

# 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.



February 2013

(269) 429-3281

VOLUME XXII

ISSUE II

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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.

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## What Cancer Cannot Do

Cancer is so limited . . .

It Cannot Cripple Love  
It Cannot Shatter Hope  
It Cannot Corrode Faith  
It Cannot Eat Away Peace  
It Cannot Destroy Confidence  
It Cannot Kill Friendship  
It Cannot Shut Out Memories  
It Cannot Silence Courage  
It Cannot Invade the Soul  
It Cannot Reduce Eternal Life  
It Cannot Quench the Spirit



United Way  
of Southwest Michigan

When you first learn you have cancer, daily life can feel like it is turned upside down. Learning more about your type of cancer and its treatment can help you feel more in control.

Learn about your type of cancer and its treatment by:

- asking your health care providers questions
- taking notes during your doctor visits
- getting a second opinion
- calling the Cancer Information Service at 1-800-422-6237
- looking up your type of cancer on the Internet at <http://www.cancer.gov>
- visiting a public library or a hospital library for patients and families

Learning about your cancer can help you talk to your doctor about which treatment is right for you.

*"At first, I felt overwhelmed. But once I gathered information, I felt comfortable talking with my doctor about my cancer and ready to make decisions about my treatment."*

Cancer can rob people of a sense of control over their lives. You may feel that your future is uncertain and you do not know if you are going to live or die. Or you may rely on doctors you hardly know to help you make health decisions.

People often feel more in control when they learn as much as they can about cancer and its treatment. They say that it is easier to make decisions when they know what to expect. How much do you know about your cancer and its treatment?

**When you see clouds gathering, prepare to catch rainwater.**

**--Gola (African) Proverb**

Learning From Your Health Care Providers

Doctors, nurses, and other health care providers can teach you a lot about cancer and its treatment. But sometimes people have trouble learning because they're scared or confused. These feelings can make it hard to learn new information. When anxiety goes up, it makes it harder to remember things. But, there are things you can do to make it easier to learn.

**Ask your doctor or nurse to write down the name and stage of your cancer.**

There are many different types of cancer and each type has its own name. "Stage" refers to the size of the cancer tumor and how far it has spread in your body. Knowing the name and stage of your cancer will help:

- you find out more about your cancer
- your doctor and you decide what treatment choices you have

**Ask as many questions as you need to.**

Your doctor needs to know your questions and concerns. Write down your questions and bring them with you to the doctor's visit. Sometimes you can even send your questions ahead of time. Your doctor can get information ready for you if he or she knows your questions in advance. If you have a lot of questions, you and your doctor may want to plan extra time to talk about them.

**Don't worry if your questions seem silly or don't make sense.**

All your questions are important and deserve an answer. It's okay to ask the same question more than once. It's also okay to ask your doctor to use simpler words and explain terms that are new to you. To make sure you understand, use your own words to repeat back what you heard the doctor say.

**One who asks is a fool for five minutes, but one who does not ask remains a fool forever.**

**--Chinese Proverb**

**Take someone along when you see the doctor.**

Ask a family member or friend to go with you when you see your doctor. This person can help by listening, taking notes, and asking questions. Later, you can both talk about what the doctor had to say. If you can't find someone to go with you when you see the doctor, ask your doctor if he or she will talk with a friend or family member over the phone.

**Take notes or tape record your conversation with your doctor.**

Many patients have trouble remembering what they talk about with their doctor. Ask if you can take notes or make a tape recording. Review these notes or listen to the tape later. This can help you remember what you talked about. You might also want to let your family and friends see these notes so that they, too, can learn what the doctor had to say.

### Learning About Your Treatment Choices

You can learn about your treatment choices by:

- asking your doctor
- getting a second opinion
- calling the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237) or TTY (for deaf and hard of hearing callers) at 1-800-332-8615
- reading about your type of cancer on the Internet

**Every road has two directions.**  
*--Russian Proverb*

**Ask Your Doctor** to tell you about your treatment choices. Sometimes there is more than one treatment that can help. Ask how each treatment can help and what side effects (reactions to the treatment) you might have. If your doctor asks you to choose which treatment you want, try to learn all you can about each choice. Let your doctor know if you need more time to think about these issues before your treatment begins.

**Get a Second Opinion** from a doctor who takes care of cancer patients (an oncologist). The oncologist may agree with your first doctor's treatment plan. Or he or she may suggest something else. Many health insurance plans pay for a second opinion. Read your policy, call your insurance company, or speak with a social worker to learn if your insurance plan will pay for a second opinion.

**Call the Cancer Information Service** at 1-800-4-CANCER (1-800-422-6237) or TTY (for deaf and hard of hearing callers) at 1-800-332-8615. They can answer questions and send you information about treatment choices for different kinds of cancer.

**Read About Your Type of Cancer** on the National Cancer Institute Web site at <http://www.cancer.gov>. For information about your specific type of cancer, see NCI's [Physician Data Query \(PDQ\) database](#).

### Learning More About Your Cancer

There are many other ways to learn about your cancer. You can read books or journal articles or search for information on the Internet. Make sure, however, to talk with your doctor about what you learn. He or she can explain what you don't understand and let you know if anything is untrue or not useful for you. Here are some ways to get more information about cancer:

- Ask your doctor for printed materials (such as booklets or fact sheets) about your type of cancer or about cancer in general.
- Look for cancer information at your public library or visit a library for patients and family members at your local hospital or medical school.
- Call your hospital and ask if they have cancer programs for patients and family members. Many hospitals offer classes and support groups.
- Search the Internet. The National Cancer Institute Web site at <http://www.cancer.gov> is a good place to start. If you do not have a computer at home, most public libraries have computers you can use. For more details, see [Evaluating Online Sources of Health Information](#).
- Contact the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237) or TTY (for deaf and hard of hearing callers) at 1-800-332-8615.

## Summing Up: Learning About Your Cancer and Regaining Control

When you find out you have cancer, you may feel that your life is no longer within your control. As if daily life is turned upside down.

For many people, regaining a sense of control begins by learning as much as they can about their cancer. Talk to your doctor and nurses. Seek information from the library, the Internet, and the Cancer Information Service to help you learn about your type of cancer and its treatment.

This article originated from the website of the National Cancer Institute

### Trivia Question

Lace and Lancer were the Secret Service code names for which first couple?

- The Clintons
- The Nixons
- The Carters
- The Reagans
- The Kennedys

### Best things to say if caught sleeping at your desk.

Whew! Guess I left the top off the white-out you probably got here just in time!

*Happy Valentines Day!*

*From all of us here at BCCS to all of you and your families!*

**You will succeed best when you put the restless, anxious side of affairs out of mind, and allow the restful side to live in your thoughts.**

Margaret Stowe

### Raspberry Vinaigrette with Poppy Seeds

#### Ingredients

- 2 cups apple juice
- 1½ cups frozen raspberries
- ½ tsp. lemon juice
- ¼ cup rum
- ½ cup vinegar (or to taste)
- ¼ cup olive oil
- ½ tsp. poppy seeds

#### Methods/steps

Reduce apple juice with the lemon juice in a sauce pan until it reaches the consistency of syrup. Add frozen raspberries and rum and continue cooking until the raspberries are melted and the alcohol in the rum evaporates. In a strainer, separate the solid ingredients from the liquid ingredients and discard the solid ingredients. In a cocktail shaker take the strained raspberry mixture, the vinegar and oil and shake until well mixed. Finally add the poppy seeds to the mixture and serve over a bed of fresh spinach and feta cheese

# *In Loving Memory*

During December 2012, Memorial Donations were generously made by and for the following people

**In Memory of H H Critchfield**

Bob & Jean Minninger, Novi

**In Memory of Randy Demler**

Brent & Angela Carman, Gilbert, AZ

Jim & Jan Catania, Bridgman

Lillian Demler, Eau Claire

Bob & Connie Demler, Baroda

The Dirnberger Family, St. Joseph

Julie Gramman, Bradenton, FL

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Pat & Cindy Shepherd, Baroda

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**In Memory of Gaylen Foster**

Connie Foster, Stevensville

**In Memory of Allen Jones**

Dillion & Lorraine Jasper, Bridgman

**In Memory of Phyllis Jean Jones**

Larry & Sandy Barker, Bridgman

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Heidi Lockman, Sodus

Janice Matthias, Bridgman

Mayo & Liz Roth, Bridgman

Joseph & Jeanne Staub, Bridgman

Office of University Development

The University of Michigan, Ann Arbor

**In Memory of Howard Merchant**

Cherie L. Nannfeldt, Berrien Springs

**In Memory of Robert Metz**

Denis & Shirley Churchill, Watervliet

**In Memory of Robert Oates**

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Ruth Twarucsek, Benton Harbor

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Sandra Schmaltz, Stevensville

Ruth K. Schmidt, Bridgman

Joey Sparks, Manassas, VA

Ned Totzke, Baroda

Lamar & Laverne Trapp, Baroda

Robert & Sherrie Yauch, Niceville, FL

**In Memory of Louis White**

Robert R. White, St. Joseph

Berrien County Cancer Service sends our sincere sympathy to all those who have recently lost loved ones. We thank all of our generous donors. Your donations are very much appreciated and will help cancer patients in Berrien County.

Thank you.

# *In Your Honor*

In Honor of JoAnn Sprayberry

Don Margoni, St. Joseph

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**Mark your calendars for Berrien County Cancer Service's upcoming events!**

**Pennies for Patients**

**May 9, 2013**

**Start collecting those pennies now!**

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**Berrien County Cancer Service Bike Ride**

**June 23, 2013**

**Better start flexing those leg muscles soon!**

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**Berrien County Cancer Service Open House and Quilt Raffle**

**October 17, 2013**

**The quilt is being stitched as we speak!**

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**DRIVERS NEEDED:** Some cancer patients are in need of transportation to treatment. If you are available to drive, please call BCCS at 269-429-3281.

Ask for Claudia.

# Looking Ahead

## **BCCS SUPPORT GROUP – Stevensville**

February 5 & 19 - 1:30 p.m.

March 5 & 19 - 1:30 p.m.

## **BCCS SUPPORT GROUP – Niles**

February 12 & 26 - 1:30 p.m.

March 12 & 26 - 1:30 p.m.

## **OSTOMY SUPPORT GROUP – Stevensville**

February 19 - 1:30 p.m.

March 19 - 1:30 p.m.

## **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

February 14 - 5:30 p.m.

March 14 - 5:30 p.m.

## **Ostomy Support Group**

Lakeland Regional Medical Center

February 14 - 6:00 p.m.

March 14 – 6:00 p.m.

## **Man to Man – Prostate Support Group**

Trinity Center, St. Joseph

February 19 – 6:30 p.m.

March 19 – 6:30 p.m.

### **DATES TO REMEMBER IN FEBRUARY**

February 1 - Give Kids a Smile Day

February 2 - Ground Hog Day

February 4 - World Cancer Day

February 7 - Wave All Your Fingers at Your Neighbors Day

February 9 - National Stop Bullying Day

February 11 - National Shut-in Visitation Day

February 12 Lincoln's Birthday

February 14 - VALENTINES DAY

February 18 - Presidents Day

February 22 - Washington's Birthday

### **Newsletters available online**

Our newsletters are available on our website:  
[www.bccancerservice.org](http://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](mailto: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

NONPROFIT ORGANIZATION  
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Claudia Brister (Office Manager)  
Henrietta Hein

**CANCER SUPPORT GROUP** – Stevensville Office

1<sup>st</sup> and 3<sup>rd</sup> 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

2<sup>nd</sup> and 4<sup>th</sup> 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

2<sup>nd</sup> 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

3<sup>rd</sup> Tuesday of each month – 6:30 p.m.

**Trinity Center**

619 Main Street (use Main entrance)  
St. Joseph, MI 49085

Phone: (800) 465-5244