

BERRIEN COUNTY CANCER SERVICE NEWSLETTER

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 2018

(269) 429-3281

VOLUME XXV

ISSUE IV

The **BERRIEN COUNTY CANCER SUPPORT GROUP**
is a group for 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.



A Day At A Time

Life isn't a matter of making
a wearisome, unbroken climb
over endless ridges and bridges—
We live it a day at a time.



Why strive for a storehouse of courage
as misers heap dollar and dime?
Our Father will lend it, and send it
to us, just a day at a time.

We don't need strength now for tomorrow
when we may not be at our prime.
If we're weak and quailing or failing
God will give it, a day at a time.

Helen Cook



BCCS Bulletin Board

PENNIES FOR PATIENTS DAY!

As we celebrate our **29th Annual PENNIES FOR PATIENTS™ DAY**, our goal is to surpass last year's total of \$20,194. *Come join us May 10, 2018 starting at 6:00 a.m. with Pat Moody and the Moody in the Morning show.* All day long until 6:00 p.m. you can see the excitement of thousands of pennies being counted along with refreshments and fun. There will also be a new Niles location at the St. John's United Church of Christ (601 Sycamore St, Niles) from 11:00 a.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 **29th Annual PENNIES FOR PATIENTS DAY!**



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's 4 Corners. Come by John Beers Road and Stevensville Baroda intersection on Friday, May 11th between 4:00 – 7:00 p.m. to give your donation to the BCCS volunteer at the intersection. Ashley started with us in 2010 when she became Miss Pre-Teen SW Michigan. Her passion for volunteering has never wavered and over the past several years, Ashley has collected over \$12,000.00 for BCCS!!! What an amazing volunteer!

Bottoms up for a Cure Pub Run

Team "Lucky Charms" is hosting the 8th Annual Pub Run with 98.3 The Coast as the Event Sponsor. This will take place on Saturday, April 28th from 1:00 p.m.-5:00 p.m. to benefit BCCS. Online registration is at <http://mwfshopping.com/michigan/fundraisers.html> or at 98.3 The Coast – A Mid-West Family Broadcasting Station, 580 E. Napier Ave., Benton Harbor, MI 49022. Race route and registrations begin at 11:00 a.m. at Babe's Lounge, 565 Riverview Drive, Benton Harbor. Cost is \$21.00 by April 20th and includes a t-shirt. Day of event registration is \$20.00; however T-shirts may not be available that day. Included in this fun-filled day are numerous prizes and raffle items. Questions? Call Aimee Foster at 269-930-2580 or email her at msufoster@yahoo.com. Find more information on Facebook- Search for 8th Annual "Bottoms Up for a Cure" Pub Run.



Calling all BCCS Volunteers!

National Volunteer Week is a time to celebrate people doing extraordinary things through service. This year it will be celebrated April 15-22, 2018. **Our 6th annual Volunteer Appreciation Reception will be held Thursday, April 12, 2018 from 11 a.m. to 2 p.m. at our BCCS office.** We know that this is a week early, but we also know that volunteer week is a very busy week for many of you since you volunteer at multiple places! *Come and join us for food and fun – and take a break. We will supply the food – you supply the fun!*



ART PLAY WORKSHOPS – KRASL PARTNERSHIP

We are excited to partner with the Krasl Art Center on the following **Thursday April 19th from 4:30-6:00 pm. Other dates: Thursday, April 12 at Marie Yeager Cancer Center from 5:30-7:00 pm and Monday, April 9 at Buchanan Art Center from 4:30-5:30 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 or on our FB page: Berrien County Cancer Service, Inc.



Cancer and Aging

Thanks to improvements in health care, life expectancy in both the United States and globally is substantially longer now than it was 50 years ago.

In 2010, more than 40 million people in the United States, or 13% of the population, were older than age 65. This demographic, the fastest-growing segment of the population, will more than double to nearly 85 million, or more than 20% of the population, by 2050.

The convergence of an overall aging population and a peak cancer incidence among those aged 65 to 74 will result in a significant rise in the number of people diagnosed with cancer. (Cancer also occurs at a high rate in people older than 75, but at that age people are more likely die from other medical conditions.)

It's clear that we need to better understand how the biological underpinnings of aging affect the onset and trajectory of cancer to address this looming public health challenge.

Aging is a Risk Factor for Cancer

Age is a well-recognized risk factor for cancer development. In fact, you could say aging is the major carcinogen. So, while I'll admit I like the Rolling Stones, not all their lyrics translate well to the scientific arena. When it comes to cancer, time is not "on our side".

The normal aging process affects many important biological processes within our bodies that result in the deterioration of proteins and DNA in cells. Many of these damaged cells enter a state of arrested growth, called "senescence" – no longer dividing and growing, but still remaining metabolically active and capable of causing problems.

Senescence is an efficient protective mechanism against cancer, forcing would-be cancer cells to stop dividing. But the senescence mechanism sometimes fails, and accumulating cancer-causing mutations produce the uncontrollable cell growth that –with a supportive microenvironment—causes the formation and spread of cancer.

The longer we live, the more errors our genes accumulate. Over time, these mutations can lead to cancer.

Beyond these intrinsic cellular changes, other bodily processes become less effective with age. The body's immune system, for example, becomes less protective and resilient, and is less efficient in detecting and fighting infection and diseases, including cancer.

Treating Cancer in Older Patients

Beyond the research lab, improvements in cancer treatments have presented their own challenges.

Treating older cancer patients, who often have other health conditions, may limit the use of specific therapies. Clinicians may be reluctant to give older patients potentially beneficial therapies because there isn't enough evidence to show that the standard dosage can be safely administered or that the treatment is likely to improve survival in this age group.

This practice of less intensive therapy in older patients is historically understandable. But many in the growing field of geriatric oncology now consider chronological age to be just a number.

Instead, they focus on patients' physiological age, as determined via geriatric assessment exit disclaimer, as a better predictor of whether a patient should receive aggressive cancer therapy. Several trials supported by the NCI Community Oncology Research Program, in fact, are working to address these issues. One recently launched trial, for example, is testing whether a geriatric assessment can help reduce the side effects of cancer treatment toxicity in older patients. A second trial that will soon launch will test the drug palbociclib specifically in women 70 and older with metastatic breast cancer.

Learning More about Cancer and Aging

NCI has invested and will continue to invest in research focused on gaining a better understanding of the intersection of aging and cancer, and how that knowledge might allow for the development of more effective cancer preventive, detection, and treatment strategies.

In Loving Memory

During February 2018, Memorial Donations were generously made by and for the following people:

In Memory of Ernest & Minnie Arent

Alma Arent, St. Joseph

In Memory of Rick Carpenter

Christine Smith, St. Joseph
Beatrice U. Starke, St. Joseph

In Memory of Rhonda Dettmann-Short

Marquette County Courts, Marquette
Carole & Charles Swafford, Benton Harbor
William & Rhonda Fryer, St. Joseph
Mary Ann Forsythe, Benton Harbor

In Memory of Hazel Elms

Simplified Staff, Lansing

In Memory of Ruth Twarucsek

Jeanette Fester, Benton Harbor

In Memory of Roberta Ann Whittaker

Sharon Roberts

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.

Thought for the Day

All that you do,
Do with all your might;
Things done by half
Are never quite right.

Unknown



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

April 3 – 1:30 pm
May 1 – 1:30 pm

BCCS SUPPORT GROUP – Niles

April 17 – 1:30 pm
May 15 – 1:30 pm

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
April 12 – 5:30 pm
May 10 – 5:30 pm

CHILD & FAMILY SUPPORT GROUP

Art Play Workshop

2nd Thursday at Marie Yeager Cancer Center
2nd Monday at the Buchanan Art Center
Visit www.bccancerservice.org or call
BCCS at 269-429-3281 for details

OSTOMY SUPPORT GROUP

Lakeland Regional Medical Center
April 12 – 6:00 pm
May 10 – 6:00 pm

DATES TO REMEMBER IN APRIL 2018

April 1 – EASTER
April 3 – Fan Dance Day
April 6 – Hostess Twinkie Day
April 9 – National Love Our Children Day
April 13 – Blame Someone Else Day
April 15 – McDonald's Day
April 17 – Income Tax Pay Day
April 18 – National Lineman Appreciation Day
April 21 – National Chocolate Covered Cashews Day
April 23 – Loss Dog Awareness Day
April 26 – Take our Daughters and Sons To Work Day
April 28 – National Birding Day
April 30 – Bugs Bunny 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 the 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.
7301 Red Arrow Highway
Stevensville, MI 49127

RETURN SERVICE REQUESTED

JOIN THE NEWSLETTER VIA EMAIL

Help us save postage, 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 also. We
value our readers & hope you enjoy it.

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OFFICE STAFF:

Claudia Brister	Office Manager
Sarah Rodgers	Admin Assistant
Henrietta Hein	Office Clerk

CANCER SUPPORT GROUP – Stevensville Office

1st Tuesday of each month - 1:30 p.m.

Berrien County Cancer Service, Inc.

7301 Red Arrow Highway
Stevensville, MI 49127

Phone: (269) 429-3281 or (269) 465-5257

RAINBOWS OF HOPE GROUP- St. Joseph

2nd Thursday of each month – 5:30 p.m.

Marie Yeager Cancer Center

Ward and Kinney Room
3900 Hollywood Road
St. Joseph, MI 49085

Phone: (269) 556-7114

CANCER SUPPORT GROUP – Niles

3rd Tuesday of each month – 1:30 p.m.

Niles Senior Center

1109 Bell Road
Niles, MI 49120

Phone: (269) 429-3281

OSTOMY SUPPORT GROUP

2nd Thursday of each month – 6:00 p.m.

Lakeland Regional Medical Center

Community Room
1234 Napier Ave.
St. Joseph, MI 49085

Phone: (269) 983-8804