

# 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.



June 2018

(269) 429-3281

VOLUME XXV

ISSUE VI

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 Father's Day

### DAD

He never wanted wealth or fame,  
this quiet honest man,  
yet he instilled within my heart  
his simple life-style plan.

He searched himself to find the joy  
that freely flower within,  
erasing tears and childhood fears  
with gentle hug and grin.

He taught respect of nature's plan  
example was his tool,  
the pattern for his dailywalk?  
he used the "golden rule."

*Janet Rumpf Wolfe*



Happy  
FATHER'S  
DAY



# BCCS Bulletin Board

## **BREAKING NEWS!!! WE ARE RELOCATING!**

Look for us at the Marie Yeager Cancer Center in August 2018. We will remain Berrien County Cancer Service and will still offer the same great services to our community. This will enable us to be closer to many of our patients. More information to follow in next month's newsletter.

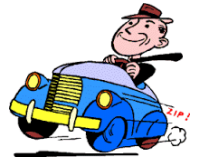
## **PENNIES FOR PATIENTS – THE POWER OF A PENNY!**



We had a fun and eventful 29<sup>th</sup> Annual Pennies for Patients Day! The day started off with the familiar voice of Pat Moody from 6:00 – 9:00 a.m. on WSJM radio giving penny facts and interviewing BCCS staff and Board Members. All day long we were greeting many of you who came bearing wonderful gifts of pennies, nickels, dimes, quarters, dollars, and checks. Thank you to the St. John's United Church of Christ who hosted our Niles drop off site. We will have a final count in the July newsletter. What a wonderful, caring community we live in!

## **Stevensville 4 Corners**

She's done again! Ashley Weber, our extraordinary volunteer organized to collect donations for Pennies for Patients Day at Stevensville's 4 Corners. If you were driving through that intersection on Friday, May 11th, you may have seen Ashley along with her family and friends including BCCS volunteers and staff. Over the past several years, Ashley has collected over \$12,000.00 for BCCS!!! She started with us as Miss Pre-Teen Southwest Michigan in 2010. What an amazing volunteer!



## **Bottoms up for a Cure Pub Run**

Thank you to Aimee Foster and Team "Lucky Charms" for organizing the 8<sup>th</sup> Annual Pub Run. Despite the cold weather, they raised an amazing \$8,276 on Saturday, April 29<sup>th</sup>! Check out our Facebook page at Berrien County Cancer Service, Inc. for pictures and details of all the sponsors and donors who so generously contributed to make the Pub Run a success.

## **"TEAM UP AGAINST CANCER"**

**Grab your pompoms and join the fun at the St. Joseph High School varsity football game at Dickinson Stadium on Friday, September 28.** This will be an exciting game for the St. Joe Bears vs. the Portage Central Mustangs. Food vendors, a survivor walk, memory ribbon formed on the field post-game, cancer resource information tables and a pink football jersey exchange for the sponsors will highlight the evening festivities. **To find out how you can order a Football Jersey or event T-shirt, please call Nancy at 269-429-3281.** All proceeds will go to assist local cancer patients in SW Michigan and will be distributed to the Berrien County Cancer Service and Marie Yeager Cancer Center. More information to follow in next month's newsletter or visit our Facebook page and website: [www.bccancerservice.org](http://www.bccancerservice.org).



## **ART PLAY WORKSHOPS**

**Thursday – June 14<sup>th</sup> and July 12<sup>th</sup> at Marie Yeager Cancer Center from 5:30-7:00 pm**

**Monday – June 11<sup>th</sup> and July 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 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 or visit our

website: [www.bccancerservice.org](http://www.bccancerservice.org) or our FB page: Berrien County Cancer Service, Inc.



## National Survivor's Day June 3, 2018

### Who are Cancer Survivors?

The term "Cancer Survivor" commonly refers to someone who has a history of cancer. "Co-survivor" is a term sometimes used to describe a person who has cared for a friend or loved one with cancer.

The word "survivor" does not appeal to all people who have a history of cancer. The reasons for this vary. For instance, they may simply identify more with being "a person who has had cancer," or perhaps they are dealing with cancer every day and do not think of themselves as a survivor, but more as someone who is "living with cancer."

Living life with a history of cancer is unique for each person. Yet a common thread is true for most, that life is different after cancer.

Some common reactions to having had cancer are:

- I appreciate life more
- I have greater self-acceptance
- I feel more anxious about my health
- I don't know how to cope now that treatment is over

### **What is Survivorship?**

"Cancer Survivorship" has at least 2 common meanings:

- Having no signs of cancer after finishing treatment
- Living with, through and beyond cancer. According to this definition, cancer survivorship begins at diagnosis and includes people who continue to have treatment over the long term, to either reduce the risk of recurrence or to manage chronic disease.

### **What are the Phases of Survivorship?**

These three phases of survivorship describe the specific period a survivor is going through:

- Acute survivorship begins at diagnosis and goes through to the end of initial cancer treatment. Cancer treatment is the focus.
  - Extended survivorship begins at the end of initial cancer treatment and goes through the months after. The effects of cancer and treatment are the focus.
  - Permanent survivorship is the period when years have passed since cancer treatment
- Changed Relationships

When active treatment is over, some survivors' needs change and relationships may shift:

- Some friends may become closer, while others distance themselves
- Families can become overprotective or may have exhausted their ability to be supportive
- Ignored relationships problems prior to cancer diagnosis surface

What you can do:

- Realize the entire family changes from the cancer experience in ways they may not be aware of
- Work through these changes to get the support you need
- Maintain open and ongoing communication

### **Getting back to work:**

Going back to a regular work schedule is a sign of getting back to normal routine and lifestyle. Most people need their job and the health insurance it provides.

People with cancer may:

- Work during treatment
- Take time off for treatment and return to work afterwards
- Be unable to return to work due to the effects of the cancer or its treatment

*Adapted from: cancer.org*

# *In Loving Memory*

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

**In Memory of Mrs. Lois “Duke” Abbott**

Marlene Kay Arend, Baroda  
Rodger & Lynn Lockman, St. Joseph  
Rich & Dee Potter, Uncasville CT

**In Memory of Ronald Green**

Beaudoin Electrical Construction Inc., Sodus  
Mike & Denise Crockett, Benton Harbor  
Barbara Orr, Benton Harbor  
John & Amy Lowell, Watervliet  
American Legion Post 362, Coloma

**In Memory of Joan English**

Doris Helm, Berrien Springs

**In Memory of Robert Jones**

Janice & Donald Jackson, St. Joseph  
Rich Slaviek, St. Joseph  
Ray & Shirley Truhn, Galien

**In Memory Donna Machurick**

Ronald & Charmain Hanners, St. Joseph

**In Memory of David Lee Ponegalek**

Janet Brecht, Stevensville  
Michele Davis Wagner, Fort Myers FL  
Terry & Debbie Glaske, Baroda  
V. Olson, Stevensville  
Peggy & Gerald Schaffer, Sawyer

**In Memory of Edward Schultz**

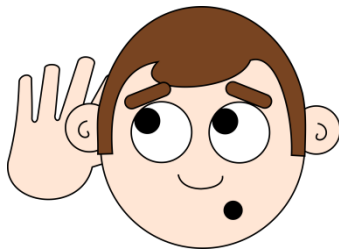
Beverly & Dennis Soucek, Loveland CO

**In Memory of Vicki Vitale**

Ralph & Barbara Stelter, Bangor

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**

When you talk,  
you are only repeating what you already know.  
But if you listen,  
you may learn something new.

*Unknown*



## Looking Ahead

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

June 5 – 1:30 pm

July 3 – 1:30 pm

### **BCCS SUPPORT GROUP – Niles**

June 19 – 1:30 pm

July 17 – 1:30 pm

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

June 14 – 5:30 pm

July 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

June 14 – 6:00 pm

July 12 – 6:00 pm

#### **DATES TO REMEMBER IN JUNE 2018**

June 1 – Donut Day

**June 3 – National Cancer Survivors Day**

June 4 – Old Maids Day

June 6 – Global Running Day

June 8 – Upsy Daisy Day

June 9 – Donald Duck Day

June 11 – National Making Life Beautiful Day

June 14 – Flag Day

June 19 – Garfield the Cat Day

June 21 - First Day of Summer

June 23 - Let It Go Day

June 25 – Please Take My Kids to Work Day

June 28 - National Hand Shake Day

June 30 – NOW 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 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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\*Indicates Emeritus Members

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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