

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



July 2015

(269) 429-3281

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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.

The Flower of Friendship

LIFE is like a GARDEN
And Friendship like a FLOWER
That blooms and grows in beauty . . .
And lovely are the blossoms
That are tended with great care
By those who work unselfishly
To make the place more fair . . .
And, like the GARDEN blossoms,
FRIENDSHIP'S FLOWER grows more sweet
When watched and tended carefully
By those we know and meet . . .
And, like sunshine adds new fragrance
And raindrops play their part,
Joy and sadness add new beauty
When there's FRIENDSHIP in the heart . . .
And, if the seed of FRIENDSHIP
Is planted deep and true
And watched with understanding,
FRIENDSHIP'S FLOWER WILL BLOOM FOR YOU.

Author Gertrude Stein/Georges Hugnet



United Way
of Southwest Michigan



BCCS Bulletin Board

“Cars for Cancer”



Are you a car enthusiast or just someone who enjoys looking at beautifully restored and modified cars? **Join us at “Cars for Cancer” Classic Car show at the Bridgman Festival on Saturday, July 11 from 9am – 2pm.** Bring your family to admire these amazing cars and **join in the fun with the DUNK TANK and goodie bags.** A BIG THANK YOU to Jessica Deam, a BCCS volunteer who is organizing this show. All stay local to enable us to support those with cancer in our local community.

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 August 4. On the 3rd 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 July 21. There is also the Rainbows of Hope support group that meets the 2nd Tuesday of each month 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.



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. If you would like a schedule of classes or more information, please call our office at 269-429-3281 and ask for Renee' or Nancy. This program is being made possible through a grant from the Berrien Community Foundation.



New Plans for the Bike Ride

Our 20th Annual Bike Ride will be taking a different course this year. Instead of being held the 4th Sunday in June, we will be hitting the roads on Sunday, September 13, 2015. This will allow us to honor 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. This will take place on Saturday, Sept. 12 with a 5K Family Fun Run/Walk and a program in the afternoon/evening. There is much planning in process, but by next month our newsletter will have detailed information.



Obsessive-Compulsive Disorder in Cancer Patients

Obsessive-compulsive disorder is rare in patients with cancer who did not have the disorder before being diagnosed with cancer.

Obsessive-compulsive disorder is diagnosed when a person uses persistent (obsessive) thoughts, ideas, or images and compulsions (repetitive behaviors) to manage feelings of distress. The obsessions and compulsions affect the person's ability to work, go to school, or be in social situations. Examples of compulsions include frequent hand washing or constantly checking to make sure a door is locked.

Patients with obsessive-compulsive disorder may be unable to follow through with cancer treatment because of these thoughts and behaviors. Obsessive-compulsive disorder is treated with medicine and individual (one-to-one) counseling.

Generalized Anxiety Disorder

Patients with generalized anxiety disorder may feel extreme and constant anxiety or worry. For example, patients with 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 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.

Break big problems or events into smaller problems or tasks.

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.

Medicine may be used alone or combined with other Obsessive-compulsive disorder

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.

Via: National Cancer Institute, NCI.gov

In Loving Memory

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

In Memory of Linda Asbury

C. Lind, St. Joseph

In Memory Pat Compoe

Phyllis & Bill Rogers, Niles

In Memory of MayBelle Deuel

Joann Ciboch, St. Joseph

In Memory of Daniel Frietas

Deanna Frietas, St. Joseph

In Memory of Jean Frizzell

Donald Richmond, St. Joseph

In Memory of Roberta Ottee

Carolyn Norton, Coloma

In Memory of Lorraine Palm

Lois Lewis, St. Joseph

In Memory of Phil Pullins

Linda Scherer, St. Joseph

Alma Arent, St. Joseph

Ron & Char Hanners, St. Joseph

In Memory of Virginia Romeo

Jacqueline & Thomas Woltman, Benton Harbor

Sharon Michael, Sodus

Raymond & Beverly Mak, St. Joseph

Dee, Tina & Ashley Wail, Sodus

Rose Fuller, St. Joseph

Tim & Sally Martin, Ft. Wayne IN

Tim & Juanita Fenderbosch, Stevensville

In Memory of Judith Timmons

Mr. & Mrs. Loren Wilson, St. Joseph

In Memory of Mildred F. Vogt

Jimmie Hale, St. Joseph

Laura Reynolds, St Josephs

In Memory of Kristie Vogt-Wychoff

Laura Reynolds, St. Joseph

Jimmie Hale, St. Joseph

In Memory of Wilma Davis Yates

Robert Fowler, Benton Harbor

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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Live neither in the past nor in the  
Future, but let each day's work absorb  
Your entire energies, and satisfy  
Your widest ambition.  
William Osler

# Looking Ahead

## **BCCS SUPPORT GROUP – Stevensville**

July 7 – 1:30 p.m.  
August 4 – 1:30 p.m.

## **BCCS SUPPORT GROUP – Niles**

July 21 – 1:30 p.m.  
August 18 – 1:30 p.m.

## **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
July 9 – 5:30 p.m.  
August 13 – 5:30 p.m.

## **Ostomy Support Group**

Lakeland Regional Medical Center  
July 9 – 6:30 p.m.  
August 13 – 6:30 p.m.

### **DATES TO REMEMBER IN JULY 2015**

July 1 – Second Half of Year Day  
July 2 – I Forget Day  
July 4 - Fourth of July or Independence Day  
July 7 – Global Forgiveness Day  
July 10 – Don't Step on a Bee Day  
July 11 – Cheer Up The Lonely Day  
July 13 – Gruntled Worker Day  
July 15 – Gummi Worm Day  
July 18 – National Hot Dog Day  
July 20 – Global Hug Your Kids Day  
July 23 – Gorgeous Grandma Day  
July 26 – Parent's Day  
July 27 – National Korean War Veteran Armistice Day  
July 29 – Lasagna Day  
July 30 – Cheesecake Day  
July 31- Systems Administrator Appreciation 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).

## *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

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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**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

