

# BERRIEN COUNTY CANCER SERVICE NEWSLETTER

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

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

## THE MISSION OF THE BERRIEN COUNTY CANCER SERVICE:

To provide compassionate in home skilled nursing care  
and supportive resources for those affected by cancer  
or related illnesses in Southwest Michigan.



August 2015

(269) 429-3281

VOLUME XXIII

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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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## DIVISION

You cannot gather every rose,  
Nor every pleasure claim,  
Nor bask in every breeze that blows,  
Nor play in every game.

No millionaire could ever own  
The world's supply of pearls,  
And no man here has ever known  
All of the pretty girls.

So take what joy may come your way,  
And envy not your brother:  
Enjoy your share of fun each day,  
And leave the rest for others.

*By Edgar Allen Guest*



United Way  
of Southwest Michigan

# BCCS Bulletin Board



## Plans for the Bike Ride and New 5K Fun Run/Walk

Our 20<sup>th</sup> Annual Bike Ride will be taking a different course this year. Instead of being held the 4<sup>th</sup> Sunday in June, **we will be hitting the roads on Sunday, September 13, 2015 starting at 7:30 a.m.** This is in honor of Pediatric Oncology Month in September as this past year has seen a great increase in our service to children. We are also expanding the event so that we can celebrate survivorship with our patients, cancer survivors, and the community as well as take time to remember those we love who have passed. **This will take place on Saturday, Sept. 12 with a 5K Family Fun Run/Walk in Niles.** This event will start with a survivorship program and walking a lap starting at the Niles-Buchanan



YMCA at 3:30 p.m. with the 5K Family Fun Run/Walk starting at 4:00 p.m. We are excited about the Niles location since the first BCCS nurse, Olove Colcord, was a resident of Niles and was very loved by all who were touched by her. We hope that you can join us for this meaningful weekend. **In addition to joining us as participants, we are looking for volunteers and sponsors for these events.**

## Art Play



We are excited about a new support program for children ages 5-18 whose lives are affected by cancer. This may be a family member, a close friend, or the child may have cancer. We are teaming up with local artists for art play sessions to allow the children to express their emotions through various art mediums. Currently we are in the process of scheduling for the summer months. **You may find our schedule of classes on our website at [bccancerservice.org](http://bccancerservice.org) then look for "Art Play" on the blue ribbon at the top of the page. When you follow that link, you will find a calendar and instructions for how to register online.** You may also obtain a schedule and register by calling our office at 269-429-3281 and ask for Renee' or Nancy. This program is made possible through a grant from the Berrien Community Foundation.

## CANCER SUPPORT GROUP CHANGES

We are changing our support group schedule to once a month in Stevensville and once a month in Niles. Each month on the 1st Tuesday, a support group will meet at our Stevensville office from 1:30pm – 3:00pm at 7301 Red Arrow Highway, Stevensville. The next meeting in Stevensville will be September 1. On the 3<sup>rd</sup> Tuesday of each month, we will meet at 1:30pm – 3:00pm at the Niles Senior Center, 1109 Bell Road, Niles. The next meeting in Niles will be September 15. There is also the Rainbows of Hope support group that meets the 2<sup>nd</sup> Tuesday of each month (September 10) at the Marie Yeager Cancer Center. If you have any questions, please call us at 269-429-3281. These are general cancer support groups where anyone who is impacted by cancer is welcome to come. Please come and join us.



## **Generalized anxiety disorder**

Patients with generalized anxiety disorder may feel extreme and constant anxiety or worry. For example, patients without supportive family and friends may fear that no one will care for them. Patients may worry that they cannot pay for their treatment, even though they have enough money and insurance.

A person who has generalized anxiety may feel irritable, restless, or dizzy, have tense muscles, shortness of breath, fast heartbeat, sweating, or get tired quickly. Generalized anxiety disorder sometimes begins after a patient has been very depressed.

### **There are different kinds of treatment for anxiety disorders.**

There are different types of treatment for patients with anxiety disorders, including methods to manage stress. Ways to manage stress include the following:

Deal with the problem directly.

See the situation as a problem to solve or a challenge.

Get all of the information and support needed to solve the problem.

### **Be flexible. Take situations as they come.**

Patients with anxiety disorders need information and support to understand their cancer and treatment choices. Psychological treatments for anxiety can also be helpful.

These include the following:

- Individual (one-to-one) counseling
- Couple and family counseling
- Crisis counseling
- Group therapy
- Self-help groups

Other treatments used to lessen the symptoms of anxiety include the following:

- Meditation.
- Relaxation training.
- Guided imagery.
- Biofeedback.

Using different methods together may be helpful for some patients.

### **Types of treatment for anxiety disorders.**

Antianxiety medicines may be used if the patient doesn't want counseling or if it's not available. These medicines relieve symptoms of anxiety, such as feelings of fear, dread, uneasiness, and muscle tightness. They may relieve daytime distress and reduce insomnia. These medicines may be used alone or combined with other therapies.

Although some patients are afraid they may become addicted to antianxiety medicines, this is not a common problem in cancer patients. Enough medicine is given to relieve symptoms and then the dose is slowly lowered as symptoms begin to get better.

Studies show that antidepressants are useful in treating anxiety disorders. Children and teenagers being treated with antidepressants have an increased risk of suicidal thinking and behavior and must be watched closely.

## *In Loving Memory*

During June 2015, Memorial Donations were generously made by and for the following people

**In Memory Dolly Krieger**

Joseph Rambo, Bridgman

**In Memory of Jacquelyn D. Nehring**

Rosalie Krause, St. Joseph

**In Memory of Gloria Pavlides**

Shirley Garey, St. Joseph

Larry & Sue Wagner, St. Joseph

John & Marilyn Fetters, St. Joseph

Judy Felland, St. Joseph

Ivelise Boynton, Benton Harbor

Ray & Laura Rosloniec, Rockford

Richard & Nancy Marzke, St. Joseph

**In Memory of Gloria Pavlides (Con't)**

Helen & Kurt Marzke, St. Joseph

Lonna McCrumb, Stevensville

Peter & Karen Johnson, St. Joseph

Jonathan Sauer, St. Joseph

Thomas & Marie Watson, Stevensville

Donald & Sharon Alsbro, Benton Harbor

**In Memory of Richard Lee Sandel**

Daniel Sandel, Lawrenceville GA

**In Memory of Jerry Strauss**

Kruger Plastic Products, Galien

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.

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How rarely we weigh our  
Neighbor in the same balance in  
Which we weigh ourselves!

Thomas A Kempis

*Please Consider...*

Looking Ahead

**BCCS SUPPORT GROUP – Stevensville**

August 4 – 1:30 p.m.  
September 1 – 1:30 p.m.

**BCCS SUPPORT GROUP – Niles**

August 18 – 1:30 p.m.  
September 15 – 1:30 p.m.

**RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
August 13 - 5:30 p.m.  
September 10 - 5:30 p.m.

**Ostomy Support Group**

Lakeland Regional Medical Center  
August 13 - 6:00 p.m.  
September 10 – 6:00 p.m.

**DATES TO REMEMBER IN AUGUST 2015**

- August 1 – World Lung Cancer Day
- August 3 – Watermelon Day
- August 7 – Purple Heart Day
- August 8 – National Garage Sale Day
- August 10 - S'mores Day
- August 12 – World Elephant Day
- August 15 – Best Friend’s Day
- August 18 – Serendipity Day
- August 21 - Senior Citizen’s Day
- August 23 - Go Topless Day
- August 25 – Kiss and Make Up day
- August 26 - National Dog Day
- August 27 – “The Duchess Who Wasn’t” Day
- August 30 – National Greif Awareness Day
- August 31 – Love Litigation Lawyers Day

**Newsletters available online and on email**

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).

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

RETURN SERVICE REQUESTED

**JOIN THE NEWSLETTER VIA EMAIL**

Help us save postage, call 269-429-3281  
or email us at [staff@bccancerservice.org](mailto:staff@bccancerservice.org).  
If you are not reading the newsletter, you  
may contact us to be removed also. We  
value our readers & hope you enjoy it.

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\*Indicates Honorary Members

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| Ellen Caagbay, R.N. |                    | Kimberly Penney, R.N. |

**OFFICE STAFF:**

Claudia Brister (Office Manager)  
Julie Koch (Accountant)  
Henrietta Hein (Newsletter)  
Reneé Reid-Smith (Community Liaison)

**CANCER SUPPORT GROUP** – Stevensville Office

1<sup>st</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

**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 Road

St. Joseph, MI 49085

Phone: (269) 556-7114

**CANCER SUPPORT GROUP** – Niles

3<sup>rd</sup> Tuesday of each month – 1:30 p.m.

**Niles Senior Center**

1109 Bell Road  
Niles, MI 49120

Phone: (269) 429-3281

**OSTOMY SUPPORT GROUP**

2<sup>nd</sup> 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