



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.

December 2007

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

VOLUME XVI ISSUE XII

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.

Give Lavishly!
Live Abundantly!

The more you give, the more you get
The more you laugh, the less you fret
The more you do unselfishly
The more you live abundantly.

The more of everything you share,
The more you'll always have to spare
The more you love, the more you'll find
That life is good and friends are kind.

For only what we give away,
Enriches us from day to day,
So let's live Christmas through the year
And fill the world with love and cheer.

Author Unknown

Have a Very Merry Christmas!!!



what matters.™

Making Peace with Fear

Reprinted with permission of Coping Magazine: July/August 2007

Author: Dr. John Wynn Director of the Swedish Cancer Institute

Logical, practical Marjorie learned she had breast cancer and made a list of women for her husband to date. Peter, told he had a suspicious shadow on his lung, quit smoking but never went in for the biopsy his doctor recommended. Shy Tomas hates to bother his treatment team, but he so dreaded the side effects of chemotherapy that he discussed it with his oncologist – and learned about ways to prepare himself so he could avoid the nausea and dizziness. Fear affects each of us in a different way. How does it affect you?

Part of being a cancer survivor is learning to make peace with fear. The 13th century poet Rumi writes, “Between a man and God there are just two veils, and all other veils manifest out of these: they are health and wealth.” When we are secure in life, we do not truly see reality. But when something threatens our safety and security, it pushes us to ponder deeper meanings and, on occasion, our mortality. Cancer is such a concern. Whatever the outcome of our cancer, the veil is drawn back and we see a new reality. Some of this reality is very frightening.

Fear demands our attention and action. The action may be to sit down, analyze, and plan, or it may be to run away as fast as we can. Fear can be your worst enemy, blinding you to reality and chasing you from valuable opportunities. Fear can also tie you up in fruitless activity, sapping your energy for what matters most. But fear might also be your best friend, helping you see a path to safety and growth.

Coping with fear is a key part of your journey with cancer. You may fear many things: pain, discomfort, scars, abandonment, and death. These are the many faces of loss, actual and threatened: loss of control, loss of dignity, loss of loved ones, and loss of the future if survival is in question. These are realistic fears, but they must be put in perspective. We must learn to make peace with fear.

To make peace with fear, make a list. What are you afraid of? Put your fears into words to put things in perspective. Write down whatever fears come to mind, no matter how outlandish, foolish, realistic, or terrifying they may seem, no matter how frightening, dire, or daunting. Let your list sit for a while, then go back to it and see if you have left anything out. Add to, subtract from, and improve your list.

All the items on this list are potential allies. They tell you about yourself, your values, who and what you rely on, and your resources. Each item gives you a message about your world, your values, your abilities, and your limitations. But some fears give you useful information, while others may be scaring you for no good reason. Now review your list and ask, “Which of these are realistic?”

Some fears tell you to flee. These fears say, “You are powerless.” Other fears tell you to adapt and make changes, saying “You are in control.” Still others tell you, “Stop, listen, get help, and think this through.” Looking over your list, can you move any fears from one category to another? Are there fears that make you feel powerless and alone, but really could just push you to reach out and get help? Do some items evoke not fear, but sadness? Sometimes we are not afraid of the disease or outcome, but of the feelings they evoke.

Now ask, “Who else needs to see this list?” A close friend, your doctor, a nurse, or a neighbor? If your fears speak from your heart, who do you let into your heart? Let the fears bring you to others who can help. If your fears are specifically cancer-related – tumor effects, chemotherapy, radiation – bring the list to your oncology team. If your fears are about personal losses, share them with your closest confidantes and reach out to a cancer support group, social worker, or mental health professional.

Our fears can guide us through this experience. They alert us to our needs and push us to connect with those eager and able to help. Logical, fearful, or shy, make peace with your fears, and let them help you engage your new reality.

For the most part, fear is nothing but an illusion. When you share it with someone else, it tends to disappear.

Marilyn C. Barrick, Psychologist and writer

Coping With Cancer During the Holidays

Reprinted with permission from: Cancer Care

In general, people view the holidays as a time to celebrate, rejoice, and renew connections with family and friends. However, the season can be a stressful time if you are coping with cancer. For example, you may have many complex feelings, both sad and joyous. People with cancer and their loved ones face difficult challenges all year long, but the holiday season can be particularly difficult. The following are some tips for coping with cancer during the holidays.

Plan to get together with friends, family or co-workers over the holidays. Trying to celebrate alone can be very difficult, so accept some invitations from others, or join an organized group activity through your local YMCA, YWCA, church or synagogue. Find the right balance between celebrating with family and friends and spending the time you may need on your own. Give yourself permission to pace your activities and to decline an invitation or two so that you have the energy to enjoy the gatherings that are most important to you.

Create a new holiday season tradition that makes the most of your energy. Change your usual holiday activities so you relieve yourself of some of the pressures of entertaining. Instead of cooking for a houseful of people, host a potluck with family members each bringing a dish for the meal, or suggest eating out at a favorite restaurant.

Be an innovative shopper. Use mail order catalogues, shop over the telephone, or try online shopping this year. You can also make a gift of sharing your thoughts and feelings. Write a short note or make a phone call to let others know that you are thinking about them.

Express your feelings in ways that help you receive the support of the important people in your life. Tears can bring a sense of relief. Laughter can be relaxing. Sharing can be comforting. It is common to experience a mixture of anticipation, excitement and apprehension about the future. Let your feelings breathe and talk them over with a loved one, friend or professional counselor. It's important to embrace the joy and happiness of the holidays – enjoying favorite meals, giving and receiving gifts, reuniting with family and friends, and celebrating religious traditions. People with cancer and their loved ones can sometimes feel out of step from the rest of the world and the holiday season can prompt new questions. How do I take care of the holiday rush and myself at the same time? How can I celebrate when I have so many other things on my mind? What will my life be like next year? Sharing these questions with people you love and who love you can help you feel more connected.

WHAT'S UP?

Via: United Ostomy Association News October Issue

Minot Area & GB Review

We have a two letter word we use constantly that has more meaning than any other. That word is "UP". It is easy to understand UP, meaning toward the sky, or toward the top of the list - but when we waken, why do we wake UP? At a meeting, why does a topic come UP? Why do participants speak UP? And, why are officers UP for election? And, why is it often UP to the secretary to write UP a report? The word is not needed, but we use it anyway: we brighten UP a room. light UP a cigar, polish UP the silver, lock UP the house, fix UP the old car. At other times, it has special meanings: people sit UP, stir UP trouble, line UP for tickets, work UP an appetite, think UP excuses, get tied UP in traffic. To be dressed is one thing, but to be dressed UP is something special. It may be confusing, but a drain must be opened UP because it is stopped UP. We open UP a store in the morning and close it UP at night. We seem to be mixed UP about UP. It's true - but don't give UP!!!!

In Loving Memory

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

In Memory of Frances A Angelo

Yogi, Pam, and Amber Mort, St Joseph
Passaro & Kahne Law Office P.L.L.C.,
St Joseph
Roger and Jennifer Rosenthal, Stevensville

In Memory of Germaine Cesaroni

Allegis Credit Union, Kalamazoo
Robert and Cheri Freed, Watervliet
Georgia Sikich, Benton Harbor
Steve and Pam Silcox, St Joseph

In Memory of Gerald Conrad

Marilyn Conrad, St Joseph
Marilynn Y Heim, Benton Harbor

In Memory of Barbara Coquillard

Grunawalt Baer Financial, Mishawaka, IN
Carol and Lee Hosler, Traverse City
Susan Koontz, Edwardsburg
Clarence E Lange, Midland
Lu Ann Werblow, Niles

In Memory of Delcie Cuthbert

Donald Davis Brooks, Buchanan
Ron, Lupe Hein and Family, Galien
Henrietta Hein, Galien
Bob and Joyce Surch, Buchanan

In Memory of Harold Fox

Donald and Norma Goldner, Eau Claire
Max Rogalski, Sodus

In Memory of Anne Marie Frese

Ms Anne Frese, Audubon, PA

In Memory of Tracy (Brown) Linsley

Chuck, Colleen and Cheryl Castle, Stevensville

In Memory of Arthur Mashke

Mary Ann Mashke, St Joseph

In Memory of Florence Musgrove

Barbara Lane, Benton Harbor

In Memory of Mrs. Kathleen Nitz

Charlotte B Zupke, St Joseph
Ted Mutz, Craig Zupke Family, St Joseph

In Memory of Barbara O'Brien

Jacquelyn L O'Brien and Jack, Benton Harbor

In Memory of Jane Pillow

Roger and Jennifer Rosenthal, Stevensville

In Memory of Don Pillow

Roger and Jennifer Rosenthal, Stevensville

In Memory of Vera S Pollack

Linda Berry, Stevensville
Gloria's Friends in the Infusion Clinic,
PICC, Research and Tumor Registry
Barbara Lane, Benton Harbor
Edith Schmaltz, New Buffalo
David and Rose Warner, Oro Valley, AZ

In Memory of Barbara Ruppel

Angelo and Sharon Costanza, Sodus

In Memory of Bill Skoda

Roger and Jennifer Rosenthal, Stevensville

In Memory of Chester and Magdeline Wier

Helen Yeske, St Joseph

In Memory of Clarence Bud Zupke

Charlotte B Zupke, St Joseph
Ted Mutz, Craig Zupke Family, St Joseph

In Your Honor

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

In Honor of Bob Hess's Birthday

Robert Gruss, St Joseph

In Honor of Genni Nicholas

Carol Tucker, Niles

The Berrien County Cancer Service sends our sincere sympathy to all those who have recently lost loved ones. We wish to thank each and every one of our generous donors. Your donations are very much appreciated and will help cancer patients in Berrien County. Thank You!

Curing Cancer With Laughter

Via: Dr. L. Magne; Curing Cancer Today! Newsletter

Laughter is one of the most infectious conditions known to humanity. The sound of other people laughing and enjoying themselves has proven to be so infectious that the producers of situation comedies still employ laugh tracks; they know that even the sound of canned laughter will help provoke the audience at home into laughing.

One of the principle reasons laughter is so infectious is probably it's incredibly good for us. The act of laughter can lower blood pressure, reduce stress hormones, and provide an always needed boost to the immune system.

The immune system boost comes from an increase in T-cells which fight infections, Gamma-interferon proteins which fight disease, and B-cells which are antibodies that destroy disease.

Laughing also causes the release of endorphins, which are the body's natural painkillers. This probably explains why many people tend to laugh, even if just slightly, when they stub their toe or suffer some other minor injury.

The only problem is that we seem to ignore the natural positive effect of laughter when we need them most. When someone is afflicted with cancer, one of the most positive and beneficial things they can do is laugh. However difficult.

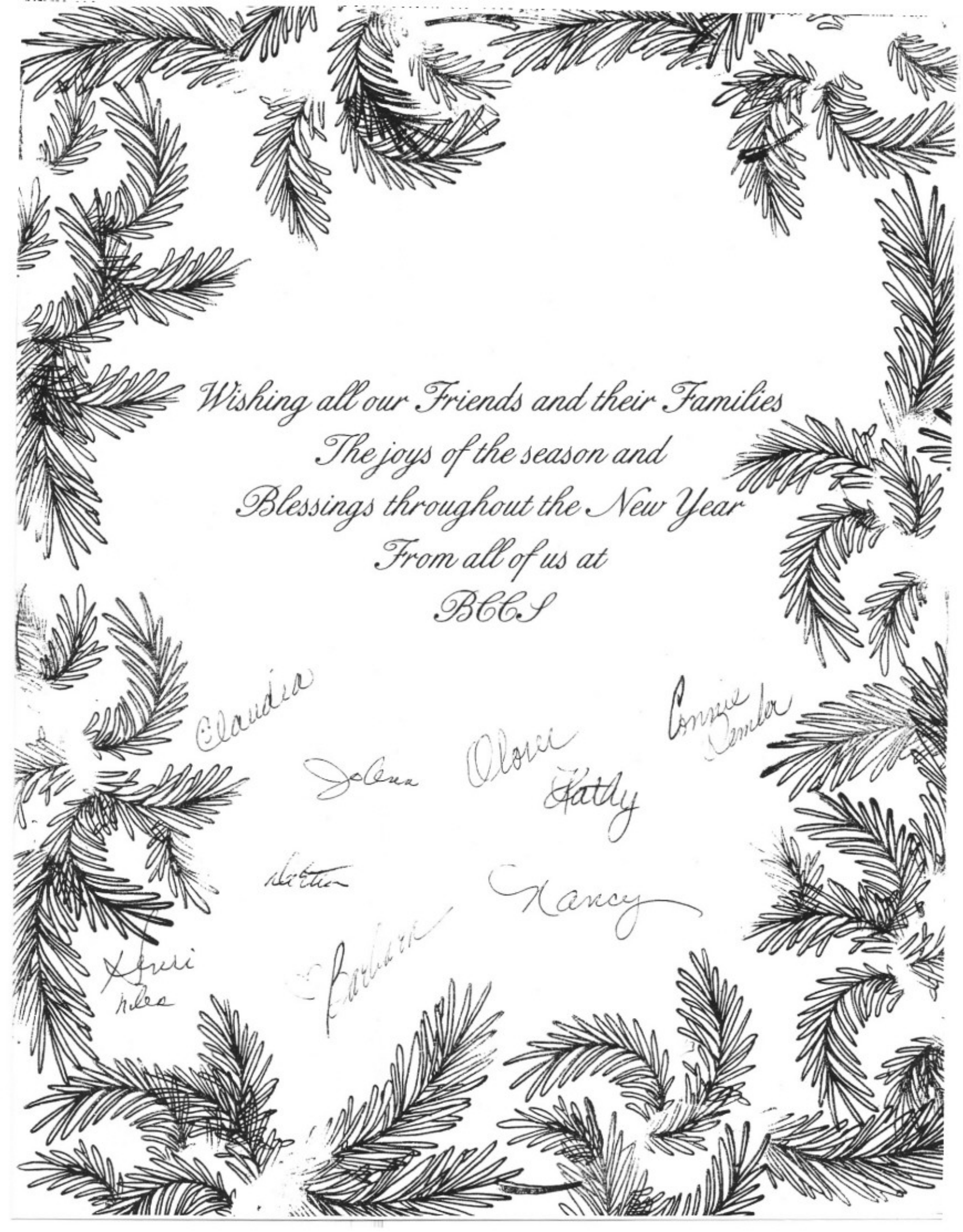
In India, as well as other countries, people have organized "laugh clubs" where the sole purpose is to gather together and laugh. A number of hospitals in America are finally starting to recognize the therapeutic qualities of laughter and are incorporating it into their treatment regimens.

The ability to laugh during times of trouble requires a shift in consciousness. It's certainly helpful if you can realize and accept that you are actually in control of your life.

With that perspective, seek out the humor in life. Read the daily comics or watch a funny movie. Listen to a recording of your favorite comedian. The response your body exhibits to laughter will amaze you.

If you are the friend or relative of someone with cancer, do everything in your power to make them laugh and be joyful. Save your grief and mourning, if you need to do it, for a more appropriate time.

The only person that can make you happy is *you*.



*Wishing all our Friends and their Families
The joys of the season and
Blessings throughout the New Year
From all of us at
B.C.S.*

Claudia

*Connie
Dember*

Jolene

Alvici

Katty

Debra

Nancy

*Lauri
Hess*

Barbara

PASTA FOR PATIENTS

BERRIEN COUNTY CANCER SERVICE

The St. Joseph Papa Vino's Italian Kitchen and Berrien County Cancer Service have partnered once again to benefit those affected by cancer in Berrien County.

Pasta for Patients

gives those visiting Papa Vino's the opportunity to add a dollar (or more) to their guest check. The added amount will go directly to the Berrien County Cancer Service.

Since 1948, Berrien County Cancer Service has been working to provide free skilled home nursing services, equipment, information and supplies at cost for cancer patients and their families in Berrien County.

Want to make a donation?

Great! Visit Papa Vino's Italian Kitchen from December 1 – 31, 2007 at 1332 Hilltop Rd. in St. Joseph – when your guest check is presented, let your server know you'd like to make a contribution.

What can your donation provide?

Just \$1 can provide a roll of tape necessary to hold dressings in place, \$5 can purchase a thermometer or pill box. A donation of \$10 can purchase a lounge bra for a mastectomy patient and a \$20 donation can help patients travel to and from treatments through the purchase of gas cards.

"We are a local agency providing nursing care to people with a cancer diagnosis for almost 60 years. All donations remain here to help your neighbors and friends in this community. Thank you for supporting the work we do." – Barbara Lane, R.N., Executive Director, Berrien County Cancer Service

"Berrien County Cancer Service nurses and staff took care of me with my first cancer, 35 years ago. Today, at age 85 and two new cancers, Berrien County Cancer Service nurses are once again helping me find survival skills and appreciation for life itself – all because they CARE." – Rita Reid, Stevensville

"Berrien County Cancer Service has been an invaluable extension of oncology care directly into the home which has allowed uninterrupted care for those patients who are homebound or who have complicated issues." – Edmund Paloyan, M.D. Board Certified, Lakeside Cancer Specialists, PLLC

Berrien County Cancer Service is funded by the United Ways of Southwest Michigan and Niles, private donations and memorials and various fund-raisers throughout the year. Berrien County Cancer Service is not affiliated with any state or national organizations and do not receive funds from any sources other than those listed. All donations remain in Berrien County to help local people.

Papa Vinos
ITALIAN KITCHEN



1332 Hilltop Rd. St. Joseph, Michigan

Looking Ahead

BCCS SUPPORT GROUP – Stevensville
December 4 & 18 – 1:30 p.m.
January 15 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles
December 11 – 1:30 p.m.
January 8 & 22 – 1:30 p.m.

UOA SUPPORT GROUP – Stevensville
December 18 – 1:30 p.m.
January 15 – 1:30 p.m.

HELP, HOPE, BELIEVE

DATES TO REMEMBER IN DECEMBER...

Friday, December 7 – Pearl Harbor Day
Saturday, December 22 – Winter Begins
Tuesday, December 25 – Christmas
Monday, December 31 – New Years Eve

**A Very Merry Christmas to All
And
May Your New Year Be
Miraculous!!!**

America's official national Christmas tree is located in King's Canyon National Park in California. The tree, a giant sequoia called the "General Grant Tree," is over 90 meters (300 feet) high. It was made the official Christmas tree in 1925.

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.

Please remember us during the up-coming holiday season. 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 _____

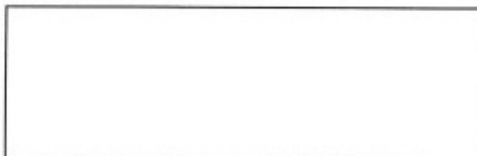
Next of Kin's Address _____

Thank you for your generosity!

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

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STEVENSVILLE, MI
PERMIT NO. 129

RETURN SERVICE REQUESTED



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OFFICE STAFF: Kathy Karnik (Office Manager) Claudia Brister (Stevensville) Henrietta Hein (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.

Oncology Care Associates

820 Lester Avenue
St. Joseph, MI 49085
Phone: (269) 985-0029