



Cancer Support Group NEWSLETTER

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.

APRIL 2007

(269) 429-3281 or (269) 683-7460

VOLUME XVI ISSUE IV

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.

PROMISE YOURSELF

To be so strong that nothing can disturb your peace of mind. ** To talk health, happiness and prosperity to every person you meet. * To make all your friends feel that there is something in them. * To look at the sunny side of everything and make your optimism come true. ** To think only of the best, to work only for the best, and expect only the best. ** To be just as enthusiastic about the success of others as you are about your own. * To forget the mistakes of the past and press on to the greater achievements of the future. * To wear a cheerful countenance at all times and give every living creature you meet a smile. ** To give so much time to the improvement of yourself that you have no time to criticize others. ** To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.**

---Author unknown



what matters.™

In Loving Memory

During February 2007, Memorial Donations were generously made by and for the following people:

In Memory of Joyce Bucher

William Kulich, St. Joseph

In Memory of Donald Deckert

Anthony and Judith Belski, St. Joseph
Robert and Patricia Crossman, Sodus
Pamela Dorgelo, St. Joseph
Fred and Bonnie Fillwock, St. Joseph
Wayne S. or Joanne Merritt, St. Joseph
Timothy and Tamara Pallett, Bridgman
Edward and Delores Schrag, St. Joseph
Wayne and Janet K. Skaggs, Benton Harbor
Iris Vanderhoof, Stevensville
Susan Weber, Benton Harbor

In Memory of Shirley Demler

Kim E. Moher, Lancaster PA
Southwest Michigan Community
Action Agency
Attn: Darlene Ferrari, Benton Harbor
Helen B. Szumylo, Lakewood CO

In Memory of Donald "Doc" Erwin

Ted Halbritter and the Entire Staff of
Halbritter Funeral Home, Niles
Jerry and Kathy Hoover and Family,
New Carlisle IN
Richard L. Hoover, St. Charles IL

In Memory of Cyde and Rachel Ferry

Henry and Martha Klupp, Stevensville

In Memory of Robert Fields

Mark and Patty Frego, Brighton
Don and Nanette Kuelbs, Niles

In Memory of Betty Gilmore

Tom and Carolyn Anderson
Kelly and Michelle Branch, Stevensville
Gordon and Susan Brown, Williamsburg

In Memory of Betty Gilmore cont'd.

Dolores Gast, Bridgman
Miriam Gast, Bridgman
Walt and Marie Jensen, Benton Harbor
Donald and Diana Kamp, Stevensville
Joseph and Susan Kamp, Bridgman
Robert and Joan Krieger, Bridgman
Lorraine and Jack Mabry, Bridgman
John F. Meredith, Bridgman
Jeanne and Eric Renken, Niles
Robert and Marilyn Roth, Bridgman
Thomas and Sue Russell, Bridgman
William and Katherine Skiba, St. Joseph
Matilda Sonnenberg, Sawyer
Noreen and Wesley Sonnenberg, St. Joseph
Gus and Donna Springs, Bridgman
John and Phyllis Wilk, Baroda
Lyle Curtiss Witte, St. Joseph

In Memory of Elsie Harkey

Patricia Cerny McGee, Watervliet
George Pica, Benton Harbor

In Memory of Mr. Herbert Helm

Barbara L. Lane, Benton Harbor

In Memory of Dorothy N. Brewer Jones

Jeannette Barker, Stevensville
Arlene Haack, Sodus
Mr. and Mrs. Erwin Reschke, St. Joseph

In Memory of Fred Krycka

Marlene Simpson, Benton Harbor

In Memory of Diane L. Lucker

Daliene and Warren Everhart, Covert
Gene and Diana Frost, Junction City WI
Ben and Kathie Lucker, Bangor
Robert and Rosemary Lucker, Benton Harbor
Phyllis J. Turner, Benton Harbor

In Memory of Marguerite Meyer

Doug and Cheryl Anthony, St. Joseph
John and Lonna Salnoske, Benton Harbor

In Memory of Elsie Mischke

Donald Briney, St. Joseph
Lori and Chad Deja, Stevensville
Ray and Sharon Deja, St. Joseph
Deanna S. Driscoll, Stevensville
Sandra and Benedict Dziegel, Stevensville
June Felgner, St. Joseph
Glenadean Krieger, Sodus
Larry and Judy Schultz, Stevensville
Kenneth G. or Linda J. Weber, Stevensville

In Memory of Julia Ostrom

Joanne P. Carlin, Niles
Olove Colcord, Niles
Mr. and Mrs. Joseph Gauer, Buchanan
Kelly and Harold Hargrove, Cassopolis
Liz Lange, Sawyer
Michigan Education Association 5-H
Coordinating Council, Berrien Springs
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(Attn: Janet Groth) 5-C Executive Board,
Berrien Springs

In Memory of Carol Ann Payne

Knoll Brothers of Michigan Inc.,
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In Memory of Deanna Reid

Greg and Marian O'Neil
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In Memory of Ed and Julia Rhodes

Henry and Martha Klupp, Stevensville

In Memory of Lavon Robison

Ivan and Susan Muhlenkamp, St. Joseph

In Memory of Thelma Sikora

Kevin Ives, Bridgman

In Memory of Keren Sonnenberg

Shirley Niezgodski, Baroda

In Memory of Ned Starke

Beatrice U. Starke, St. Joseph

In Memory of Ruby Steere

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Timothy Brill Family, Mishawaka IN
Mrs. Alice Demorest, Elkhart IN
Mr. & Mrs. David Nesbitt, Elkhart IN

In Memory of Robert A. Stockman

Mr. & Mrs. Rodney Chevrette, Benton Harbor
Alice, Donald and Glenn Davis, St. Joseph
William and Oline Edge, Benton Harbor
Donald and Norma Goldner, Eau Claire
Bea and Joe Kella, Benton Harbor
Inge and Greg Longpre, Stevensville
Barbara Pence, Sodus
Leona Rose, St. Joseph
Gerald and Janet Schaefer, Stevensville
Margaret Schmieding, St. Joseph
Kenneth and Anne Vandermolen, St. Joseph

In Memory of Robert L. Tibbits Sr.

Harry and Doris Case, Sodus
Wayne and Michele Demchinski, St. Joseph
Terry and Sylvia Etter, St. Joseph
Eau Claire Education Association
Carmen Grandy, St. Joseph
John and Linda Heil, St. Joseph
Jean C. Hodge, St. Joseph
Robert Husek, St. Joseph
Joseph and Mildred Konrath, St. Joseph
Greg and Deb Koroch, St. Joseph
Mr. & Mrs. Warren Kurtz, St. Joseph
Lloyd and Kathy Mactavish, St. Joseph
Plante and Moran, PLLC, Southfield
Mike and Richonda Radom, St. Joseph
Shirley M. Stretch, Grand Rapids
Charlene Taylor, Winterhaven FL
Ted and Lee Vernasco, St. Joseph
Doralee Vickers, Lakeside

In Loving Memory – Continued

In Memory of Evelyn Wallis
David and Kathy Pallas, Stevensville

In Memory of Robert L. Wesner
Roberta and Brad Wesner, Buchanan

In Your Honor

During February 2007, donations were made by and in honor of the following people:

In Honor of Michael and Sara Bell
H.J. and Cheryl Pieh, Buchanan

In Honor of Helen Bayman
Arden and Vada Pridgeon, St. Joseph

In Honor of Dr. Keith Bailey
Julie and Dorothy Szabo, Watervliet

The 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!



New Treatment for Head and Neck Cancer

Taxotere (docetaxel) injection concentrate has been approved for use in combination with the chemotherapy drugs cisplatin and fluorouracil prior to radiotherapy to treat people who have inoperable, locally advanced squamous cell carcinoma of the head and neck (SCCHN). This disease represents about 3 percent of all new cancer cases in the United States.

The approval "will provide prescribers with a new treatment option that has been shown to help slow the spread of the disease and prolong patients' survival," says Steven Galson, M.D., director of the FDA's Center for Drug Evaluation and Research.

Taxotere's approval in October 2006 was based on the results of a study of 358 people with previously untreated, inoperable, locally advanced SCCHN. Study participants were divided into two groups: one received Taxotere in combination with cisplatin and fluorouracil, and the other received only cisplatin and fluorouracil.

The participants received chemotherapy prior to radiation therapy. Surgery was allowed after chemotherapy, either before or after radiation therapy.

The participants in the Taxotere arm of the study experienced a longer survival time (18.6 months versus 14.2 months) and a longer time until disease worsening or death (11.4 months versus 8.3 months) than the group on cisplatin and fluorouracil alone.

The most frequent side effects reported during the study by the people on Taxotere were decreases in both white and red blood cells, loss of hair, inflammation of the mouth and esophagus, and nausea. Compared to participants receiving cisplatin and fluorouracil alone, those on Taxotere had greater hair loss, decreases in white blood cells, fever or infection with low white blood cells, fluid retention, diarrhea, and neurosensory abnormalities.

Taxotere is manufactured by Sanofi-Aventis, Paris.

From FDC Consumer March – April 2007

Loneliness Associated With Increased Risk of Alzheimer's Disease

Lonely individuals may be twice as likely to develop the type of dementia linked to Alzheimer's disease in late life as those who are not lonely, according to an article in the February 2007 issue of *Archives of General Psychiatry*.

Social isolation – characterized by having a small social network, being unmarried and participating in few activities with others – has been linked to an increased risk of dementia, according to background information in the article. “In contrast, little is known about the association of dementia with emotional isolation, or loneliness, which refers to perceived social isolation and feeling disconnected from others – that is, to dissatisfaction with social interactions rather than their absence,” the authors write.

Robert S. Wilson, Ph.D., Rush University Medical Center, Chicago, and colleagues analyzed the association between loneliness and Alzheimer's disease in 823 individuals with an average age of 80.7 years. At the beginning of the study and every year after for up to four years, participants underwent evaluations that included questionnaires to assess loneliness, classifications of dementia and Alzheimer's disease, and tests of their thinking, learning, and memory abilities. Loneliness was measured on a scale of one to five, with higher scores indicating more loneliness. Data for the study, supported by grants from the National Institute on Aging and by the Illinois Department of Public Health, were collected between November 2000 and May 2006.

At the first examination, participants' average loneliness score was 2.3. During the study period, 76 individuals developed dementia that met criteria for Alzheimer's disease. The risk of developing Alzheimer's disease increased about 51 percent for each point on the loneliness score, so that a person with a high loneliness score (3.2) had about 2.1 times the risk of developing

Alzheimer's disease than a person with a low score (1.4). The findings did not change significantly when the researchers factored in markers of social isolation, such as a small social network and infrequent social activities.

Autopsies were performed on 90 individuals who died during the study, supported by grants from the National Institute on Aging and by the Illinois Department of Public Health. Loneliness during life was not related to any of the hallmark brain changes associated with Alzheimer's disease, including nerve plaques and tangles, or tissue damaged by lack of blood flow. “The results suggest that loneliness may contribute to risk of an Alzheimer's disease, like dementia in late life and does so through some mechanism other than Alzheimer's disease pathology and cerebral infarction,” or the cutoff of blood supply to the brain, the authors write.

The mechanism that does link dementia and loneliness is unclear. Because loneliness levels remained relatively stable even in individuals who developed dementia, it seems unlikely that loneliness is caused by dementia, the authors note. “In human beings, loneliness has been associated with impaired social skills,” they write. “Thus, neural systems underlying social behavior might be less elaborated in lonely persons and, as a result, be less able to compensate for other neural systems comprised by age-related neuropathology. Further clinicopathologic and clinicoradiologic research is needed to investigate these and other possibilities.”

From *FDA Consumer*
March – April 2007

First Generic Use of Zofran

From FDA *Consumer*

March – April 2007

The FDA has approved the first generic versions of Zofran (ondansetron) injection, injection premixed, tablets, orally disintegrating tablets, and oral solution.

Ondansetron is indicated to prevent nausea and vomiting associated with surgery, radiotherapy, and cancer chemotherapy. Ondansetron Injection and Injection Premixed were approved in November 2006. Ondansetron Tablets, Orally Disintegrating Tablets and Oral Solution were approved in December 2006.

The approvals are an important step in the agency's effort to increase the availability of lower-cost generic medication. In 2005, Zofran was the 20th highest-selling-brand-name drug in the United States, with sales totaling more than \$839 million as reported in the online magazine *Drug Topics*.

Ondansetron Injection is manufactured by TEVA Pharmaceuticals USA, North Wales, Pa.

Ondansetron Injection Premixed is manufactured by SICOR Pharmaceuticals Inc., Irvine, Calif.

Ondansetron Hydrochloride Tablets are manufactured by Dr. Reddy Laboratories Ltd., Bridgewater, N.J. Ondansetron Orally Disintegrating Tablets are manufactured by Kali Laboratories Inc., Somerset, N.J.

Ondansetron Hydrochloride Oral Solution is manufactured by Roxane Laboratories Inc., Columbus, Ohio.

! HAPPY EASTER !

Join the BCCS Team!

BCCS will again have a team at the American Cancer Society's Relay for Life at the Berrien County Youth Fairgrounds in Berrien Springs Saturday, June 23 through Sunday, June 24, 2007.

Welcome to Marge Yetzke of Watervliet as our team's co-captain along with Barbara Lane, R.N.

We are looking for volunteers to represent BCCS for this 24-hour event beginning at 9:00 a.m. Saturday, June 23. Relay teammates can be cancer survivors, family members, care givers or BCCS volunteers. We need people to remain in our booth and to walk the track for the full 24 hours! BCCS Bike Ride T-shirts will be made available for all Relay teammates.

If you would like to help, please call our office at 429-3281 or send us an e-mail at staff@bcccancerservice.org with your contact information. We also need good suggestions on how to make our booth more visible. Contact us with your ideas. Thank you!

Special Thanks

Our sincere thanks to Kriegers' Professional Plumbing of Bridgman for donating the time and parts to quickly fix the toilet in our Stevensville office recently. Thanks Fred!

THANK YOU to all BCCS Volunteers during the year 2006!

In 2006 we had over 160 volunteers who contributed at least 1,450 hours of service to our agency. The national average for the value of their services is \$18.04 an hour. Our volunteers helped by:

- ♥ Assembling our newsletters
- ♥ Assisting with Special Events:
 - Pennies for Patients™
 - Human Race Team
 - Annual Bike Ride
 - Relay for Life Team
 - Tossed Treasures
 - Open House / Quilt Raffle
 - Blood Drive
- ♥ Representing BCCS at Health Fairs
- ♥ Assisting in our office with various tasks
- ♥ Updating our website

If you would like to join our Volunteer Circle of Friends, please call our office at 429-3281 or send us an e-mail at staff@bccancerservice.org.

National Volunteer Week is April 15-21, 2007. Watch for your red volunteer ribbons to arrive in the mail and wear them with pride! You have helped BCCS carry out our philosophy of people helping people.

If you see one of these special people, please take the time to shake their hand and thank them for their efforts on behalf of the 619 people helped through the Berrien County Cancer Service during 2006.



Thank you to all of our 2006 Volunteers:

Shirley Adams
 Gloria Alis
 *Len Amat
 Mary Amat
 Joe Angelo
 Mary Ann Annis
 *Joseph Appel
 Betty Appel
 Alma Arent
 *Danae Atkins
 June Avery
 Al and Jeannie Baker
 Joan Bakken
 Cindy Bauer
 Cansada Beck
 Virginia Bedunah
 Jim Behlen
 Elsie Berberick
 Elna Bevins
 Jeremy Blauser
 Henry and Mary Bolt
 Joyce Both
 Claudia Brister
 Mabel Brown
 Dr. John Bruni
 Cara Buckaloo
 *Dr. Fred Busse
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 Deb Vliet
 Curt VonKoenig
 *Cheryl Weise
 Kim Weise
 Mary Weise
 Danethel and William Whitefield
 Pam Williams
 Brad and Joan Wire
 Wanda Witkowski
 Kim and Kris Wymer
 Heather Yetzke
 Marge Yetzke

Nancy

Jean

Barbara Connie

Luick

*Claudia
 Kathy ☺*

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

April 3 & 17 – 1:30 p.m.
May 1 & 15 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

April 10 & 24 – 1:30 p.m.
May 8 & 22 – 1:30 p.m.

UOA SUPPORT GROUP – Stevensville

April 17 – 1:30 p.m.
May 15 – 1:30 p.m.

HEARTY SOUP MIX

This soup mix holds the dry ingredients for a hearty soup which freezes well. Just add water or broth, Lipton's Onion Soup Mix, diced tomatoes, any cooked meat that you like, and salt and pepper to taste. Enough to make four 2 quart containers of soup.

**PRICE: \$3.00 PER PACKAGE
OR 2 PACKAGES FOR \$5.00**

Available at the Stevensville or Niles Office of
The Berrien County Cancer Service.

DATES TO REMEMBER IN APRIL . . .

SUNDAY, April 8th – HAPPY EASTER!
– NATIONAL VOLUNTEER WEEK –
April 15-21

**18th Annual
PENNIES FOR PATIENTS™
Fund Raiser
Thursday, May 10th, 2007
!EVERY PENNY COUNTS!**

**One *Hill* of a Ride!
A Bike Ride to Benefit
Berrien County Cancer Service
Sunday, June 24th, 2007**

Please Consider...

The 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 _____

Donation Amount \$ _____

In Honor of _____

Honoree's Address _____

In Memory of _____

Next of Kin's Address _____

Thank you for your generosity!

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

NONPROFIT ORGANIZATION
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RETURN SERVICE REQUESTED



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OFFICE STAFF: Kathy Karnik (Office Manager) Claudia Brister (Stevensville) Ruth Lagoni (Niles)

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

BREAST CANCER SURVIVORS SUPPORT GROUP

3rd Wednesday of each month - 2:00 p.m.

First Baptist Church

1446 E. Main Street

Niles, MI 49120

Phone: (269) 683-2959

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) 683-7460

CANCER SUPPORT GROUP

2nd Thursday / month - 5:30 - 7:00 p.m.

SPIRITUAL SUPPORT GROUP

1st Thursday / month - 5:30 - 6:30 p.m.

Oncology Care Associates

820 Lester Avenue

St. Joseph, MI 49085

Phone: (269) 985-0029

Printing courtesy of Lakeland Center for Health Enhancement.