

BERRIEN COUNTY CANCER SERVICE NEWSLETTER

www.bccancerservice.org

In honor of the committed service of Olove Colcord, R.N.

THE MISSION OF THE BERRIEN COUNTY CANCER SERVICE:

To provide free skilled home nursing services, equipment, information and supplies at cost for cancer patients and their families in Berrien County.



August 2013

(269) 429-3281

VOLUME XXII

ISSUE VIII

The **BERRIEN COUNTY CANCER SUPPORT GROUP** is a group for patients, family members and care givers. Come share successes, feelings, fears and practical methods of coping with the physical and emotional aspects of living with the diagnosis of cancer.

A Touch Can Say So Many Things

A touch can say so many things
That words cannot express;
It speaks of tenderness and love
With just a light caress.

A touch can say, "have courage," when
Your word is not quite right;
And then can share a happiness
Unspoken with delight.

A gentle touch of sympathy
Can say, "I understand."
And speak my friendship silently
Each time I touch your hand.

When words become inadequate
To say how much I care,
A simple touch can tell you all
These things I want to share.

Mary L. Case



The BCCS Bulletin Board

Hit a Home Run Against Cancer!

The “PINK GAME” fundraiser was a total team effort raising \$5,176.75 for the Berrien County Cancer Service! Players, coaches and parents of area Girls’ Varsity Softball teams were all involved. The girls promoted t-shirt sales through Facebook and via the public, selling them with great success! The teams also sold baked goods at lunch and at softball games. The culmination was the “Pink Game” between Lakeshore, Coloma, St. Joseph, and Bronson. Each team wore breast cancer uniforms donated by the United Federal Credit Union, while they enjoyed playing together for a common goal. The game raised additional funds through a raffle and sales of baked goods and other items during the game. The teams came together with such energy and passion for the cause that it was amazing, they more than surpassed their goal! Thank you Lakeshore, Coloma, St. Joseph, and Bronson Girls’ Varsity Softball teams for hitting a home run against cancer!

SUPPORT GROUP GUEST SPEAKER

September 17

We are pleased to announce that **Registered Dietician, Cassie Jaros** from Lakeland Regional Medical Center will be our guest speaker for our Stevensville Support group meeting on September 17th at 1:30 p.m. Our office is located at 7301 Red Arrow Highway, Stevensville. Cassie will be discussing cancer prevention, diet considerations during treatment, and answering any questions you may have regarding nutrition. *BE SURE TO BRING YOUR FRIENDS AND FAMILY!*

BCCS OPEN HOUSE

October 24

This year is our **65th year** of being the Berrien County Cancer Service! We will be celebrating this mile stone during our Open House on October 24 from 10 a.m. to 6 p.m. So be sure to **SAVE THE DATE!** We will have a table full of refreshments, so stop by for lunch or come between 5p – 6p when we will have a pizza party! Bring the family and enjoy the fun. In the meantime, come see our quilt on display and buy some raffle tickets. The quilt raffle will be held after the pizza party at 6:00 p.m.

Eau Claire Cherry Festival Corn Hole Fun!

Thank you to Kirk Hansen of Niles for organizing the 3rd annual Corn Hole Tournament at the Eau Claire Cherry Festival on July 4th. In case you don’t know what a Corn Hole Tournament is, it looks like a bean bag toss but has specific rules. There were 8 teams participating with the proceeds benefitting the Berrien County Cancer Service. Check out the Berrien County Cancer Service Facebook page to view the bags being tossed. Join us for the fun next year. Great job Kirk!

2013 CARS FOR CANCER CELEBRATE BRIDGMAN

Saturday July 13

On a beautiful sunny afternoon a fantastic car show to benefit Berrien County Cancer Service was held at the Bridgman City Hall parking lot. The event was organized by Brian Jannert of Bridgman, MI. Lots of work went into the production of this event. We give a BIG Thank You to Brian and all the wonderful sponsors. A great time was had by everyone who attended the show. This was the first year for the show and it is to become an annual event. If you missed it this year watch for it next summer. It was a rocking good time with music by Norm the D.J. He kept us dancing and singing all day. Almost 70 cars were entered for all to enjoy and recall days of their youth. The award for the car of the day was a 1932 Chrysler Imperial owned by Manfred Moneta. He has owned the car for 15 years and it was a “basket case” when he first acquired it. This is a beautiful car which Manfred is very proud to show and drive.

Our 18th Annual Bike Ride June 23, 2013

If you were out and about on Sunday, June 23 and saw bicycle riders in great numbers, you were likely witnessing the BCCS Annual Bike Ride. There were 164 riders on various routes going as far as Eau Claire and Buchanan. On the routes there were three SAG stops with bananas, peanut butter sandwiches, and amazing Bit of Swiss cookies. Our sponsors played a key role in making the day a success: A BIG THANK YOU to our bib sponsor – Eagle Technologies, the Stevensville banner sponsor – Lakeland Regional Medical Center, as well as our SAG sponsors: Dr. Reed’s All Eyes, Marta’s Chicken Nook, and Chemical Bank. Here at the home base, we enjoyed the music of John Tolhuizen and Mockingbirds. Other treats were Kilwin’s ice cream as well as a table for sports massages by Ray McAllister. A new feature this year was to have sponsored Mile Markers which were greatly appreciated by the riders. Between our sponsors, riders, and volunteers we raised an amazing \$17,554. Everyone enjoyed the day with our farthest rider being from Australia! Check out our Facebook page and see the fun we had!

THANK YOU TO OUR WONDERFUL BIKE RIDE SPONSORS!!!

Bib Sponsor

Eagle Technologies

Banner Sponsor

Lakeland HealthCare

SAG Stop Sponsors

Dr. Reed's All Eyes

Marta's Chicken Nook

Chemical Bank

Community Sponsors

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Barbara Lane
Michigan Mold
Michiana Hematology-Oncology

Milano's Pizza
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David Resch
The softball teams of Coloma, Lakeshore and St. Joseph
Starks & Menchinger Funeral Homes
SW Michigan Oncology Nursing Society
West Michigan Tool & Die
Whirlpool Corporation
Woodland Terrace

Mile Markers

Randy Bettich
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Martin's Supermarket

Feelings of emotional, social, or spiritual distress can make it hard to cope with cancer treatment.

Almost all patients living with cancer have feelings of distress. Feelings of distress range from sadness and fears to more serious problems such as depression, panic, feeling uncertain about spiritual beliefs, or feeling alone or separate from friends and family.

Patients who are in distress during any phase of cancer need treatment and support for their distress. Patients are more likely to need to be checked and treated for distress during the following periods:

- Soon after diagnosis.
- At the start of treatment.
- At the end of treatment.
- From time to time after finishing treatment and during remission.
- If the cancer comes back.
- If the goal of treatment changes from curing or controlling cancer to palliative therapy to relieve symptoms and improve quality of life.

Patients who are having trouble coping with cancer may find it helpful to talk with a professional about their concerns and worries. These specialists include:

- Mental health professionals, including psychologists and psychiatrists.
- Social workers.
- Palliative care specialists.
- Religious counselors.

Patients who are in distress can be helped by different kinds of emotional and social support.

Studies have shown that patients who are having trouble adjusting to cancer are helped by treatments that give them emotional and social support, including:

- Relaxation training.
- Counseling or talk therapy.
- Cancer education sessions.
- Social support in a group setting.

These types of treatment may be combined in different ways for one or more sessions. Studies have shown that patients with cancer who receive such therapies receive benefits compared to those who do not receive these therapies. Benefits include having lower levels of depression, anxiety, and disease- and treatment-related symptoms, as well as feeling more optimistic. Patients who have the most distress seem to get the most help from these therapies. However, patients who received these therapies did not live longer than those who did not receive them.

Anxiety and distress can affect the quality of life of patients with cancer and their families.

Patients living with cancer feel many different emotions, including anxiety and distress.

- Anxiety is fear, dread, and uneasiness caused by stress.
- Distress is emotional, mental, social, or spiritual suffering. Patients who are distressed may have a range of feelings from vulnerability and sadness to depression, anxiety, panic, and isolation.

Patients may have feelings of anxiety and distress while being screened for a cancer, waiting for the results of tests, receiving a cancer diagnosis, being treated for cancer, or worrying that cancer will recur (come back).

Anxiety and distress may affect a patient's ability to cope with a cancer diagnosis or treatment. It may cause patients to miss check-ups or delay treatment. Anxiety may increase pain, affect sleep, and cause nausea and vomiting. Even mild anxiety can affect the quality of life for cancer patients and their families and may need to be treated.

Patients living with cancer can feel different levels of distress.

Some patients living with cancer have a low level of distress and others have higher levels of distress.

The level of distress ranges from being able to adjust to living with cancer to having a serious mental health problem, such as major depression.

However, most patients with cancer do not have signs or symptoms of any specific mental health problem. This summary describes the less severe levels of distress in patients living with cancer, including:

- Normal adjustment—A condition in which a person makes changes in his or her life to manage a stressful event such as a cancer diagnosis. In normal adjustment, a person learns to cope well with emotional distress and solve problems related to cancer.
- Psychological and social distress—A condition in which a person has some trouble making changes in their life to manage a stressful event such as a cancer diagnosis. Help from a professional to learn new coping skills may be needed.
- Adjustment disorder —A condition in which a person has a lot of trouble making changes in his or her life to manage a stressful event such as a cancer diagnosis. Symptoms such as depression, anxiety, or other emotional, social, or behavioral problems occur and worsen the person's quality of life. Medicine and help from a professional to make these changes may be needed.
- Anxiety disorder—A condition in which a person has extreme anxiety. It may be because of a stressful event like a cancer diagnosis or for no known reason. Symptoms of anxiety disorder include worry, fear, and dread. When the symptoms are severe, it affects a person's ability to lead a normal life. There are many types of anxiety disorders:

- Generalized anxiety disorder.
- Panic disorder (a condition that causes sudden feelings of panic).
- Agoraphobia (fear of open places or situations in which it might be hard to get help if needed).
- Social anxiety disorder (fear of social situations).
- Specific phobia (fear of a specific object or situation).
- Obsessive-compulsive disorder.
- Post-traumatic stress disorder.

There are certain risk factors for serious distress in people with cancer.

Nearly half of cancer patients report having a lot of distress. Patients with lung, pancreatic, and brain cancers may be more likely to report distress, but in general, the type of cancer does not make a difference. Factors that increase the risk of anxiety and distress are not always related to the cancer.

The following may be risk factors for high levels of distress in patients with cancer:

- Trouble doing the usual activities of daily living.
- Physical symptoms and side effects (such as fatigue, nausea, or pain).
- Problems at home.
- Depression or other mental or emotional problems.
- Being younger, nonwhite, or female.

The website of the National Cancer Institute (<http://www.cancer.gov>)

In Loving Memory

During June 2013, Memorial Donations were generously made by and for the following people:

In Memory of Judith E. Bohne

Steve and Kathy Beldorth, Three Oaks

In Memory of Jeffery F. Dorgelo

Nancy Johns, Benton Harbor

Kenneth M. Schultz, Coloma

Barbara Pence, Sodus

In Memory of George Falkner

Dr. R. Rademacher, Stevensville

In Memory of Sharon Gatchell

Passaro, Kahne & Taylor Law Off., Benton Harbor

Marge and Duane Garland, Benton Harbor

Eugene & Ruth Gatchell, Hartford

In Memory of Johnny Gorman

Eva Gorman, Berrien Springs

Memory of Beverly Herman

Beverly Holt, Niles

In Memory of Robert O'Connor

Joe & Sandy O'Dell, St. Joseph

In Memory of Laurel Purdy

Mathilda Sonnenberg, Sawyer

In Memory of Mary Jane Rutledge

Dr. R. Rademacher, Stevensville

In Memory of Margot (Margo) Ryno

Irma Hartman,

Harry & Doris Case, Sodus

QUILT THANK YOU!

Creamy Potato Salad

When you're in the mood for a traditional version of creamy, dreamy potato salad, this is your recipe. It's great for picnics and cookouts. No matter how you skin it, this scrumptious side is super.

Ingredients

- 2 large potatoes
- 2 egg yolks
- 1 tbsp. mustard
- 1 tbsp. sugar
- 1 tbsp. salt
- 1 tbsp. vinegar
- 1 cup canola, soy or corn oil, divided
- 6 tbsp. peas
- 6 tbsp. white beans
- 6 tbsp. corn kernels
- 2 carrots
- 6 pickles

Methods/steps

Boil the potatoes until tender and take the skin off. While they are still hot, mash them with a fork and add 2 tbsp. of the oil. Let the potatoes cool. Using a mixer, mix all the ingredients. After using all the oil, the salad should have the texture of mayonnaise. Let rest in the fridge for 2-3 hours. Boil the peas, beans, carrots (cut in pieces) and corn. When they are done, mix them with the salad.

Chill 2 hours.

The beautiful quilt for this year's raffle was pieced and sewn together by Julie Koch. She choose the colors and design then went to work. This is her 36th year of making quilts. Her quilts have been featured in many local quilt shows. In September, she will have a tiger quilt on display at the Holiday Inn in Grand Rapids as part of the "Art Prize" contest. After piecing the BCCS quilt together, Julie took it to Loving Stitches, the quilt store just across Linco Road from BCCS. There Heather Broehm created a custom design that coordinated with the quilt pattern for the top stitching. It was then quilted by a long-arm sewing machine. Many hours were spent by Julie and Heather to lovingly make this beautiful quilt. We appreciate this wonderful gift! It is on display in the office or you may view it on the Berrien County Cancer Service Facebook or our website: bccancerservice.org

Thought for the Day

To stay young in spirit, keep taking on
new thoughts and throwing off old
habits.

Even in old age they will still produce
fruit and be vital....Psalm 92:14

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

August 6 & 20 - 1:30 p.m.
September 3 & 17 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

August 13 & 27 - 1:30 p.m.
September 10 & 24 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

August 20 - 1:30 p.m.
September 17 - 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
August 8 - 5:30 p.m.
September 12 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center
August 8 - 6:00 p.m.
September 12 – 6:00 p.m.

Man to Man – Prostate Support Group

Trinity Center, St. Joseph
August 20 - 6:30 p.m.
September 17 – 6:30 p.m.

DATES TO REMEMBER IN AUGUST

August 1 – Respect for Parents Day
August 3 – Watermelon Day
August 5 - National Underwear Day
August 7 – Purple Heart Day
August 10 – National Garage Sale Day
August 12 – International Youth Day
August 15 – National Relaxation Day
August 19 – World Humanitarian Day
August 21 – Senior Citizen’s Day
August 25 – Founders Day
August 29 – National Sarcoidosis Awareness Day

Newsletters available online

Our newsletters are available on our website:
www.bccancerservice.org. If you would like to be removed from this mailing list, please call our office at 269-429-3281 or send us an e-mail: staff@bccancerservice.org.

Please Consider...

Berrien County Cancer Service, Inc., is a non-profit organization funded primarily by the United Way, private donations and fund-raisers. We receive no Medicare, Medicaid or other insurance payments. To continue our free services to Berrien County cancer patients, we need your help. Any donation is greatly appreciated.

Donations to our General Fund will help balance our current budget. Donations to our Endowment Fund will help guarantee that the Cancer Service will be available for as long as needed. Your contribution to our non-profit 501(c)(3) corporation is tax deductible – an acknowledgment and receipt for tax purposes will be sent.

Donations can be made in honor of someone or in memory of a loved one. In these instances, we would also like to send acknowledgment to the honoree or next-of-kin so please provide that information when making your donation.

_____ General Fund _____ Endowment Fund

Your Name _____

Your Address _____

City/State/Zip _____

Donation Amount \$ _____

OR

In Memory of _____

Please send notification of my gift to:

Name _____

Address _____

City/State/Zip _____

Thank you for your generosity!

Berrien County Cancer Service, Inc.
7301 Red Arrow Highway
Stevensville, MI 49127

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Julie Koch (Accounting Manager)
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CANCER SUPPORT GROUP – Stevensville Office
1st and 3rd Tuesday of each month - 1:30 p.m.

Berrien County Cancer Service, Inc.
7301 Red Arrow Highway
Stevensville, MI 49127
Phone: (269) 429-3281 or (269) 465-5257

CANCER SUPPORT GROUP – Niles

2nd and 4th Tuesday of each month – 1:30 p.m.
Niles Senior Center
1109 Bell Road
Niles, MI 49120
Phone: (269) 429-3281

RAINBOWS OF HOPE GROUP– St. Joseph
2nd Thursday of each month – 5:30 p.m.

Marie Yeager Cancer Center
Ward and Kinney Room
3900 Hollywood Rd.
St. Joseph, MI 49085
Phone: (269) 556-7114

OSTOMY SUPPORT GROUP

2nd Thursday of each month- 6:00 p.m.
Lakeland Regional Medical Center
Community Room
1234 Napier Ave
St. Joseph, MI 49085
Phone: (269) 983-8804

MAN TO MAN – Prostate Support Group
3rd Tuesday of each month – 6:30 p.m.

Trinity Center
619 Main Street (use Main entrance)
St. Joseph, MI 49085
Phone: (800) 465-5244