

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



July 2014

(269) 429-3281

VOLUME XXII

ISSUE VII

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.

Happy Fourth of July!

Comes the 4th, a holiday
Parades, and picnics, too,
And fireworks up in the sky
A backyard bar-b-cue!



But don't forget what this is for
How freedom came our way.
Salute the flag, and bless us all
On Independence Day

By Edna Medley



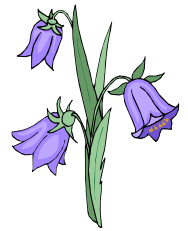
United Way
of Southwest Michigan

A Tribute to Our Beloved JoAnn Pullen-Bruni, R.N.

One of our very special nurses and Board Member, JoAnn Pullen-Bruni, passed away on May 26, 2014 following an illness. JoAnn was loved and known for her warm smile and willingness to help everyone she came across. Her patients knew she cared for them



from her heart. She joined the nursing staff of the Berrien County Cancer Service in 2004 and was always there whenever help was needed. In 1973, she moved to Niles and began a long career in nursing at Pawating Hospital which later became Lakeland-Niles Hospital. In 1982, she married John Bruni, M.D. and was happily married for 30 years until his passing in 2012. In addition to nursing, she established the JoAnn Pullen Dance Workshop in downtown Niles and inspired many beginner ballet dancers by teaching them the fundamentals of ballet. She is survived by 3 children and their families. We are inspired by her passion for life and the way she lived it as well as her heart and the way she cared for everyone she met.



She will be truly missed by family, friends, the BCCS staff and her patients.

BCCS Bulletin Board

“Cars for Cancer”



Come to the Bridgman Festival on Saturday, July 12 from 9 a.m. to 2 p.m. to see some amazing Classic Cars! Brian Jannert of Bridgman is organizing a car show called “Cars for Cancer” with the proceeds going to BCCS to help those with cancer in the local community. There will be over 100 Classic Cars to “Ooo and Aww” over as well as raffle items and a homemade chocolate chip cookie contest between Nancy Church, Executive Director and Renee’ Reid-Smith, Community Development Liaison. So at the end of the contest, after dunking your cookies in milk and voting, the losing baker will have the privilege of being a “cookie” and being dunked!



STOP BY THE OFFICE / ART GALLERY

There is a beautiful picture of a beach scene hanging in the BCCS office on the wall where you first come in. We are privileged to be the recipient of this wonderful print from a painting of Randy Higdon. Just looking at it gives us a moment of relaxation and takes our minds to more peaceful places while we scurry around with our busy days. Thank you, Randy, for sharing your amazing talents.

Social and Work Relationships

"I think some families become stronger because of it. We've had our rough spots, but we have never again taken each other for granted."

- Darryl

Having cancer can change relationships with the people in your life. It's normal to notice changes in the way you relate to family, friends, and other people that you are around every day - and the way they relate to you.

Your Family: When treatment ends, families are often not prepared for the fact that recovery takes time. In general, your recovery will take much longer than your treatment did. Survivors often say that they didn't realize how much time they needed to recover. This can lead to disappointment, worry, and frustration for everyone. Families also may not realize that the way their family works may have changed permanently as a result of cancer. They may need help to deal with the changes and keep the "new" family strong.

Some survivors say they would not have been able to cope without their family members and the help they offered. And even though treatment has ended, they still receive a lot of support. For others, problems that were present before the cancer may still exist, or new ones may develop. You may receive less support from others than you had hoped.

Even though treatment has ended, you may face problems with your family. For instance, if you used to take care of the house or yard before your treatment, you may find that these jobs are still too much for you to handle. Yet family members who took over for you may want life to go back to normal and expect you to do what you used to do around the house. You may feel that you aren't getting the support you need.

At other times, you may expect more from your family than you receive. They may disappoint you, which might make you angry or frustrated. For one woman, it was a family member's lack of support during her treatment that upset her. "Never once, not a card, not a phone call, and I have a hard time looking at her today."

You may still need to depend on others during this time, even though you want to get back to the role you had in your family before. At the same time, your family is still

adjusting. It may be hard for you and your family to express feelings or know how to talk about your cancer.

To help your family members, you may want to share NCI's booklet for caregivers, *Facing Forward: When Someone You Love Has Completed Cancer Treatment.*

Getting Help With Family Issues

Some family members may have trouble adjusting to changes or feel that their needs aren't being met. Your family may want to deal with issues such as these on its own, or you may want to consider getting help. Ask your doctor or social worker to refer you to a counselor or therapist. An expert on family roles and concerns after cancer treatment may be able to help your family solve its problems.

How do you cope with family issues? Here are some ideas that have helped others deal with family concerns:

- Let others know what you are able to do as you heal - and what not to expect. For example, don't feel you must keep the house or yard in perfect order because you always did in the past.
- Give yourself time. You and your family may be able to adjust over time to the changes cancer brings. Just being open with each other can help ensure that each person's needs are met.
- Help the children in your family understand that you were treated for cancer and that it may take a while for you to have the energy you used to have.

Children of cancer survivors have said that these things are important:

- Being honest with them
- Speaking as directly and openly as possible
- Allowing them to become informed about your cancer and involved in your recovery
- Spending extra time with them

With your permission, other family members should also be open with your children about your cancer and its treatment.

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

In Loving Memory

During May 2014, Memorial Donations were generously made by and for the following people

In Memory of Barbara Armstrong

Precision Cleaning Service, Stevensville

In Memory of Glen Arter Jr.

Bill Scaletta, Stevensville

In Memory of Eleanor Bowerman

Trecia Bowerman, Niles

In Memory of Lisa Marie Daniel

Michael Irwin, Yuma, AZ

In Memory of Dee Hickmott

Richard Dudas, Benton Harbor

Berrien County Riders, Benton Harbor

In Memory of David Klann

Helen Braamse, Benton Harbor

Bonnie Moore, LaPorte, IN

Kappa Theta Chi Sorority

% Linda Heil, St. Joseph

Fred Marutz, Stevensville

Marlene Schalon, St. Joseph

In Memory of Davie Klann (cont.)

Barbara Rodgers, St. Joseph

Barbara Arndt, St. Joseph

Dorothy Thar, St. Joseph

Joan & Glen Kalin Sr., St. Joseph

Annette O'Brien, St. Joseph

Margaret Ball, St. Joseph

In Memory of Shirley Koch

The Rite Aid Family, Berrien Springs

Rodney Brohman, Berrien Springs

In Memory of William Seeburger

Joseph & Sandra O'Dell, St. Joseph

In Memory of Cindy Shelton

Sandi Williams, Claremore, OK

In Memory of Barb Whitwam

Ruth Twarucsek, Benton Harbor

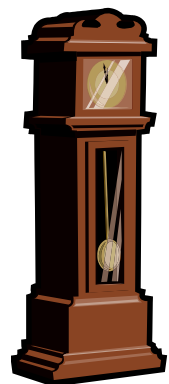
Berrien County Cancer Service sends our sincere sympathy to all those who have recently lost loved ones. We thank all of our generous donors.

Your donations are very much appreciated and will help cancer patients in Berrien County. Thank you.

Thought for the Day

An imperturbable demeanour
comes from perfect patience. Quiet
minds cannot be perplexed or
frightened, but go on in fortune or
misfortune at their own private pace,
like a clock during a thunderstorm.

Robert Louis Stevenson



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

July 1 & 15 – 1:30 p.m.
August 5 & 19 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

July 8 & 22 – 1:30 p.m.
August 12 & 26 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

July 15 – 1:30 p.m.
August 19 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
July 10 – 5:30 p.m.
August 14 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center
July 10 – 6:00 p.m.
August 10 – 6:00 p.m.

DATES TO REMEMBER IN JULY

July 1 – Second Half of Year Day
July 2 – I forgot Day
July 4 FOURTH OF JULY INDEPENDENCE DAY
July 5 – Bikini Day
July 7 – Global Forgiveness Day
July 10 - Pina Colada Day
July 12 – Bald is in Day
July 14 – International Nude Day
July 17 – Get to Know Your Customers Day
July 19 – National Hot Dog Day
July 20 – National Ice Cream Day
July 21 - Global Hug Your Kids Day
July 23 – Gorgeous Grandma Day
July 21 – System Administrator Appreciation Day
July 27 – Parents’ Day
July 28 – National Milk Chocolate Day
July 29 – Lasagna Day
July 30 – Cheesecake Day
July 31 – National Chili Dog 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

RETURN SERVICE REQUESTED

JOIN THE NEWSLETTER VIA EMAIL

Help us save postage, call 269-429-3281
or email us at
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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*Dr. Michael Method
*Hannah Noble
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*Rita Reid
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Ellen Caagbay, R.N.

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Claudia Brister (Office Manager)
Julie Koch (Accountant)
Henrietta Hein (Newsletter)

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

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 Road
St. Joseph, MI 49085
Phone: (269) 556-7114

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

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