



Berrien  
County  
Cancer  
Service

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

April 2019

(269) 429-3281

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The **BERRIEN COUNTY CANCER SERVICE SUPPORT GROUP** is a group of patients, family members and care givers. Come share successes, feelings, fears and practical methods of coping with the physical and emotional aspects of living with the diagnosis of cancer.



### **Spring**

Spring, spring is coming soon,  
Grass is green and flowers bloom,  
Birds returning from the south,  
Bees are buzzing all about,  
Leaves are budding everywhere,  
Spring, spring is finally here!

*Author Unknown*



United Way  
of Southwest Michigan

# BCCS Bulletin Board

## Thank You to ALL of our Wonderful Supporters!

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.



## Recent STAR GIVERS include:

First Presbyterian Church's "What-So-Ever-Class" for their generous donation

## New Cancer Support Group

The cancer support group is back and will be meeting on Tuesday, April 9th from 2:30 - 3:30 p.m. at the Marie Yeager Cancer Center (follow the posters to the 2nd floor conference room). It will continue to meet on the 2nd Tuesday of each month at 2:30 p.m. We hope you will be able to join us at this new time and date. If you have questions, please call: 269-429-3281.

## HAPPY RETIREMENT TO CLAUDIA!

Claudia Brister, Office Manager, is retiring at the end of April. She has taken wonderful care of our patients and their records as well as numerous other duties since 2006. Join us on Tuesday, April 30 from 1:00 - 3:00 p.m. for an Open House to wish her a wonderful retirement. Come to our location on the 2nd floor of the Marie Yeager Cancer Center.



## PENNIES FOR PATIENTS DAY!

Join us as we celebrate our 30th Annual PENNIES FOR PATIENTS™ DAY on Thursday, May 9, 2019. Come to our new location at the MARIE YEAGER CANCER CENTER (3900 Hollywood Road, St. Joseph, MI) and see the excitement of thousands of pennies being counted along with refreshments and fun. We will start the morning at 6:00 a.m. with being featured on the WSJM 94.9 morning show and end at 6:00 p.m. Our goal is to surpass last year's total of \$22,322.37. Refreshments will be served from 8:00 a.m. - 4:00 p.m. In addition, there will also be a Niles drop-off location at the St. John's United Church of Christ (601 Sycamore, Niles) from 12:00 p.m. – 2:00 p.m. with cookies and punch. All the proceeds stay local to help those with cancer in our community. Bring your pennies, silver, and dollars and join us for our 30th Annual PENNIES FOR PATIENTS DAY!



## Dollar Donation Fund Raiser for BCCS

During the whole month of April, **FuzzyButz Pet Bakery** is holding a dollar donation fundraiser in memory of a former employee, with proceeds to benefit BCCS! They are located at 306 State Street, St. Joseph, MI. Stop in and shop for your furry friends!



**PLEASE  
KEEP OUR  
COMMUNITY  
CLEAN**

## Recycling Patrol Plus

April 1-30th Recycling Patrol plus of Berrien County will be running "Recycling for Patients" to raise funds for BCCS Pennies for Patients through their free haul away recycling service. They will haul away all metals (aluminum, steel, cast iron) batteries, vehicle parts, propane containers etc. from residences and businesses for free. They will spend April cleaning up and giving back to the cancer service. **Recycling Patrol Plus can be contacted at (269) 369-1678 or by email at [recyclingpatrol@yahoo.com](mailto:recyclingpatrol@yahoo.com).**

## Stevensville 4 Corners

She's done it again! Ashley Weber, our extraordinary teen volunteer has set up to collect contributions for Pennies for Patients Day at Stevensville 4 Corners. **Come by the John Beers Road and Stevensville-Baroda Road intersection on Friday, April 5 between 4:00 – 7:00 p.m. to give your donation to the BCCS volunteers at the intersection.** Over the past several years, Ashley has collected over \$14,000.00 for BCCS!!! What an amazing volunteer!



## Bottoms Up For A Cure 9th Annual Pub Run

Team "Lucky Charms" is hosting the 9th Annual Pub Run on Saturday, April 27th from 1:00 - 5:00 p.m. to benefit BCCS. Stops include Babe's Lounge in Benton Harbor, The Buck Burgers & Brew in St. Joe, Silver Harbor Brewing Company in St. Joe, On The River Tavern in St. Joe, and Rivers' Edge Bar & Grill in Benton Harbor. **The link for online registration is [www.radiosupersaver.com/pubrun](http://www.radiosupersaver.com/pubrun). The event will begin on Saturday, April 27th at 1:00 p.m. at Babe's Lounge in Benton Harbor.** Cost of the event is \$26.00 (if registering online due to \$1.00 processing fee) and includes a t-shirt if you register on or before April 17th. Please note that there is an additional \$3.00 charge for XXL and up. The cost for day-of-the-event registration is \$25, but there is no guarantee of a t-shirt. Feel free to call (Aimee Foster) at 269-930-2580 with any questions or to request a flyer. You can also email her at [msufoster@yahoo.com](mailto:msufoster@yahoo.com). Check in time starts at 11:00am at Babe's Lounge, 565 Riverview Drive, Benton Harbor.



**Find more information on FB by searching for 8th Annual "Bottoms Up for a Cure" Pub Run.**



## ART PLAY WORKSHOPS – KRASL PARTNERSHIP

Dates and locations are as follows:

**Buchanan Art Center April 8th & May 13th from 4:30-5:30 pm**

**Krasl Art Center April 18th & May 16th from 4:30-6:00 pm**

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 or are a stable pediatric cancer patient, please have them call 269-429-3281 and ask for Nancy regarding these workshops. You can also find out more information on our website [www.bccancerservice.org](http://www.bccancerservice.org) or on our FB page Berrien County Cancer Service, Inc.

**Special Appreciation to Chris and Molly Craft of KEY REALTY for their Premier Sponsorship of our Art Program.**

## THANK YOU FOR SUPPORTING OUR MISSION

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!

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

Never give up, never lose hope  
Always have faith, it allows you to cope.  
Trying times will pass, as they always do.  
Just have patience, your dreams will come true.  
So put on a smile and live through your pain.  
Know it will pass and strength you will gain.

*Bel Claveria Carig Martinez*

### **Patient Remarks**

"I don't know what I would have done without BCCS. My insurance denied home care services. Always treated with respect and dignity."

Erin Keely Small

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## April is Testicular Cancer and Oral Cancer Awareness Month.

Cancer is not a single disease, but a group of related diseases. Many things in our genes, our lifestyle, and the environment around us may increase or decrease our risk of getting cancer. Anything that increases the chance of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer; not having risk factors doesn't mean that you will not get cancer. Talk with your doctor if you think you may be at risk.

Testicular cancer most often begins in cells that make sperm. It is rare and is most frequently diagnosed in men 20-34 years old. Most testicular cancers can be cured, even if diagnosed at an advanced stage.

Signs and symptoms of testicular cancer include swelling or discomfort in the scrotum. Check with your doctor if you have the following:

A painless lump or swelling in either testicle.

A change in how the testicle feels.

A dull ache in the lower abdomen or the groin.

A sudden build-up of fluid in the scrotum.

Pain or discomfort in a testicle or in the scrotum.

Tests that examine the testicles and blood are used to detect and diagnose testicular cancer. Testicular cancer can usually be cured in patients who receive adjuvant chemotherapy or radiation therapy after their primary treatment.

Recurrent testicular cancer is cancer that has come back after it has been treated. The cancer may come back many years after the initial cancer, in the other testicle or in other parts of the body.

### Key Points:

There are different types of treatment for patients with testicular cancer.

Five types of standard treatment are used :

- Surgery
- Radiation therapy
- Chemotherapy
- Surveillance
- High-dose chemotherapy with stem cell transplant.

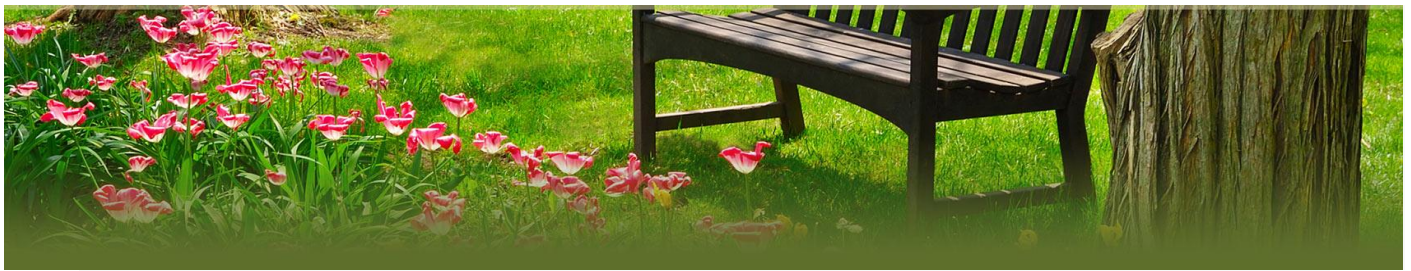
New types of treatment are being tested in clinical trials. Treatment for testicular cancer may cause side effects and patients may want to think about taking part in a clinical trial. Patients can enter clinical trials before, during or after starting their cancer treatment and follow-up tests may be needed.

### Oral Cancer Question:

#### Can I lower my risk of oral cavity or oropharyngeal cancer progressing or coming back?

If you have (or have had) oral cavity or oropharyngeal cancer, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such as exercising, eating a certain type of diet, or taking nutritional supplements. Unfortunately, it's not yet clear if there are things you can do that will help.

Adopting healthy behaviors such as not smoking, eating well, getting regular physical activity, and staying at a healthy weight might help, but no one knows for sure. However, we do know that these types of changes can have positive effects on your health that can extend beyond your risk of oral cavity or oropharyngeal cancer or other cancers. *Adapted from [www.cancer.org](http://www.cancer.org)*



## *In Loving Memory*

During February 2019, Memorial Donations were generously made by and for the following people:

**In Memory of Janet Ast**

Richard Brunvand, South Haven  
Kathleen Preston, St. Joseph  
Eva Uhrick, St. Joseph

**In Memory of Judith Carol Hadary**

Mishawaka Penn Harris  
Public Library Staff Assn., Mishawaka  
IN

**In Memory of Clarence Hamilton**

Virginia Kruck, Sodus

**In Memory of Joseph Krejci**

Eleanor Krejci, Stevensville

**In Memory of Ofilia Kuss**

Tammy & Tom Hasse & Family, Sodus  
Jodee Ewbank, Kalamazoo  
Dolores & Jeanette Fester, Benton  
Harbor  
Marilyn Kraklau, Eau Clair  
Sharon Kreitner & Brenda Webster,  
Coloma  
Jane Jeffery, St. Joseph  
Sally Holobaugh, Bridgman

**In Memory of Ofilia Kuss (con't)**

Sahron & Arne Nystuen, Stevensville  
Karl & Paula Kroening, St. Joseph  
Tyler Hasse, Sodus  
Michael & Claudia Hanley, St. Joseph  
Loreta Klutts, Buchanan  
Jo Ann & Timothy Smith, Benton harbor  
Stan & Monique Griswold, Huntertown IN  
Karyn & Steve Fricke, St. Joseph  
Shirley LoPresti, St. Joseph  
Harriet Hackbart, St. Joseph

**In Memory of Patricia Ann Macholtz**

Margaret Woollet Niles  
Dillon & Lorraine Jasper, Bridgman  
Lila Apple, Stevensville

**In Memory of Jack Maynard**

Judy Krupp, Edwardsburg

**In Memory of Jack Phillippi**

Jim & Vicki Hauch, Buchanan

*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

### **BCCS SUPPORT GROUP – Niles**

April 16 - 1:30 pm

May 21 - 1:30 pm

### **BCCS SUPPORT GROUP - MYCC**

April 9 - 2:30 pm

### **CHILD & FAMILY SUPPORT GROUP**

#### **Art Play Workshops**

**February - November**

2nd Monday at the Buchanan Art Center

3rd Thursday at Krasl Art Center

Visit [www.bccancerservice.org](http://www.bccancerservice.org) or call

BCCS at 269-429-3281 for details

### **OSTOMY SUPPORT GROUP**

Spectrum Health Lakeland Regional Medical Center

April 11 - 6:00 pm

May 9 - 6:00 pm

### **DATES TO REMEMBER IN APRIL 2019**

April 1 - April Fool's Day

April 4 - National Fun At Work Day

April 7 - International Beaver Day

April 10 - National Farm Animals Day

April 14 - National Gardening Day

April 16 - National Stress Awareness Day

April 18 - National Lineman Appreciation Day

April 20 - Husband Appreciation Day

April 21 - EASTER

April 23 - National Lost Dog Awareness Day

April 24 - Secretary's Day

April 26 - National Day of Silence

April 27 - National Go Birding Day

April 30 - Adopt a Shelter Pet 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 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

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!**