



# 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 2008

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

VOLUME XVII 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.

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“Volunteers don’t necessarily have the time,  
But they have the heart”

**V** aluable is the work you do.  
**O** utstanding is how you always come through.  
**L** oyal, sincere and full of good cheer.  
**U** ntiring in your efforts throughout the year.  
**N** otable are the contributions you make.  
**T** rustworthy in every project you take.  
**E** ager to reach your every goal.  
**E** ffective in the way you fulfill your role.  
**R** eady with a smile like a shining star,  
**S** pecial and wonderful – that’s what you are.



what matters.™

## **Taking Pills for Cancer Treatment**

### **Via: Ronald H. Blum, MD, *CancerCare***

For effective treatment, it's important to stick with the prescribed routine for taking your pills.

Currently, only five percent of cancer treatments are taken at home, in pill form. The rest are usually available only in a hospital or clinic, where they are given intravenously. But that is changing dramatically, most of the newest drugs being developed to treat cancer are targeted treatments, which are often available in pill form. Targeted treatments zero in on the cell mechanisms that supply blood to tumors and promote their growth and division. Rather than killing both healthy and unhealthy cells, as chemotherapy does, targeted treatments attack just the cancer cells, sparing healthy tissues and causing less severe side effects.

For people taking oral cancer treatments at home, sticking to, or "adhering," to their treatment plan is a top priority.

Generally, oral drugs taken for the long term are used to keep cancer growth in check or to reduce the chances of tumors returning. In some cases, people taking these drugs feel healthy, without any cancer symptoms, which can make it challenging to stick with the treatment plan.

As with other anti-cancer medications, oral drugs do help relieve symptoms and ensure the best long-term result. A tumor can begin growing again if a person with cancer stops taking his or her medication, say, because cancer symptoms have gone away. Over the long run, not sticking with your doctor's instructions for taking a drug can make treatment less effective than it would have been if the medication had been taken as prescribed. That is why it is so important for doctors and nurses to communicate openly and regularly with patients and for patients to stay in touch with their health care team.

#### **Working with Your Support Team**

When you are being treated for cancer, you're faced with a series of new questions and choices that will have a major effect on your life, and maybe you're not sure where to turn. It's perfectly normal to feel sad, angry, or frustrated about having to stick with an oral medication routine for months or even years. But help is available.

Your most important resources are your health care team, family members, and friends. It's essential to develop good communication with them. In addition to your health care team and loved ones, you can turn to these resources:

Oncology social workers and nurse practitioners are specially trained to help you get the best care possible. Often, when people are coping with cancer, they need someone to talk with who can help them and their families' sort through the complex emotions and issues that arise. These health care professionals can provide emotional support, help you cope with treatment and its side effects, and guide you to resources.

Support Groups - Many support groups are available for people coping with cancer. Support groups can reduce the feeling that you are going through cancer alone. These groups provide reassurance, suggestions, and insight—a safe haven where you can share similar concerns with your peers in a supportive environment. People with cancer, their loved ones and caregivers can take part in support groups in person, online, or on the telephone.

Financial help is offered by a number of organizations, including *CancerCare*, to help cover the cost of some medications and other treatment-related needs.

The *CancerCare* Connect booklet, *Coping With Cancer: Tools to Help You Live* provides more information on the medical, emotional and practical concerns faced by people with cancer. You can request a copy by calling *CancerCare* at 1-800-813-4673.

## *In Loving Memory*

During February 2008, Memorial Donations were generously made by and for the following people:

### **In Memory of Alice Ankli**

Carol Blanire  
Doris Culbertson  
Betty Jewel, Sodus  
Glenedean Krieger  
Marilyn Kruklaui  
Laura Neal  
Karin Polston  
Alyce Jeanne Priebe  
Deborah Priebe  
Marion Taylor  
Irene Watson

### **In Memory of Sally Arivett**

Hanson International, St Joseph  
Jack G Kemp, Benton Harbor  
Dennis, Debbie, Brandon & Christopher  
Mensinger, Bridgman  
David & Rhonda Payne, Three Oaks

### **In Memory of Bob Bellmer**

James & Sylvia Aldrich, Benton Harbor

### **In Memory of Thomas Bilisko**

Thomas & Cindy Bilisko, Grand Rapids  
Susan & Gregory Lyman, Okemos

### **In Memory of Dorcas Chervenak**

Dr Jeff & Nancy Richards, St Joseph

### **In Memory of Miles Eisenhart**

George & Norma Truhn, St Joseph

### **In Memory of Marion Evenson**

Doug & Kathy Miller & Belle, Twin Lakes, WI

### **In Memory of Jim Hansen**

George & Norma Truhn, St Joseph

### **In Memory of Carol James**

Brett & Judi Alcorn, LaPorte, IN  
Tom & Ann Dawson, Lakeside  
Greg Fruth, LaPorte, IN  
Janice Gonzales, New Buffalo  
Leah Joyce Grant, New Buffalo  
Mr & Mrs Jack Kennedy, New Buffalo  
Donna & Tim Larson, LaPorte, IN  
Garry & Kathy Lenard, LaPorte, IN  
John & Nancy Peirick, Crown Point, IN  
Richard & Vera Potter, Galien  
Frances M Prusa, Union Pier  
George & Ruby Reitz, Union Pier  
South Bend Building Dept., St Joseph County  
Attn: Rebecca Neese, South Bend, IN  
Helen Valvoda, Union Pier

### **In Memory of Karen Jordan**

Donald & Shirley Gerlach, St Joseph  
Betty & Eleanor Maier, Berrien Springs

### **In Memory of Alfred "Fred" Martorano**

Jay Williams, Willis

### **In Memory of David Masterson**

Wayne & Kathy Clauss, Dowagiac  
David & Laura Cox, St Joseph  
P. Michael Crumley, Anniston, AL  
Lee Daniels, Buchanan  
Linda & Elmer Doyle, Galien  
Helmut & Thesia Gerstenkorn, Stevensville  
Raymond & Marcia Lundeen, St Joseph  
Jean & Angelo Marquez, Buchanan  
Charles & Leath Mickel, Benton Harbor  
Mary Maxine Mickel, Iowa City, IA  
Christine & Donald Myers, Stevensville  
Kevin Myers, Stevensville  
Jered & Shannon Myers, Stevensville  
Susan Schroeder, St Joseph  
Thomas & Kathleen Seeley, St Joseph  
Linda Smith, Oldsmar, FL  
Gary & Heidi Spluse, St Joseph

## *In Loving Memory - Continued*

### In Memory of Michael Myers

Whirlpool Corporation, Administrative Center  
Attn: Nancy Bickel, Benton Harbor

### In Memory of John Edward Oldenburg

Don and Colette Metzger, Stevensville  
Robert Milano, Bridgman  
Carroll & Mildred Ott, Baroda

### In Memory of Rosemary Raynes

Jeff Mattner, Eau Claire

### In Memory of Helen Richter

Mabel Brown, St Joseph

### In Memory of Denise Scott

Jim & Skip Edwards, Stevensville  
Brenda & Mark Hauesen, Stevensville  
Mary Jane Johnson, St Joseph  
Sharon Jones, Stevensville  
Harry & Carole Kinsel, St Joseph  
Dick LeValley, Benton Harbor  
Ken & Barb Mach, St Joseph  
Lyn & Roddy Mcalvey, St Joseph  
Michael G Scott, Baroda  
Debra & Donald Stoner, Lake Odessa

### In Memory of Betty Sue Skorupa

Bob & Irene Kuball, Benton Harbor

### In Memory of Barb Stone

Kim Knoll, Niles

## *In Your Honor*

During February 2008, donations were made by and in honor of the following people:

### In Honor of Louise Ann White

Robert White, Stevensville

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!



# THANK YOU to all BCCS Volunteers during the year 2007

In 2007 we had over 170 volunteers who contributed over 1,500 hours of service to our agency. The national average for the value of their services is \$18.77 an hour. Our volunteers helped by:

- ♥ Assembling our newsletters
- ♥ Assisting with Special Events:
  - Pennies for Patients™
  - Annual Bike Ride
  - Relay for Life Team
  - Tossed Treasures
  - Open House / Quilt Raffle
- ♥ 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](mailto:staff@bccancerservice.org).

National Volunteer Week is April 27 – May 3, 2008. 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 613 people helped through the Berrien County Cancer Service during 2007.



# Thank You to All Our 2007 Volunteers

Leann Adair  
Amanda Adams  
Shirley Adams  
Gloria Alis  
\* Len & Mary Amat  
Betty Appel  
\* Joseph Appel  
Mike Appel  
Dan Appelget  
Alma Arent  
\* Danae Atkins  
June Avery  
Jeannie Baker  
Bettina Beck  
Cansada Beck  
Bruce & Deb Becker  
Jim Behien  
Elsie Berberick  
Linda Berry  
Elna Bevins  
Lillie Blackmon  
Jeremy Blauser  
Henry & Mary Bolt  
Joyce Both  
Ivelise Boynton  
Brad & Cary Briney  
Tyree & Claudia Brister  
\* Dr. Douglas Brown  
Dr. John and \* JoAnn Bruni  
Imyn Burton  
Jolita Burton  
\* Dr. Fred Busse  
Virginia Byers  
Shirley Chapman  
DeEtta Chen  
Bradley Church  
Nancy Church  
\* Olove Colcord  
Jayne Daniel  
Connie Demler  
Denita Demler  
Jonathan Demski  
Roxanne Dimas  
Stacey Dittmar  
Jim Dlouhy  
Tony Dlouhy  
Linda Dolezan  
Danny Doroh  
Ashley Dorsey  
\* Dr. Salvador Espinoza  
Carolyn Fanslau  
Delores Fester  
Jeannette Fester

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Laverne Howard  
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Kathy Karnik  
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Monicar Servillas  
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\* Cheryl Weise  
Joe Welch  
Danethel Whitefield  
Amy Wilkinson  
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Wanda Witowski  
Ken Wood  
Sarah Woodrick  
Shawn Woods  
Kim Wymer  
Kris Wymer  
Heather Yetzke  
John & Marge Yetzke  
Andrew Zuhl



**Berrien County Cancer Service**

*- 19th Annual -*



# **PENNIES FOR PATIENTS™**



## **FUND RAISER**



*Pennies Count . . . Use Your "Cents"*



To help fund  
the Nursing and Support Services  
provided by  
Berrien County Cancer Service



*PENNIES FOR PATIENTS™ DAY*

# **May 8, 2008**



Bring Your PENNIES to:



### **Berrien County Cancer Service**

7301 Red Arrow Highway  
Stevensville, Michigan  
429-3281 or 465-5257

227 ½ E. Main Street, Room 202  
Masonic Bldg. – Niles Michigan  
Noon – 2:00 / 683-7460



Tour the Agency - Refreshments Served



what matters.™

**WSJM** <sup>AM</sup>  
**1400**  
News • Talk • Sports



Pennies for Patients™ is a trademark of the Berrien County Cancer Service.



## Looking Ahead

### **BCCS SUPPORT GROUP – Stevensville**

April 1 & 15 – 1:30 p.m.

May 6 & 20 – 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

April 8 & 22 – 1:30 p.m.

May 13 & 27 – 1:30 p.m.

### **UOA SUPPORT GROUP – Stevensville**

April 15 – 1:30 p.m.

May 20 – 1:30 p.m.

### **PENNIES FOR PATIENTS™ DAY**

Thursday – May 8

### **BCCS BIKE RIDE**

Sunday – June 22

### **BCCS Relay for Life Team**

Saturday/Sunday-June 21/22

Call BCCS to join our team!

### **TOSSED TREASURES SALE**

Thursday – August 7

### **BCCS 60<sup>th</sup> BIRTHDAY CELEBRATION**

Thursday – August 21

### **AFFINITY BENEFIT**

Monday – October 6

Details TBA

### **OPEN HOUSE – QUILT RAFFLE**

Thursday – October 9

### **DATES TO REMEMBER IN APRIL . . .**

**Tuesday, April 1<sup>st</sup> – April Fools Day**

**Sunday, April 20<sup>th</sup> – Beginning of Passover**

## *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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**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

**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) 683-7460

**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**

2<sup>nd</sup> Thursday / month – 5:30 - 7:00 p.m.

**Oncology Care Associates**

820 Lester Avenue

St. Joseph, MI 49085

Phone: (269) 985-0029