

# 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.



March 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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### 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

## Bottoms up for a Cure Pub Run

Team “Lucky Charms” is hosting the 8<sup>th</sup> Annual Pub Run with 98.3 The Coast as the Event Sponsor. This will take place on Saturday, April 28<sup>th</sup> from 1:00 p.m.-5:00 p.m. to benefit the BCCS. Online registration will be through our sponsor: 98.3 The Coast / Mid-West Family Broadcasting Station or you may stop by the radio station at 580 E. Napier Avenue, Benton Harbor to register. Race route and registrations begin at 11:00 a.m. at Babe’s Lounge, 565 Riverview Drive, Benton Harbor. Registration by April 20<sup>th</sup> includes a t-shirt and costs \$20.00 (an additional \$1 for online registration). T-shirts are not guaranteed after April 20<sup>th</sup>. Included in this fun-filled day is a silent auction and 50/50 raffle. Questions? Call Aimee Foster at 269-930-2580 or email her at [msufoster@yahoo.com](mailto:msufoster@yahoo.com). Find more information on Facebook – 8<sup>th</sup> 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!*

## PENNIES for PATIENTS DAY!



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 drop off location in Niles 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!

***A BIG THANK-YOU TO BCCS BOARD MEMBER, Joshua Simons for his \$100 PENNIES FOR PATIENTS DAY KICK-OFF DONATION!!!***

## ART PLAY WORKSHOPS – KRASL PARTNERSHIP



We are excited to partner with the Krasl Art Center on the following

**Thursdays: March 15<sup>th</sup>, and April 19<sup>th</sup> from 4:30-6:00 pm**

**Thursdays - March 8<sup>th</sup> and April 12<sup>th</sup> at Marie Yeager Cancer Center from 5:30-7:00 pm**

**Mondays - March 12<sup>th</sup> and April 9<sup>th</sup> 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 (currently or previously) or are a stable pediatric cancer patient, please have them call 269-429-3281, visit our website [www.bccancerservice.org](http://www.bccancerservice.org)

## 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. 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 Thrivent Financial Associate – Tracy Coombs at 269-605-4949 for more information.

# Endometrial Cancer

## Key Points

- Endometrial Cancer is a disease in which malignant (cancer) cells form in the tissues of the endometrium.
- Obesity and having metabolic syndrome may increase the risk of endometrial cancer.
- Taking tamoxifen for breast cancer or taking estrogen alone (without progesterone) can increase the risk of endometrial cancer.
- Signs and symptoms of endometrial cancer include unusual vaginal bleeding or pain in the pelvis.
- Tests that examine the endometrium are used to detect (find) and diagnose endometrial cancer.
- Certain factors affect prognosis (chance of recovery) and treatment options.

The endometrium is the lining of the uterus, a hollow, muscular organ in a woman's pelvis. The uterus is where a fetus grows. In most non-pregnant women, the uterus is about 3 inches long. The lower, narrow end of the uterus is the cervix, which leads to the vagina. The organs in the female reproductive system include the uterus, ovaries, fallopian tubes, cervix and vagina. The uterus has a muscular outer layer called the myometrium and an inner lining called the endometrium.

Cancer of the endometrium is different from cancer of the muscle of the uterus, which is called sarcoma of the uterus.

**Obesity** – Anything that increases your chance of getting a disease is called a risk factor. Having a risk factor does not mean that you will get cancer; not having risk factors doesn't mean that you will not get cancer. Talk to your doctor if you think you

may be at risk for endometrial cancer. Older age is the main factor for most cancers. The chance of getting cancer increases as you get older.

**Taking tamoxifen** for breast cancer can increase the risk of endometrial cancer.

Endometrial cancer may develop in breast cancer patients who have been treated with tamoxifen. A patient who takes this drug and has abnormal vaginal bleeding should have a follow-up exam and a biopsy of the endometrial lining if needed. Women taking estrogen alone also have an increased risk of endometrial cancer. Taking estrogen combined with progesterone does not increase a woman's risk of endometrial cancer.

## Signs and symptoms of endometrial cancer

These and other signs and symptoms may be caused by endometrial cancer or by other conditions. Check with your doctor if you have any of the following:

- Vaginal bleeding or discharge not related to menstruation
- Vaginal bleeding after menopause
- Difficult or painful urination
- Pain during sexual intercourse
- Pain in the pelvic area

## Certain factors affect prognosis and treatment options

The prognosis and treatment options depend on the following:

- The stage of the cancer
- How the cancer cells look under a microscope
- Whether the cancer cells are affected by progesterone

Endometrial cancer can usually be cured because it is usually diagnosed early.

*Adapted from: [www.cancer.gov](http://www.cancer.gov)*

# *In Loving Memory*

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

**In Memory of Joyce Butler**

Union Memorial AME Church, Benton Harbor

**In Memory Rev. Paul Koehneke**

Delores & Jeanette Fester, Benton Harbor

**In Memory of Mary Cobe**

Eletta Selm, Stevensville

**In Memory of Richard Lee Sandel**

Daniel Sandel, Lawrenceville GA

**In Memory of Betty Gerlach**

Dockerty Health Care Services, Bridgman

**In Memory of Mrs. "Mom" Katherine Schramm**

Ellen Goff, Benton Harbor

**In Memory of Johnny Gorman**

Eva Gorman, Berrien Springs

**In Memory Betty Swanson**

Susan Lyman, Traverse City

## *In Honor of*

**Nancy Church, BCCS Executive Director**

Trecia, Niles

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**

What you think of yourself  
Is much more important  
Than what others  
Think of you.



## Looking Ahead

### **BCCS SUPPORT GROUP – Stevensville**

March 6 – 1:30 pm

April 3 – 1:30 pm

### **BCCS SUPPORT GROUP – Niles**

March 20 – 1:30 pm

April 17 – 1:30 pm

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

March 8 – 5:30 pm

April 12 – 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

March 8 – 6:00 pm

April 12 – 6:00 pm

#### **DATES TO REMEMBER IN MARCH 2018**

March 1 – Endometriosis Day

March 4 – Hug a G.I. Day

March 6 – Oreo Cookie Day

March 9 – Get Over it Day

March 11 – Daylight Savings Time Begins

March 13 – Organize Your Home Office Day

March 14 – Save A Spider Day

March 16 – No Selfies Day

March 17 – St. Patrick's Day

March 19 – National Certified Nurse's Day

March 20 – SPRING

March 24 – National Chocolate Covered Raisins Day

March 26 – Spinach Day

March 28 – Weed Appreciation Day

March 30 – Doctor's Day

March 31 – National Crayon 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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Connie Demler, R.N.		Susan Lerke, R.N.
Debra Hansen, R.N.		Kimberly Penney, R.N.

**OFFICE STAFF:**

Claudia Brister	Office Manager
Sarah Rodgers	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