

# BERRIEN COUNTY CANCER SERVICE NEWSLETTER

[www.bccancerservice.org](http://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.



May 2012

(269) 429-3281

VOLUME XXI ISSUE V

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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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### It's Such a Busy World!

Our days are so crowded  
And our hours are so few  
And there's so little time  
And so much to do  
That the days fly by  
And are over and done  
Before we have even  
Half begun  
To do the things  
That we meant to do  
But never have time  
To carry them through---  
And how nice it would be  
If we stopped to say  
The things we feel  
In our hearts each day!



## When Your Loved One Gets Cancer

There are almost 12 million adults living with cancer in the United States today (NCI's SEER Cancer Statistics). For each patient, there is a caregiver sharing in the cancer journey.

Caring for a loved one with cancer is an important job. You play a fundamental role in your loved one's recovery. Yet, caregiving also has its challenges. Suddenly, you're in this new role and you may feel unprepared. It takes time and understanding to adjust to the changes.

### Emotions of Caregiving

First, acknowledge your feelings. You may feel helpless about how to help your loved one, and fearful of the future. At times, you may feel guilty that you could be doing more for your loved one. You may also feel angry that this happened to your family, or sad about the life you and your loved one had before cancer.

### Balancing the Roles of a Caregiver

On top of worrying about your loved one's health, you are likely trying to balance the demands of caregiving with family, household and work responsibilities. Caregivers often take on many different roles at once, such as:

- Medical advocate: Navigating the medical system, attending appointments, overseeing paperwork.
- Nurse: Taking care of physical needs.
- Counselor: Providing emotional support.
- Household manager: Dealing with meals, laundry, paying bills, and caring for children.
- Wage earner: Working to maintain income and health insurance.

### Keeping Yourself Well

Caring for someone with cancer can be physically and emotionally exhausting. Too often, caregivers put their own needs aside to focus on their loved one's needs. Part of your job as a caregiver is to keep yourself well too. It's the only way to effectively care for your loved one.

Make sure you get plenty of sleep, eat healthy, exercise regularly, and manage stress. Try outlets, such as a bath, massage, journaling, music, or painting. Don't ignore symptoms like loss of appetite, difficulty sleeping or anxiety. It may help to visit a counselor and/or join a caregiver support group to talk about your feelings.

### Accepting Help

Many caregivers want to do everything themselves. You can't do it all. Let family and friends share some of the responsibilities. When people offer to help, be specific about what you need done, such as cooking, cleaning, shopping, laundry, or spending time with your loved one while you run errands. Some websites provide calendars and other tools for coordinating help from others.

Some resources available for caregivers of cancer patients include:

- The National Alliance for Caregiving
- National Family Caregivers Association (NFCA)
- Family Caregiver Alliance
- CarePages

### The Rewards of Caregiving

In spite of all the challenges, taking care of a loved one with cancer can be rewarding. Caregiving can bring you closer to your loved one and strengthen your relationship. It can make you value time together and change your focus on things that are most important.

### 11 Tips for Caring for a Loved One with Cancer

- Educate yourself. Learn as much as possible about your loved one's cancer type, treatment options, and potential side effects. Ask your loved one's doctor about patient education materials and supportive resources. The more you know about the disease and what to expect, the more confident you and your loved one will feel about treatment decisions.

- Find the right cancer team. Find doctors that specialize in your loved one's form of cancer and who work as a team to provide individualized care. An integrated approach is also important to help your loved one manage side effects during treatment. Also, having your loved one's doctors in the same location provides greater convenience and more streamlined care.
- Stay organized. Keep a record of your loved one's medical history, test results and medications. Also, write down appointments, names of physicians, and contact information, including the pharmacy number. It also helps to make a list of your daily responsibilities and prioritize what needs to be done.
- Keep your loved one's doctors informed about any new symptoms they exhibit, such as changes in sleep, mood, bowel habits, or appetite. These side effects can interrupt their treatment and hinder their quality of life. Don't wait for the next appointment to contact your loved one's doctors about an important issue.
- Follow your loved one's lead. Don't tell your loved one what to think, feel or how to act. Since you don't know what your loved one is going through right now, let them take the lead. Instead of saying things like "I know how you feel," try saying "I love you and we'll get through this together."
- Listen to your loved one. Sometimes just being there to listen, without judgment, is the best thing you can do. You don't always have to have all the answers or fix things, just lend a sympathetic ear. Your loved one may not want to talk at all, and would rather sit quietly. It's okay to sit in silence.
- Respect your loved one's independence. Your loved one probably wants to feel as independent and in control as possible right now. Allow your loved one to decide what they can and will do. Encourage them to be as self-sufficient as they want to be. Provide choices whenever possible.
- Accept your loved one's bad days. At times, your loved one may be depressed, angry, or just having a bad day. It's unrealistic to expect your loved one to "stay positive" all the time. And, putting these demands on them will only cause more frustration, guilt and stress. Accept the bad days, give your loved one space if they need it, and try not to take things personally.
- Communicate with your loved one. Cancer can put a strain on your relationship with your loved one. It's important to maintain open communication, even if it brings up strong emotions. Don't assume your loved one can't handle an honest discussion. Try to understand your loved one's point of view and communicate yours.
- Take a break from cancer. It doesn't always have to be about cancer. You and your loved one may need a break from cancer every once in a while. Try not to bring up the subject unless your loved one wants to talk about it. Instead, focus on other things, like spending time together doing something fun.
- Remind your loved one that you care. Your loved one may need extra reassurance that they are still needed and loved. Find gifts that reflect who they are apart from cancer (e.g., books, art, music, tickets to an event). Let your loved one know that you still see them as a person, not as a cancer patient.

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## Cancer Facts

Cancer is the uncontrolled growth and spread of cells. It can affect almost any part of the body. The growths often invade surrounding tissue and can metastasize to distant sites. Many cancers can be prevented by avoiding exposure to common risk factors, such as tobacco smoke. In addition, a significant proportion of cancers can be cured, by surgery, radiotherapy or chemotherapy, especially if they are detected early.

## Key facts

- Cancer is a leading cause of death worldwide, accounting for 7.6 million deaths (around 13% of all deaths) in 2008.

- Lung, stomach, liver, colon and breast cancer cause the most cancer deaths each year.
- The most frequent types of cancer differ between men and women.
- About 30% of cancer deaths are due to the five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, alcohol use.
- Tobacco use is the most important risk factor for cancer causing 22% of global cancer deaths and 71% of global lung cancer deaths.
- Cancer causing viral infections such as HBV/HCV and HPV are responsible for up to 20% of cancer deaths in low- and middle-income countries.
- About 70% of all cancer deaths in 2008 occurred in low- and middle-income countries.
- Deaths from cancer worldwide are projected to continue rising, with an estimated 13.1 million deaths in 2030.

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Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumors and neoplasms. One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs. This process is referred to as metastasis. Metastases are the major cause of death from cancer.

### **The problem**

Cancer is a leading cause of death worldwide and accounted for 7.6 million deaths (around 13% of all deaths) in 2008. The main types of cancer are:

- lung (1.37 million deaths)
- stomach (736 000 deaths)
- liver (695 000 deaths)
- colorectal (608 000 deaths)
- breast (458 000 deaths)
- cervical cancer (275 000 deaths) (3).

About 70% of all cancer deaths occurred in low- and middle-income countries. Deaths from cancer worldwide are projected to continue to rise to over 13.1 million in 2030.

### **What causes cancer?**

Cancer arises from one single cell. The transformation from a normal cell into a tumor cell is a multistage process, typically a progression from a pre-cancerous lesion to malignant tumors. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, including:

- physical carcinogens, such as ultraviolet and ionizing radiation;
- chemical carcinogens, such as asbestos, components of tobacco smoke, aflatoxin (a food contaminant) and arsenic (a drinking water contaminant); and
- biological carcinogens, such as infections from certain viruses, bacteria or parasites.

WHO, through its cancer research agency, International Agency for Research on Cancer (IARC), maintains a classification of cancer causing agents.

Aging is another fundamental factor for the development of cancer. The incidence of cancer rises dramatically with age, most likely due to a build up of risks for specific cancers that increase with age. The overall risk accumulation is combined with the tendency for cellular repair mechanisms to be less effective as a person grows older.

### **How can the burden of cancer be reduced?**

Knowledge about the causes of cancer, and interventions to prevent and manage the disease is extensive. Cancer can be reduced and controlled by implementing evidence-based strategies for cancer prevention, early detection of cancer and management of patients with cancer. Many cancers have a high chance of cure if detected early and treated adequately.

NOTE: THIS INFORMATION IS NOT INTENDED NOR IMPLIED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR OTHER QUALIFIED HEALTHCARE PROVIDER REGARDING CARING FOR A LOVED ONE WITH CANCER.

### **Trivia Question**

**How many people signed the Declaration of Independence?** (Answer on Page 7)

- 12
- 24
- 35
- 56
- 100

### **Dutch Pancakes**

6 eggs  
1 cup milk  
1 cup all-purpose flour  
1/2 tsp. salt  
2 tbsp. butter or margarine, melted

#### **BUTTERMILK SYRUP:**

1 1/2 cups sugar  
3/4 cup buttermilk  
1/2 cup butter or margarine  
2 tbsp. corn syrup  
1 tsp. baking soda  
2 tsp. vanilla extract  
Confectioners' sugar

#### **Directions:**

Place the eggs, milk, flour and salt in a a blender; cover and process until smooth. Pour the batter into an un-greased 13-in. x 9-in. x 2-in. baking dish; add the batter. Bake, uncovered, at 400 degrees for 20 minutes.

Meanwhile, in a saucepan, combine the first five syrup ingredients; bring to a boil. Boil for 7 minutes. Remove from the heat; stir in vanilla.

Dust pancake with confectioners' sugar; serve immediately with the syrup.

#### **Additional Tips**

**PREP TIME** 10 Min.

**COOK TIME** 20 Min.

**READY IN** 30 Min.

### **WE NEED YOUR HELP**

The Cancer Service is in need of individuals who can make turbans for the cancer patients we serve. We have a pattern and suggested materials. Please call the office or drop by if you are interested in helping.

### **Chewy Bran Bars**

2 tablespoons butter  
1/4 cup peanut butter  
1/4 cup firmly packed brown sugar  
1/2 cup honey  
1 1/2 cup chopped nuts  
2 teaspoons cinnamon  
1 teaspoon vanilla  
1/2 cup raisins, chopped prunes or dates  
2 cup whole bran cereal

Combine butter, peanut butter, brown sugar and honey. Cook over low heat, stirring constantly, just until mixture begins to boil. Remove from heat. Add nuts, cinnamon, vanilla and salt. Blend well. Stir in raisins or whatever fruit you use and cereal and mix well. Turn into buttered 8" or 9" pan. Press firmly into even layer. Let cool until it sets up about 5 minutes. Cut into bars. Let cool. Store in airtight container.

# *In Loving Memory*

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

**In Memory of Howard Bailey**

Linda L. Delay, Mishawaka IN  
Kathleen Konopinski, South Bend IN

**In Memory of Jerry Conrad**

Mr. & Mrs. Glenn Conrad, St Joseph

**In Memory of Marilyn Conrad**

Mr. & Mrs. Glenn Conrad

**In Memory Noreen Ives**

AEP Bridgman Mat'l Center, Bridgman  
Henry & Kathy Schilke, Benton Harbor  
Janet, Wayne & Anita Skaggs, Benton Harbor

**In Memory of Jane C. Johnson**

Anonymous, Stevensville

**In Memory of Yonda Lear**

Marie Froehlich  
Dale & Mary Hartman, Baroda  
Bonnie L. Miller & Jack, Fred Schulz, Benton Harbor

**In Memory of Richard P. Lutkus**

Linda M. Hausoul, New Buffalo

**In Memory of Ray Martin**

Gail Roush, St. Joseph

**In Memory of Eleanor Pierscinski**

Dale & Mariam Burke  
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Nancy Racine, Stevensville  
Cristy & Robert Rankin, Dearborn  
Dan & Patricia Smith, St. Joseph

**In Memory of Louise Pratt**

Mr. & Mrs. Glenn Conrad, St. Joseph

**In Memory of Don G. Rupley**

Dan & Cecile M. Hertz, Bozeman, MT  
Jonelle McConnell, St. Joseph

**In Memory of Richard Sandel**

Daniel Sandel, Lawrenceville GA

**In Memory of Clarence "Buck" Schadler**

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Larry & Vicky Lerke, Stevensville  
Lynn Lerke, Stevensville  
Raymond & Beverly Mak, St. Joseph  
Ronald & Janet McGath, Coloma  
Gladys Sandera  
% Mary Sundblad, Stevensville  
Carol A. Stockman, St. Joseph  
Pam & Roger Williams, Minneola FL

**In Memory of Lucille Slosson**

Gail Roush, St. Joseph

**In Memory of Hattie Stewart**

Carol A. Thurston, Niles

**In Memory of Ed Witulski**

Joseph & Nancy Judkins, Stevensville

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**

May 1 & 15 – 1:30 p.m.

June 5 & 19 – 1:30 p.m.

## **BCCS SUPPORT GROUP – Niles**

May 8 & 22 – 1:30 p.m.

June 12 & 26 – 1:30 p.m.

## **OSTOMY SUPPORT GROUP – Stevensville**

May 15 – 1:30 p.m.

June 19 – 1:30 p.m.

## **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

May 10 – 5:30 p.m.

June 14 - 5:30 p.m.

## **Ostomy Support Group**

Lakeland Regional Medical Center

May 10 – 6:00 p.m.

June 14 – 6:00 p.m.

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

Trinity Center, St. Joseph

May 15 – 6:30 p.m.

June 19 – 6:30 p.m.

### **DATES TO REMEMBER IN MAY**

May 1 – May Day

May 4 – International Fire Fighters Day

May 5 – National Bladder Cancer Day

May 6 – World Laughter Day

May 8 – V E Day

May 13 – Mother’s Day

May 14 – National Chicken Dance Day

May 19 - Armed Forces Day

May 25 – National Missing Children’s Day

May 27 – Indianapolis 500 Day

May 28 – Memorial Day

May – 5 – Full Moon

May 20 New Moon

### **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!***

56 men signed the Declaration between August 2, 1776 and January 22, 1777, including two future presidents.

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

NONPROFIT ORGANIZATION  
U.S. POSTAGE PAID  
STEVENSVILLE, MI  
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RETURN SERVICE REQUESTED



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**OFFICE STAFF:**

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Claudia Brister (Office Manager)  
Henrietta Hein

**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