

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.



May 2013

(269) 429-3281

VOLUME XXII

ISSUE V

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.

What Is a Mother?

A Mother's someone special
With an understanding heart---
When other lose their faith in you
That's just when hers will start.

A Mother someone loving
Who has the sweetest way
Of giving you encouragement
When skies are looking gray---

A Mother's someone helpful
Who will always lend a hand
And Smooth things out a little
When they don't go as you've planned.

A Mother's someone dearly loved
And that is surely true
Of a mother who is all these --
A mother just like you.



The BCCS Bulletin Board

Pennies for Patients™

If you cannot participate in this year's
Pennies for Patients™

On May 9, 2013, don't despair, we will accept
pennies and donations all year long.

The closing date for our 2013 pennies drive is May 31.

We want to thank you for joining in the fun!



Our 18th Annual Bike Ride

Save the date: June 23

If you are unable to ride, join the fun by sponsoring a BCCS rider or buying bike raffle tickets. We are also looking for volunteers who are willing to sell bike raffle tickets.

Call the office (269-429-3281) if you would like to participate.

Southwest Michigan Star Volunteer

We are pleased to announce Jim Gillette as our Southwest Michigan Star Volunteer for 2013. We appreciate his many years of volunteer service. For the past 5 years, he has devoted many hours working our BCCS Annual Bike Ride. Once routes have been established, Jim makes the maps for the 4 bike ride routes. Additionally, he paints the markings on the roads consisting of 145 miles each year and drives all four routes the day before the bike ride to check road conditions and route markings.

Thanks Jim for all you have done!

Your Feelings and Pain

Having pain and cancer affects every part of your life. It can affect not only your body, but your thoughts and feelings as well. Whether you have a lot of pain or a little, if it's constant, you may feel like you aren't able to focus on anything else. It may keep you from doing things and seeing people that you normally do. This can be upsetting and may feel like a cycle that never seems to end.

Sometimes things that people used to take for granted aren't as easy any more. These may include cooking, getting dressed, or just moving around. Some people can't work because of the pain or have to cut back on their hours. They may worry about money. Limits on work and everyday life may also make people less social, wanting to see others less often.

Research shows that people in pain may feel sad or anxious and may get depressed more often. At other times they may feel irritable or angry and frustrated. And they can feel lonely, even if they have others around them.

A common result of having cancer and being in pain is fear. For many, pain and fear together feel like suffering. People get upset worrying about the future. They focus their thoughts on things that may or may not happen. You may feel fear about many things, such as fear of:

- The cancer getting worse
- The pain being too much to handle
- Your job or daily tasks becoming too hard to do
- Not being able to attend special trips or events
- Loss of control

This rollercoaster of feelings often makes people look for the meaning that cancer and pain have in their life. Some question why this could happen to them. They wonder what they did to deserve it. Others may turn to religion or explore their spirituality more, asking for guidance and strength.

"At first I wasn't able to do the things I used to do. I couldn't mow my lawn or work in my garden. It was very frustrating." - Juan

Don't lose hope

If you have feelings like these, know that you're not alone. Many people with cancer pain have had these kinds of feelings. Having negative thoughts is normal. And some people have positive thoughts, too, finding benefits in facing cancer. But if your negative thoughts overwhelm you, don't ignore your feelings. Help is there for you if you're distressed or unsure about your future.

Finding support

There are many people who can help you. You can talk with oncology social workers, health psychologists, or other mental health experts at your hospital or clinic. Your health care team can help you find a counselor who is trained to help people with long-term illnesses. These people can help you talk about what you are going through and find answers to your concerns. They may suggest medicine that will help you feel better if you need it.

Many people say that they regain a sense of control and well-being after talking with people in their spiritual or religious community. A leader from one of these groups may be able to offer support, too. Many are trained to help people cope with illness. Also, many hospitals have a staff chaplain who can counsel people of all faiths. You can also talk with friends or others in your community. Some join a support group. Cancer support groups are made up of people who share their feelings about coping with cancer. They can meet in person, by phone, or over the Internet. They may help you gain new insights and ideas on how to cope. To find a support group for you, talk with your doctor, nurse, or oncology social worker.

"I can't help feeling frustrated with all that's going on in my life. Between my cancer treatments and the pain, I get upset and angry. Sometimes I really need someone to talk to - someone who understands what I'm going through." - Carlos

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

Hugh of St. Victor.

In Loving Memory

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

In Memory of Rosetta Barlow

Mr. & Mrs. Robert A. Peirce, St. Joseph
Alan & Pat McKee, Benton Harbor

In Memory of Denise (Clark) Eidam

Thomas Michael, Sodus
Sharon & Tom Michael, Sodus
Valerie & Brian McKeighen, Wadsworth, OH
Carabeth & Jeffery Culby, Benton Harbor
Ronald & Lynn Sommer, Stevensville

In Memory of Leonard J. Gaspie

Shirley Gaspie, Loma Linda, CA

In Memory of Robert "Jim" Guse

Patricia A. Hill, Benton Harbor

In Memory of Janet Gwilt

Ron & Pat Ganger, Dowagiac

In Memory of Janet Fanslau Hines

Gladys Sandera, Stevensville
Ofilia A. Kuss, Sodus
Geri & Willene Mead, Eau Claire
Cindy Fannin, St. Joseph

In Memory of Elaine Jenkins

Joyce Stockman, St. Joseph

In Memory Darel L. Peterson

Darel Tipmore, Rossville, IN
George & Peggy Flora, Frankfort, IN
Janet Pudell, St Joseph

In Memory Loren J. Riddle

Janet Houseman, Niles
Stan & Debby Warda Family, Berrien Springs
Cass County Historical Society, Cassopolis
Stanley Boyle, Plainfield, IL

In Memory of Mary Ellen Smith

Greg & Linda Stampohar, Stevensville
Barry Shannahan, Macomb
Ed & Marcia Koehler, St. Joseph

In Memory of Michalene "Mickie" Smith

Diane Russel
Beth Przybylinski, Benton Harbor
Kay Welsh, Buchanan
Donald O'Bryant, Niles
Reinhard & Carol Brandt, St. Joseph
Karl, Paula & Miranda Kroening, St. Joseph
Gail Cole, Buchanan
Evelyn Kushner, Galien
Edith Styburski, Stevensville
Duane & Nancy Smith, Galien
Karen Arnold, Niles

In Memory of Fred Watts

Passaro, Kahne & Taylor Law Office, 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.

Please Consider...

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

May 7 & 21 - 1:30 p.m.

June 4 & 18 - 1:30 p.m.

BCCS SUPPORT GROUP – Niles

May 14 & 28 - 1:30 p.m.

June 11 & 25 - 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

May 21 - 1:30 p.m.

June 18 - 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

May 9 - 5:30 p.m.

June 13 - 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

May 9 - 6:00 p.m.

June 13 - 6:00 p.m.

Man to Man – Prostate Support Group

Trinity Center, St. Joseph

May 21 - 6:30 p.m.

June 18 - 6:30 p.m.

DATES TO REMEMBER IN MAY

May 1 - May Day

May 3 - Lumpy Rug Day

May 4 - Bladder Cancer Awareness Day

May 7 - National Teachers Day

May 8 - Receptionists Day

May 11 - Eat wwhat you want Day

May 12 - Hug your cat Day

May 12 - MOTHER'S DAY

May 15 - National Women's Check-up Day

May 19 - Neighbor's Day

May 23 - World Crohn's & Colitis Awareness Day

May 25 - National Missing Children Day

May 27 - MEMORIAL DAY

May 29 - World M S 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.

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 _____

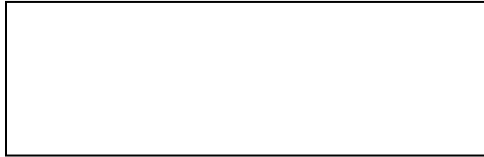
City/State/Zip _____

Thank you for your generosity!

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

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RETURN SERVICE REQUESTED



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	* Dr. Michael Method	* Hannah Noble	* Dr. Edmund Paloyan
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OFFICE STAFF:

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

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