

# 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 2013

(269) 429-3281

VOLUME XXII

ISSUE VII

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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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### 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.

The blades of heroes fence it round;  
Where'er it springs is holy ground;  
From tower and dome its glories spread;  
It waves where lonely sentries tread;  
It makes the land as ocean free,  
Pire of the sea!  
Then hail the banner of the free,  
The starry Flower of Liberty.

Thy sacred leaves, fair Freedom's flower,  
Shall ever float on dome and tower,  
To all their heavenly colors true.  
In blackened frost or crimson dew--  
And God love us as we love thee,  
Thrice holy Flower of Liberty!  
Then hail the banner of the free,  
The starry Flower of Liberty.

Oliver Wendell Holmes



# The BCCS Bulletin Board

If you live or were driving along a country road in Berrien County on Sunday, June 23 and noticed an unusually large amount of bicyclists, you were most likely observing the Berrien County Cancer Service Bike Ride 2013! Watch for details in the August newsletter! In the meantime, look us up on Facebook and view the fun!

## **SAVE THE DATES!**

### **SUPPORT GROUP GUEST SPEAKER**

September 17

We are pleased to announce that registered Dietician, Cassie Jaros from Lakeland Regional Medical Center will be our guest speaker for our Stevensville Support group meeting on September 17<sup>th</sup> at 1:30 p.m. Cassie will be discussing cancer prevention, diet considerations during treatment, and answering any questions you may have regarding nutrition. **BE SURE TO BRING YOUR FRIENDS AND FAMILY!**

### **BCCS OPEN HOUSE**

October 24

**The quilt donated for our Open House quilt raffle is now on display in the office. It's been said this is the prettiest one yet. Stop in and check it out.**

## **COME FOR BRUNCH!**

Come join us for a delightful brunch at the Waterfront Restaurant in Coloma. They have graciously offered to do a fundraiser for us. This brunch from 9 a.m. to 3 p.m. includes made-to-order omelets, carved meats, pasta, fresh fruit, desserts and more. On Sunday, July 21, 2013 during their brunch time, they will donate \$5.00 per person to Berrien County Cancer Service with the coupon below. Please pass out these coupons to your family, friends, neighbors and encourage them to join us. Please do not pass out coupons at the restaurant.

Directions: Take Coloma Exit 39 off of I-94, turn right onto Friday Road. It will become S. Church Street. You go thru the City of Coloma, then it turns into Paw Paw Lake Road. You will be on this for about 3 miles. Be careful to stay on Paw Paw Lake Road as there is a Paw Paw Road. Turn right onto Beech Ave. The restaurant will be on the right.

They are located on 5713 Beech Ave. in Coloma.

### **COUPON**

Have a nice brunch and help the Berrien County Cancer Service at the same time.

**When:** Sunday, July 21, 2013  
**Where:** Waterfront Restaurant  
5713 Beech Ave, in Coloma  
**Time:** 9 am. – 3 pm. Brunch



The Waterfront will donate \$5.00/person with coupon.  
Please provide email address below

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# What You Should Know About Treating Cancer Pain

## You don't have to accept pain

People who have cancer don't always have pain. Everyone is different. But if you do have cancer pain, you should know that you don't have to accept it. Cancer pain can almost always be relieved.

- Your pain **can** be managed.
- Controlling pain **is part** of your cancer treatment.
- Talking openly with your doctor and health care team will help them manage your pain.
- The best way to control pain is to stop it from starting or keep it from getting worse.
- There are many different medicines to control pain. Everyone's pain control plan is different.
- Keeping a record of your pain will help create the best pain control plan for you.
- People who take cancer pain medicines as prescribed rarely become addicted to them.
- Your body does **not** become immune to pain medicine. Stronger medicines should not be saved for "later."

"I thought that I had to live with the pain, but it got to the point where I just couldn't handle it anymore. My doctor changed my medicines, which seems to be working for me. I'm not saying that I'm always pain free, but it's a lot better now." - John

## Palliative care and pain specialists can help

Cancer pain can be reduced so that you can enjoy your normal routines and sleep better. It may help to talk with a palliative care or pain specialist. These may be oncologists, anesthesiologists, neurologists, surgeons, other doctors, nurses, or pharmacists. If you have a pain control team, it may also include psychologists and social workers.

Pain and palliative care specialists are experts in pain control. Palliative care specialists treat the symptoms, side effects, and emotional problems of both cancer and its treatment. They will work with you to find the best way to manage your pain. Ask your doctor or nurse to suggest someone. Or contact one of the following for help finding a specialist in your area:

- Cancer center
- Your local hospital or medical center
- Your primary care provider
- People who belong to pain support groups in your area
- The Center to Advance Palliative Care, [www.getpalliativecare.org](http://www.getpalliativecare.org) (for lists of providers in each state)

### When cancer pain is *not treated properly*, you may be:

- Tired
- Depressed
- Angry
- Worried
- Lonely
- Stressed

### When cancer pain is *managed properly*, you can:

- Enjoy being active
- Sleep better
- Enjoy family and friends
- Improve your appetite
- Enjoy sexual intimacy
- Prevent depression

Learn everything you possibly can, and you will discover later that none of it was superfluous.

**Hugh of St, Victor.**

# *In Loving Memory*

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

**In Memory of David Becker**

Jack & Judy Meyers, Three Oaks

**In Memory of Randy G. Demler**

Bricklayers & Allied Craftworkers, Lansing

**In Memory of Marlin Eddy**

Adeline Hackel, Berrien Springs

**In Memory of Edwin Goldner**

Don & Norma Goldner, Eau Claire

**In Memory of Robert Kiel**

Anne Wondergem, Hope, IN

Anna M. Jachim, New Buffalo

Patricia Hubbell, Brooklyn

Elaine Fowler, St. Joseph

Dan & Nicole Saunders, New Buffalo

Linda Coleman, Bridgman

Marianne S. Samardich, Romeo

Caryn Fortuna Lang, Loganville, GA

Dolares A. Miller, St. Joseph

The Staff at Bridgman Family Dental, Bridgman

Jim Herbert, Chicago, IL

Bob & Marilyn Mann, Buchanan

Kim Myers, Bridgman

Martha Vander Weide, St. Joseph

Margaret Oman, Three Oaks

Carolyn Dial, Portage

Gayle M. Allen, Bridgman

Richard & Sharon Sprague, Waverly, IA

Mr. & Mrs. Robert Root, Niles

**In Memory of Norma Kramp**

Dolores & Jeanette Fester, Benton Harbor

**In Memory of Demetra Lape**

Timothy & Kimberly Conner, Baroda

Mr. & Mrs. James Duscha, Benton Harbor

Ronald & Barbara Petzke, St. Joseph

**In Memory of Roberta Otte**

Carolyn Norton, Coloma

**In Memory of Margot (Margo) Ryno**

Benton Harbor High School

Class of '57 Breakfast Bunch, Benton Harbor

Kenneth Krauel, Benton Harbor

David & Margaret Froehlich, St. Joseph

Patricia A. Hill, Benton Harbor

**In Memory of Eric Schrag**

Fran Konya, St. Joseph

**In Memory of Michalene "Mickie" Smith**

John & Thelma Koziel, Galien

**In Memory of Ronald G. Sommer**

Arnold Gaul, Stevensville

Barbara Clark, Benton Harbor

George & Virginia Skibbe, Eau Claire

Michael & Susan Rapp, Stevensville

John & Phyllis Wilk, Baroda

John & Jean Murphy, Bridgman

Robert & Cathy Sommer & Family, Niles

Lola Gampel, Bridgman

**In Memory of Junice L. Unverzagt**

The Cook Family, New Buffalo

**In Memory of Betty Zoschke**

Carolyn Corteville, Benton Harbor

Barbara Keeler & Elizabeth Glenn, Stevensville

Lloyd & Linda Zoschke, Coloma

Sanae Ackerman, 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.

## Looking Ahead

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

July 2 & 16 - 1:30 p.m.  
August 6 & 20 - 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

July 9 & 23 - 1:30 p.m.  
August 13 & 27 1:30 p.m.

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

July 16 - 1:30 p.m.  
August 20 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
July 11 - 5:30 p.m.  
August 8 - 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center  
July 11 - 6:00 p.m.  
August 8 - 6:00 p.m.

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

Trinity Center, St. Joseph  
July 11 - 6:30 p.m.  
August 8 - 6:30 p.m.

#### **DATES TO REMEMBER IN JULY**

July 1 – Second Half of Year Begins  
July 2 – Made in U.S.A. Day  
July 4 – 4<sup>TH</sup> OF JULY or INDEPENDENCE DAY  
July 6 – International Cherry Pit Spitting Day  
July 11 – Cheer Up the Lonely Day  
July 13 – Bald Is In Day  
July 15 – National Get Out of Doghouse Day  
July 18 – Get to Know Your Customers Day  
July 20 – National Hot Dog Day  
July 21 – National Ice Cream Day  
July 26 – Systems Administrator Appreciation Day  
July 28 – Parents Day  
July 30 – Cheesecake Day

#### **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).  
Check out our Facebook page also.

## *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 \_\_\_\_\_

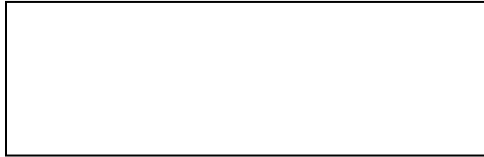
City/State/Zip \_\_\_\_\_

*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  
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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**

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

**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