



**Berrien  
County  
Cancer  
Service**

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

**December 2021  
VOLUME VXXX  
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.

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## **The Joy of Giving**

*~ John Greenleaf Whittier*

Somehow, not only for Christmas,

But all the long year through,

The joy that you give to others

Is the joy that comes back to you;

And the more you spend in blessing

The poor and lonely and sad,

The more of your heart's possessing

Returns to make you glad.



*Merry Christmas and a Happy New Year  
from all of us at the  
Berrien County Cancer Service!*

**Follow us on social  
media today!**

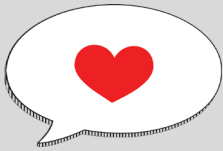


# BCCS Bulletin Board

*Thought for the Day. . .*

*“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?”*

*Bob Hope*



## **Patient Remarks**

“I was so pleased and encouraged to visit the loan closet! All the staff are helpful and uplifting!”

## **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**.

## **HOLIDAY HOURS FOR THE BCCS OFFICE**

**Closed:** Thursday, Dec. 23rd at 2pm and all day Friday, Dec. 24<sup>th</sup>  
Thursday, Dec. 30rd at 2pm and all day Friday, Dec. 31<sup>th</sup>

Nurses will make arrangement with their patients during holidays.

## **REACH OUT, GIVE THANKS, SHOW SUPPORT**

Looking for a way to bring some holiday cheer to someone? There are people we serve who could use a little extra help at Christmas. Pick up a gift card the next time you are at a grocery store and bring or mail it to our office. It's an easy way to ensure that someone would have a special holiday meal to remember. Give us a call at 269-429-3281 for further instructions. May each of you have a special holiday season with your loved ones!

## **STAR GIVERS**

**We've had some awesome STAR GIVERS!**

**Peace Lutheran Church** – Thank you for your awesome BBQ dinner to raise funds for BCCS and 2 other nonprofits!

**Mary Martha Circle of the First Congregational Church of St. Joseph** – Faithfully provides small packages for our nurses to hand out.

## **BCCS EVENTS**

With the recent increase in COVID-19 infections in our area, we are very sorry to announce that we are having to place events on hold at this time. Keep in touch with us through our Facebook, Website, and Instagram.

## **THANK YOU FOR YOUR DONATIONS!**

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 call (269) 429-3281 if you need medical equipment, supplies, or our skilled nursing services.

## **THANK YOU FOR SUPPORTING OUR MISSION**

A SPECIAL THANK YOU To those who provided gift cards for Thanksgiving dinners. Your gift will bring a smile and hope to someone who needs some joy right now.

NEVER FORGET that 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.

# December

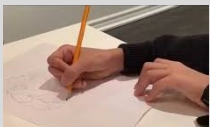


## **ART PLAY WORKSHOPS**

**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).



**No Art Play Session in December**

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

As I look back over the past few years, there have been many changes to BCCS with the most impactful change being the move into the Marie Yeager Cancer Center 3 years ago. This has made it easier for many of those who use our services to stop by when coming to the clinic. A change that we are currently in the midst of is the printing of our newsletter. We have been very grateful for the many, many years that Spectrum Health Lakeland Graphics printed our newsletter, but change has come and we are needing to change printers. Fortunately, another printer has stepped up to the task, offering to provide a full color newsletter at a highly discounted rate! In January we hope to dazzle you with a new look in color!

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. Here are some tips to reduce the stress from the hustle and bustle of the Holiday Season.

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.** While coping with cancer, your immune system has taken a beating and needs to recover. 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 will not take much energy, you may be surprised at how tired you are afterwards.
4. **DON'T BE AFRAID TO SAY NO.** People in your life will understand, don't be afraid to say "no" when you are not feeling up to doing something, be comfortable with your decision.
5. **ASK FOR AND ACCEPT HELP.** If there is something that is draining your energy, ask those around you for help. It can be easy to forget others can help; accepting the help is key to conserving energy.
6. **BE MINDFUL OF YOUR EATING HABITS.** Make sure you're eating nutritious meals that help keep you full of energy, avoid overindulgence, alcoholic beverages and sugary treats.
7. **LISTEN TO YOUR BODY.** Nobody knows better than you how you are feeling. When you are tired, rest and when you have energy, get moving, but always make sure you are listening to your body.
8. **USE TECHNOLOGY TO CONNECT WITH FAMILY AND FRIENDS.** With Zoom, What's App and other technology, you can interact and enjoy each other, even from afar in a safe manner.

During this time of gratitude and giving, we are so grateful for your kindness in giving the gift of care to someone who needs it. Cancer does not take a holiday, so we are here to provide the needed care whenever it is needed. As you plan your giving, keep an eye open for our end of year campaign letter. Last year you dazzled me with your giving, with having to continue to modify and cancel fundraisers and events, **YOU MAKE A DIFFERENCE!** Thank you for caring.



# In Loving Memory

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

**In Memory of Gertrude Berndt**

Loren Berndt

**In Memory of Janet Bradburn**

Brookview Montessori

**In Memory of Elmer Gaedtke**

Charles and Mary Lou Klute

**In Memory of Jennifer Gerstenkorn**

Jan Lausch

**In Memory of Marvin Hainer**

Gerrald and Joy Biggart

**In Memory of Tina Lentz**

Michael and Elaine White  
Bryan, Shelly White and Family  
Stephen, Clair White and Family

**In Memory of Cheryl Ann  
Montgomery**

Randy and Marcia Slabaugh

**In Memory of Marilyn Ridge**

Jack and Janet Sperbeck

**In Memory of Barbara Shafer**

Mary Sundblad

**In Memory of Sammie Smith**

Dolores and Jeanette Fester

**In Memory of Erma White**

Ronald and Dianne Vawter



*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*

## **CELEBRATING NEWSLETTER VOLUNTEERS!**

There is a SPECIAL GROUP OF VOLUNTEERS who keep the newsletter coming to you. Every month they meet to get the newsletter prepared for the post office mailing. Volunteering has been a lifestyle for many of these ladies, they are faithful to their task giving a combined total of over 3,000 hours of service to BCCS.

**Thank you to each of you for ALL that you do!**

Kathy Burkett	Dolores Fester
Jeanette Fester	Eleanor Krejci
Louise Lausman	Carol Lindenberg
Char Marko	Jo Ann Rumney
Linda Salverson	Kathy Schermer
Traute Sorget	Jeanne Spitzer
Claudia Spovtsoff	Debra Standen
Mary Sundblad	

*"At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back."  
Denzel Washington*

### **DATES TO REMEMBER IN December**

December 1<sup>st</sup> – Eat a Red Apple Day  
December 2<sup>nd</sup> – National Fritters Day  
December 7<sup>th</sup> – Pearl Harbor Day  
December 10<sup>th</sup> – Nobel Prize Day  
December 13<sup>th</sup> – Ice Cream Day  
December 17<sup>th</sup> – National Maple Syrup Day  
December 18<sup>th</sup> – Bake Cookies Day  
December 20<sup>th</sup> – Go Caroling Day  
December 24<sup>th</sup> – Christmas Eve and  
National Chocolate Day  
December 25<sup>th</sup> – CHRISTMAS  
December 28<sup>th</sup> – Card Playing Day  
December 31<sup>th</sup> – New Year's Eve

### **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).

## **End of Year Giving....**

The Berrien County Cancer Service is one of a kind. You cannot find a nursing service visiting patients in their homes at no cost anywhere else in the United States. We are here to help people struggling with a cancer diagnosis providing nursing services and resource closet items. We are always looking to expand our services to reach even more people in Berrien County but we do not want to run out of supplies. Your gift stays here and helps those with cancer in southwest Michigan.

***\$5 provides a thermometer***

***\$10 provides a week of nutritional supplements***

***\$25 provides a post-mastectomy bra***

***\$35 purchases a cushion for a wheel chair***

***\$50 purchases a shower chair***

***\$75 purchases a 3 wheeled walker with a seat***

***\$150 purchases a transport chair***

Every little bit can help someone. We are so happy to do the work we do and enjoy being of service to anyone with cancer in Berrien County.

**Thank you for your consideration.**

\_\_\_\_ 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 gift!**

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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\*Indicates Honorary Members

**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  
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Debra Hansen, R.N.  
Sarah Hauch, R.N. PRN Status  
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