

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.



November 2013

(269) 429-3281

VOLUME XXII

ISSUE XI

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.

"**Over the River and Through the Wood**" is a Thanksgiving song by Lydia Maria Child. Written originally as a 6 verse poem, it appeared in her *Flowers for Children, Volume 2*, in 1844. The original title of the poem is, "A Boy's Thanksgiving Day". Although the modern Thanksgiving holiday is not normally associated with snow, New England in the early 19th century had earlier, colder winters.

Over the river, and through the wood,
To Grandfather's house we go;
the horse knows the way to carry the
sleigh through the white and drifted
snow.

Over the river, and through the wood,
to Grandfather's house away!
We would not stop for doll or top,
for 'tis Thanksgiving Day.

Over the river, and through the wood—
oh, how the wind does blow!
It stings the toes and bites the nose
as over the ground we go.

Over the river, and through the wood—
and straight through the barnyard gate,
We seem to go extremely slow,
it is so hard to wait!

Over the river, and through the wood—
When Grandmother sees us come,
She will say, "O, dear, the children are
here, bring a pie for everyone."

Over the river, and through the wood—
now Grandmother's cap I spy!
Hurrah for the fun! Is the pudding done?
Hurrah for the pumpkin pie!



BCCS BULLETIN BOARD

A GIFT FROM THE HEART

A special thank you to Bailey Crowder of Niles from the Berrien County Cancer Service. Bailey brought in \$160 donation which she earned on her own. Each year Bailey raises a market goat for a specific purpose. When August comes around, she takes the goat to the Berrien County Youth Fair and auctions it off. Bailey uses all of the money from the auction to help other people. In memory of her dad who died from cancer 5 years ago, Bailey wanted the money to go to the Berrien County Cancer Service. In asking Bailey why she does this, she says, "I enjoy raising the goats to help other people." We at the Berrien County Cancer Service are so grateful for Bailey's gift of the heart.



CELEBRATING THE BCCS OPEN HOUSE

We had a wonderful time at our 65th celebration of the Berrien County Cancer Service. Many volunteers brought a variety of coffee cakes, cookies, chips & dip, fruit, and other yummys! There were submarine sandwiches for lunch and pumpkin decorations throughout the office. Our steady stream of people increased as 5:00 p.m. approached. The pizza delivery guy was well received but didn't stay for the party. Finally 6:00 p.m. came with Bailey picking the winning ticket – Bob Martin of Stevensville won the quilt! *Thank you to everyone who purchased a quilt raffle ticket and to all the 65 people who joined us for our 65th celebration!*



AN OPPORTUNITY TO HELP YOUR FAVORITE NON-PROFIT!

To honor its 150th anniversary, 1ST Source Bank is inviting the community to help give away money to charitable/non-profit organizations. Called "150 Years and 150,000 Cheers", the bank will make 150 \$1,000 donations, plus two \$15,000 donations. Stop by any 1st Source bank by November 30 to complete a form, or you may go online at 1stsource.com/150 for details. A brief explanation is all that is needed to help your favorite charity/non-profit.

HELP US WITH OUR WEBSITE!

bccancerservice.org

Our new website is up and running, however, we are not finished with it yet. One of the things we would like to add are some testimonies to how we help people. If you would like to tell about how BCCS has helped you, please email (staff@bccancerservice.org) or mail us your testimony along with a statement giving us permission to post it on our website as a testimony.

You may also find us on **Facebook** at
Berrien County Cancer Service
Check out the latest pictures and
"Like" us while you are there



Anxiety

Anxiety disorders are very strong fears that may be caused by physical or psychological stress.

Studies show that almost half of all patients with cancer say they feel some anxiety and about one-fourth of all patients with cancer say they feel a great deal of anxiety. Patients living with cancer find that they feel more or less anxiety at different times. A patient may become more anxious as cancer spreads or treatment becomes more intense. For some patients feelings of anxiety may become overwhelming and affect cancer treatment. This is especially true for patients who had periods of intense anxiety before their cancer diagnosis. Most patients who did not have an anxiety condition before their cancer diagnosis will not have an anxiety disorder related to the cancer.

Patients are more likely to have anxiety disorders during cancer treatment if they have any of the following:

- A history of an anxiety disorder.
- A history of physical or emotional trauma.
- Anxiety at the time of diagnosis.
- Few family members or friends to give them emotional support.
- Pain that is not controlled well.
- Cancer that is not getting better with treatment.
- Trouble taking care of their personal needs such as bathing or eating.

Anxiety disorders may be hard to diagnose.

It may be hard to tell the difference between normal fears related to cancer and abnormally severe fears that can be described as an anxiety disorder. The diagnosis is based on how symptoms of anxiety affect the patient's quality of life, what kinds of symptoms began since the cancer diagnosis or treatment, when the symptoms occur, and how long they last.

Anxiety disorders cause serious symptoms that affect day-to-day life, including:

- Feeling worried all the time.
- Not being able to focus.
- Not being able to "turn off thoughts" most of the time.
- Trouble sleeping most nights.
- Frequent crying spells.
- Feeling afraid most of the time.
- Having symptoms such as fast heart beat, dry mouth, shaky hands, restlessness, or feeling on edge.

•**Anxiety** that is not relieved by the usual ways to lessen anxiety such as distraction by staying busy. There are different causes of anxiety disorders in cancer patients.

In addition to anxiety caused by a cancer diagnosis, the following may cause anxiety in patients with cancer:

•**Pain:** Patients whose pain is not well controlled with medicine feel anxious, and anxiety can increase pain.

•**Other medical problems:** Anxiety may be a warning sign of a change in metabolism (such as low blood sugar), a heart attack, severe infection, pneumonia, or a blood clot in the lung. Sepsis and electrolyte imbalances can also cause anxiety.

•**Certain types of tumors:** Certain hormone - releasing tumors can cause symptoms of anxiety and panic attacks. Tumors that have spread to the brain and spinal cord and tumors in the lungs can cause other health problems with symptoms of anxiety.

•**Taking certain drugs:** Certain types of drugs, including corticosteroids, thyroxine, bronchodilators, and antihistamines, can cause restlessness, agitation, or anxiety.

•**Withdrawing from habit-forming drugs:** Withdrawal from alcohol, nicotine, opioids, or antidepressant medicine can cause agitation or anxiety.

Anxiety from these causes is usually managed by treating the cause itself.

A cancer diagnosis may cause anxiety disorders to come back in patients with a history of them.

When patients who had an anxiety disorder in the past are diagnosed with cancer, then the anxiety disorder may come back. These patients may feel extreme fear, be unable to remember information given to them by caregivers, or be unable to follow through with medical tests and procedures. They may have symptoms including:

- Shortness of breath.
- Sweating.
- Feeling faint.
- Fast heart beat.

Patients with cancer may have the following types of anxiety disorders:

Phobia

Phobias are fears about a situation or an object that lasts over time. People with phobias usually feel intense anxiety and avoid the situation or object they are afraid of. For example, patients with a phobia of small spaces may avoid having tests in small spaces, such as magnetic resonance imaging (MRI) scans.

Phobias may make it hard for patients to follow through with tests and procedures or treatment. Phobias are treated by professionals and include different kinds of therapy.

Panic disorder

Patients with panic disorder feel sudden intense anxiety, known as panic attacks. Symptoms of panic disorder include the following:

- Shortness of breath.
- Feeling dizzy.
- Fast heartbeat.
- Shaking.
- Heavy sweating.
- Feeling sick to the stomach.
- Tingling of the skin.
- Being afraid they are having a heart attack.
- Being afraid they are "going crazy."

A panic attack may last for several minutes or longer. There may be feelings of discomfort that last for several hours after the attack. Panic attacks are treated with medicine and talk therapy.

Obsessive-compulsive disorder

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 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.
- 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.

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

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

Using different methods together may be helpful for some patients.

Medicine may be used alone or combined with other types of treatment for anxiety disorders.

Anti-anxiety 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 anti-anxiety 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.

Thought For The Day

A happy man or woman is a better thing to find than a five-pound note. He or she is a radiating focus of good-will; and their entrance into a room is as though another candle had been lighted. Robert Louis Stevenson

HAPPY THANKSGIVING
FROM ALL OF US AT THE
BERRIEN COUNTY
CANCER SERVICE!



Dreamy Turkey Casserole

It's a dreamy turkey casserole that everyone is sure to gobble up. Toss a few simple ingredients together and you've got home cooking at its finest.

Ingredients

- 1 1/2 cups stovetop stuffing mix
- 1 can of condensed cream of mushroom soup
- 1/2 cup of milk
- 1/2 cup of sour cream
- 1 cup grated sharp Cheddar cheese
- 4 cups cubed cooked turkey

Methods/steps

Prepare the stuffing according to the package directions. Heat the oven to 350 degrees. In a medium-sized saucepan, combine the soup, milk, sour cream and cheese. Heat until the cheese melts. In a 9 x 13-inch baking dish, layer the sauce, turkey and stuffing mix, ending with the stuffing mix on top. Bake for 30 minutes or until hot and bubbly.

Joke of the Day

While cleaning the attic, Joan and Harry found an old stub for some shoes they left at the repair shop 10 years ago. They thought it would be funny to go to the shop and see if the shoes were still there. So they did. They handed the stub to the repair man who took it and looked in the back. He came out again and said, "They'll be ready on Wednesday."

In Loving Memory

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

In Memory of Anna Bilton

Peggy Myers & Family, Benton Harbor

In Memory of Joan Gowin

Nicole Ginter, Coloma

In Memory of Brian Holt

Shari & Hillard Friedman, St. Joseph
Rosemary & Philip Brooks, Benton Harbor
Judy & Richard Herrman, Tulsa OK
Mary & Wayne Stefanich, St. Joseph
William & Barbara Stagg, St. Joseph
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Jeff & Tracy McClelland, St. Joseph
Lori & Chad Deja, Stevensville
Richard & Jo Ann Farrell, Stevensville
Plante Moran, PLLC, Southfield
Maxine Willmeng, Coloma

In Memory of Brian Holt (Con't)

Jerry & Norma Jackson, St. Joseph
Kelly Wilford, St. Joseph
Margaret & Kent Werger, St. Joseph
Richard & Nancy Marzke, St. Joseph
Bryan & Jennifer Fillwock, St. Joseph
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Sally Jo McWhirter, St. Joseph
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David & Linda Holt, Stevensville
Barry & Laurianne Davis, St. Joseph
Joseph & Sharon Vargo, Benton Harbor
Paul & Aimee Foster, St. Joseph
Jerome & Colleen Cullitan Coloma

In Memory of Bruce Johnson

Rita Wiker, Three Oaks

In Memory of Michael Moore

Ron & Char Hanners, St. Joseph

In Memory of Deborah Nemitz

Helen & Daniel Lambrecht, St. Joseph
Gena Calkins, Mancelona
Elizabeth Ann Shaw, Benton Harbor
Marylin Nemitz, St. Joseph
Steven & Julie Calkins, St. Joseph
Ron & Char Hanners, St. Joseph

In Memory of Alex Porzse

Stuart Sutton, Coloma
John Cabbage, Coloma

In Memory of DeAnna Yourn-Brooks

Sharon A. Martz, Baroda

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.

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

November 5 & 19 – 1:30 p.m.
December 3 & 17 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

November 12 & 26 - 1:30 p.m.
December 10 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

November 19 – 1:30 p.m.
December 17 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
November 14 – 5:30 p.m.
December 12 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center
November 14 – 6:00 p.m.
December 12 – 6:00 p.m.

DATES TO REMEMBER IN NOVEMBER

November 1 – National Go Cook For Your Pet Day
November 3 – Daylight Savings Time Ends Day
November 4 – Use Your Common Sense Day
November 5 – Election Day
November 8 – National Walk To work Day
November 10 – Marine Corps Birthday
November 11 – Veterans Day
November 13 – World Kindness Day
November 16 – International Day For Tolerance
November 17 – Homemade Bread Day
November 19 Gettysburg Address Day
November 20 – National Peanut Butter Fudge Day
November 22 – Humane Society Anniversary Day
November 24 – Mother Goose Day
November 28 – THANKSGIVING DAY
November 29 – National Native American Heritage 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

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value our readers & hope you enjoy it.

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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