



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.

August 2007

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

VOLUME XVI 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.

MYSELF

I have to live with myself, and so
I want to be fit for myself to know,
I want to be able, as days go by,
Always to look myself straight in the eye;
I don't want to stand, with the setting sun,
And hate myself for things I've done.

I want to go out with my head erect,
I want to deserve all men's respect;
But here in the struggle for fame and pelf
I want to be able to like myself.
I don't want to look at myself and know
That I'm bluster and bluff and empty show.

I can never hide myself from me;
I see what others may never see;
I know what others may never know,
I never can fool myself, and so,
Whatever happens, I want to be
Self-respecting and conscience-free.

-Selected



what matters.™

COPING IS 99% ATTITUDE

Author Jeanet R. Broaddus

From Coping With Cancer May/June 2006

People are always complimenting me, saying things like "You look terrific! You're amazing!" And my all-time favorite, "You don't look like you have cancer!"

Having been diagnosed with metastatic breast cancer in March 2003, and with no sign of remission in sight, I thank them. Taking all things into consideration, I *do* look terrific, I *am* amazing, and I *don't* look like I have cancer. So what's the secret to my success? Is it because my oncology staff assures me that new medications are making breakthroughs all the time in the battle against cancer? As much as I appreciate these encouraging words, I can honestly say that coping is really 99% attitude.

Call a Friend When negative thoughts come, and they will, cast them out of your mind by calling a friend or confidant – someone you can verbalize your concerns to but who will help you change gears. Support groups, either through your church or some other organization, can be helpful. The advantage here is that in most cases you can usually find someone to talk to. However, you must be ready to hear and receive. Don't surrender to a funk mood and miss out on sound advice.

Get Off the Couch and Exercise. This does not necessarily mean joining a gym. Exercise is an activity that will move you off your sofa or chair and away from the television. If you have a dog, walk it. If you don't have a dog, then walk yourself. You will find that taking leisurely walks around your neighborhood can provide a new mental attitude, not to mention a healthier heart and upper respiratory system, as well as stronger legs and an overall feeling of well-being. Invest in an MP3 player or portable CD player and tune out the world. Chances are you will find that you've walked longer than you thought possible and will feel better to boot.

There is an older gentleman living in my neighborhood and during my daily constitutional with our dog, Geronimo, I see him walking. He is dressed in his jogging suit, sneakers and baseball cap. What I find so fascinating is that he takes these daily walks around his yard – he never gets past the front gate. But he is still getting exercise.

Go Shopping Whether you have money to spend or not, just get in the car and head for the mall. Malls can be therapeutic. There is so much to do. You can actually shop until you drop without breaking your bank account. Strolling through the mall will give you gift ideas for upcoming holidays and events. Stop by the shoe stores and boutiques and indulge yourself – and let's not forget the jewelry counters. Even if you don't buy anything, trying on something new and different can work wonders against depression. Visit one of the eateries and have lunch with yourself. You will be amazed at how much fun you can have by yourself; and moving about at your own rhythm is marvelous.

Take Some Quiet time for Yourself Run a hot bath with bubbles, light a candle and submerge your body. Put on some soft music, close your eyes and relax; meditate upon the wonderful things in life. Make plans for the future and begin implementing them once you're out of the tub.

Discover Your Talents and Utilize Them Do something creative that you have a passion for – something you've put on hold until now. And remember to pray and maintain an attitude of gratitude.

Laugh A Lot Laughing is contagious and inspirational. When I was in the hospital, a friend of mine came to visit. Of course, the traditional and correct protocol, along with bringing flowers and a get well card, was to bring a sad countenance. By the time I finished with her, she was bowled over with laughter. Her sides ached and tears were running down her cheeks, not from sadness, but from laughing. We laughed so much that the person in the next bed began laughing along with us. It was a delightful visit.

Reaching out is still the number one method of diverting attention from yourself. You will be amazed how people gravitate to you when you smile and talk shop. For many, you may be just what the doctor ordered. The slightest intervention from you can carry someone over the threshold of despair into the dawn of new hope.

It's In The Bag

Ventura County, June, 2006

Scientists at the National Cancer Institute (NCI) have developed a relatively simple urine test that shows promise of detecting bladder cancer at an early, potentially curable state. Currently diagnosis and follow-up of this common cancer entails invasive and often painful procedures, and some cases are not discovered until after the disease has spread and can no longer be cured.

The test could make it feasible to test patients when there is even a slight suspicion of bladder cancer and could make it much easier to monitor bladder cancer patients for recurrences following treatment. More than 46,000 people develop bladder cancer each year in the US, and many of these cases recur despite treatment. The 5-year relative survival rate for bladder cancer patients is 77%.

Clinicians praise both the simplicity and the specificity of the proposed urine test, which works by detecting a protein known as autocrine motility factor (AMF) in the urine samples of patients. AMF is secreted by cancer cells and induces movement of these cells. The substance plays a key role in enabling cancers to spread locally and to metastasize to distant sites.

Ultimately, the scientists hope to modify their assay so that it can measure AMF in the blood, making possible to detect cancers from all parts of the body.

Don't We Look Good Now!

We invite everyone to visit or drive by the Stevensville office of the Berrien County Cancer Service, please take special note of our lawn. Thanks to United Way of Southwest Michigan, BCCS was swarming with hard-working Whirlpool employees who volunteered during "Week of Caring" on Wednesday, May 16, 2007. After consulting with Jim Urch of Emerald Lawn, they chopped, clipped, raked, mowed, thatched, weeded and seeded for hours. As a result, we now have a beautiful yard. Also thanks to Tim of Culby's Landscaping Supplies who donated top soil and stone to complete the lawn project.

The next day, Thursday, Chase Business Banking Team came to BCCS to work on the interior of our building. These hard-working volunteers completely stripped, washed and waxed the tile surfaces in our meeting and storage rooms. They literally got down on their hands and knees to scrub corners and crevices (we have the pictures ☺).

We are thankful to Stan Wroblewski of Shades of Green Irrigation, Bernie Radde of One Way Plumbing, Bill Runkle of Runkle Electric and Curt VonKoenig of King Builders for getting the necessary preliminary sprinklers, plumbing, electrical, etc. in place, volunteering their services at greatly reduced rates.

BCCS is grateful for all the improvements made to our agency. The time, talent and dollars donated are appreciated by our staff and the patients we serve.

In Loving Memory

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

In Memory of Roy Ballard

Julia and Jodi Ballard, Benton Harbor

In Memory of Beverly Block

Alberta Beckman
Peggy Burgess, Benton Harbor
Daisy and Sharon Curtis, St Joseph
Tim and Judy Newman, St Joseph
Sharon Tyler, Niles

In Memory of Robert Brockett

Judith Pinette, Lyman, ME
Michael E Smith, Belmont, MA
Susan L Pinette, Belmont, MA
Patricia Snyder, St Joseph

In Memory of Lois Eileen Bulhand

Bruce D Johnson, Emory, TX
Mary Jane Wagoner, Niles

In Memory of Donna Carpenter

Mr and Mrs Richard Farrell, Niles

In Memory of Jimmy Davis

Jack and Alice Chesnut, Three Oaks
The Chesser Family, Galien
Mr and Mrs Fred Williams, Three Oaks

In Memory of Marian (Mike) Fields

Steve and Rebecca Doak, St Joseph
Deanna D Kerr, Madison, WI
Gwen Talbot, St Joseph
Ilene Wilder, Holiday, FL

In Memory of Eleanore Funk

Olove Colcord, Niles

In Memory of Erna Henkelman

Harry and Doris Case, Sodus
Jean Mort, St Joseph

In Memory of Larry and Lillian Hennes

Mike and Joan May, The Villages, FL

In Memory of David Hodgson

Mike and Karen Pedde, Bridgman

In Memory of Diane Hollatz

Phyllis Alberts, St Joseph

In Memory of Donald E Kemeny

Ethel C Carmichael, Niles
Olove Colcord, Niles

In Memory of Forrest & Charlotte Kesterke

Kathy and Dick Oliekan, Coloma

In Memory of Gloria Kniebes

Frances A Carava, St Joseph

In Memory of Nancy McLain

Pat and Bob Coons, Niles

In Memory of Walter H Miles

Passaro & Kahne Law Office, St Joseph

In Memory of Pete Pedde

Mike and Karen Pedde, Bridgman

In Memory of Edwin Pedde

Mike and Karen Pedde, Bridgman

In Memory of Arlene Pesko

Robert and Donna Curtis, Coloma
Mary and Richard Lawrick, Benton Harbor

In Loving Memory - Continued

In Memory of Dave Reasons

Elizabeth K Brooks, Berrien Springs
Jefferson Milbourne, Lansing
Passaro & Kahne Law Office, St Joseph
Anne and Andy Takacs, Stevensville

In Memory of Gerald "Jerry" Schaefer

Ofie Kuss, Sodus

In Memory of Bernice Schoenfeld

Joyce Both, St Joseph

In Memory of Evelyn Selmer

Irma Anderson, Hartford
Barack, Ferrazzano, Kirschbaum and Nagelb,
Chicago, IL
Howard and Cheryl Bell, Schererville, IN
Mary Bidanset, Chicago, IL
Carolyn Corteville, Benton Harbor
Steven Field, Highland Park, IL
Wendi Sloane, Highland Park, IL
John Fries, Hartford
Fay Granger, St Joseph
Brenda and Mark Haueisen, Stevensville
Lester, Marily and Kyle Herrman, St Joseph
Virginia Herrman and Family, St Joseph
Frank and Diana Hoffmann, Bridgman
Dave and Elizabeth Karsten, St Joseph
Ruth and Karol Kesterke, Berrien Springs
Hannah Maxwell, Benton Harbor
Gloria Muth, St Joseph
Thomas and Deborah Page, Northbrook, IL
Curt and Sue Plummer, St Joseph

In Memory of Evelyn Selmer - Continued

John and Lonna Salnoske, Benton Harbor
Gordon and Niki Schreiber, St Joseph
David R Selmer, Chicago, IL
Louise Udem, Benton Harbor

In Memory of Theodore Warmbein

Sharon Burrows, Watervliet
Charles & Kathleen Campbell, Benton Harbor
Terry & Sylvia Etter, St Joseph
Ronald & Priscilla Goodline, Benton Harbor
Elaine Kerill, St Joseph
Mary Ann, Karen & Kris Kuschel, St Joseph
Ken Patzkowsky, St Joseph
Arden and Vada Pridgeon, St Joseph
R Raymond Ropp, Kingston, NY
William and Di-Anne Warmbein, Baroda

In Memory of Wallace Warren

Joyce Zerbe, Benton Harbor

In Memory of Lucille Weber

Joseph and Kathryne Cramer, Niles
David and Nancy Hipskind, Coloma
Hose Assemblies, Mishawaka
Hose Assemblies Emc., Mishawaka

In Memory of Louise White

Herman and Margaret Fullriede, Coloma

In Memory of Magdelene Wier

Mike and Karen Pedde, Bridgman

In Your Honor

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

In Honor of All Cancer Care Providers

Phillip Nuccio, Benton Harbor

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!

2007 United Way Campaign

To kick-off the United Way Campaign Drive for 2007, the Berrien County Cancer Service has again agreed to be a Pacesetter Partner Agency. We have committed to raising our annual donation by 15% more than last year's donation. We are confident that we can accomplish this goal **with your help**. BCCS has been a partner agency of the United Way, always supporting people in our community, since the early 1950's.

United Way allocations have enabled us to provide the following services during 2006:

In-home (or workplace) free nurse visits	3,127
Nurse to patient calls	556
Sales of supplies	293
Medicare claims filed	139
Loan equipment out	198
Free items given	511
Support Group attendance	118
Financial Assistance	39
Total Units of Service	4,981
Unduplicated People Served	619

All money given to the Berrien County Cancer Service through any source – United Way contributions, fund raisers, memorials and donations always stays right here in Berrien County to help local people.

We are once again having our 5th Annual *Tossed Treasures Sale* to support the 2007 United Way campaigns of the *United Way of Southwest Michigan* and the *Greater Niles United Way*. A *Tossed Treasure* is an item that is clean and in good condition, has monetary value but is no longer of use to YOU. This year's sale will be held at:

Berrien County Cancer Service - 7301 Red Arrow Hwy. - Stevensville
Thursday – August 9 – 9:00 to 5:00 (Rain date – Friday, August 10)

We welcome donated items – **NEW OR GENTLY USED ITEMS THAT ARE CLEAN!!** Please call our Stevensville office at 429-3281 to make arrangements to drop off your donations. We also welcome monetary donations which can be mailed or dropped off at our office at any time.

EVERYONE is welcome to shop at our sale! Most of our items do not have price tags. We simply ask that you make a reasonable donation for the value of the item(s) you select. We will have lemonade and popcorn available to entice you to stay a little while! Remember to pick up a container of our famous *Hearty Soup Mix* to have on hand when the weather turns cool. The proceeds from the sale of our soup mix are added to our United Way Campaign donation every year! **WE LOOK FORWARD TO SEEING YOU!**

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

Aug 7 & 21 – 1:30 p.m.

Sept 4 & 18 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

Aug 7 & 21 – 1:30 p.m.

Sept 4 & 18 – 1:30 p.m.

UOA SUPPORT GROUP – Stevensville

Aug 21 – 1:30 p.m.

Sept 18 – 1:30 p.m.

DATES TO REMEMBER . . .

Thursday, August 2 – *Community Health Fair – Benton Harbor City Center*

Saturday, August 4 – *Christian Motorcycle Ride starting at BCCS, Stevensville*

Thursday, August 9 – *Tossed Treasures Sale at BCCS, Stevensville*

August 13th – 17th – *Berrien County Youth Fair*

Thursday, October 4 – *Breast Cancer Awareness Open House/Quilt*

Childhood Cancer Awareness.

September is Childhood Cancer Awareness Month. Help Spread awareness in your area. HELP, HOPE, BELIEVE

www.NationalChildrensCancerSociety.org

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

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RETURN SERVICE REQUESTED



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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 of each month - 5:30 - 7:00 p.m.

Oncology Care Associates

820 Lester Avenue

St. Joseph, MI 49085

Phone: (269) 985-0029