

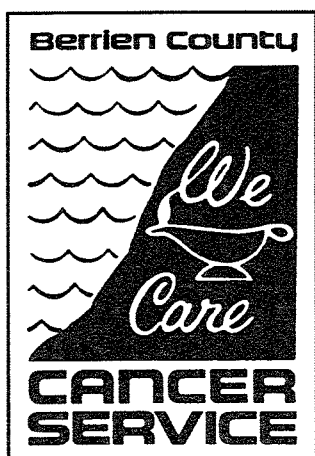
# BERRIEN COUNTY CANCER SERVICE NEWSLETTER

[www.bccancerservice.org](http://www.bccancerservice.org)

*In honor of the committed service of Olove Colcord, R.N.*

## 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.



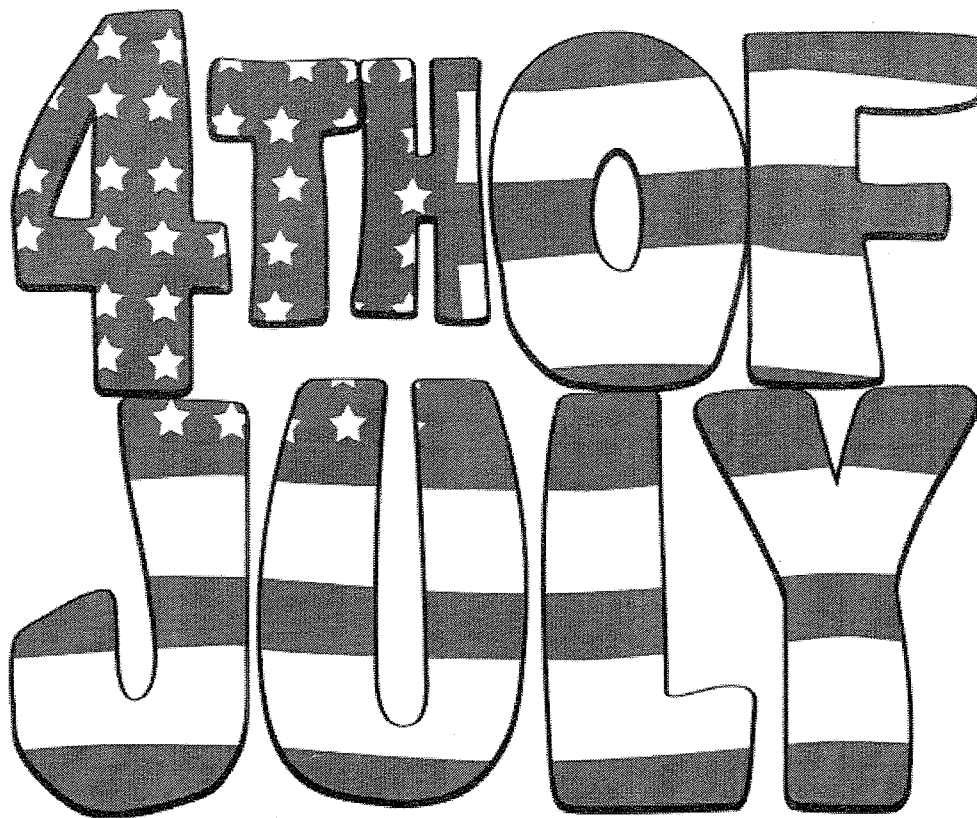
July 2011

(269) 429-3281

VOLUME XX ISSUE VII

The **BERRIEN COUNTY CANCER SUPPORT GROUP** is a group for patients, family members and caregivers. 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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United Way  
of Southwest Michigan

## **Moving On With Cancer**

When you get cancer, one thing is certain. Life is never the same again. It's natural to feel upset about all the changes and uncertainties brought on by the disease.

At times, you may feel frustrated, helpless or depressed. There are ways to take control of your life and restore hope so you can feel better and focus on healing.

### **The following quotes may provide hope and inspiration to get you through the difficult times:**

"When the world says, 'Give up' Hope whispers, 'Give it one more try.'" ~ Carolyn Agrimis<sup>1</sup>

"When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn." ~ Harriet Beecher Stowe<sup>1</sup>

"Do what you can, with what you have, where you are." ~ Theodore Roosevelt<sup>2</sup>

"When you come to the end of your rope, tie a knot and hang on." ~ Franklin D. Roosevelt<sup>1</sup>

"Once you choose hope, anything's possible." ~ Christopher Reeve<sup>1</sup>

"I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I've bought a big bat. I'm all ready you see. Now my troubles are going to have troubles with me!" ~ Dr. Seuss<sup>1</sup>

"The human spirit is stronger than anything that can happen to it." ~ C. C. Scott<sup>1</sup>

"Expect trouble as an inevitable part of life and repeat to yourself, the most comforting words of all; this, too, shall pass." ~ Ann Landers<sup>3</sup>

"You have within you right now, everything you need to deal with whatever the world can throw at you." ~ Brian Tracy<sup>3</sup>

"The most important thing in illness is never to lose heart." ~ Nikolai Lenin<sup>1</sup>

"Getting cancer can become the beginning of living. The search for one's own being, the discovery of the life one needs to live, can be one of the strongest weapons against disease." ~ Lawrence LeShan<sup>5</sup>

"As long as we can feel hope, there is hope." ~ Harriet Goldhor Lerner<sup>6</sup>

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." ~ Reinhold Niebuhr<sup>4</sup>

Volunteer Lois Dinsmore joined others in writing scripture on the unfinished floors of the hospital.

"In the hour of adversity be not without hope. For crystal rain falls from black clouds" ~ Persian Proverb<sup>4</sup>

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." ~ Christopher Reeve<sup>3</sup>

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face." ~ Eleanor Roosevelt<sup>4</sup>

"If children have the ability to ignore all odds and percentages, then maybe we can all learn from them. When you think about it, what other choice is there but to hope? We have two options, medically and emotionally: give up, or Fight Like Hell." ~ Lance Armstrong<sup>4</sup>

"Don't count the days, make the days count." ~ Muhammad Ali<sup>4</sup>

"Some days there won't be a song in your heart. Sing anyway." ~ Emory Austin<sup>1</sup>

"One day at a time – this is enough. Do not look back and grieve over the past, for it is gone; and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful it will be worth remembering." ~ Ida Scott Taylor<sup>4</sup>

"Strength does not come from physical capacity. It comes from an indomitable will." ~ Gandhi<sup>4</sup>

"Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it." ~ Mark Twain<sup>1</sup>

"Learn from yesterday, live for today, hope for tomorrow." ~ Albert Einstein<sup>4</sup>

## **10 Tips for Finding Hope & Inspiration With Cancer**

1. Face forward. Try not to focus on understanding why cancer came into your life, but rather on how to deal with it now that it's here. When you let go of the past, you can begin to move on. Acceptance can improve your outlook and help you appreciate life, love and family in new ways.
2. Learn about yourself. Try to discover what values, relationships and life experiences have helped define you. Look inward at who you are, what makes you special, what brings you comfort and joy. A greater self-awareness can lead to a deepened sense of purpose and restored hope.
3. Set personal goals. Finding small things in life to look forward to each day can help you feel more hopeful. Try to set small, reasonable goals for each day, such as taking a walk, making a phone call, having lunch with a friend, reading a chapter of a book, etc.
4. Develop coping strategies. What comforted you through difficult times before cancer may help ease your worries now. Talking to a close friend, counselor, or religious leader may help. Also, try relaxation techniques, keeping a journal, or participating in a new activity or hobby.
5. Participate in fun activities. Figure out what you enjoy doing and make those activities priorities. Physical activity can have positive effects on your mood and make you feel more hopeful. Also, try creative outlets, such as drawing, painting, music, and poetry.
6. Connect with others. A network of friends, family, community members and other people living with cancer can be an essential source of support and encouragement at this time. Also, being able to talk with your health care team can help you feel more confident and in control.
7. Become a cancer advocate. Cancer advocacy can transform your outlook about the disease and provide a sense of community, inspiration and hope. You may decide to volunteer for fundraising events with your local cancer society, participate in walks, or support a cause, idea or policy.
8. Nurture your spirituality. Participation in spiritual and/or religious activities can help you feel more hopeful and improve your mood. Try prayer, meditation, spending time in nature, writing in a journal, volunteer work, or meeting with a spiritual counselor.
9. Seek professional help. Psychological care is normal and necessary when you're dealing with cancer. If at any time you feel hopeless, depressed, or other emotions that become overwhelming, consider talking with a health professional, such as a psychiatrist, psychologist, or clinical social worker.
10. Don't give up. Cancer affects each person differently. If you have been given no further options, it doesn't necessarily mean other options don't exist. Remember, there may be other health care providers that present a different picture and offer resources that can help you

### **Taking Control of Your Life**

Cancer may have entered your life, but you can take control. Taking control of your life can be as simple as asking questions of your doctor and being part of the decision-making process.

It can mean recruiting family and friends to help sort through all the information, or connecting with other cancer survivors. Likewise, supporting a cause or policy regarding cancer may help you feel more in control.

### **Restoring Hope**

For many, hope plays an important role in the cancer journey. Some people hope for defeating the cancer, relief from symptoms, or avoiding recurrence. Others hope for peace, acceptance and good times with family and friends.

Maintaining hope may help you cope better with the disease by helping to:

- Reduce stress, anxiety and depression
- Improve your outlook
- Build confidence to face the challenges ahead
- Provide a sense of inner peace
- Strengthen the will to live

“Hope is one of the greatest gifts we have been given. It carries no price tag but its value is priceless. We cling to it when the future looks uncertain and praise it when things turn out better than we could have ever imagined. Hope is the foundation on which we build our dreams and aspirations. It has been the cornerstone upon which ordinary people have accomplished extraordinary things.” Sandy Lynam Clough

# Myths and Truths About Breast Cancer

The Myth:

Finding a lump in your breast means you have breast cancer.

The Truth:

If you discover a persistent lump in your breast or any changes in breast tissue, it is very important that you see a physician immediately. However, 8 out of 10 breast lumps are benign, or not cancerous. Sometimes women stay away from medical care because they fear what they might find. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, and scheduling regular mammograms.

The Myth:

Men do not get breast cancer.

The Truth:

Quite the contrary. Each year it is estimated that approximately 1,700 men will be diagnosed with breast cancer and 450 will die. While this percentage is still small, men should also give themselves regular breast self-exams and note any changes to their physicians.

The Myth:

A mammogram can cause breast cancer to spread.

The Truth:

A mammogram, or X-ray of the breast, is one of the best tools available for the early detection of breast cancer. It CANNOT cause cancer to spread, nor can the pressure put on the breast from the mammogram. Do not let tales of other people's experiences keep you from having a mammogram. Base your decision on your physician's recommendation and be sure to discuss any questions or concerns with your doctor.

The Myth:

Having a family history of breast cancer means you will get it.

The Truth:

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. If you have a mother, daughter, sister, or grandmother who had breast cancer, you should have a mammogram five years before the age of their diagnosis, or starting at age 35.

The Myth:

Breast cancer is contagious.

The Truth

You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth in your own body. However, you can protect yourself by being aware of the risk factors and following an early detection plan.

The Myth:

Knowing you have changes in the BRCA1 or BRCA2 gene can help you prevent breast cancer.

The Truth:

While alterations in these genes in men and women can predispose an individual to an increased risk of breast cancer, only 5% to 10% of patients actually have this mutation. This is not an absolute correlation. Like your age or having a family history of breast cancer, it's a factor you just can't control. But you can let your physician know, perform regular breast self-exams, and focus on the fact your chances of not having this disease are greater than 90%.

The Myth:

Antiperspirants and deodorants cause breast cancer.

The Truth:

Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

## New Employee

Visitors coming to BCCS will recognize a familiar face in Kathy Karnik's cubicle- Julie Koch, a long-time volunteer for BCCS "Pennies for Patients" is newly employed as our bookkeeper/payroll clerk/all around staff person. Julie, also being an avid quilter has donated her time and talents to our quilt raffle/open house every October. Julie is married to our board member, Jerry of Menchinger, Ziebart & Koch and has two grown children both college graduates.

Julie says she is looking forward to meeting and working with everyone involved with BCCS.

Welcome Julie.

## Nurse Navigators

A Cancer diagnosis can be overwhelming for patients as well as their families. There are many decisions that have to be made along with the emotional impact to deal with. Often multiple physicians and a variety of healthcare providers are involved in the diagnosis and treatment. To help patients through this process, the Oncology Nurse Navigator is there to guide and support patients each step of the way.

The Oncology Nurse Navigator is there to:

- Provide support from diagnosis to treatment and survivorship.
- Be the center point of communication for the patient and the various medical providers involved in the patient's care.
- Assist with scheduling tests and consultations.
- Help the patients make informal decisions regarding care, acting as an advocate and guide.
- Provide emotional support and answer questions and concerns.
- Help obtain access to community support resources.

Here at the Berrien County Cancer Service, we have been serving cancer patients and their families for over 60 years. Our mission is to provide nursing and ancillary support at no cost for Berrien County cancer patients. Our goal is to provide that nursing service with outstanding care.

We are pleased to announce that our nurses Connie Demler and Nancy Church, have obtained their certificates in the Oncology Nursing Navigator Program from Georgia College and State University. Nancy and Connie have a combined oncology nursing experience of over 40 years. This certification further increases their knowledge, expertise and compassion in caring for those with a cancer diagnosis.

Services offered by the Berrien County Cancer Service include nursing visits to the patient in their home or place of employment. A limited budget for transportation and prescriptions is available to those meeting the financial guidelines.

A loan closet containing wheelchairs, walkers, commodes and a variety of other medical equipment is available to our patients and all other residents of Berrien County.

Nancy and Connie are also certified mastectomy bra fitters. We have a large selection of bras, wigs, and scarves for those who have no insurance or are underinsured.

Berrien County Cancer Service is funded by United Way of Southwestern Michigan, donations, memorials and special events such as Pennies for Patients and our annual bike ride. All donations stay local to help the immediate needs of local residents who are struggling with cancer.

"We are looking forward to serving you and your family with your nursing needs during your cancer experience. We are there for you."

*Nancy Church RN*

*Connie Demler RN, ONN*

The Navigator Nurses can be reached by calling the Stevensville office 269-429-3281. We are only a phone call away.



# Thank You Everyone!!



Because of YOU – The 2011 22<sup>nd</sup> Annual

## **Pennies For Patients™** Fund Raiser

Was a tremendous success!!!

# \$20,095.70

*(Now we know the goal for 2012  
Start saving TODAY!)*

OUR SPECIAL THANKS TO

# WSJM

News Talk 1400

Pat Moody – Brenda Layne – Jim Gifford



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Bridgman Elementary School	Fair Plain West Elementary School
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## In Loving Memory

Shirley Adams  
Jim and Phyllis Bouse  
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Mary Sundblad  
John Tolhuizen  
Ashley Weber  
Lauri Weber

And Anyone Who's Name May Have Been Inadvertently Omitted

We couldn't have done it without **YOU!**

## *In Loving Memory*

During May 2011, Memorial Donations were generously made by and for the following people:

**In Memory of Marvel Brant**

Evelyn Iwaniuk, Niles

**In Memory of Myrtle Christie**

Betty J. Adams, Stevensville  
Donna M Russ, Peoria AZ

**In Memory of George L. Dev**

Don Hemming, St. Joseph

**In Memory of Patricia R. Enders**

Mr. & Mrs. Kenneth Burger, Eau Claire  
Nancy Davis, Eau Claire  
Mark, Deborah & Brandon Dykstra, Stevensville  
Edward Helbling, Coloma

**In Memory Charles F. Foster**

Gerald & Charlene Jones, Bridgman  
Grandma & Grandpa Jones, Bridgman  
The Webers, Bridgman  
Sandy Lomoro, Bridgman  
Gloria Mance, St. Joseph  
Dan & JJ Weaver, Elkhart IN  
Keith Yeske, St. Joseph

**In Memory of Grover Holobaugh**

Ofilia A. Kuss, Sodus

**In Memory of Ruth Margaret Powers Kuplic**

Shari M. Kerlikowske, Stevensville  
Michael Muhleisen & Jennifer Sargen, Kendallville, TN

**In Memory of John M. Kuss**

Ofilia A. Kuss, Sodus

**In Memory of Mary Larson**

Jeanette Fester, Benton Harbor

**In Memory of Carl McGraw**

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Lisa Koth, Bridgman  
Anne Murphy, Bridgman  
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Anonymous

**In Memory of Melba Jean Newton**

Stu & Heidi Davey, Sparta, MI

**In Memory of Pamela Sue Page**

Eric Toth, St. Joseph

**In Memory of John Wegner**

Barbara J. Smallwood, Niles

**In Memory of Louise Ann White**

Robert F. White, St. Joseph

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.

## *In Your Honor*

In May 2011, donations were made by and in honor of the following:

**In Honor of Donald Dewitt**

Berrien Unitarian Universalist Fellowship, St. Joseph

**In Honor of Kathy Karnik**

Louise Lausman, Stevensville  
Gladys Sandera, Stevensville  
Mary Sundblad, Stevensville

**In Honor of the Impending Retirement of Barbara Lane**

Norma & Don Goldner, Eau Claire

# Looking Ahead

## **BCCS SUPPORT GROUP – Stevensville**

July 5 & 19 – 1:30 p.m.  
August 2 & 16 – 1:30 p.m.

## **BCCS SUPPORT GROUP – Niles**

July 12 & 26 – 1:30 p.m.  
August 9 & 23 – 1:30 p.m.

## **OSTOMY SUPPORT GROUP – Stevensville**

July 25– 1:30 p.m.

## **RAINBOWS OF HOPE– Stevensville**

July 14 – 5:30 p.m.  
August 11 – 5:30 p.m.

## **BLIZZARD BRIGADE 2011 GOLF OUTING**

Saturday July 30  
Pipestone Creek Golf Course  
Registration 7:30 a.m.  
Four Person Scramble  
Contact Kevin Schlapak 269-876-2456 or  
Russ Reschke 269- 208-0909

**HELP, HOPE, BELIEVE**

### **DATES TO REMEMBER IN JULY**

July 1<sup>st</sup> - International Chicken Wings Day  
July 2<sup>nd</sup> – International Cherry Pit Spitting Day  
July 4<sup>th</sup> – Independence Day  
July 5<sup>th</sup> - Bikini Day  
July 7<sup>th</sup> – Chocolate Day  
July 13<sup>th</sup> – Gruntled Workers Day  
July 17<sup>th</sup> – National Ice Cream Day  
July 23<sup>rd</sup> – Gorgeous Grandma Day  
July 29<sup>th</sup> – Systems Administration Appreciation Day  
July 30<sup>th</sup> – Cheesecake Day

## *Please Consider...*

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

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Your Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

In Honor of \_\_\_\_\_

Honoree's Address \_\_\_\_\_

OR

In Memory of \_\_\_\_\_

Please send notification of my gift to:

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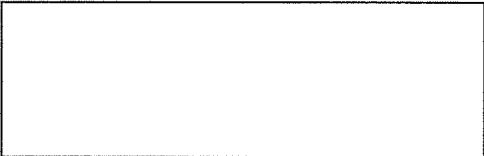
How would you like the card to be signed?

*Thank you for your generosity!*

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Stevensville, MI 49127

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PERMIT NO. 129

RETURN SERVICE REQUESTED



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

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**NURSING STAFF:** Barbara Lane, R.N. (Executive Director)  
Connie Demler, R.N. Nancy Church, R.N. JoAnn Pullen-Bruni, R.N. Susan Lerke, R.N. Carrie Klint, R.N.

**OFFICE STAFF:** Julie Koch (Office Manager) Claudia Brister Henrietta Hein

**CANCER SUPPORT GROUP** – Stevensville Office  
1<sup>st</sup> and 3<sup>rd</sup> 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) 429-3281

**RAINBOWS OF HOPE GROUP** – Stevensville Office  
2<sup>nd</sup> Thursday of each month – 5:30 p.m.  
**Berrien County Cancer Service, Inc.**  
7301 Red Arrow Highway  
Stevensville MI 49127  
Phone: (269) 429-3281 or (269) 465-5257

**THE CANCER CONNECTION CAFÉ**  
Meets as needed – please call.  
**First United Methodist Church**  
132 S. Oak Street  
Buchanan, MI 49107  
Phone: (269) 695-2706

**MAN TO MAN** – Prostate Support Group  
3<sup>rd</sup> Tuesday of each month – 6:00 p.m.  
**Trinity Center**  
619 Main Street  
St. Joseph, MI 49085  
Phone: (800) 227-2345