



**Berrien  
County  
Cancer  
Service**

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

**June 2021  
VOLUME XXIX  
ISSUE VI**

**3900 Hollywood Road, St. Joseph, MI 49085  
www.bccancerservice.org 269.429.3281  
staff@bccancerservice.org**

# Newsletter

## THE MISSION OF THE BERRIEN COUNTY CANCER SERVICE:

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

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## The Swing

How do you like to go up in a swing,  
Up in the air so blue?  
Oh, I do think it the pleasantest thing  
Ever a child can do!

Up in the air and over the wall,  
Till I can see so wide,  
River and tress and cattle and all  
Over the countryside –

Till I look down on the garden green,  
Down on the roof so brown –  
Up in the air I go flying again,  
Up in the air and down!

**Robert Louis Stevenson**



P.S. This is one my favorite childhood poems! Nancy

## THANK YOU FOR SUPPORTING OUR MISSION

It is YOU our community that enables us to care for those with cancer and related illnesses in our community. We are grateful for all the support and are honored that you trust us to do our best to provide in-home skilled nursing care for our patients and those who need our assistance. **A special thank you to Van's Medical Equipment for picking up, cleaning and delivering our durable medical equipment as a courtesy to BCCS in support of our community!**

We are taking precautions to help prevent the spread of COVID-19. Please call if you have loan closet donations so that we can phone screen items prior to bringing them. Please contact us at (269) 429-3281 if you need medical equipment, supplies, or our skilled nursing services.

**Follow us on social  
media today!**



United Way  
of Southwest Michigan

# BCCS Bulletin Board



## PENNIES FOR PATIENTS



### SAVE THE DATE!!!

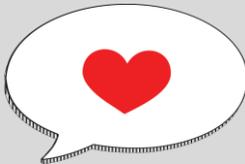
Virtual Art Play Workshop  
June 17<sup>th</sup>

Watermark Brewing  
Company Charity Run  
June 30<sup>th</sup> – 6:00 pm

### *Thought for the Day. . .*

*A bird doesn't sing  
because it has an answer,  
it sings because it has a  
song.*

*-Maya Angelo*



### Patient Remarks

"The staff is always so polite and nice to me. They are extremely helpful. God Bless!"

*David H.*

Thank you to everyone  
who made Pennies for  
Patients 2021 a success!

The July Newsletter will contain  
the final total collected this year,  
so stayed tuned!

Join the  
Watermark  
Brewing  
Company and  
Connected Soles  
of St. Joseph for  
a fun Charity  
Beer Run at 5781  
St. Joseph Ave,  
Stevensville on  
June 30<sup>th</sup> to  
support BCCS!  
Details on their  
website:

[www.watermark  
brewing.com](http://www.watermarkbrewing.com)

Check out the  
other dates to  
support area  
nonprofits!

REGISTRATION at 6:00 PM

RUN BEGINS at 6:30 PM

May 19th · Girls on the Run SWM  
June 2nd · The OutCenter  
June 16th · Lincoln Township Library  
June 30th · Berrien County Cancer Services  
July 7th · My Team Triumph  
July 21st · The Avenue Family Network  
August 4th · Lakeshore School Supply Drive  
August 18th · Children's Advocacy Center of SWM  
September 1st · Humane Society of SWM  
September 15th · Special Olympics  
September 29th · CASA of Southwest Michigan  
October 13th · Caring Cupboard Food Pantry



### Current STAR GIVERS

We've had an awesome business STAR GIVER recently:

- **South Shore Health and Racquet Club** – Thank you for your Indoor Cycling Class fundraiser on May 1st – great job!!!

### SUPPORT GROUPS

Due to social distancing requirements and facility restrictions, in-person support groups for St. Joseph and Niles are cancelled until further notice. However, there are a large variety of online cancer support groups. A few websites are [cancerhopenetwork.org](http://cancerhopenetwork.org), [cancercare.org](http://cancercare.org), and [cancersupportcommunity.org](http://cancersupportcommunity.org).

### Frederick S. Upton Foundation Challenge Grant

We were excited to be awarded a two-year \$10,000 grant (\$5,000 per year) in 2020 for patient assistance and nurse traveling to patient homes. Thanks to you, we matched our challenge for 2020! We need to match another \$5,000 for 2021!

# June Cancer Awareness – National Cancer Survivor Month

## *From the Desk of Nancy Church, BSN, RN*

With this month being National Cancer Survivor Awareness Month, I thought that an interview with Cassie Tillery, BSN, RN discussing survivorship care plans would be interesting. She is a Nurse Navigator at the Marie Yeager Cancer Center. The Nurse Navigator's role is to be there to guide the person diagnosed with cancer through the treatment journey and beyond.

**What is a survivorship care plan (SCP)?** All patients who have completed active cancer therapies (e.g. surgery, chemotherapy, radiation therapy, etc.) receive a SCP. This care plan is individualized so that the person knows exactly the type of cancer, what treatments they were given and what to expect for the future. A Nurse Practitioner will discuss with the person the necessary follow-up care, any continuation of treatments (e.g. hormonal therapy), make any referrals that are needed and discuss the various changes that have occurred as a result of the cancer and/or treatment. This information is very helpful for a future reference that describes the entire diagnosis, treatment, and follow-up in one concise document.

**How does SCP address the personal needs of someone who has had cancer?** The person and Nurse Practitioner will discuss together the types of issues that they are having. These may include physical changes such as changes in body image, peripheral neuropathy (pain, numbness, burning in hands and/or feet), changes in bowel or bladder habits, fatigue, and many other individualized changes. Other changes may include emotional health and having difficulties adjusting to the cancer diagnosis, treatment, and bodily changes. Nutrition also is extremely important with getting the body back to being healthy and building up muscle that may have been lost during the treatment time. There may be referrals to the dietician, the LiveStrong exercise program to gain muscle back, physical therapy, and lymphedema therapy. Other referrals may include products such as prosthetics, bras, lymphedema garments, etc.

**When does the person receive the SCP?** After the cancer treatments are finished, it will be at least a few weeks before the Nurse Practitioner meets with the person to discuss the survivorship care plan. Often the person going through treatment is so overwhelmed and mentally numb with everything that is happening that having some time for life to settle down prior to discussing the future is helpful.

**What types of responses are there to the SCP?** It is often a surprise for the person to find out the amount of help that is available after the cancer treatments. Many people do not realize how much emotional support that is needed after treatment. Their bodies have been in fight or flight mode for an extended period of time and that stress affects the entire body. After the treatment finishes, the body is physically and emotionally drained and needs lots of support. People appreciate how the SCP addresses very practical needs and encourages them to start exercising, increasing their strength, and engaging with others.



## **ART PLAY WORKSHOPS**

**Art Play Workshops are held monthly through the Krasl Art Center, with limited classroom seats. We are in a transition with having both in-person and Zoom options at this time. If you are interested in joining a workshop, please call 269-429-3281 and ask for Nancy or email her at [director@bccancerservice.org](mailto:director@bccancerservice.org)**

These workshops are designed for families impacted by cancer and are designed for children and adults to learn side-by-side as they use clay, watercolor, and other media to express themselves through art. If you know of any children who have a family member or close friend with cancer, please call us.

You can also find more information at [www.bccancerservice.org](http://www.bccancerservice.org) or [facebook.com/bccancerservice](https://facebook.com/bccancerservice).



**June 17<sup>th</sup>**

Abstract tree painting and collage

# In Loving Memory

*Memorial and honorary donations were generously made by and for the following:*

**In Memory of Michael Richards**

Joyce Richards

**In Memory of Jerry Schaffer**

Peggy Schaffer

**In Memory of Dorothy Stover**

Donna Singleton  
Glenn Shoop  
Larry Coffey  
Todd & Diana Schultz  
Janey Schulte & Cathy Daniels  
Victor Padron  
Duane, Debbie Stover & Family  
Betty Stover, Les, Wanda & Family  
Ronda Collier

**In Memory of Kathleen Butler**

Jean Gitersonke

**In Memory of Helen Lodder**

Mary Beth Day

**In Memory of Anna Cupani**

Richard Stelter

**In Memory of Ervin Schmaltz**

Jeanette & Delores Fester

**In Memory of Michael Richards**

Joyce Richards

**In Honor of Dr. Paloyan, Dr. Paximadis, their staff and volunteers**

Anonymous

**In Honor of Johnny Gorman**

Eva Gorman

**In Honor of Tim Brown**

Deanna Wolford



*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.*

# Looking Ahead....

## Looking Ahead

**BCCS SUPPORT GROUP** – St. Joseph  
Marie Yeager Cancer Center  
3900 Hollywood Road

*Will not be meeting in June*

**BCCS SUPPORT GROUP** – Niles  
Greater Niles Senior Center  
1109 Bell Road

*Will not be meeting in June*

**OSTOMY SUPPORT GROUP**  
Lakeland Regional Medical Center

*Will not be meeting in June*

**CHILD & FAMILY SUPPORT GROUP**  
**Art Play Workshop**

Thursday, June 17, 2021

Visit [www.bccancerservice.org](http://www.bccancerservice.org) or call  
BCCS at 269-429-3281 for details

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### **DATES TO REMEMBER IN May**

- June 1 – Say Something Nice Day
- June 2 – Leave the Office Early Day
- June 5 – Donut Day
- June 6 – D-Day
- June 11 – Corn on the Cob Day
- June 12 – Family fitness & health day
- June 16 – Fudge Day
- June 20 – Father’s Day
- June 21 – World Music Day
- June 25 – Take Your Dog to Work Day
- June 28 – International Lighting Safety Day
- June 30 – Meteor Day

### **Newsletters available online**

Our newsletters are available on our website: [www.bccancerservice.org](http://www.bccancerservice.org). If you would like to be removed from this mailing list, please call our office at 269-429-3281 or send us an e-mail: [staff@bccancerservice.org](mailto:staff@bccancerservice.org).

## Please Consider...

Berrien County Cancer Service, Inc., is a non-profit organization funded primarily by United Way, private donations and fundraisers. 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 \_\_\_\_\_

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

\_\_\_\_\_

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

**OR**

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

Please send notification of my gift to:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

\_\_\_\_\_

**Thank you for your generosity!**

Berrien County Cancer Service, Inc.  
3900 Hollywood Road  
St. Joseph, MI 49085

RETURN SERVICE REQUESTED

**JOIN THE NEWSLETTER VIA  
EMAIL**

Help us save postage, you may call  
269-429-3281 or email us at  
[staff@bccancerservice.org](mailto:staff@bccancerservice.org). If you are  
not reading the newsletter, you may  
contact us to be removed. We value  
our readers and hope you enjoy it.

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**CANCER SUPPORT GROUP - St. Joseph ON HOLD**

2nd Tuesday of each month 2:30 p.m.  
Marie Yeager Cancer Center Second Floor  
3900 Hollywood Road  
St. Joseph, MI 49085  
Phone: (269) 429-3281

**OSTOMY SUPPORT GROUP ON HOLD**

2nd Thursday of each month – 6:00 p.m.  
Spectrum Health Lakeland Regional Medical Center  
Community Room  
1234 Napier Ave.  
St. Joseph, MI 49085  
Phone: (269) 983-8804

**CANCER SUPPORT GROUP – Niles ON HOLD**

3rd Tuesday of each month – 1:30 p.m.  
Greater Niles Senior Center  
1109 Bell Road  
Niles, MI 49120  
Phone: (269) 429-3281

**NURSING STAFF**

Nancy Church, R.N., President/CEO  
Connie Demler, R.N.  
Debra Hansen, R.N.  
Sheryl Stone, R.N. PRN Status

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