

# 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

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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.

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## 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 19<sup>th</sup> 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](http://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 **29<sup>th</sup> 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 **29<sup>th</sup> 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](http://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](http://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.

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## **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**

2<sup>nd</sup> Thursday at Marie Yeager Cancer Center

2<sup>nd</sup> Monday at the Buchanan Art Center

Visit [www.bccancerservice.org](http://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](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 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](mailto: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

1<sup>st</sup> 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**

2<sup>nd</sup> 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

3<sup>rd</sup> Tuesday of each month – 1:30 p.m.  
**Niles Senior Center**  
1109 Bell Road  
Niles, MI 49120  
Phone: (269) 429-3281

**OSTOMY SUPPORT GROUP**

2<sup>nd</sup> 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