

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.



July 2012

(269) 429-3281

VOLUME XXI ISSUE VIII

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 Liberty

What flower is this that greets the morn,
Its hues from Heaven so freshly born?
With burning star and flaming band
It kindles all the sunset land;
O tell us what its name may be---
Is this the Flower of Liberty?
It is the banner of the free,
The starry Flower of Liberty.

In savage nature's far abode
Its tender seed our fathers sowed;
The storm-winds rocked its swelling bud:
Its opening leaves were streaked with blood,
Till lo! Earth's tyrants shook to see
The full-blown Flower of Liberty!
Then hail the banner of the free,
The starry Flower of Liberty

Behold its streaming rays unite,
One mingling flood of braided light—
The red that fires the southern rose,
With spotless white from northern shows,
And, spangled o'er its azure, see
The sister Stars of Liberty!
Then hail the banner of the free,
The starry Flower of Liberty

Author : Oliver Wendell Holmes



A person should have enough education so he doesn't have to look up to anyone. He should also have enough to be wise enough not to look down.

Jade Vira' Journey with Cancer

After a short period of abdominal pain, on March 19, 2009 a colonoscopy detected a 8cm tumor in my lower colon. It was colon cancer. As a healthy 38 year old female with no family history, I was beyond shocked and frightened. Nothing could prepare me however, for the news two days later. The cancer had spread to my liver. I had Stage 4 cancer.

From my initial diagnosis, as I did not know what lied ahead, I made the decision to fight with all I had. I knew that there would be only a few things I could control in the process of the cancer battle. One was my attitude and the other was following whatever the doctors recommended for me.

I received the protocol for treatment from a local cancer center. However, I went to a major medical institution for a second opinion. I feel a second opinion is vital for any cancer patient. There are now so many different types of treatments available today. Each type of cancer varies on what treatment is best and in what order and combination these should be done. I feel a second opinion is critical today as the advancements in cancer care are ever changing and progressing. Be educated; know all the treatment possibilities available.

My second opinion agreed with protocol proposed by my local cancer center, so I began the fight. I took six weeks of chemo and radiation to help shrink the tumor in my colon to allow for surgery to be more successful. As grueling as radiation, along with chemo, was it brought much needed pain relief as the tumor shrunk.

Day after day of treatments, not feeling well and being in pain can take their toll. But because of my faith in God, which allowed me to have a positive attitude, I was able to go about each day with hope. A positive attitude, one of true believing, is what I believe is the most crucial component in the cancer fight. A positive attitude promotes healing, both physically and mentally, allows the body to recover in a matter not possible otherwise. I truly believe that due to my positive attitude, along with tremendous faith, and an amazing support system of family and friends, I was able to defy the odds.

After my 6 weeks of chemo and radiation, came surgery. Doctors performed a colon resection removing part of my colon along with the cancerous parts of my liver. Surgery confirmed the cancer had not spread to any of over 50 lymph nodes removed and my borders were clear. All cancer had been removed! Six months of chemo followed to assure the cancer did not come back. After a 10 month fight, a scan confirmed I was cancer free!

Surgery and recovery was not easy. I was not prepared for the severity of pain and the length of time it took to recover. But cancer is not easy. But maintaining a positive attitude will enable a person to get through things never thought possible. A support system is vital as well. If you should not be blessed with family or friends close by, seek out support. Through your treatment center, cancer organizations, on line groups...there are people out there willing and wanting to support and help you. No one should ever face cancer alone. And those who are cancer survivors, we have so much power to make a difference in those now facing the fight. Let us use our experience to bring good and comfort to others.

We have come so far in our treatment of cancer! Stage 4 cancer is no longer synonyms with death! Just 5 to 10 years ago, doctors would have given me 6 to 9 months to live. Now I am cancer free and face a long and healthy life in front of me! There is HOPE! But it is up to us, to use of cancer experience to THRIVE not simply survive!

Jade R Vira
19074 CR 50
New Paris, IN 46553
574-831-6532 home
574-596-7219 cell

Mark your calendar for:

Tuesday, August 7, 1:30 p.m.

BCCS Support Group in Stevensville

Christina Burns, a Certified Meditation Instructor and cancer survivor, a coach and teacher with more than 20 years experience helping others live a more stress-free, harmonious life will be leading the Support Group. Christina will be available to help with any concerns you may have. Plan on attending and joining our Meditation Techniques discussion.

In Loving Memory

During May 2012, Memorial Donations were generously made by and for the following people

In Memory of Bobby Burger

Ed & Pam Behnke, Holiday FL

In Memory of Ernest D. Chesser

Susan L. Chesser, Buchanan
Carl & Alicia Keefer, Buchanan
Don & Pam Kuntz, Buchanan
Janet L. Padgett, Niles
Earl & Janet Sprague, St. Joseph

In Memory of Lorraine Doak

Steven J. Doak, St. Joseph

In Memory Marian Fields

Steven J. Doak, St. Joseph

In Memory of Edwin Goldner

Don & Norma Goldner, Eau Claire

In Memory of Nancy Grigsby-Bers

Wylna Johnson, St. Joseph

In Memory of Marla Humes

Melba June Avery, Stevensville

Gene & Judy Ball, Sonprize AZ

James & Margaret Bernbenek, Bridgman

Donald & Marjorie Bischoff, Stevensville

Bruce Bittenbender % Poker Club, St. Joseph

Bruce, Chuck, Duane, Tom, Mike, Brian & Al

Tom & Nina Bos, Hamilton

% Kevin & Katherine, Flahery, Mark & Rita Bos, Mary &
Matt Grile, Ed & Claudia Bos, Mitch & Kellie Bos, &

Lance & Michelle Bos

Sally Cheek, Stevensville

Carol M. DeKorte, Hamilton

Jack & Judy Faber Fund, Holland

% Fidelity Charitable Grant Fund

Sandra Hacker, Stevensville

Dorothy Hildebrand, Berrien Springs

Margo Humes, St. Joseph

Beatrice Kella, Benton Harbor

Gilbert & Phyllis Knight, Novi

Dennis & Sharon Kniola, St. Joseph

Cathy M. Koeppe, St. Joseph

Anthony & Bonnie Korican, St. Joseph

Loretta A. Krieger, Benton Harbor

Dale & Constance Kubicki, St. Joseph

Jan Lane, St. Joseph

Robert D. Leet, St. Joseph

Kerry Lewis, Stevensville

Inge Longpre, Stevensville

Barbara Lovellette, St. Joseph

Fred & Connie Luther, Stevensville

Ranse & Judith McKinney, Cambridge City IN

In Memory of Maria Humes (con't)

Mari Anne Mead, Baroda

Merla Mihalik, St. Joseph

Marilyn Nelson, Stevensville

Michael & Susan Rapp, Stevensville

Edward & Mary Reilly, Zeeland

Pat Roe, St. Joseph

David & Clare Rutlin, St. Joseph

James & Barbara Sanford, Stevensville

William Linda Scaletta, Stevensville

Sam Schultz, St. Joseph

% Heather & Jamie Fitzpatrick, Troy & Ann Schultz

Lu Ann & Bob Shane, Berrien Springs

Ruth Ann Stelling, St. Joseph

Arlene Stover, Berrien Springs

Susan E. Thompson, Stevensville

Jack & Mary Lou Welbaum, Galien

John & Phyllis Wilk, Baroda

Maxine Willmeng, Coloma

Joyce & Leroy Zeilke, St. Joseph

In Memory of Velma Lillegard

Marge E. Rauer, Highland IN

In Memory of Laura Lippert

Ed & Pam Behnke, Holiday FL

In Memory of Mrs. Florida M. Lloyd

Brunswick Campus Southeast Georgia Health System
Management Team, Brunswick GA

In Memory of Linda Dwan Morris

Rosanne Brogno, Stevensville

Jan Brown

John & Barb Cheevers, Benton Harbor

Janet W. Derubbo, St. Joseph

John Flood, Stevensville

Pat Forbes, Stevensville

Jennifer Kitchens, St. Joseph

LeValley Chevrolet Buick GMC Truck Inc., Benton
Harbor

Gary C. Lulenski, St. Joseph

Dave & Jan Mack, St. Joseph

Dawn Food Products Purchasing Team, Arlene

Lindemeyer, Jackson

Peggy Radom, St. Joseph

Judy & Joe Saratore, Buchanan

Jeffrey Siegel, Benton Harbor

Michael & Gail Wells, Benton Harbor

Clinton W. Wilson, St. Joseph

In Memory of Roberta Otte

Carolyn Norton, Coloma

In Loving Memory (con't)

During May 2012, Memorial Donations were generously made by and for the following people

In Memory of Eleanor Pierscinski

John & Mary Broaddus, Harrisonburg VA
Robert J. Powell, Grafton WI

In Memory of Andrew Reck

Kevin Borgerding, Benton Harbor

In Memory of David A. Reitz

Adnik Manufacturing, Jewellene, Compton, CA
Glen & Mary Ashley, Lansing
Margo Green, Buchanan
William & Marilyn Moon, Rochester IN
Irene Rees, Cheyenne WY
Armand & Mary Schmaltz, Galien

In Memory of Art Zache Sr.

Scott & Christine Gourlay, Stevensville
Bess Miller, Stevensville
Carol & Stephanie Palmer, Sterling Hts.
Diana J. Zacha, Louisville KY

In Memory of Janice Ruth Robinson

James & Connie Bohn, Dowagiac
Ilene Fox, Sodus
Barbara L. Lane, Benton Harbor
Mary Susan Melnik, St. Joseph
Carolyn A. Piaskowski, St. Joseph
William & Wendy Rahn, St. Joseph
Denise Stewart, St. Joseph
Virginia Van Antwerp, St. Joseph

In Memory of Georgia Rohde

Ed & Pam Behnke, Holiday FL

In Memory of Don Rupley

Dennis & Sharon Kniola, St. Joseph

In Memory of Shirley Teed

Karin Polstin, 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.

Sweet Chicken Breasts

Ingredients:

1/4 cup all-purpose flour	3/4 tsp. salt
1/2 tsp. white pepper	1/4 tsp. sage
8 skinless and boneless chicken breast halves	2 tbsp. butter
1 tbsp. oil	1 cup heavy cream
1/2 cup Hereford's Amaretto Cows	1/2 tsp. finely grated fresh orange rind
1/8 tsp. sage	2 tbsp. toasted, sliced almonds

Directions: Combine flour, salt, white pepper and sage in plastic bag. Shake chicken to coat; brown chicken in butter and oil. Reduce heat. Continue cooking just until tender. Remove chicken to heated platter. Add cream, Cows, orange rind and the 1/8 tsp. of sage to pan drippings. Cook, stirring until slightly thickened and spoon sauce over chicken. Sprinkle with toasted sliced almonds.

Ready in 1 1/2 hour

Trivia

Who played bass guitar for the Beatles?

1. Paul McCartney
2. Ringo Starr
3. George Harrison
4. John Lemmon
5. Jimi Hendrix

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

July 3 & 17 – 1:30 p.m.
August 7 & 21 - 1:30 p.m.

BCCS SUPPORT GROUP – Niles

July 10 & 24 – 1:30 p.m.
August 14 & 28 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

July 17 – 1:30 p.m.
August 21 – 1:30 p.m.

RAINBOWS OF HOPE – St. Joseph

Marie Yeager Cancer Center
July 12 – 5:30 p.m.
August 9 – 5:30 p.m.

OSTOMY SUPPORT GROUP

Lakeland Regional Medical Center
July 12 – 6:00 p.m.
August 9 – 6:00 p.m.

MAN TO MAN

PROSTATE SUPPORT GROUP

Trinity Center, St. Joseph
July 17 – 6:30 p.m.
August 21 – 6:30 p.m.

DATES TO REMEMBER IN JULY

July 1 – Second Half of Year Day
July 2 – I forgot Day
July 4 – Independence Day
July 7 Global Forgiveness Day
July 10 – Pina Colada Day
July 13 – Gruntled Workers Day
July 14 – International Nude Day
July 15 – National Ice Cream Day
July 16 – National Get Out of Doghouse Day
July 19 – Get To Know Your Customers Day
July 21 – National Hot Dot Day
July 23 – Gorgeous Grandma Day
July 27 – System Administer Appreciation Day
July 29 Lasagna Day
July 30 – Cheesecake 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!

Answer to trivia on page 4.

Paul McCartney played bass guitar on nearly all Beatles songs. The group's best-known lineup consisted of John Lennon (rhythm guitar, vocals), Paul McCartney (bass guitar, vocals), George Harrison (lead guitar, vocals) and Ringo Starr (drums, vocals).

Berrien County Cancer Service, Inc.
7301 Red Arrow Highway
Stevensville, MI 49127

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RETURN SERVICE REQUESTED



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Connie Demler, R.N.	Susan Lerke, R.N.
Carrie Klint, R.N.	Marilyn Dopp, R.N.
Ruth Walker R.N.	

OFFICE STAFF:

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

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

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

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 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

3rd Tuesday of each month – 6:30 p.m.

Trinity Center

619 Main Street (use Main entrance)
St. Joseph, MI 49085
Phone: (800) 465-5244