



**Berrien
County
Cancer
Service**

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

**January 2020
VOLUME XXVII
ISSUE I**

**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.

The **BERRIEN COUNTY CANCER SERVICE SUPPORT GROUP** is a group of patients, family members and caregivers. 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 NEW YEAR!!!
FROM ALL
OF US HERE AT BCCS
TO ALL OF YOU!!!**



THANK YOU FOR SUPPORTING OUR MISSION

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. **A special Thank You to Van's Medical Equipment for picking up, cleaning and delivering our durable medical equipment as a courtesy to BCCS in support of our community!**

Thought for the Day

**You are not put on this earth to see through
one another, but to see one another through.**

Gloria Vanderbilt



United Way
of Southwest Michigan

BCCS Bulletin Board

SAVE THE DATES!!!

PENNIES FOR PATIENTS

May 14th 2020!

Recent Star Givers

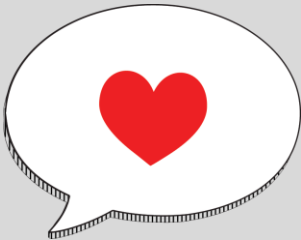
Include:

Harriet Israel
Naples, FL

Chapel Hill United Methodist
Sodus, MI

Christopher Quattrin
St. Joseph, MI

Glen and Dorothy Conrad
St. Joseph, MI



Patient Remarks

“We are so lucky to have Berrien County Cancer Service available. Caring and compassionate people to help us. Thank you!”

DID YOU KNOW...

That we love sharing from our loan closet and want to be able to have the items that are needed. Here are the current needs that we have for the loan closet:

- Shower Chairs with backs
- Stylish turbans
- Nutrition such as Ensure® or Boost®
- Small and Large incontinence underwear
- Wig supplies (shampoo and conditioner)

PENNIES FOR PATIENTS DATE ANNOUNCED!!

May 14th 2020 is the new Pennies For Patients Date! Start collecting and stay tuned for details!!!

Let it Snow, Let it Snow, Let it Snow!

BCCS may be closed for snow days during inclement weather. So, if it is snowing, please call us at 269-429-3281 prior to coming to the BCCS 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. The nurses will still be visiting patients unless the roads are hazardous. Often the nurses will make patient visits a day early if they know that a snow storm is coming.



January is Cervical Cancer Awareness Month



ART PLAY WORKSHOPS

Please note Art Play Workshops are on HOLD until February of 2020!!

Dates and locations are as follows:

**Buchanan Art Center
February 10th from 4:30-5:30 pm**

**Krasl Art Center
February 20th from 4:30-6:00 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.

Cervical Cancer Screening Guidelines

Here is a partial list of the guidelines recommended by the American Cancer Society for early detection of cervical cancer. For a full list, please visit: www.cancer.org

All women should begin cervical cancer testing (screening) at age 21. Women aged 21 to 29, should have a Pap test every 3 years. HPV testing should not be used for screening in this age group (it may be used as a part of follow-up for an abnormal Pap test).

- Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until age 65.
- Another reasonable option for women 30 to 65 is to get tested every 3 years with just the Pap test.
- Women who have had a total hysterectomy (removal of the uterus and cervix) should stop screening (such as Pap tests and HPV tests), unless the hysterectomy was done as a treatment for cervical pre-cancer (or cancer). Women who have had a hysterectomy without removal of the cervix (called a *supra-cervical hysterectomy*) should continue cervical cancer screening according to the guidelines above.
- Women who have been vaccinated against HPV should still follow these guidelines.

Although annual (every year) screening should not be done, women who have abnormal screening results may need to have a follow-up Pap test done at 6 or 12 months.

The American Cancer Society guidelines for early detection of cervical cancer do not apply to women who have been diagnosed with cervical cancer, cervical pre-cancer, or HIV infection. These women should have follow-up testing and cervical cancer screening as recommended by their health care team.
Adapted from cancer.org

In Loving Memory

Memorial Donations were generously made by and for the following:



In Memory of Donald DeFreez

Robert & Vicki DeFreez, Galien
Sharon DeFreez, Buchanan
Dale & Susan Seyfred, Galien
Selge Construction Co., Inc, Niles
Pamela & Brian Marshall, Galien

In Memory of Betty Nernberg

Jeanette & Dolores Fester, Benton Harbor

In Memory of Janey Waterhouse

Paul Rifenberg, Watervliet

In Memory of Jerry & Marilyn Conrad

Glen & Dorothy Conrad Saint Joseph

In Memory of Jo Ann Jansky

Steve & Brenda Ickes, Union Pier

In Memory of Joseph Krejci

Eleanor Krejci, Stevensville

In Memory of Marilyn J. King

Mary Wilson, Hendersonville TN

In Memory of Rhonda Steinke

Frederick & Nadine Steinke, Eau Claire

In Memory of Ron Germain

Peggy & Gerald Schaffer, Sawyer

In Honor of...

In Honor of Glen and Dorothy's Cancer Remission

Glen & Dorothy Conrad, Saint Joseph

In Honor of the Whirlpool Sustainability Team

Family & Friends

Ronald Voglewede, Saint 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.

Looking Ahead...

Looking Ahead

**BCCS SUPPORT GROUP – St. Joseph
Marie Yeager Cancer Center**
3900 Hollywood Road
January 14, 2020 – 2:30 pm
February 11 – 2:30 pm

**BCCS SUPPORT GROUP – Niles
Greater Niles Senior Center**
1109 Bell Road
January 21, 2020 – 1:30 pm
February 18 – 1:30 PM

**CHILD & FAMILY SUPPORT GROUP
Art Play Workshop
ON HOLD UNTIL FEBRUARY**

Visit www.bccancerservice.org or call
BCCS at 269-429-3281 for details

OSTOMY SUPPORT GROUP
Lakeland Regional Medical Center
January 9, 2020 – 6:00 pm
February 13 – 6:00 pm

DATES TO REMEMBER IN JANUARY

January 1 - **New Year's Day!**
January 5 - Whipped Cream Day
January 8 - Bubble Bath Day
January 13 - Rubber Ducky Day
January 15 - National Bagel Day
January 18 - Use Your Gift Card Day
January 20 - National Cheese Lovers Day
January 23 - National Pie Day
January 26 - National Peanut Brittle Day
January 28 - National Kazoo Day
January 31 - Fun at Work 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 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.
3900 Hollywood Rd
St. Joseph, MI 49085

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

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Henrietta Hein, Office Assistant
Sarah Stathakis, Office Assistant

CANCER SUPPORT GROUP - St. Joseph

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
Phone: (269) 983-8804

CANCER SUPPORT GROUP – Niles

3rd Tuesday of each month – 1:30 p.m.
Greater 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.
Spectrum Health Lakeland Regional Medical Center
Community Room
1234 Napier Ave.
St. Joseph, MI 49085