

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.



March 2013

(269) 429-3281

VOLUME XXII

ISSUE III

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.

Share

Share a smile or friendly greeting
To some stranger on the street
It will bring a ray of sunshine
To some person you may meet.

Share a little act of kindness,
It could brighten someone's day,
It could bring a spark of courage
To someone who lost their way.

And you'll feel much better for it,
It won't cost a single time,
It could make a world of difference,
Share a minute of your time.

Meet us at the Corner!

On Friday March 15, 2013
from 5 p.m. to 8 p.m.

Ashley Weber, one of our teen volunteers and her friends will be on the corner of St. Joseph Avenue and John Beers Road in Stevensville collecting contributions for "Pennies for Patients" from the traffic at the stop signs.

Drive your vehicle to the corner,
say, "Hi!"
and drop your donation in the can!



Psychological Stress and Cancer

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

Key Points

- Psychological stress alone has not been found to cause cancer, but psychological stress that lasts a long time may affect a person's overall health and ability to cope with cancer.
- People who are better able to cope with stress have a better quality of life while they are being treated for cancer, but they do not necessarily live longer.

What is psychological stress?

Psychological stress describes what people feel when they are under mental, physical, or emotional pressure. Although it is normal to experience some psychological stress from time to time, people who experience high levels of psychological stress or who experience it repeatedly over a long period of time may develop health problems (mental and/or physical).

Stress can be caused both by daily responsibilities and routine events, as well as by more unusual events, such as a trauma or illness in oneself or a close family member. When people feel that they are unable to manage or control changes caused by cancer or normal life activities, they are in distress. Distress has become increasingly recognized as a factor that can reduce the quality of life of cancer patients. There is even some evidence that extreme distress is associated with poorer clinical outcomes. Clinical guidelines are available to help doctors and nurses assess levels of distress and help patients manage it.

This fact sheet provides a general introduction to the stress that people may experience as they cope with cancer. More detailed information about specific psychological conditions related to stress can be found in the Related Resources and Selected References at the end of this fact sheet.

How does the body respond during stress?

The body responds to physical, mental, or emotional pressure by releasing stress hormones

(such as epinephrine and norepinephrine) that increase blood pressure, speed heart rate, and raise blood sugar levels. These changes help a person act with greater strength and speed to escape a perceived threat.

Research has shown that people who experience intense and long-term (i.e., chronic) stress can have digestive problems, fertility problems, urinary problems, and a weakened immune system. People who experience chronic stress are also more prone to viral infections such as the flu or common cold and to have headaches, sleep trouble, depression, and anxiety.

Can psychological stress cause cancer?

Although stress can cause a number of physical health problems, the evidence that it can cause cancer is weak. Some studies have indicated a link between various psychological factors and an increased risk of developing cancer, but others have not.

Apparent links between psychological stress and cancer could arise in several ways. For example, people under stress may develop certain behaviors, such as smoking, overeating, or drinking alcohol, which increase a person's risk for cancer. Or someone who has a relative with cancer may have a higher risk for cancer because of a shared inherited risk factor, not because of the stress induced by the family member's diagnosis.

How does psychological stress affect people who have cancer?

People who have cancer may find the physical, emotional, and social effects of the disease to be stressful. Those who attempt to manage their stress with risky behaviors such as smoking or drinking alcohol or who become more sedentary may have a poorer quality of life after cancer treatment. In contrast, people who are able to use effective coping strategies to deal with stress, such as relaxation and stress management techniques, have been shown to have lower levels of depression, anxiety, and symptoms related to the cancer and its treatment. However, there is no evidence that successful management of psychological stress improves cancer survival.

Evidence from experimental studies does suggest that psychological stress can affect a tumor's ability to grow and spread. For example, some studies have shown that when mice bearing human tumors were kept confined or isolated from other mice—conditions that increase stress—their tumors were more likely to grow and spread (metastasize). In one set of experiments, tumors transplanted into the mammary fat pads of mice had much higher rates of spread to the lungs and lymph nodes if the mice were chronically stressed than if the mice were not stressed. Studies in mice and in human cancer cells grown in the laboratory have found that the stress hormone norepinephrine, part of the body's fight-or-flight response system, may promote angiogenesis and metastasis.

In another study, women with triple-negative breast cancer who had been treated with neoadjuvant chemotherapy were asked about their use of beta blockers, which are medications that interfere with certain stress hormones, before and during chemotherapy. Women who reported using beta blockers had a better chance of surviving their cancer treatment without a relapse than women who did not report beta blocker use. There was no difference between the groups, however, in terms of overall survival.

Although there is still no strong evidence that stress directly affects cancer outcomes, some data do suggest that patients can develop a sense of helplessness or hopelessness when stress becomes overwhelming. This response is associated with higher rates of death, although the mechanism for this outcome is unclear. It may be that people who feel helpless or hopeless do not seek treatment when they become ill, give up prematurely or fail to adhere to potentially helpful therapy, engage in risky behaviors such as drug use, or do not maintain a healthy lifestyle, resulting in premature death.

How can people who have cancer learn to cope with psychological stress?

Emotional and social support can help patients learn to cope with psychological stress. Such support can reduce levels of depression, anxiety,

and disease- and treatment-related symptoms among patients. Approaches can include the following:

- Training in relaxation, meditation, or stress management
- Counseling or talk therapy
- Cancer education sessions
- Social support in a group setting
- Medications for depression or anxiety
- Exercise

Some expert organizations recommend that all cancer patients be screened for distress early in the course of treatment. A number also recommend re-screening at critical points along the course of care. Health care providers can use a variety of screening tools, such as a distress scale or questionnaire, to gauge whether cancer patients need help managing their emotions or with other practical concerns. Patients who show moderate to severe distress are typically referred to appropriate resources, such as a clinical health psychologist, social worker, chaplain, or psychiatrist.

Trivia

What was the product endorsed in the first famous Super Bowl commercial in 1974 featuring Joe Namath?

- Brut Cologne
- Miller Lite Beer
- Coca-Cola
- Noxema Shaving Cream
- Wheaties Cereal

New Executive Director

Please welcome our new Executive Director, Nancy Church, R.N. to the Berrien County Cancer Service. Actually for the past 18 years, you may have seen Nancy driving around the roads of Berrien County visiting patients. While Nancy still spends time “on the road” visiting patients, you are much more likely to find her in the office these days. She has been serving as Interim Director for the past nine months, but has now officially become our Executive Director. She graduated from Andrews University in 1981 with a B.S. in Nursing. Additional certifications include completing a Nurse Navigation Course from Georgia College in May, 2011 and passing the Oncology Certified Nurse exam in December, 2012. We are proud to have Nancy as our new Executive Director. Congratulations, Nancy!

Thanks for All You’ve Done!

We want to thank Joe Appel our longest supporter for all that he has done for the Berrien County Cancer Service. He has volunteered for more than 50 years in many capacities including Treasurer. BCCS would not be what it is today without his contributions. Thank you Joe for all you have done!

**To be without some of the things
you want is an indispensable part
of happiness.** Russell



Thought for Today

Few persons realize how much of their happiness is dependent upon their work, upon the fact that they are kept busy and not left to feed upon themselves. Happiness comes most to persons who seek it least, and think least about it.

John Burroughs

Perfect Stuffed French Toast

Ingredients:

1 8 oz. pkg. cream cheese, softened
1/4 cup crushed pineapple
1/2 cup chopped pecans, toasted
1 loaf (16 oz.) French bread
4 large eggs
1 cup whipping cream
1/2 tsp. vanilla extract 
1 tsp. ground ginger
1 jar (12 oz.) apricot preserves
1/2 cup orange juice 

Directions:

Beat cream cheese and pineapple at medium speed with an electric mixer until light and fluffy; stir in pecans. Cut bread into 12 (1 1/2 in. thick) slices; cut a pocket through top crust of each slice. Stuff each slice evenly with cream cheese mixture. Combine eggs with whipping cream, vanilla extract, and ginger, stirring well with a wire whisk. Dip bread slices in egg mixture, coating all sides. Cook on a lightly greased griddle over medium-high heat 3 minutes on each side or until golden. Combine preserves and orange juice in a saucepan; cook over low heat, stirring constantly until melted. Serve with hot toast.

Trivia Answer: The classic Super Bowl commercial had Farrah Fawcett (then unknown) lathering Noxzema shaving cream on Joe Namath and contributed to Namath becoming a pop-culture icon.

In Loving Memory

During January 2013, Memorial Donations were generously made by and for the following people

In Memory of Sandy Alexander

Joe & Sandy O'Dell, St. Joseph

In Memory of Howard Bailey

Kelly E. Low, South Bend IN

In Memory of Margaret Belter

Joseph & Marie Grajauskis, Sodus

In Memory of Irene Czajkowski

Barbara & William Klein, St. Joseph

In Memory of Randy Demler

JoAnn Ingraham, St. Joseph

In Memory of Andrew Dinger

Constance L. Berry, Granger IN

Patrick G. Koenigshop, Niles

Linda Lawecki, South Bend IN

Christa L. LeeVan, Granger IN

Judy A. Mullis, South Bend IN

Linda & Jeff Myers, South Bend IN

Marian Rutkowski, Cape Coral FL

In Memory of Robert "Jim" Guse

Dolores & Jeanette Fester, Benton Harbor

In Memory of Phillis Jones

Kathleen Kolosowsky, Berrien Springs

Russ & Virginia Layne & Family ,Lakewood OH

In Memory of Howard Merchant

Michael & Lisa Broderick, St. Joseph

Vance V. Ferguson, Sodus

Arnie & Jean Graber, St. Joseph

Daniel Hendrickson, Benton Harbor

Lois Lewis, St. Joseph

John & Helen Schlaman, St. Joseph

Carol Syles, St. Joseph

Dorothy J. Thar, St. Joseph

In Memory of Austin Murray

Sandy Murray, St. Joseph

In Memory of William (Bill) Neumann

Dick & Joan Staklely, Benton Harbor

In Memory of Veryl Pagels

Karen Bailey, Eau Claire

Linda L. Mosier, Dowagiac

Velma Rodell, Berrien Center

Paula A. Schroeder, Sodus

In Memory of Thelma Payne

Al & Iris Vanderhoof, St. Joseph

In Memory of Corrinne Rock

Dolores & Jeanette Fester, Benton Harbor

Donald & Colette Metzger, Stevensville

Marjorie A. Trapp, Buchanan

George & Norma Truhn, St. Joseph

Shirley & Lorraine Truhn, St. Joseph

Ruth Twarucsek, Benton Harbor

In Memory of Arnold Roseberg

Rebecca Eichler, St. Joseph

In Memory of Don G. Rupley

Jinney Rupley, St. Joseph

In Memory of Richard Sandel

Daniel K. Sandel, Lawrenceville GA

In Memory of Rhonda Steinke

Fred & Nadine Steinke, Eau Claire

In Memory of Elaine Surch

Joe & Sandy O'Dell, Greg & Julie O'Dell, Amy

Carbine, Jill & Kurt Schlabach, St. Joseph

In Memory of Betty Swanson

Greg & Susan Lyman, Traverse City

W. K. Kellogg Foundation, Battle Creek

In Memory of Adam Tilly

Rebecca Eichler, St. Joseph

In Memory of Jacqueline Tysman

Dan Clark & Sue Hoge, Buchanan

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.

We Remember

It is with sadness that we report the passing of one of our own, Ruth Lagoni.

Ruth worked for several years in our Niles Office. We appreciated her quick smile and helpful ways.

Our condolences to her family.

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### **Mark your calendars**

### **Berrien County Cancer Service's up-coming events!**

#### **Pennies for Patients**

**May 9, 2013**

We are looking for volunteers to take collection containers out to local businesses. Just call us and we will have a container ready to go. Call the office at 269-429-3281.

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#### **Berrien County Cancer Service Bike Ride**

**June 23, 2013**

We are looking for volunteers to sell bike raffle tickets. If you could sell a packet please call our office at 269-429-3281

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

**October 17, 2013**

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## Looking Ahead

### **BCCS SUPPORT GROUP – Stevensville**

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

April 2 & 16 - 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

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

April 9 & 23 - 1:30 p.m.

### **OSTOMY SUPPORT GROUP – Stevensville**

March 19 - 1:30 p.m.

April 16 - 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

March 14 - 5:30 p.m.

April 11 - 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center

March 14 - 6:00 p.m.

April 11 - 6:00 p.m.

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

Trinity Center, St. Joseph

March 19 – 6:30 p.m.

April 16 - 6:30 p.m.

#### **DATES TO REMEMBER IN MARCH**

March 1 - Employee Appreciation Day

March 3 - National Anthem Day

March 6 - Oreo Cookies Day

March 8 - International Working Women's Day

March 10 - Daylight Savings Time Begins

March 13 - Donald Duck Day

March 15 - Freedom of Information Day

March 17 - St. Patrick's Day

March 20 - **SPRING!**

March 24 - Palm Sunday

March 29 - Good Friday

March 31 - EASTER SUNDAY

#### **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  
U.S. POSTAGE PAID  
STEVENSVILLE, MI  
PERMIT NO. 129

RETURN SERVICE REQUESTED



**BERRIEN COUNTY CANCER SERVICE, INC. - BOARD OF DIRECTORS:**

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|                             | * Dr. Michael Method | * Hannah Noble          | * Dr. Edmund Paloyan |
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**NURSING STAFF:**

Nancy Church, R.N. Executive Director  
Connie Demler, R.N.  
Carrie Klint, R.N.  
Ruth Walker, R.N.

JoAnn Pullen-Bruni, R.N.  
Susan Lerke, R.N.

**OFFICE STAFF:**

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

**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