



**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!**



BCCS Bulletin Board



PENNIES FOR PATIENTS



SAVE THE DATE!!!

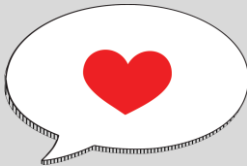
Virtual Art Play Workshop
June 17th

Watermark Brewing
Company Charity Run
June 30th – 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 30th 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, cancercare.org, and 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

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 or facebook.com/bccancerservice.



June 17th

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 or call
BCCS at 269-429-3281 for details

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. 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.

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!

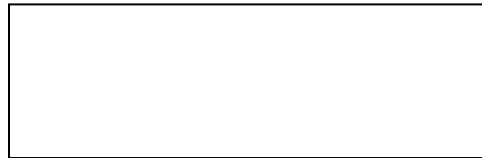
Berrien County Cancer Service, Inc.
3900 Hollywood Road
St. Joseph, MI 49085

RETURN SERVICE REQUESTED

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EMAIL**

Help us save postage, you may call
269-429-3281 or email us at
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.
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Sheryl Stone, R.N. PRN Status

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