



MAY 18, 2015

It was so beautiful outside that everyone is forgiven who did not show up at today's meeting. However, inside, the songs were led by Allan Westmaas, and sung by all present with enthusiasm and smiles on the faces of some of those who never smile. What a great way to start the week. And what a great speaker we had too!

HAVING CANCER IS HARD. FINDING HELP SHOULDN'T BE.



Cody Waters, Community Manager of Relay for Life of Berrien County, was the guest speaker at this week's Rotary Club. He began his presentation by asking how many people have had, or known people who have had, or have cancer. Every hand in the Heritage Center went up. **Every hand.**

The American Cancer Society (ACS) is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

While the ACS is working to prevent cancer and increase survivorship, they are also here to support those who have been touched by cancer. The American Cancer Society is a nationwide voluntary health organization since 1913. It is volunteer-driven, with more than three million volunteers, and it

supports research, cancer prevention and early detection, patient services, and advocacy

Contact the ACS by calling 1-800-277-2345 or visit www.cancer.org.

PATIENT SERVICES OVERVIEW
Programs of the ACS include:

- **PERSONAL HEALTH MANAGEMENT KIT**

The new Personal Health Manager Kit is an easy to use tool designed to help patients organize and keep track of appointments, medication, test results, insurance, bills and various other logistical and practical details associated with cancer. There were 56 Personal Health Manager Kits distributed in Berrien County in 2014.

- **LOOK GOOD... FEEL BETTER (LGFB)**

This free national service program is dedicated to teaching patients with cancer techniques to help restore their appearance and self-image during cancer treatment. Programs are available for women in English and Spanish. In Berrien County, there were 21 LGFB participants in 2014.

- **WIG BANK**

ASC local Wig Banks provide one new wig to any interested cancer patient. The service is provided free of charge to the patient (including the fitting and trimming if needed). ACS provides the wigs – and wonderful cosmetologists volunteer to provide the service.

- **REACH TO RECOVERY**

Reach to Recovery® is a program designed to help individuals cope with breast cancer through one-on-one peer support. The program is offered at all points along the cancer continuum, from the moment a diagnosis is seen as a possibility through the entire period that breast cancer remains a personal concern. Five women in Berrien County received Reach to Recovery visits in 2014.

- **CLINICAL TRIAL MATCHING SERVICE**

This is a free, confidential program that helps patients, their families and health care workers find cancer clinical trials most appropriate to a patient's medical and personal

TRACK SCHOLARS VISIT MONDAY'S ROTARY



When Dennis Bowen talks about the Rotary Track Meet, and the 118 scholarships given out since 1977 to deserving young men and women from Berrien County High Schools, he gets excited. Sixteen students were interviewed this year, representing the High Schools of: Brandywine, Eau Claire, Lake Michigan Catholic, Lakeshore, New Buffalo, Niles, River Valley, St. Joseph and Watervliet. Rotarians who interviewed these young people were Joen Brambilla, Bill Marohn, Christine Van Landingham and Dennis Bowen.

Recipients receiving checks in the amount of \$2,000.00 were Jordan Jones, son of Ragshon and Elnora Jones. Jordan is from Eau Claire High School and is first in his class, graduating with a GPA of 4.0. He will attend Ferris State University majoring in Graphic Design.

Kylee Myer, daughter of Dale and Tara Myer will graduate from Niles H.S. with a GPA of 4.4. Planning to attend Western Michigan University, she will pursue a degree in Business with an emphasis on Sports Marketing.

Emily Pedzinski, the daughter of John and Amy Pedzinski will graduate from Brandywine HS with a GPA of 3.55. Emily has not yet decided whether to attend Ferris State or Wayne State, but for sure she will be majoring in Mechanical Engineering.

Evan Rieth is the son of Richard and Debra Rieth and will graduate from River Valley High School with a GPA of 4.0. Evan is also the first in his class. He will attend Albion College, majoring in Environmental Studies and Public Policy.

There is a reason Dennis gets excited each year. If this is the future of our country, we are in good hands.

SUBMIT A JOKE CONTEST

Announcing the **"SUBMIT A JOKE CONTEST" - OPEN TO ALL MEMBERS**

Just submit a joke to the e-Wheel writers (Deb and Emily) and if you are the winner, your joke will appear as the **"JOKE OF THE WEEK"**

and you will also be given the opportunity to submit a joke for the following week

LIMITED TIME OFFER

and if you act today, you can submit two jokes for the price of one

GOOD LUCK

(note: This contest is not endorsed by the Board of Directors and they will not take responsibility for really bad jokes.)

JOKE OF THE WEEK

Q: What is the definition of diplomacy?

A: The ability to tell a person to go to hell in such a way that they look forward to the trip.

STUDENT MENTORING PROGRAM UPDATE

Jackie Huie, Rotarian, former Club President, owner of Johnson-Rauhoff and woman extraordinaire, conceived an idea seven years ago to pair high school students with local businessmen and women, to shadow professionals, and to get an idea of whether that really is something they might be interested in pursuing. To date, the program is now in 80 countries and is continuing to grow.

This past week, Jackie received a letter from a Benton Harbor school administrator who wanted her to know the impact the program has had on one of Benton Harbor's former students.

“Hi Jackie,

During the 2008-10 school years, you were instrumental in assisting Amber Thomas, a Benton Harbor High School Student, through your Rotary Student Program. If my memory serves me correctly, you allowed her to have career mentorship exposure with the Honorable Judge LaSata and with several prominent attorneys in our community. These experiences had a very positive impact on Amber, and I am certain that they helped her develop and determine her future career goals and objectives.

In 2014, Amber received a B.S. Degree in Chemistry from Central State University (Ohio), and then she elected to complete one year of service in the National Americorps Program. Amber recently told me that she has received acceptance letters from five different law schools and in August 2015, she will be matriculating at the Michigan State University College of Law. Yes!!!!

Thank you for all of your support and assistance!

Al Davis “

THANK YOU TO THE ROTARY CLUB OF SAINT JOSEPH-BENTON HARBOR



I have been extremely fortunate to have received a lot of different accolades in my “short” lifetime, most of which I am not sure I ever deserved, but which I am proud to hang on my walls. As the youngest woman ever inducted into the USASA Soccer Hall of Fame, that has been my favorite award of all ... until now. Being able to represent our club as your Rotary Hero was an honor that has truly impacted my life and has made me feel that it is my responsibility to continue volunteering to our Rotary commitments for as long as I am able. I am proud to be a member of our Rotary Club and I hope that I will forever represent each of you with dignity, class and the completion of jobs well done. Thank you again, and thank you to my husband, Bruno, and daughter Riley for allowing me the time to do the projects needing done, and for standing ready to assist. Debra Trapikas.

ROTARIANS WITH GUESTS

Tanya Urias brought Patrick Swem, Jackie Huie brought Matt Gibiec, our beloved Youth Exchange Student from Poland, who is now living permanently in the United States and attending Lawrence Technical University on a full scholarship and playing soccer on the Blue Devils team. Gyl Kasewurm brought Michael Hoytt, and Debra

Trapikas brought Vineesha Rathnam. Which of these will become members? Plant a seed today  and watch it grow. New members are the key to the growth and sustainability of our club and its projects, both domestic and worldwide.

situation. ACS can help you find research studies that are testing new drugs or methods to prevent, detect or treat cancer. Just visit www.cancer.org.

- **PATIENT ADVOCACY FOUNDATION**

The Patient Advocate Foundation (PAF) serves as an active liaison between the patient and their insurer, employer and/or creditors. They attempt to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis through case managers, doctors and attorneys.

ACS has developed a strategic collaboration with PAF to refer cancer patients to their services. PAF General Services are provided to all cancer patients who are in treatment or less than two years out of treatment. PAF specializes in mediation, negotiation and education on behalf of patients nationwide on insurance issues: Pre-authorization, Coding and billing, the insurance appeal

process, job retention, and expedited appeal process, medical debt crisis, as it pertains to their disease. Also, access to pharmaceutical agents, chemotherapy, medical devices and surgical procedures. Expedited applications, but not approvals for government services (Medicaid, disability, etc.).

- **KEYS OF HOPE – LODGING**

A new nationwide partnership with Extended Stay America, *Keys of Hope* dedicates 10,000 free and 10,000 \$12/night rooms each year for two years to prevent patients traveling more than 60 miles for treatment.

- **HEALTH INSURANCE ASSISTANCE SERVICE**

Provides critical health insurance related information to cancer patients needing to get and keep insurance.

ACS is one of the most highly knowledgeable sources in the country regarding their ability

to assess and provide guidance around health insurance options.

- **INFORMATION AND EDUCATION**

Printed and online resources covering topics and issues including: Cancer prevention and early detection; Genetic testing; Cancer diagnosis and understanding and managing side effects; Clinical trials; Survivorship; Insurance, prescription, and financial; End of life.



WANT TO CONTRIBUTE TO THE E-WHEEL?

Your weekly email is brought to you by Debra Trapikas and Emily Hosinski. If you have an announcement, a bit of news you wish to share, or a story you wish to see featured, please write one or both at tawana53@aol.com or emily_m_hosinski@whirlpool.com. Thank you to Aaron Bradford for the wonderful photography!