



**Berrien  
County  
Cancer  
Service**

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

**December 2020  
VOLUME XXVII  
ISSUE XII**

**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.

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

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## **STAY SAFE!!**

**The Berrien County Cancer Service** is joining healthcare providers and organizations to work collaboratively with other local, state, and national partners while the Coronavirus Disease 2019 (COVID-19) situation is being closely monitored. **We are taking precautions to assist in the prevention of the spread of Coronavirus and have again limited our staff and services in accordance with MDHHS guidelines. Please note: we are not taking loan closet donations through the end of the year. At that time, we will evaluate our options. Please contact us at (269) 429-3281 if you need medical equipment, supplies, or our skilled nursing services.**

## **Merry Christmas from the staff of Berrien County Cancer Service!**



*Nancy Church, Kimberly McCoy, Suzanne Arent,  
Connie Demler, Debra Hansen, Sarah Stathakis,  
Henrietta Hein, and Sheryl Stone*

## **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!**



# BCCS Bulletin Board

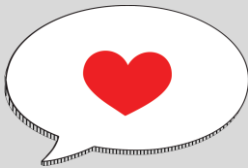
## SAVE THE DATE!!!

**Virtual Art Play  
Workshop  
December 17th**

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

*“We are shaped by our thoughts. We become what we think.”*

*~ Unknown*



## Patient Remarks

“Everyone was so kind and helpful I am so thankful for being made to feel that this is normal and not such a terrible disease with nowhere to turn.”

## **HOLIDAY APPEAL**

Like you, all of us at Berrien County Cancer Service (BCCS) are working toward a new normal. When COVID-19 hit the area like a whirlwind this year, it was important for us to make sure that each patient had the best plan in place for being as safe as possible. This holiday season in particular, your financial support is needed now more than ever. This year we have had to change how we receive support from the community. Our traditional fundraisers have become virtual events for the safety of all involved.



Soon you will receive a request to consider a meaningful gift in support of the patients we serve. You can help make the difference in the lives of those fighting cancer this holiday season.

You can donate online at [www.bccancerservice.org](http://www.bccancerservice.org).

Thank you!

## **The BCCS Frederick S. Upton Foundation Challenge Grant starts again this month!**

We were excited to be awarded a two-year \$10,000 grant (\$5,000 per year) for our loan closet, patient nutrition needs, and assistance for nurses traveling to patient homes. Thanks to you, we matched our first \$5,000 challenge for 2020! Our second portion of the challenge to match for 2021 starts December 9<sup>th</sup>! We need to match another \$5,000 for 2021!

## **SUPPORT GROUPS**

Due to social distancing requirements and facility restrictions, support groups for St. Joseph and Niles are cancelled for the month of December. However, that does not mean that there is not support for those with cancer. There are a large variety of online cancer support groups with some groups being general and cover all cancer diagnoses while other are specific for a particular diagnosis. A few websites to get started with are [cancercare.org](http://cancercare.org), [cancerhopenetwork.org](http://cancerhopenetwork.org), and [cancersupportcommunity.org](http://cancersupportcommunity.org).

# Coping with Cancer During the Holiday Season



## **ART PLAY WORKSHOPS**

**Art Play Workshops are held through the Krasl Art Center in a virtual way with picking up art packets and joining a class on Zoom! 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 out more information on our website [www.bccancerservice.org](http://www.bccancerservice.org) or on our FB page: Berrien County Cancer Service, Inc.

**We will not be having an Art Play Workshop during December. Join us again on Thursday, January 21<sup>st</sup>. Please call us at 269-429-3281 for more information.**

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

The Holiday Season is upon us, and as this wonderful time of year approaches, here are some tips for staying healthy and stress free while coping with cancer at the same time. As 2020 comes to a close, a year with challenges that many of us have never seen before, here are some tips to reduce the stress from the hustle and bustle of the Holiday Season. These tips have been updated to include the current COVID-19 situation. Remember, it may feel awkward, but do wear a mask and encourage others to also.

1. **REMEMBER THE REASON FOR THE SEASON.** Focus on what is important to you and your family, and what the season means to you. Don't get overwhelmed by gifts and decorations.
2. **ADJUST YOUR EXPECTATIONS.** This year has been unprecedented in adjustments. While coping with cancer, your immune system has taken a beating and needs to recover. This year is a year to keep celebrations small and intimate with your family.
3. **MAKE PRIORITIES.** Take time to prioritize the activities that mean the most to you. Even if you feel like an activity doesn't take much energy, you may be surprised at how tired you are afterwards. Schedule down time and make it a priority.
4. **BE OPEN TO CHANGE.** Nothing in 2020 is the same as it was before. Focus on the things that bring you joy and make you happy, even if it is different.
5. **DON'T BE AFRAID TO SAY NO.** People in your life will understand that this year is different, and that you may get too overwhelmed, or be too tired or fatigued to do the things you normally would. So, don't be afraid to tell them no when you are not feeling up to doing something, and be comfortable with your decision.
6. **ASK FOR AND ACCEPT HELP.** If there seems to be something that is draining your energy, remember to ask those around you for help. Sometimes we get so caught up in the preparation that we forget others can help, and acceptance of the help is key to retaining your energy.
7. **RELAX.** Find time to restore your energy by taking time to relax. Prioritize your simple tasks and intersperse relaxation time between performing your tasks.
8. **BE MINDFUL OF YOUR EATING HABITS.** Overindulgence is pretty simple to do over the Holiday Season. Make sure you're eating balanced nutritious meals that help keep you full of energy. Avoid overindulgence in alcoholic beverages and sugary treats.
9. **LISTEN TO YOUR BODY.** Nobody knows better than you how you are feeling and what amount of energy you have. When you are tired, rest. When you are awake and full of energy, get moving, but always make sure you are listening to your body.
10. **USE TECHNOLOGY TO CONNECT WITH FAMILY AND FRIENDS.** Last year our family had a wonderful time opening Christmas presents together despite being in Michigan, North Carolina, and North Dakota using technology. You might say it was a trial run for this year! With Skype, Zoom, Facetime, Messenger, and other technology, you can interact and enjoy each other in a safe manner.

# In Loving Memory

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

**In Memory of Melissa Hinz**

Harry and Doris Case Family Trust  
Dave and Margaret Forehlich  
Theresa Rondelli  
Vicky Lerke  
Donna Janke  
Mary Emily Sundblad  
Paula and Ronald Schroeder

**In Memory of Dean Stanage**

Margaret and Dennis Willemin  
Julie and Daniel Beckett  
Michael and Cynthia Jakewa  
Joyce and Leroy Zeilke  
Sandra M. Draper  
Scott and Laura Hehl  
Bridgman Public Schools  
Barbara Jewell  
Paul and Barbara Sprung  
Pebblewood Country Club  
Robert and Frances Stanage  
Debbie Weber

**In Memory of Rhonda Steinke**

Frederick and Nadine Steinke

**In Memory of Tiffany Bower**

Ann Knoll

**In Memory of Viginia VanAntwerp**

Jeanette and Dolores Fester

**In Memory of Charles Stempien**

M.H. Freshwaters

*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 December

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

Will not be meeting in December

**OSTOMY SUPPORT GROUP**  
Lakeland Regional Medical Center

Will not be meeting in December

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

Will not be meeting in December.  
Please join us again in January

Next date: Thursday, January 21st

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 DECEMBER

- December 1<sup>st</sup> – Eat a Red Apple Day
- December 2<sup>nd</sup> – National Fritters Day
- December 10<sup>th</sup> – Nobel Prize Day
- December 14<sup>th</sup> – International Monkey Day
- December 17<sup>th</sup> – National Maple Syrup Day
- December 19<sup>th</sup> – Oatmeal Muffin Day
- December 25<sup>th</sup> – CHRISTMAS
- December 29<sup>th</sup> – Pepper Pot Day
- December 30<sup>th</sup> – Bacon 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!**

Berrien County Cancer Service, Inc.  
3900 Hollywood Rd  
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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Connie Demler, R.N.  
Debra Hansen, R.N.  
Sheryl Stone, R.N. PRN Status

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Kimberly McCoy, Patient Care Coordinator  
Suzanne Arent, Administration Assistant  
Henrietta Hein, Office Assistant  
Sarah Bennett-Stathakis, Office Assistant

**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