



BCCS Newsletter

Mission Statement

To provide
compassionate in-
home skilled nursing
care and supportive
resources for those
affected by cancer or
related illnesses in
Southwest Michigan.

Location

Marie Yeager Cancer
Center - 2nd floor
3900 Hollywood Road
St. Joseph, MI 49085
269-429-3281

www.bccancerservice.org
staff@bccancerservice.org

Follow us on social
media today!



Songs of the New Year

by Eliza Cook

Old Time has turned another page
Of eternity and truth;
He reads with a warning voice to age,
And whispers a lesson to youth.
A year has fled o'er heart and head
And we have a task to closely ask,
What the bosom and brain
have learnt?
Oh! let us hope that sands have run
With wisdom's precious grains;
Oh! may we find that our hands
have done
Some work of glorious pains.
Then a welcome to the
merry new year,
While the holly gleams above us;
With a pardon for the foes who hate,
And a prayer for those who love us.

We may have seen some loved
ones pass
To the land of hallow'd rest;
We miss the glow of an honest brow
And the warmth of a friendly breast:

But if we nursed them while on earth,
With hearts all true and kind,
Will their spirits blame the
sinless mirth
Of those true hearts left behind?
No, no! it were not well or wise
To mourn with endless pain;
There's a better world beyond
the skies,
Where the good shall meet again.
Then a welcome to the
merry new year,
While the holly gleams above us;
With a pardon for the foes who hate,
And a prayer for those who love us.

Have our days rolled on serenely
free From sorrow's dim alloy?
Do we still possess the gifts that
bless And fill our souls with joy?

Are the creatures dear still
clinging near?
Do we hear loved voices
come?
Do we gaze on eyes whose
glances shed
A halo round our home?
Oh, if we do, let thanks be pour'd
To Him who hath spared
and given,
And forget not o'er the
festive board
The mercies held
from heaven.
Then a welcome to the
merry new year,
While the holly gleams above us;
With a pardon for the
foes who hate,
And a prayer for those who love us.

2024 Events Schedule

We are excited to see what 2024 has in store for us at BCCS

March - Bowl-a-thon, Joey Armadillos, Niles

April - Volunteer Appreciation Luncheon

April 23, 2023 - Pizza Hut Give Back Night

Stevensville and St. Joseph

May - Pennies for Patients, various community events

August 9, 2024 - Fight Cancer in All Colors Gala at

Tabor Hill Private Estate, Baroda

September - Ladies Tea at Center for Wellness,

Benton Harbor

**October - Pink Toilet Time Outs at City Plumbing Heating and AC,
St. Joseph**

BCCS Bulletin Board

BCCS STARGIVERS

- Mini Mart of St. Joseph
- Silver Beach Pizza
- Chapel Hill United Methodist Church
- Le Valley Chevrolet Buick
- Our Lady of the Lake Schools
- Singh Brothers
- City Plumbing Heating and Air Conditioning
- The Sand Bar & Grille
- 921 Main Gas and Grocery
- Tackle Haven
- LPL Financial -Victoria Holt
- Wings and Things
- Caryl Simplis

\$100,000

Thank You for YOUR Help

TOGETHER WE CAN DO IT!

JOIN US IN REACHING OUR GOAL OF \$100,000!

Berrien County Cancer Service
1948-2023
Years of Compassionate Care

www.bccancerservice.org

Luz WE WISH YOU THE VERY BEST IN HAPPINESS, HEALTH AND FAITH IN Jill

*Kala Mikaela 2024 Tyanna Nancy
Blair Deb Connie Sheryl*

Giving Tuesday

A special Thank You to our Giving Tuesday Participants. We especially want to thank our assistant, Caryl Simplis who takes it on herself to raise funds to help patients with holiday expenses. This year we raised over \$2,000 which was shared with our patients in need for holiday expenses. Thank you for helping to make Christmas a little Merrier for our patients in need.

Year End Giving

The Berrien County Cancer Service relies on support from YOU to continue to serve our mission of providing compassionate care to cancer patients in Berrien County. We are grateful to those of you who have given all year and helped us to reach over our \$100,000 fund raising goal. You help us to stay in business every year with your generous year end gifts!



**Our Lady of the Lake School
October fundraiser**



**City Plumbing,
Heating & AC
Donation**



Katherine Miller is our featured patient of the month. She has been in treatment for cancer and visits us to help her with supplies. After surgery, she struggled to get out of bed, so a sturdy BCCS bed rail gave her the support she needed. She recently borrowed a cane to provide extra stability while walking. She has worked hard to help others her entire life and never imagined she would be the one who needs help. Katherine's passion in life is to spread love and embrace others. She knows that BCCS is here for her as she expresses the kindness she has received from them. "BCCS has been such a blessing to me, I appreciate you all so much!"

Your gifts make this possible for her.

In Memory

In Honor of Susan Dearing Bond

Lydia Dearing

In Memory of Carolyn Corteville

Guy & Tammy Tollas

In Memory of Jeanette McNitt

Jeanette & Dolores Fester

In Honor of Deb Hansen

Donna Hoger

In Memory of Martin Immoos

Lisa Hedman

In Memory of Helen Schultz

Kathryn Schultz

In Memory of Brian Bailey

Linda Cheek

In Memory of John McCarley

Jan Nemitz

In Memory of Jesse Scruggs

Donna Blender

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 appreciated to help those with cancer in SW Michigan.

From the Desk of Nancy Church, RN

These days you might see me going up and down the stairs numerous times outside our office space. Planning for a trip to Machu Picchu, Peru with endless steps at an altitude of over 7,000 feet has me seriously working on an exercise regimen. Feeling lighter, more flexible, and stronger, I am planning on making this a lifestyle change.

Exercise isn't just for those who want to get fit for a specific event. Numerous studies confirm the benefits of exercise both during and after cancer treatment. Information about this can be found at the National Cancer Institute's website: www.cancer.gov. While exercise is important, there are many questions and concern that need to be addressed for the individual. There may be health changes that have occurred as a result of surgery, radiation, chemotherapy, or other treatments. There may be questions regarding which exercises are safe, how to deal with fatigue, where can I find support?

The GOOD NEWS is that your local YMCA has a 12-week exercise program and support group for adult cancer survivors. The LIVESTRONG program provides personal training by certified instructors who understands the needs of cancer survivors. A support group of other cancer survivors are there to encourage and cheer you along the way.

I hope if you are a cancer survivor that you will consider calling the YMCA to find out more about this NO COST program. Everyone I have spoken to who has gone through the LIVESTRONG program has loved it! One of the best ways to fight fatigue is by moving - increasing the oxygen circulation, stimulating the muscle cells and increasing strength.

More information and where to call are on the above poster. By the way, I'll let you know in a later editorial how well my exercise plan worked in the mountains of Peru!

Mail your gift to: BCCS
3900 Hollywood Road
St. Joseph, MI 49085

Donate by QR code
or online at:
www.bccancerservice.org



Thank you!



LIVESTRONG® at the YMCA upcoming classes:

Benton Harbor-St. Joseph YMCA

3665 Hollywood Road St.
Joseph, MI 49085

January 9 - April 4
Tuesday & Thursday
11:30 AM-1:00 PM

Niles-Buchanan YMCA

905 N. Front St.
Niles, MI 49120

January 16 - April 11
Tuesday & Thursday
12:00-1:30 PM

YMCA O'Brien Center

321 E. Walter St.
South Bend, IN 46614

January 8 - March 27
Monday & Wednesday
5:45-7:15 PM

LIVESTRONG® at the YMCA is a 12-week exercise program and support group for adult cancer survivors to help achieve improved wellness at NO COST to participants. This program also includes a 3-month Y membership for participants and their families.

LIVESTRONG® at the
YMCA focuses on:

- Improving strength, endurance, and flexibility
- Enhancing self-esteem and energy levels
- Developing a physical fitness program for life

ymcagm.org/LIVESTRONG

Please contact healthyliving@ymcagm.org or 574-233-7760 for more information.

Berrien County Cancer Service
3900 Hollywood Road
St. Joseph, MI 49085
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and hope you enjoy this newsletter.*

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BCCS is a non-profit organization funded primarily by donations, memorials, fundraisers, and United Way of Southwest Michigan. We receive no Medicare or insurance payments. To continue our services at no cost to those with cancer who need our help in the home, we need your help. Any donation is greatly appreciated. You may donate online at www.bccancerservice.org or mail your check to our address listed on the front cover. 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 when making your donation.

"(Staff & Nurses are)
Extremely helpful & pleasant
to deal with. Helps make a
trying situation much better"
Ann