



BCCS Newsletter

Mission Statement

To provide
compassionate in-home
skilled nursing care and
supportive resources for
those affected by cancer
or related illnesses in
Southwest Michigan.

Location

Marie Yeager Cancer
Center - 2nd floor
3900 Hollywood Road
St. Joseph, MI 49085
269-429-3281

www.bccancerservice.org
staff@bccancerservice.org

Follow us on social
media today!



A New Year

Robert Longley



The day does offer promise
A chance for something new
Time for new direction
To make a change or two

This burst of inspiration
does come but once a year
a time for something different
and hope that change is near

How will you use this moment
How will you choose to change
What aspect of your story
are you poised to rearrange

In truth it's just illusion
It's not about this day
It's how you view the future
and challenge in your way

We hope you all enjoyed a wonderful holiday season and are ready for all 2023 has to offer. The Berrien County Cancer Service wishes you and your family the very best in 2023.

We are looking forward to our 75th Anniversary Celebration and 34th Pennies for Patients Day.

January is Cervical Cancer Awareness Month

In 1933 when cancer became the second leading cause of death in the United States, Michigan and Berrien County, cancer was a word only whispered, very little was known of the cause of cancer, it was not known if it was contagious or how to treat it, Cervical cancer was considered shameful as it happened in your unmentionables, Fast forward 90 years..... through the use of vaccination and screenings, over 90 percent of cervical cancer cases are preventable and no longer a death sentence if caught early. the incidence rates of cervical cancer dropped by more than 50% from the 1970's through mid 2000's due to screening. It is crucial to have regular, timely screenings for cervical cancer leading to early detection of abnormal cells before a tumor can form. We are beyond the age where embarrassment can kill you, get to know your body, let your doctor know if you notice any changes in your body. Screenings are the key to preventing cervical cancer deaths.

BCCS Giving Tuesday - THANK YOU TO ALL WHO PARTICIPATED

Giving Tuesday celebrated its 10th year in 2022. We are so grateful to the donors who gave to support the Berrien County Cancer Service this year. We raised over \$2,500 with a huge help from one of our supporters, Caryl Charmaine Simplis who beat the streets and raised over \$2,000 on her own. These funds were used to help make Christmas brighter for some of our patients. We truly appreciate your donations! Your help made this the best Giving Tuesday for BCCS Ever!!

BCCS Bulletin Board

New Start, New Year

"Being a cancer survivor is like being shaken in a kaleidoscope. You grasp for your bearings, desperate to find your balance amidst the chaos. When the dust finally settles, there is a new constellation of colors that are magical and beautiful."

- Renee Exelbert

"It's a choice to see joy. Choose it. It's really easy to let the severity and awfulness of your diagnosis take over, but you can choose to acknowledge things are bad, but then focus your energy on even the tiniest blessings until you see more and more each day you're able to be here, whether that's 50 days or 50 years."

- Kristina Kotlus

Cancer Quotes: 150 Quotes from Cancer Super Survivors - Parade: Entertainment, Recipes, Health, Life, Holidays

Are you in charge of planning a service club, church or group meeting? Our Director of Development, Tyanna Essig, is available to give a 20-30 minute presentation to your group upon request, contact Tyanna 269-429-3281

tyanna@bccancerservice.org

BCCS STAR GIVERS!

Chapel Hill United Methodist Church
Coach's Bar & Grille
LeValley Chevrolet Buick GMC
Caryl Charmaine Simplis
Trinity Lutheran Ladies League of Glendora

#GivingTuesday Supporters!

Angelo's
921 Main Gas & Groceries
Julia Ballard
Nancy Church
Clementines Too
Connie Demler
Dildeepak, Inc.
Dave & Tyanna-Essig
Ann Forsgren
Erin Glaske
Darlene Hawkins
Tom Jennings, Sandbar
Kartar Foods, LLC

Louise Lausman
Patricia Nordberg
Ernst Oelke
Christine Perry
St. John's Evangelical Lutheran Church
Silver Beach Pizza
Singh Bros, LLC
Allene Smith
Sheryl Stone
Tackle Haven
Karen Walker
Wings & Things

75th Anniversary Celebrations and More.....

Watch here, our website and social media to learn about the details of our 75th anniversary celebrations. We are planning:
Blue Party at Local Pour, Thursday, March 30, 2023
Mother's Day activities in April - TBA
Volunteer Celebration Thursday, April 13, 2023
Pennies for Patients 2023, Thursday, May 11, 2023
75th Diamond Jubilee - TBA
Art Play Festival Wednesday, November 8, 2023

Importance of Healthy Resolutions

In the U.S., about one in four of the 1.8 million new cancer cases and nearly half of all cancer deaths are attributed to preventable causes, including tobacco, obesity, uv light exposure, and infections. Adopting healthy lifestyles that minimize the risk of cancer, could decrease the number of people diagnosed with many forms of cancer. Healthy approaches to living can reduce the risk of cancer recurrence and improve outcomes during treatment. Tobacco use has been shown to increase the risk for 17 types of cancer; eliminating tobacco use is the most important step you can take to reduce the burden of cancer.

Poor diet, lack of physical activity, and obesity/overweight are risk factors for many chronic diseases and conditions, estimated to account for about 20 percent of cancers in the United States. When thinking about this new year, make your health a priority, YOU matter to US!!!!!!

Art Play Workshops will restart in February 2023

Art Play Workshops begin again in February 16, 2023 at the Krasl Art Center. Be sure to keep an eye out for any children you feel will benefit from this experience and have them call us at 269-429-3281. Stay tuned for more information.



In Memory

In Memory of Robert "Bob" Dunbar
Deborah McCartney

In Memory of Nancy Cooley
Dolores and Jeanette Fester

In Memory of Judith Kane
Dolores and Jeanette Fester

In Memory of Stephanie Merrill
Tyanna Essig

In Honor of Phillip "Skeet" Harvey
"Miss your presence"
Wanda Harvey

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 those with cancer in Southwest Michigan.

From the Desk of Nancy Church, RN

This New Year is a monumental year for the Berrien County Cancer Service. Seventy-five years ago, a nurse, Olove Colcord, decided to apply for a new position...one that had not been done before, a new concept. She was hired by the American Cancer Society to educate the public about cancer since it was highly misunderstood at that time. Olove trailblazed throughout Berrien County where she not only educated, but put her nursing skills to use to help those with cancer. Within a few years, the patient care was to come to an end, but Olove and the Board were not willing to give up on in-home care at no cost to the patient and the Berrien County Cancer Service was established. When I think about this story, I wonder how many other communities had nurses hired at that time? To my knowledge, BCCS is the only organization to have survived and transitioned into an independent nonprofit. This is a reason to:

CELEBRATE OUR 75TH ANNIVERSARY THIS YEAR!

This remarkable nurse and community grasped the significance of creating a new opportunity out of a door being shut. It would have been so easy to walk away, find another job, take the easy journey, but there was a passion in the heart of Olove and the local cancer crusaders who supported her. She wasn't done writing the story of caring for her patients with cancer. As we think about this story in the context of a New Year, there is a quote by Theodore W. Higginsworth: "You have the pencil and paper in your hand, you write the story of the upcoming year. May your story be a year filled with positive happenings and successes, with few erase marks and full of exclamation marks." This coming year will offer a variety of experiences, some doors may shut, some windows may open, there may be resolutions that you keep and others that smack you in the face. Whatever happens, remember, the turns and twists are part of the story. Oh, and don't forget to include our 75th Anniversary Celebration in your story!

Wishing you 12 months of success, 52 weeks of laughter, 365 days of fun, 8,760 hours of joy, 525,600 minutes of blessing, and 31,536,000 seconds of happiness!



**Berrien County Cancer Service
3900 Hollywood Road
St. Joseph, MI 49085
RETURN SERVICE REQUESTED**

JOIN THE NEWSLETTER VIA EMAIL

To help us save postage, you may 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. *We value our readers and hope you enjoy this newsletter.*

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BCCS is a non-profit organization funded primarily by donations, memorials, fundraisers, and United Way of Southwest Michigan. We receive no Medicare or insurance payments. To continue our services at no cost to those with cancer who need our help in the home, we need your help. Any donation is greatly appreciated. You may donate online at www.bccancerservice.org or mail your check to our address listed on the front cover. 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.

"I am so glad I do not have to go to the hospital lab, this makes things so much easier."

Michelle