

# 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.



May 2015

(269) 429-3281

VOLUME XXIII

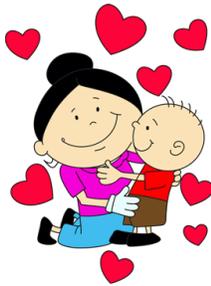
ISSUE V

### 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 is a Mother?



A mother's someone special  
With an understanding heart—  
When others lose their faith in you  
That's just when hers will start.

A mother's someone loving  
Who has the sweetest way  
Of giving you encouragement  
When skies are looking gray---

A mother's someone helpful  
Who will always lend a hand  
And smooth things out a little  
When they don't go as you've planned.

A mother's someone dearly loved  
And that is surely true  
Of a mother who is --  
All these things to you.



United Way  
of Southwest Michigan

# BCCS Bulletin Board

## **PENNIES FOR PATIENTS – THE POWER OF A PENNY!**

Would you believe what the power of a penny is? Since it started, Pennies for Patients day has raised \$422,866.04! Fortunately, this has not all come as “pennies”. The year of the most pennies was 2002 when 13,000 pennies arrived. When bringing your pennies in, remember, we love silver and green paper pennies also! This year we will have 2 multi-coin counters after receiving a donation from Advia Credit Union of Port Huron.



As we celebrate our **26<sup>th</sup> Annual PENNIES FOR PATIENTS™ DAY**, let's pass up last year's total of \$18,388.63. **Come join us on Thursday, May 14, 2015** any time between 6:00 a.m. and 6:00 p.m. So if you are an early bird or not, we have a time for you! Come and see the excitement of thousands of pennies along with refreshments and fun. There will also be a Niles location at the Masonic Temple on Main and 3<sup>rd</sup> Street from 12:00 – 2:00 p.m. with cookies and punch. All the proceeds stay local to help those with cancer in our community. Bring your pennies, silver, and dollars and join us for our **26<sup>th</sup> Annual PENNIES FOR PATIENTS DAY!**

## **NEWSLETTERS – THANK YOU!**

We appreciate everyone who responded to our notice regarding the newsletter. We have been busy recording your responses. If for some reason, we are not sending your newsletter in the way that you requested, please email us at [staff@bccancerservice.org](mailto:staff@bccancerservice.org) or give us a call at 269-429-3281. There may also be a slight lag time for our newsletter to get caught up with the requested changes.



## **New Plans for the Bike Ride**

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. 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, so keep watching the newsletter to know what is happening.



## **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. We have had 3 sessions in 2 different locations so that we can reach children in a wide area. Currently we are in the process of scheduling for the late spring/summer months. If you would like 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.



## Fatigue

Fatigue is the most common side effect of cancer treatment with chemotherapy, radiation therapy, or selected biologic response modifiers. Cancer treatment–related fatigue generally improves after therapy is completed, but some level of fatigue may persist for months or years following treatment. Research indicates that for at least a subset of patients, fatigue may be a significant issue long into survivorship. Fatigue is also seen as a presenting symptom in cancers that produce problems such as anemia, endocrine changes, and respiratory obstruction and is common in people with advanced cancer who are not undergoing active cancer treatment. Cancer treatment–related fatigue is reported in 14% to 96% of patients undergoing cancer treatment and in 19% to 82% of patients post treatment.

Fatigue, like pain, is viewed as a self-perceived state. Patients may describe fatigue as feeling:

- Tired
- Weak
- Exhausted
- Lazy
- Weary
- Worn-out
- Heavy
- Slow
- Like they do not have any energy

Research on fatigue in people with cancer has included primarily self-reports of fatigue, with fewer but increasing data exploring biologic or physiologic correlates. Such correlates have included measures of muscle weakness, maximal oxygen uptake, cytokines, and cortisol.

Fatigue experienced as a side effect of cancer treatment is differentiated from fatigue experienced by healthy people in their daily lives. *Healthy fatigue* is frequently described as acute fatigue that is eventually relieved by sleep and rest; cancer treatment–related fatigue is categorized as chronic fatigue because it is present over a long period of time, interferes with functioning, and is not completely relieved by sleep and rest. Also, the level of CRF is often disproportionate to the level of activity or energy exerted. Although the label *chronic fatigue* is accurate, using this label does not mean that people with cancer who experience fatigue have chronic fatigue syndrome. Using the phrase *chronic fatigue* can be confusing to both patients and health professionals. Terms such as *cancer fatigue*, *cancer-related fatigue*, and *cancer treatment–related*

*fatigue* have all been used in the clinical literature, research literature, and educational materials for patients and the public.

Fatigue has a negative impact on all areas of function, including the following:

- Mood
- Physical function
- Work performance
- Social interaction
- Family care
- Cognitive performance
- School work
- Community activities
- Sense of self

The pattern of fatigue associated with cancer treatment varies according to type and schedule of treatment. For example, people treated with cyclic chemotherapy regimens generally exhibit peak fatigue in the days following treatment, then report lower levels of fatigue until the next treatment; however, those undergoing external-beam radiation therapy report gradually increasing fatigue over the course of therapy of the largest treatment field. Few studies of people undergoing cancer treatment have addressed the issue of fatigue as a result of the emotional distress associated with undergoing a diagnostic evaluation for cancer and the effects of medical and surgical procedures used for that evaluation and for initial treatment. Because most adults enter the cancer care system following at least one surgical procedure and because surgery and emotional distress are both associated with fatigue, it is likely that most people beginning nonsurgical treatment are experiencing fatigue at the beginning of treatment.

Recommendations for fatigue management focus on identifying factors that may be contributing to fatigue. Because the only definitive causal mechanism demonstrated through research to date is chemotherapy-induced anemia, most clinical recommendations for managing fatigue caused by something other than chemotherapy-induced anemia rely on careful development of clinical hypotheses, as outlined in the National Comprehensive Cancer Network guidelines on fatigue. The only level 1 intervention for CRF at this time is exercise. Much more research is needed to better define fatigue and its trajectory, understand its physiology, and determine the best ways to prevent and treat it.

The complete article with references can be viewed at [www.cancer.gov/cancertopics/pdq/supportivecare/fatigue/HealthProfessional](http://www.cancer.gov/cancertopics/pdq/supportivecare/fatigue/HealthProfessional)

# *In Loving Memory*

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

**In Memory of Arlene Bower**

Dolores & Jeanette Fester, Benton Harbor

**In Memory of Gertrude Burns**

Norman Burns, Niles  
Julia Bement, Dowagiac

**In Memory of Richard "Bud" Dudas**

Neil Coulston, Niles

**In Memory of Sharon Harvey**

Barbara Lane, Benton Harbor

**In Memory of Johanna (Freitag) Hummel**

Kathryn & Robert Peirce, St. Joseph

**In Memory of Peggy Keiser**

Joan Clausen, Berrien Springs

**In Memory of Nadine Kerns**

Alma Arent, St. Joseph  
Annette O'Brien, St. Joseph

**In Memory of Mary Ann Lindt**

Lois Wendzel, Benton Harbor  
John Lindt, Berrien Springs  
Patricia Grondziak, Dearborn  
George & Virginia Skibbe, Eau Claire  
Richard & Marilyn Bartz, Berrien Springs  
Stephen Knezic, Stevensville  
Bob Zelmer, Berrien Springs

**In Memory of Mary Ann Lindt (cont)**

Sylvia Wallace, Berrien Springs  
Gail Colman, Berrien Springs  
Scott Pluss, Berrien Springs  
Glen & Jill Shoop, Berrien Springs

**In Memory of Bill Montgomery**

Barbara Lane, Benton Harbor

**In Memory of Erick Petznick**

Richard Grau, St. Joseph,

**In Memory of Patricia Lea Ponegalek**

John & Shirley Olson, Fennville  
Cindy Olson, North Sioux City SD  
Horizon Point Consulting, Inc., Decatur, AL  
Ronald Schaffer, Three Oaks  
Michele Davis Wagner, Fort Myers FL  
Terry & Debbie Glaske, Baroda  
The Roush Family, Cincinnati OH  
Blanche Krieger, Sawyer  
The Menser Family, Bridgman  
Janet Brecht, Stevensville  
Bob & Lauris Barr, Manistique  
Eleanor Leboeuf, Powers

**In Memory of Janet Scott**

Bruce & Janey Waterhouse, Niles

**In Memory of Mildred Frances Vogt**

Reber Harris, 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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One truly affectionate soul in a family will exert a sweetening and harmonizing influence upon all its members.

*Henry van Dyke*

*Please Consider...*

Looking Ahead

**BCCS SUPPORT GROUP – Stevensville**

May 5 & 19 – 1:30 p.m.

June 2 & 16 – 1:30 p.m.

**BCCS SUPPORT GROUP – Niles**

May 12 & 26 – 1:30 p.m.

June 9 & 23 – 1:30 p.m.

**RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

May 14 – 5:30 p.m.

June 11 – 5:30 p.m.

**Ostomy Support Group**

Lakeland Regional Medical Center

May 14 – 6: 30 p.m.

June 11 – 6:30 p.m.

**DATES TO REMEMBER IN MAY 2015**

- May 1 – May Day
- May 3 – Bladder Cancer Awareness Day
- May 5 – National Teacher Day
- May 6 – National RN Recognition Day
- May 8 – World Ovarian Cancer Day
- May 10 – MOTHERS DAY
- May 12 – International Nurses Day
- May 14 – National Chicken Dance Day
- May 16 – Armed Forces Day
- May 18 – Accountant’s Day
- May 23 – World Crohn’s & Colitis Day
- May 25 – Memorial Day
- May 29 – Hug Your Cat 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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Henrietta Hein (Newsletter)  
Reneé Reid-Smith (Community Liaison)

**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

**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

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

**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