travel.

The American Cancer Association is always looking for more volunteers to drive. In order to apply, simply go

onto the American Cancer Society's website and navigate to the Road to Recovery web page. There you can sign up if you meet the requirements.



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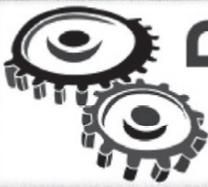


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HOPE



*Colleen's Dream Foundation and You*

# *Stronger Together.*

Camden Hucka never met his grandmother, Nadine Kenkel, who's life was cut short by ovarian cancer. Nadine was a powerful advocate for women's health, especially creating awareness of ovarian cancer.



Photograph by Leah Marie Photography

*Colleen's Dream Foundation is a non-profit organization created by Nicole Cundiff and her husband, former Harlanite Billy Cundiff, in the quest to fund research of ovarian cancer.*

**Together ...**

- we can bring attention to the signs and symptoms of ovarian cancer.
- we can fund research leading to comprehensive & accurate early detection of this deadly disease.

**Ovarian Cancer Symptoms**

- Back Pain
- Swollen/bloated abdomen
- Pressure/pain in the abdomen
- Feeling full quickly
- Constipation or diarrhea
- Abnormal vaginal bleeding

Signs and symptoms are subtle and vague, and no standardized early detection procedure currently exists. Yearly pap tests can detect cervical cancer, but NOT ovarian cancer. If these symptoms persist for a couple of weeks, see a physician, preferably a gynecologist.



**Colleen's Dream**  
 FOUNDATION

[www.colleensdream.org](http://www.colleensdream.org)



# TOGETHER, WE'RE STRONGER THAN CANCER.

The Road To Recovery program provides patients with much-needed rides.

## Working within the community, the American Cancer Society offers a variety of transportation resources for cancer patients.

One of the biggest roadblocks to cancer treatment can be the lack of transportation. An estimated 3.6 million Americans delay or have difficulty getting needed medical care each year due to the lack of available and affordable transportation to treatment.

Family and friends may help, but over the course of several months, they may not always have the time or resources to provide every ride. That's why a successful transportation assistance program can be a tremendous asset, and that's why it's critical for your company or organization to play a role in helping to save lives.

The Road To Recovery program is at the very heart of the American Cancer Society's work of removing barriers to quality health care by providing patients

transportation to treatment and other cancer-related appointments.

Among the ways we help provide patients rides are:

**Road To Recovery volunteers:** Trained volunteers donate their available time to give patients much-needed rides.

**Road To Recovery partners:** Based on available resources, we work with local transportation vendors to provide patients assistance to treatment.

**Road To Recovery referrals:** We help give cancer patients more options by working with a network of community organizations that may provide transportation services.

## Working with the American Cancer Society, you can help:

- Patients have fewer barriers to completing their treatments and receiving follow-up care, resulting in better health outcomes and lower long-term costs to your company or organization.
- Patients feel more fully supported and empowered by a company or organization that helps them overcome challenges faced during and after treatment.
- Patients reduce time spent navigating transportation resources.



**Road To  
Recovery®**

To learn more about our transportation programs, visit [cancer.org/roadtorecovery](https://cancer.org/roadtorecovery) or call **1-800-227-2345**.

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# Your donations make a difference

The American Cancer Society's mission is to save lives, celebrate lives, and lead the fight for a world without cancer. With your help, we support patients and caregivers through every step of their cancer journey.

## EMPOWERMENT



**\$500** could help provide a **personalized information kit** to 25 newly diagnosed cancer patients.

## HELP WITH SIDE EFFECTS



**\$130** could **provide wigs** to two patients in treatment.

## LODGING



**\$50** could help provide patients and caregivers with a **night of free lodging** when they have to travel for cancer treatment.

## SUPPORT



**\$50** could help provide a breast cancer patient with **one-on-one peer support** from a breast cancer survivor.

## INFORMATION



**\$25** could help one person get **free information, support, and access to resources** through our 24/7 helpline at **1-800-227-2345** or via live chat at **cancer.org**.

## RIDES



**\$25** could help **provide a ride** during treatment or to a follow-up appointment.

RelayForLife.org | 1.800.227.2345

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## AMERICAN CANCER SOCIETY 2018 IOWA IMPACT

The American Cancer Society's mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

We're on a mission to free the world from cancer.

Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.

"Today, we believe we have an opportunity, and a responsibility, to lead the cancer fight in a way no other organization can."

Gary Reedy, CEO  
American Cancer Society



**CANCER.ORG**  
**1-800-227-2345**

- **Information and Resources:** 4,102 people from Iowa contacted ACS in 2018 and received information, used a free program or received a referral to another resource.
- **Transportation:** 6,629 free rides were provided to over 267 cancer patients receiving treatment across Iowa. There are 178 Road To Recovery volunteers providing these rides almost daily throughout the state.
- **Lodging:** 16,119 complimentary or greatly reduced nights of lodging were provided to 1,350 cancer patients (and their caregivers) receiving treatment 40 miles away from home throughout Iowa, which is an estimated out of pocket savings of \$1,611,900. There are 58 American Cancer Society Hotel Partners across the state. The Russell and Ann Gerdin American Cancer Society Hope Lodge is in Iowa City.
- **Research:** The American Cancer Society had \$1.272 million invested in 3 research grants taking in Iowa in 2018.
- **Advocacy:** The American Cancer Society Cancer Action Network secured increased funding for Melanoma Research at the University of Iowa and worked with coalition partners to secure an increase in funding for childhood obesity programs. ACS CAN was also successful in maintaining funding for the tobacco prevention and control program, Iowa's Comprehensive Cancer program, lodging assistance for cancer patients at the University of Iowa and Cervical and Colon Cancer Screening Programs.
- **Other resources available:** The National Cancer Information Center, available by phone or live chat 24 hours a day, 365 days a year; Reach to Recovery, a support program for breast cancer patients; National Cancer Survivors Network, an online community connecting survivors all over the world. Visit the cancer.org website for more support services including our Cancer Resource Connection database, and book store or call 1-800-227-2345.

# LIGHTS, CAMERA, RELAY

*Myrtue Medical is honored to help our patients  
and our community by working together to  
finish the fight and find a cure for cancer.*

## RELAY FOR LIFE 2019



**WE ARE PROUD TO BE A 2019 CRITICAL  
ACCESS TOP 100 HOSPITAL IN THE U.S.**



*committed to you, committed to our community*