

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.



February 2018

(269) 429-3281

VOLUME XXV

ISSUE II

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.



Happy Valentines Day



Love is so important
In everything we do,
Love brings out the very best
In every point of view.

It's easier to be loving
Than to hold on to a grudge,
We get stuck in negativity
And our ego will not budge!

Experience, good and bad
Will always come and go,
Being able to love regardless
Is how our spirits grow.

Love works in mysterious ways
To soften any concern,
Giving love away freely
Reaps loving rewards in return.

How wonderful and magical
We feel when we're in love,
We truly are on top of our world
There's nothing we can't rise above.

Let's turn all negative thinking
Into positive, loving thoughts,
By spreading love, joy and peace
As, for thousands of years, we've been
taught.

Author Jean Kay



BCCS Bulletin Board

ART PLAY WORKSHOPS – KRASL PARTNERSHIP



We are excited to partner with the Krasl Art Center on the following
Thursdays: February 15th, March 15th, and April 19th from 4:30-6:00 pm
Other dates: Thursdays - February 8th & March 8th at Marie Yeager Cancer Center from 5:30-7:00 pm
Mondays - February 12th & March 12th 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.

IT'S NOT TOO EARLY TO START COLLECTING PENNIES!



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!**

Direct Your Thrivent Choice Dollars

If you are a Thrivent Financial member, don't forget to direct your Thrivent Choice Dollars®. Grant funding from Thrivent Financial through its Thrivent Choice® program can help support organizations you care about. Don't let designated Choice Dollars expire! Eligible Thrivent Financial members who have been designated Choice Dollars have until March 31, 2018 to direct any remaining 2017 Choice Dollars. The Berrien County Cancer Service, Inc. is approved to receive Choice Dollars. Go to Thrivent.com/thriventchoice to learn more about program terms and conditions or call 800-847-4836 and say "Thrivent Choice" after the prompt. You may also contact a local Financial Associate – Tracy Coombs at 269-605-4949 for information regarding Thrivent Financial and using Choice Dollars.



Let it Snow, Let it Snow, Let it Snow

Just wanted to remind you that the BCCS office may be closed for snow days during inclement weather. **So if it is snowing, please call us first at 269-429-3281 prior to coming to the office to make sure that we are open.** On the days that the office is closed, the answering machine will be checked periodically. If you have a medical emergency, please call 911. Our nurses will notify their patients regarding home visits and often will make patient visits a day early if a snow storm is coming.



Merkel Cell Carcinoma

Merkel cell carcinoma is a rare, aggressive skin cancer. It usually develops as a single, painless, bump on sun-exposed skin. The bump may be skin-colored or red-violet, and tends to grow rapidly over weeks to months. It may spread quickly to surrounding tissues, nearby lymph nodes, or more distant parts of the body. Factors associated with developing MCC include increasing age, fair skin, a history of extensive sun exposure, chronic immune suppression, and Merkel cell polyomavirus. Treatment options and prognosis depend on the location and size of the cancer, whether it has just been diagnosed or has come back, and how deeply it has grown into the skin.

Cause

Cancer is caused by changes in the DNA inside of cells. These mutations cause the cells to grow and divide into new cells, when they should not. The mutations that cause MCC are not inherited from a parent, but occur by chance during a person's lifetime (they are acquired or somatic mutations). In many cases, it is not known what directly causes these mutations to occur. However, several factors are thought to increase the risk for mutations to occur – such as exposure to sunlight.

Merkel cell polyomavirus is frequently involved in the development of MCC and is present in about 80% of MCC tumors tested. While the majority of people have been exposed to this virus by adulthood, it appears that the virus does not cause any symptoms except in the very rare situations in which it leads to MCC.

Other risk factors that have been associated with MCC include:

- Being older than age 50
- Having fair skin
- Having a history of extensive sun exposure
- Having chronic immune suppression

Having one or more risk factors does not mean that a person will develop MCC. Most people with risk factors will not develop MCC.

Inheritance

MCC does not seem to run in families. While DNA changes (mutations) found in the cells of MCC tumors can lead to MCC, these types of mutations are not inherited from a person's parents. They are referred to as somatic mutations and occur during a person's lifetime, often as random events.

There are three ways that cancer spreads in the body

Cancer can spread through tissue, the lymph system, and the blood:

- Tissue. The cancer spreads from where it began by growing into nearby areas.
- Lymph system. The cancer spreads from where it began by getting into the lymph system. The cancer travels through the lymph vessels to other parts of the body.
- Blood. The cancer spreads from where it began by getting into the blood. The cancer travels through the blood vessels to other parts of the body.

Cancer may spread from where it began to other parts of the body.

When cancer spreads to another part of the body, it is called metastasis. Cancer cells break away from where they began and travel through the lymph system or blood.

The metastatic tumor is the same type of cancer as the primary tumor. For example, if thyroid cancer spreads to the lung, the cancer cells in the lung are actually thyroid cancer cells. The disease is metastatic thyroid cancer, not lung cancer.

Recurrent Merkel Cell Carcinoma

Recurrent Merkel cell carcinoma is cancer that has recurred after it has been treated. The cancer may come back in the skin, lymph nodes, or other parts of the body. It is common for Merkel cell carcinoma to recur.

Adapted from: www.cancer.gov

In Loving Memory

During December 2017, Memorial Donations were generously made by and for the following people:

In Memory of Larry Baker

Sandy Baker, Bridgman

In Memory Terry Schmaltz

Jeanette Fester, Benton Harbor

In Memory of Ilene Czajkowski

Barbara Klein, St. Joseph

In Memory of Jerold Scoma Jr.

Lifegate Baptist Church, Eau Claire

In Memory of Gaylen Foster

Connie Foster, Stevensville

In Memory of Bruce Temple

Ann Temple, Elyria OH

In Memory of Ernest Hildebrand

Dolores & Jeanette Fester, Benton Harbor

In Memory of Adam Tilly

Beckie Eichler Toth, St. Joseph

In Memory Karen Jordan

Randy & Shelly Frank, Bridgman

In Memory of Ruth Eleanor Twarucsek

Mary Sundblad, Stevensville

In Memory of Marvin Kraft

Therese & Mike Moore, Lewisburg TN

In Memory of Roberta Ann "Robbie" Whittaker

Marlene Schultz, Edwardsburg

In Memory of Gay Reinhardt

Donna Janke, Benton Harbor

In Memory Ellen Wise

Susan Greco, St. Joseph
Roselyn Podjan, St. Joseph

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

Good judgment comes from
Bad experiences, and
A lot of that comes from
Bad judgment.



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

February 6 – 1:30 pm

March 6 – 1:30 pm

BCCS SUPPORT GROUP – Niles

February 20 – 1:30 pm

March 20 – 1:30 pm

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

February 8 – 5:30 pm

March 8 – 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

February 8 – 6:00 pm

March 8 – 6:00 pm

DATES TO REMEMBER IN FEBRUARY 2018

February 1 – Spunky Old Broad Day

February 2 – Ground Hogs Day

February 4 – World Cancer Day

February 6 – Lame Duck Day

February 9 – National Pizza Day

February 11 – Don't Cry Over Spilled Milk Day

February 13 - International Pancake Day

February 17 – National Caregivers Day

February 20 - Love Your Pet Day

February 22 – George Washington's Birthday

February 24 – Forget Me Not Day

February 26 - For Pete's Sake Day

February 28 – Rare Disease 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 Curtiss	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