



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 2009

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

VOLUME XVIII 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.

.....

Spring Delight

Pink streaks of sun's rays before turning to gold
Fortell the day's patterns new life to unfold;
Robins so merry and blue jays so bright,
Fly springtime skies from morning to night;
Tulips in rows lift their clean faces,
And nod their acquaintance to bees in their places;
Soft gentle breezes stir buds on the trees,
Then scatter earth's perfume – the senses to please,
From dawning to sunset 'tis glorious to see
God's spectacular show and all of it free.

Estelle Pfetsch



what matters.™

Managing Speech and Swallowing Problems after Treatment for Head and Neck Cancer

Author: Jeri A. Logemann, PhD
Reprinted by permission of *COPING* Magazine

Cancer in the head and neck and/or its treatment can affect both speech and/or swallowing. Several studies have shown changes in speech and/or swallowing at the time of diagnosis for head and neck cancer prior to any tumor treatment.

Each treatment for head and neck cancer can cause distinct changes in speech and/or swallowing, ranging from no swallowing and/or speech problems to severe changes during and after treatment. The speech-language pathologist is the professional who should evaluate and treat these changes.

The specific type of speech and swallowing problem that results from treatment for head and neck cancer will depend upon the size and location of the tumor and the nature of treatment. Surgical treatment to remove the tumor and the necessary amount of normal tissue to assure good cure or disease control will vary from person to person.

Before surgery, it is important that people understand the potential for changes in speech and/or swallowing post-treatment and their role in their own rehabilitation. The speech-language pathologist will generally talk with the individual before surgery and re-evaluate the cancer survivor when adequate healing has taken place to allow beginning exercise – approximately two weeks post-surgery.

Exercises to increase movement of the oral tongue as soon as possible is important to assure that additional scar tissue does not form and further restrict movement. The speech-language pathologist will prescribe a variety of exercises to practice. The cancer survivor's role is to practice these exercises for short periods daily, often five to ten minutes five to ten times per day in order to regain muscle function and/or compensate for lost function.

Difficulty swallowing can occur in a variety of forms after treatment for head and neck cancer, again depending upon the survivor's tumor treatment. Symptoms of a swallowing disorder may include coughing or choking when eating or drinking or a feeling of food catching in the throat.

If swallowing is affected, the cancer survivor will generally be examined with an X-ray study known as modified barium swallow. This relatively easy test requires the individual to swallow measured amounts of thin liquids from small amounts like saliva to large volumes such as drinking from a cup.

Swallowing is a highly complex function that systematically changes as we eat or drink different thicknesses and volumes of food. To evaluate swallowing, the speech-language pathologist must examine the person's swallow function using these various types of

materials and various volumes. Muscles or structures that are not moving correctly are identified along with those exercises that would be most beneficial for the person.

Another tumor treatment that has become more common for head and neck cancer in the last several years is radiation therapy with chemotherapy. In some cases, radiation is given alone. Generally, radiotherapy does not affect speech but can affect swallowing and/or voice. Swallowing disorders after radiotherapy generally result from stiffness in tissues in the pharynx or throat.

It is important for the survivor to exercise the muscles in the pharynx according to procedures given by the speech-language pathologist. Again, like therapy for speech, the prescribed exercises must be practiced frequently (often five to ten times during day for five minutes each time). Practicing for short periods facilitates better range of motion and maintains muscle flexibility without over fatiguing muscles.

For swallowing there are exercises to help the person better protect their windpipe so that coughing and choking are eliminated and/or to strengthen the muscles. There are also exercises to improve range of motion of the tongue, lips, larynx and pharynx.

Cancer survivors often ask how long they need to continue to practice these exercises. Generally, the exercises should continue to be part of their daily routine to prevent any return of stiffness in tissues and structures. When improved function has been achieved, it is important that the cancer survivor continue to practice to maintain these gains. Effects of chemotherapy and radiation can worsen over the years, emphasizing the importance of continuing to utilize the exercises to maintain his or her gains.

The ultimate outcome from speech and swallowing therapy is usually to return the individual to a normal diet and enjoyable eating and speaking. Individuals who have been treated for head and neck cancer have an important responsibility to themselves to maintain their muscle exercise, and to realize that time can negatively affect their function.

Last Year Pennies for Patients™ Raised

\$21,353.62

With Your Help – WE CAN TOP THIS!!

We invite you to come join the fun:

Thursday - May 7, 2009

6:00 a.m. – 6:00 p.m. in Stevensville

12:00 – 2:00 in Niles

In Loving Memory

During February 2009, Memorial Donations were generously made by and for the following people:

In Memory of Mildred Anibal

Tracy, Michael & Josh Garnett, Clayton NC

In Memory of Joyce M Betchek

Passaro & Kahne Law Office, P.L.L.C.
%T J Passaro, St Joseph

In Memory of Ralph Bizer

Wally & Lois Versaw, Portage

In Memory of John P Carlson

Michigan State Police, Paw Paw

In Memory of Phillis Christie

Myrtle Christie, St Joseph

In Memory of Olove Colcord

Lila Dickerson, Bloomingdale
Carole J Mobus, W Millgrove OH

In Memory of Marilyn Conrad

1st Source Bank % Trina Swank, St Joseph
Edgar & Bonnie Aber, Benton Harbor
Timothy A Conrad, St Joseph
Marilyn J Curtis, St Joseph
Lois Fisher, St Joseph
Donald & Richard Fox, Cincinnati OH
Frank & Betty Gargano, St Joseph
Don & Shirley Gerlach, St Joseph
Dorothy Gray & Karen Darby, St Joseph
Carl & Margaret Haldy, Benton Harbor
Lynn & Mary Harrington, Benton Harbor
Marilynn Y Heim, Benton Harbor
Marilyn Klann, St Joseph
Fran Konya, St Joseph
Ronald & Dianne McCord, Stevensville
Ericka Mueller, Baroda
Ruth Ann Owca, St Joseph
James H Perry, St Joseph
Georgia Sikich, Benton Harbor
Carol A Thurston, Niles
Mike & Debbie Tomaszewski, St Joseph
The Jill Trumbley Family, St Joseph
Dee & Tina Wall, Sodus
Robert & Donna Wesner, Watervliet

In Memory of Richard E Currie

Dwane & Nancy Knuth, Berrien Springs

In Memory of Valerie Gelder

Ivelise Boynton, Benton Harbor

In Memory of Aunt Effie Grieve

Mr. Gale E Evenson, Twin Lakes WI

In Memory of Diana Gustafson

Sandy Walenga, Kalamazoo

In Memory of Margaret Kiewel

Betty Adams, Stevensville
Christopher & Karol Behrle, Niles
Henry & Patricia Breyen, Eau Claire
Rosemary & Phillip Brooks, Benton Harbor
Jennie Crossman, Stevensville
Elna A Grau, St Joseph
Kevin & Betty Ivers, Bridgman
Wayne & Helen Koch, St Joseph
Susan & Paul Kolenko, Paw Paw
Carol & William Martin, Eau Claire
Robert & Wendy Martin, Lakeside
John & Kathleen Paustian, Benton Harbor
Wayne & Jennifer Powers, Locust Grove GA
Rob Rushlow, Stevensville
Amy Semenak, St Joseph

In Memory of Edith Konya

Schuyler & Charleen Kellogg, Niles

In Memory of Dennis Nitz

Gwendolyn Elsner, Coloma
Bruce & Rene Gelder, Benton Harbor
Olga & Christopher Grenon, Coloma
Jon & Diane Hinkerman, Watervliet
Linear Electric, Inc., Benton Harbor
Robert & Shirley Niezgodski, Baroda
Janet & Elden Piontek, Benton Harbor
Michael & Terrie Smith, Stevensville
Dick & Joan Stakley, Benton Harbor
Dennis & Betty Stampohar, Baroda

In Memory of Barbara L O'Brien

Jacquelyn L O'Brien, Benton Harbor

In Loving Memory (continued)

In Memory of Susan M. Kowal

Lisa & Dewey Beacham, Owosso
Barbara & Steven Berry, Vanderbilt
Pat Breyen, Eau Claire
Rebecca Felgner, Eau Claire
Raymond & Lizbeth Darato, St Joseph
Bob & Mac Dobras, Lakewood Ranch FL
Cynthia & Richard Fechner, St Joseph
Don & Ann Fisher, Bradenton, FL
Mike & Elizabeth Garey, St Joseph
Mary J Haas, Owosso
Janet Hampton, Stevensville
Eric & Tiffany Jackson, St Joseph
Paul & Diane Jancha, St Joseph
Richard & Connie Kepner, St Joseph
Lyra J Krall, St Joseph
Dale & Constance Kubicki, St Joseph
Matthew Kukla & Family, Savannah GA
Gary & Kathryn Lulenski, St Joseph
Lloyd & Kathryn Mactavis, St Joseph
Patrick J Mansfield, Detroit
Edward & Susan Meny, St Joseph
Lawrence & Meryle Merritt, Stevensville
Lowell & Annette Mills, Marine IL
Karen & Darrell Backer, Marine IL
Steu & Paula Weider, Marine IL
Keith & Marion Moffatt, Bradenton FL
Anthony & Jacquelyn Monte, St Joseph
Salvatore & Constance Monte, Riverside
Linda Morris, St Joseph
Nature's Way Landscaping, Stevensville
Olmsted Associate, Inc, Flint
Jon F Palazzo, Hudson OH
Fred Schilling, Eau Claire
Alberta Schmidt, Bradenton FL
Dorie Schultheiss, Green Valley AZ
Mary & Michael Sears, Benton Harbor
Richard & Clare Smith Bradenton FL
James & Marie Straub, Stevensville
Lucille Vangeison, Edwardsville IL
Robert & Pamela J Vogl, Owosso
Marian Wakeland, Bradenton FL
Linda Wallenfang, Benton Harbor
Mrs. Betty Wallis, London Ont., Canada
Bart & Gladys Weider, Troy IL
Cheryl Weise, St Joseph
Bardley H & Joan R Wire, Stevensville
Fred & Cyndy Wolf, Benton Harbor

In Memory of Ava Annabelle Pease

Eileen Pressey, Buchanan

In Memory of Michael Prillwitz

N C Hauch, Sodas
Louise E Prillwitz, Eau Claire

In Memory of Marjorie Radtke

Larry & Sherry LaVanway
Rose Lucker, Benton Harbor
Paul & Nancy Vicek, Buchanan
Kerry Wesner, Eau Claire

In Memory of Ray F Roberts

Carol Griffith & Family, San Juan Capistrano CA
Family of Ray F Roberts, St Joseph

In Memory of Josephine P Smith

Helen & George Bowers, St Joseph
David & Deborah Slavicek, Benton Harbor

In Memory of Marion B Smith

Rodney Krieger, Coloma

In Memory of Patricia G Sorenson

Mr Gale E Evenson, Genoa City WI

In Memory of Lucille Walker

Mary Borders, Eau Claire
Mr & Mrs Wesley Bowerman, Berrien Springs
Boy Scouts of America #696, Coloma
Thomas Camp, Coloma
Rebecca L Hardin, Eau Claire
Phyllis Layman, Eau Claire
Mable Marquis, Berrien Springs
Pamela Ward Nichols, Adolphus KY
Louise Prillwitz, Eau Claire
Peter & Raejene Shaffer, Benton Harbor
Glen & Jill Shoop, Berrien Springs
Bev Stakov, Shelby Twp.
Anne Ward, Eau Claire

In Memory of Ralph Witkowski

Edgar & Bonnie Aber, Benton Harbor
Berrien Regional Ed. Service Agency, Berrien Springs
Berrien County Health Dept
% Mara Boettcher, Benton Harbor
Joyce Both, St Joseph
Marilyn Klann, St Joseph

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 the Financial Sponsors of Our 60th Birthday Advertisements

Did you see our weekly ads last year in the newspaper? Did you hear our weekly ads on WSJM radio last year? We appreciate the public awareness to our community. Thank you:

Brookside Nursery LLC, St. Joseph
Bucho Computers, Benton Harbor
Chemical Bank
In Honor of Olove Colcord, Niles
Conybeare Law Office, St. Joseph
Cycle and Fitness, St. Joseph
Demler Roofing, Baroda
DeVries Insurance Agency, St. Joseph
Dr. Stuart Boekeloo, St. Joseph
Fiskars, Inc., St. Joseph
Flaugh Insurance Agency, Benton Harbor
Hanson International, St. Joseph
Herald Palladium, St. Joseph
Hospice at Home, St. Joseph
In Loving Memory of Donald Lane, Benton Harbor
Lakeside Urology & Continenence Center, St. Joseph
Legacy Family Funeral Home, Berrien Springs
Menchinger, Ziebart and Koch, St. Joseph
Meredith and Kamp, Stevensville
Michigan Community Blood Centers, Grand Rapids
Oncology Care Associates, St. Joseph
Passaro & Kahne Law Office PLLC, St. Joseph
In Honor of Rita Reid, Stevensville
Richard Goff Roofing, Inc., Lawton
St. Joseph Veterinary Hospital
Starks & Menchinger Family Funeral Home, St. Joseph
United Way of Southwest Michigan
United Way of Greater Niles
Whirlpool Corporation, Benton Harbor
Wightman and Associates, Benton Harbor
In Loving Memory of Dr. Clinton Wilson, St. Joseph

Berrien County Cancer Service

Our special nursing care started in 1948

Still Going Today!

THANK YOU to all BCCS Volunteers during the year 2008

In 2008 we had over 200 volunteers who contributed over 1,850 hours of service to our agency. The national average for the value of their services is \$19.51 an hour. Our volunteers helped by:

- ♥ Assembling our newsletter
- ♥ Assisting with Special Events:
 - Pennies for Patients™
 - Annual Bike Ride
 - Relay for Life Team
 - Tossed Treasures
 - 60th Birthday Party
 - 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.

National Volunteer Week is April 19 – 25, 2009. 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 618 people helped through the Berrien County Cancer Service during 2008.



Thank You to All Our 2008 Volunteers

Shirley Adams
Gloria Alis
*Len Amat
Mary Lou Anthony
Betty Appel
*Joseph Appel
Alma Arent
Barbara Armstrong
*Danae & Andy Atkins
Leonard Atwood
Al Baker
Jeannie Baker
*Rev. Carl Bassett
Cassandra Beck
Roxanne Beck
Jim Behlen
Pat Beiermeister
Elsie Berberick
Linda Berry
Elna Bevins
Nicole Birmingham
Lillie Blackmon
Jeremy Blauser
Fred Bodencak
Judy Bodjack
Mary Bolt
Joyce Both
David Brady
Claudia Brister
Mabel Brown
Dr. John & *JoAnn Bruni
Deborah Bryant
Kathy Burkett
Jolita Burton
Marcellus Burton
*Dr. Fred Busse
Virginia Byers
Shirley Chapman
DeEtta Chen
Nancy Church
Dennis & Shirley Churchill
Olove Colcord
Chris & Flora Damaske
Jayne Daniel
Eleanor Davis
Kim Davis
Connie & Matt Demler
Sue & Emily Desmet
George Dey
James Dlouhy
Tony Dlouhy
Linda Dolezan
Danny Doroh
Jeremy Dybdahl
Candice Elders
*Dr. Salvador Espinoza
Carolyn Fanslau
Larry & Sandy Feldman
Dolores Fester
Harriet Fester
Jeanette Fester

*Board Members

Doug & Paula First
Wendy Foster
Janet Freeman
Christine Galtzew
Jim Gifford
Norma Goldner
Dorothy Gray
Betty Hahn
Marv & *Sharon Hainer
Debbie Hansen
*Tom Hanson
Karen Hardy
Sharon Harvey
Ann Hauch
*Joy Darlene Hawkins
Rosemary Heckathorn
Emily & Lupe Hein
Henrietta Hein
Doris Helm
Jane Hernandez
Pastor Billy Holden
Laverne Howard
John Hueni
Isabel Jackson
Jewel Jones
Norma Jones
Stephen Jones
Kathy, Adam & Andrea Karnik
Priscilla Kelley
Hannah Kelly
Laurie Kelly
Bob & Nadine Kerns
Kathleen Kiessling
Louise King
Nancy Knapp
*Jerry, Julie & Jill Koch
LeAnn Koerner
Marilyn Kraklau
Stacy Krause
Rachel Krawczyk
Ofie Kuss
Barbara Lane
Louise Lausman
Dora Leonard
Jody Liggett
Julie Lillo
Carol Martin
Virginia Maxwell
Debbie McCartney
Zachariah McPherson
Joyce McTague
Jessica Madina Hargan
Shane Miller
Mary Milliken
T J Moneta
Lisa Montgomery
Aneita Mummaw
Muriel Murphy
Rhonda Murray
Grace Newman
*Hannah Noble

Katie O'Connor
Lorraine Ott
Kim Otte
*Renee Parnell
Adam & Aaron Peppel
Becki & Dean Peppel
Frances Peppel
Heidi Perew
Cherie Phillippi
Patricia Plourde
Paula Polaskey
Gloria & Randy Pollack
Karin Polstin
*Matthew Purchase
Peggy Radom
*Rita Reid
Dave Resch
Sandy Robinson
Victoria Robinson
Pat Rodez
Char Rorick
Becky Rotter
Bill & Kathy Runkle
Jane Rush
Donna Sackett
Linda Salverson
Deborah Samuels
Gladys Sandera
Jill Schmidt
*Eileen & John Schultz
Kim Shearer
Dara Sinnett
*Jolita Allene Smith
Marjorie Smith
James Snyder
Jeanne Spitzer
Mary Sundblad
*Sally Taylor
Dan & Donna Thompson
Jane & John Tolhuizen
Gary Tope
Louise Udem
Bill Visser
Deborah Vliet
*Cheryl Weise
Mary Jo Weise
Danethel Whitfield
Billie Whitfield-McGill
Lori, Amy & Fletcher Wilkinson
Gloria Winn
Joan Wire
Linda Witkowski
Wanda Witkowski
Barbara Wood
Kenneth Wood
Sarah Woodrick
Kim & Krissy Wymer
Wilma Davis Yates
Heather Yetzke
John & Margaret Yetzke
Andrew Zuhl

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

April 7 & 21 – 1:30 p.m.

May 5 & 19 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

April 14 & 28 – 1:30 p.m.

May 12 & 26 – 1:30 p.m.

UOA SUPPORT GROUP – Stevensville

April 21 – 1.30 p.m.

May 19 – 1:30 p.m.

20th Annual

PENNIES FOR PATIENTS™ DAY

Thursday - May 7, 2009

Call for information about our

Wheat back penny auction!

RELAY FOR LIFE

Join the BCCS Team!

Saturday / Sunday

June 27 / 28, 2009

14th Annual BCCS BIKE RIDE

Sunday - June 28, 2009

HELP, HOPE, BELIEVE

DATES TO REMEMBER IN APRIL

April 1st – April Fools' Day

April 5th – Palm Sunday

April 10th – Good Friday

April 12th - Easter Sunday

April 26th – Blessing of the Blossoms

Happy Easter!

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
U.S. POSTAGE PAID
STEVENSVILLE, MI
PERMIT NO. 129

RETURN SERVICE REQUESTED



BERRIEN COUNTY CANCER SERVICE, INC. - BOARD OF DIRECTORS:

Dr. Fred BussePresident	Len Amat	Danae Atkins	Tom Hanson
	Darlene Hawkins	Jerry Koch	Hannah Noble
Dr. Salvador Espinoza V/President	Renee Parnell	JoAnn Pullen-Bruni, R.N.	Matthew Purchase
	Eileen Schultz	Jolita Allene Smith	Sally Taylor
Joseph M. Appel.....Treasurer	Cheryl Weise		
Sharon Hainer.....Secretary			
	*Dr. Bilal Ansari	*Dr. Jason Beckrow	*Olove Colcord, R.N.
	*Dr. Muhammad Isa	*Dr. Chil Kang	*Dr. Betty Koshy
	*Dr. Peter Lai	*Dr. Eric Lester	*Dr. Michael Method
*Indicates Honorary Members	*Dr. Edmund Paloyan	Rita Reid	*Dr. Michael Rodriguez

NURSING STAFF: Barbara Lane, R.N. (Executive Director)
Connie Demler, R.N. Nancy Church, R.N. DeEtta Chen, R.N. JoAnn Pullen-Bruni, R.N.

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

THE CANCER CONNECTION CAFE
1st Wednesday of each month
First United Methodist Church
132 S. Oak Street
Buchanan, MI 49107
Phone: (269) 695-2706

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