



**Berrien  
County  
Cancer  
Service**

**BERRIEN COUNTY CANCER  
SERVICE  
NEWSLETTER**

[www.bccancerservice.org](http://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 2019

(269) 429-3281

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The **BERRIEN COUNTY CANCER SERVICE SUPPORT GROUP**  
is a group of 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.



**Spring**

The long cold winter is melting away  
A single red bird was spotted today  
Through the mist the sun is peeking  
Squirrels are about and acorn seeking  
New Life has come to fields and woods  
Kids venture out in sweatshirts and hoods  
In just a few weeks the rivers will flow  
Blossoms on trees will be starting to show  
There's a chill in the springtime air  
Winter is gone but the memory is still there  
Summer is waiting a few months beyond  
To warm the air and the meadow and pond  
A gopher peers out from the holes that he makes  
Springtime is when the whole world wakes

*Sasha, age 11*

## BCCS Bulletin Board

***Thank You to ALL of our Wonderful Supporters!***

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.



**Recent STAR GIVER BUSINESSES AND ORGANIZATIONS include:**

**Union Memorial AME Church  
First Presbyterian Church  
W.K. Kellogg Foundation**

**Vanguard Charitable  
Victoria Holt and LPL Financial - 2019 Pub Run  
1st Source Bank - Dress Down Day**

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**THANK YOU FOR SUPPORTING OUR MISSION**

**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!**

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**ART PLAY WORKSHOPS – KRASL PARTNERSHIP**



**Dates and locations are as follows:**

**Buchanan Art Center March 11th & April 8th from 4:30-5:30 pm  
Krasl Art Center March 21st & April 18th 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](http://www.bccancerservice.org) or on our FB page: Berrien County Cancer Service, Inc.

**Special Appreciation to Chris and Molly Craft of KEY REALTY for their Premier Sponsorship of our Art Program.**



### IT'S NOT TOO EARLY TO START COLLECTING PENNIES!

Join us as we celebrate our 30th Annual PENNIES FOR PATIENTS™ DAY on Thursday, May 9, 2019. We will start the morning at 6:00 a.m. with being featured on the WSJM 94.9 morning show and end at 6:00 p.m. Our goal is to surpass last year's total of \$22,322.37. Come to our new office in the Marie Yeager Cancer Center (3900 Hollywood Road, St. Joseph) and see the excitement of thousands of pennies being counted along with refreshments and fun. The refreshments will be served from 8:00 a.m. to 4:00 p.m. In addition, there will be a Niles drop-off location at St. John's United Church of Christ (601 Sycamore Street) 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 30th Annual PENNIES FOR PATIENTS DAY!



### Direct Your Thrivent Dollars

If you are a Thrivent Financial member, don't forget to direct your Thrivent Choice Dollars®. The Thrivent Choice® program can help support organizations you care about. Eligible Thrivent Financial members who have been designated Choice Dollars have until March 31, 2019 to direct any remaining 2018 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 your local Thrivent Financial Associate for more information.

### March is National Colorectal Cancer Awareness Month

Cancer stage at diagnosis, which refers to extent of a cancer in the body, determines treatment options and has a strong influence on the length of survival. In general, if the cancer is found only in part of the body where it started it is localized, stage 1. If it has spread to a different part of the body, the stage is regional or distant. The earlier colorectal cancer is caught, the better chance a person has of surviving five years after being diagnosed. For Colorectal cancer, 39.0% are diagnosed at the local stage. The 5-year survival for localized colorectal cancer is 89.8%.

Approximately 4.2% of men and women will be diagnosed with colorectal cancer at some point during their lifetime, based on 2013-2015 data.

Anything that increases your chances 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 colorectal cancer.

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### Volunteer Spotlight

I enjoy meeting many people. I volunteer for the Berrien County Cancer Service and the St. Joseph Senior Center. I send an assortment of cards out to veterans on Memorial Day and Veterans Day. I also send some Birthday and "Thinking of You" cards. I was Chaplain for 16 years for the American Legion Auxiliary and just love helping when I can.

Eleanor Krejci

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### Risk factors for colorectal cancer include the following:

- Having a family history of colon or rectal cancer.
- Having a personal history of cancer of the colon, rectum, or ovary.
- Having a personal history of high-risk adenomas.
- Having inherited changes in certain genes that increase the risk of familial adenomatous polyposis.
- Having a personal history of chronic ulcerative colitis or Crohn's disease for 8 years or more.
- Having three or more alcoholic drinks per day.
- Smoking cigarettes.
- Being African-American.
- Being overweight.
- Older age is a main risk factor for most cancers. The chance of getting cancer increases as you get older.



*In Loving Memory*

During January 2019, Memorial Donations were generously made by and for the following people:

**In Memory of Barry Jim Ernhardt**

Inez Soorus, Denver NC

**In Memory of Steven Henry**

Mr. & Mrs. Roy Shoemaker, Benton Harbor

**In Memory of John King**

Barbara Lane, Benton Harbor

**In Memory of Helen (Harris) Leith**

Barbara Nord, Coloma

**In Memory of Jack Maynard**

Patsy Walter-Correll, Edwardsburg

Catherine Lamarre

William Burford, Lansing

**In Memory of Betty Swanson**

Layman Susan, Traverse City

*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.*

## ***Thought for the Day***

The man who says it can't be done is usually interrupted by someone who is doing it.  
*Old Chinese Proverb*



**HAPPY  
SAINT PATRICK'S  
DAY!!!**

## Looking Ahead

### **BCCS SUPPORT GROUP – Niles**

March 19 - 1:30 pm

April 16 - 1:30 pm

### **RAINBOWS OF HOPE– St. Joseph**

On hold for the winter months.

Re-evaluating for future day and time.

We hope to start it again soon. Please check our website at [www.bccancerservice.org](http://www.bccancerservice.org) for a restart date. If you are interested in being part of this support group, please call us at 269-429-3281.

### **CHILD & FAMILY SUPPORT GROUP**

#### **Art Play Workshop**

#### **Resumed in February**

2nd Monday at the Buchanan Art Center

3<sup>rd</sup> Thursday at Krasl 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 14 - 6:00 pm

April 11 - 6:00 pm

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### **DATES TO REMEMBER IN MARCH 2019**

March 1 - Employee Appreciation Day

March 3 - Simplify Your Life Day

March 6 - Oreo Cookie Day

March 10 Daylight Savings Time

March 13 - Donald Duck Day

March 16 - Corn Dog Day

March 17 - Saint Patrick's Day

March 19 - National Certified Nurses Day

March 22 - AS Young As you Feel Day

March 24 - National Chocolate Covered Raisins Day

March 25 - National Medal of Honor Day

March 27 - Little Red Wagon Day

March 31 - Anesthesia Tech 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. - BOARD OF DIRECTORS:**

Joshua Simons	Chairperson	Tim Brown	*Peter Lai	*Dr. Edmund Paloyan
Dr. Gerald Kozuh	Vice Chairperson	*Dr. Fred Busse	*Barbara Lane R.N.	*Dr. Sapna Patel
Joseph Dick	Treasurer	Nancy Gothberg	*Dr. Eric Lester	Jolita Allene Smith
Dr. Melinda Gruber	Executive Comm	Sharon Hainer	Mike Levi	
		Darlene Hawkins	*Hanna Noble	
		*Dr. Betty Koshy		

\*Indicates Emeritus Members

**NURSING STAFF:**

Nancy Church, R.N.	President/CEO	Susan Lerke, R.N.
Connie Demler, R.N.		Kimberly Penney, R.N.
Debra Hansen, R.N.		

**OFFICE STAFF:**

Claudia Brister	Office Manager
Henrietta Hein	Office Clerk
Suzanne Arent	Admin Assistant

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**RAINBOWS OF HOPE GROUP- St. Joseph**

On hold for the winter months.  
Re-evaluating for future day and time.

**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

**CANCER SUPPORT GROUP – Niles**

3rd Tuesday of each month – 1:30 p.m.

**Niles Senior Center**

1109 Bell Road  
Niles, MI 49120  
Phone: (269) 429-3281

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