



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.

NOVEMBER 2018

(269) 429-3281

VOLUME XXV

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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.



THANKSGIVING

by Joanne Walker

Thanksgiving is a time to remember the blessings of yesterday, enjoy the blessings of today and cherish God's promises for all of our tomorrows.

Thanksgiving is a season of the heart. Some celebrate every day with thanksgiving; some remember to be thankful only on this special day.

To those who have heavy hearts, Thanksgiving seems a paradox. It is a soul-searching holiday and may be difficult to find anything to be thankful for.

But everyone bears a private heartache, whether large or small, and with a few moments of contemplation, one finds there are many, many things to be thankful for.

Thanksgiving is a special time. It is a time of sharing. We share heartache, we share joys, we share blessings and forever . . . we share memories.

We pause on bended knee at this Thanksgiving time and we thank God for family and friends, shelter and food, faith and love and joy, and peace in our land.

Have a blessed Thanksgiving!

BCCS Bulletin Board

REMINDER - BERRIEN COUNTY CANCER SERVICE HAS MOVED!

Come see our new office and loan closet on the second floor at the Marie Yeager Cancer Center, 3900 Hollywood Rd., St. Joseph, MI. Same great staff and services to assist you with all your needs.

Please call ahead at 269-429-3281 if you have any questions.

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 GIVERS include:

- Baroda Drummers - Cardio Drumming Fundraiser
- Berrien Dental, Dr. Christy & Dr. Balsis - "Put on Pink" Fundraiser
- Gast Volunteers - Help Us Move Day
- BinTris Moving and Storage - Help Us Move Day
- Michigan Lutheran Volleyball - Dig Pink Volleyball Fundraiser

THANK YOU FOR SUPPORTING OUR MISSION

Team Up Against Cancer

There was excitement at the St. Joseph High School varsity football game in Dickinson Stadium on Friday, September 28th. Food vendors, a survivor walk, memory ribbon on the field formed post-game, cancer resource information tables and a pink football jersey exchange to the sponsors highlighted the evening festivities. Regina Ciaravino chaired the committee to make "Team Up Against Cancer" a success! A special thank you to the Schalton Foundation for their support of this event. The proceeds were shared between the Berrien County Cancer Service and the Marie Yeager Cancer Center. Thank you to all the committee members, volunteers, survivors, sponsors, food vendors, T-shirt wearers and the St. Joe Bears for sporting their Pink Jerseys helping to make this event such a success!

9th Annual Play Fore Pink Denise Bohn Memorial Golf Outing

Thank you to Wayne Yamaguchi, Kari Stevens and staff at Lake Michigan Hills Golf Club for the Denise Bohn Memorial Golf Outing on October 7th. There were 27 teams of golfers ready to take off for the greens, the banquet hall set up beautifully, with Mike Cortson crooning out the melodies during the potato bar after the golfing. We appreciate all the volunteers and work that went into making this day special and for raising \$3241.10 for BCCS to help those with cancer here in southwest Michigan



4th ANNUAL ART FESTIVAL

We are sincerely grateful to all of our guests who attended the Art Festival on October 24th and to the many volunteers who made this evening possible. Thanks to The Art Play Workshop families for creating their Art throughout the year that all could enjoy on this special evening. We had a wonderful time with interactive art, music, refreshments, silent auction, face painting, and fun!

BCCS Would Like to Thank

Our Special Friends

- Jenni Bush of Funny Face Face Painting
- Holly Garces, Art Therapist
- Jeff and Theresa Heaton of Cheeky-Chicy-Art, Interactive Art Projects
- Cathy Tapia, Ceramic Art Teacher
- Pam Kirkham, Interactive Art Projects
- Vanessa Moura, Photographer
- Nikki Gauthier & Kristen Patzer of the Box Factory for the Arts
- John Tolhuizen of Mockingbird, Nathan & Greg Church, Aiden Schnell, Mike Mason, and Bailey
- Janet Dykstra of Kilwin's for providing Mackinac Island Fudge Ice Cream
- Lake Michigan College Softball Team
- Lake Michigan College Nursing Students
- LithoTech Graphics
- Dave Pagel Produce

Our Sponsors

- Key Reality – PREMIER SPONSOR
- Eagle Technologies Group – Art Program Sponsor
- Marta's Chicken Nook
- Brown Funeral Home
- Marie Yeager Cancer Center - Spectrum Health-Lakeland
- B&L Information Systems, Inc.
- Andrews University
- Hill Electrical Services, Inc.
- Keller & Keller
- The John DeVries Insurance Agency
- Chemical Bank
- Tyler Automotive
- Runkle Electric

Thank you for the following Silent Auction Donations

- Nikki Gauthier – Original Painting
- Tim Brown/Brown Funeral Home – Gift Baskets
- Sarah Fenlon Falk author of "Finding Myself Facing Cancer" and "Keeping it Together"
- Cathy Tapia - Original Ceramic Pieces
- Richard Smith – Original Jewelry Pieces
- David Brooks – White Sox Tickets, Autographed Baseballs & Framed Original Poem
- Revive Spa – Gift Certificates
- Elaine Harju – Pastel Painting

Check out our Facebook Page for photos of all our events!

Christmas Sponsors Needed

Christmas giving is always a wonderful way to get into the Christmas spirit. We always have families who are in need of a little extra help at Christmas. If you would like to help by giving a contribution or sponsoring a family, please give us a call at the office: 269-429-3281.

Jack's Story: Rediscovering life each day

After serving in the Air Force in Thailand during the Vietnam War, Jack went to college and became a teacher in special education. Decades later, just after Jack turned 50, a fellow teacher asked him when he had last gone for a complete physical check-up. Jack made an appointment soon after and was shocked when he was diagnosed with an aggressive form of prostate cancer.

Fortunately, Jack made a successful recovery. However, 10 years later at a routine check-up his doctor discovered that he had bladder cancer. After that challenge, as well as two episodes of skin cancer, Jack feels lucky to have survived three different types of cancer. "I certainly realize how short life can be-- I want to enjoy it and live life to the fullest."

After his first diagnosis, Jack wanted to find a way to stay in shape. He started using the gym at this school, and he's been going consistently since he started in 1986. Most weeks, Jack goes to the gym five days. He likes it so much that he genuinely misses it whenever he skips a few days.

"I've been able to stay very active and healthy throughout my years with cancer. Treatments slow me down, but I keep myself in good shape and I know I have been lucky, so nothing can stop me!"

Jack enjoys ballroom dancing and the Texas Two-Step. He likes it so much, he's even taught dance occasionally, both in Manhattan and on the many cruises he's taken during his summer vacations from school.

Jack recently retired to Florida with his wife, where he now enjoys staying active outdoors year-round. They have plenty to keep them busy when their children and grandchildren aren't visiting. Jack runs a cycling group and organizes rides each week that are 15-20 miles long, often along the old railroad beds near his home.

Relatives and friends frequently reach out to Jack when they or someone they love has been diagnosed with cancer. He likes to tell them it's not the end of the world. Jack also remembers the wise words of his teaching friend and says, "The earlier you get diagnosed and treated, the better. Follow what the doctor tells you, and don't skip your check-ups!"

"Cancer has motivated me--life can end anytime, so why sit around when you can be doing something to help inspire someone else?"

Volunteer Spotlight

Years ago BCCS nurse, Barbara Lane, used to come by my house and visit with my husband who was going thru lung cancer. I was working a 40 hour week job so I was very grateful she did that. Like I said, that was 27 years ago. When I retired 8 years ago I decided I could give back by helping with the newsletter. I enjoy the ladies and doing the newsletters.

Volunteer: Jo Ann Rumney

November is Pancreas Cancer Awareness month

Pancreas cancer

No one knows the exact causes of pancreatic cancer. Doctors can seldom explain why one person gets pancreatic cancer and others do not. However, it is clear that this disease is not contagious. No one can "catch" cancer from another person.

Research has shown that people with certain risk factors are more likely than others to develop pancreatic cancer.

Studies have found the following risk factors:

- Age - Most pancreatic cancers occur in people over the age of 60.
- Smoking - Cigarette smokers are two or three times more likely than nonsmokers to develop pancreatic cancer.
- Diabetes - Pancreatic cancer occurs more often in people who have diabetes than in people who do not.
- Being Male - More men than women are diagnosed with pancreatic cancer.
- Being African American - African Americans are more like than Asians, Hispanics, or whites to get pancreatic cancer.
- Family History - The risk for developing pancreatic cancer triples if a person's mother, father, sister or brother had the disease.





In Loving Memory

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

In Memory of Edna Mae Best

Robert Michalak, Niles
CMA Prayer Re-Riders Chemical Bank, St. Joseph
Darrell Adams, Keller, TX

In Memory of Ronald Brock

Nancy Hoskins, Mt. Carmel IL
Sandra O'Dell, Weeki Wachee FL
Ronald Fox, Benton Harbor
Randy & Donna Beyke, Mt. Carmel IL
Sue & Frank Combos, Granger IN
Kathleen Clark, Grand Rapids
Cathy Glenn Averill, St. Joseph
Mike Turner, Niles
Bret & Anne Rhea and Family, Williamsport IN
Andy & Amy Johnson & Family, West DesMoines IA

In Memory of Donald Diederich Jr.

John & Phyllis Wilk, Baroda
John Henry, South Haven
Ed & Jan Schadler, Berrien Springs
Mark & Jami Koebel, Berrien Springs
Fredrick Brown, Berrien Springs
Annette Chrisite, Watervliet
Carol Stockman, St. Joseph
Timothy & Lorraine Hanley, St. Joseph
Myron & Arlene Lockwitz, Stevensville
Forrest & Arlice Jewell, Benton Harbor
Christopher & Karen Hartman, St. Joseph
Linda Korrell, Benton Harbor
Bernice Tretheway, Stevensville
Jennie Crossman, Stevensville
Thomas & Carol Norbey, Stevensville
Pamela Bender, Stevensville
Janice Nemitz, St. Joseph
Gary & Linda Witkowski, Baroda
Robert Heyn, Baroda
Patsy Jane Hartzell, St Joseph

In Memory of Walter P. Jann

Patrice Rodkey, Westfield IN
Maribeth & Fred Casey, Chicago IL
Jeffery & Hope Eck, Osceola IN
Janye & Larry Hilfinger, Northville

In Memory of Bill Jones

Donald & Ann Finnefrock, Kalamazoo
Lorraine Eckert, Benton Harbor
Stephen & Rosalie Anzalone, St. Joseph
Debbie Jones, Coloma
Janet & Will Krastins, Broomfield CO
Ivelise Boynton, Benton Harbor
Great lakes Eye Care, P.C., St. Joseph
Barbara Lane, Benton Harbor
Mr. & Mrs. Mike Van Tieghem, St. Joseph
Dolores & Jeanette Fester, Benton Harbor
Sherry & Peter McGahey, Benton Harbor

In Memory of David Lundeen

Carolyn Corteville, Benton Harbor

In Memory of Richard O'Connor

Pat & Cindy Shepherd, Baroda

In Memory of Maxine Paschall

Fran Konya, St. Joseph

In Memory Of Janis Stevens

Sherri Baun, Stevensville
Dennis Wetter, Mukilteo, WA
Adrian (Keith) Stevens, St. Joseph
Elizabeth Jewell, Ann Arbor

In Memory of Ken Teske

Julie Nitz, Baroda

In Memory of Janet Tiefke

Fran Konya, St. 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.

Thought for the Day

It is unreasonable to expect others to listen to my advice and ignore my example

Looking Ahead

BCCS SUPPORT GROUP – Niles

November 20 – 1:30 pm
December 18 - 1:30 pm

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
November 8 - 5:30 pm
December 13 - 5:30 pm

CHILD & FAMILY SUPPORT GROUP Art Play Workshop

2nd Thursday at Marie Yeager Cancer Center
2nd Monday at the Buchanan Art Center
Visit www.bccancerservice.org or call
BCCS at 269-429-3281 for details

OSTOMY SUPPORT GROUP

Lakeland Regional Medical Center
November 8 – 6:00 pm
December 13 - 6:00 pm

DATES TO REMEMBER IN NOVEMBER 2018

November 1 - National Family Caregivers Day
November 4 - National Chicken Lady Day
November 6 - Election Day
November 8 - Dunces Day
November 10 - NET Cancer Awareness Day
November 13 - Random Acts of Kindness Day
November 14 - Loosen up, Lighten up Day
November 15 - World Pancreatic Cancer Day
November 17 - Homemade Bread Day
November 20 - Universal Children's Day
November 22 - THANKSGIVING DAY
November 27 - Rockefeller Christmas Tree Lighting
November 30 - Stay Home Because Your Well 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!



PARTNERS IN SURVIVAL™ WORKSHOP

Free Program for WOMEN diagnosed with cancer AND
the MEN who support them

Featuring Guest Speaker Marc Heyison

DATE: November 12, 2018

TIME: 5:00-6:00pm Registration and Dinner

6:00-6:30pm Presentation

6:30-7:30pm Workshop/Breakout Sessions

LOCATION: Marie Yeager Cancer Center 2nd Floor

3900 Hollywood Rd. St. Joseph, MI 49085

Empower Partners • Enhance Communication • Survive & Thrive
Break Out Sessions for ♂ Men Only & ♀ Women Only

The speaker, Mr. Heyison founded Men Against Breast Cancer in honor of his mother's experience with breast cancer in 1992. He made it his mission to educate and empower men to be effective caregivers to help families navigate the crisis of breast cancer together.

Men Against Breast Cancer (MABC) is a recognized national leader in care for the caregiver. Marc graduated from The George Washington University. He has published numerous books, is a former professional baseball player with the Baltimore Orioles, and lives in Maryland with his wife and daughter.

Space is limited. For more Information or to Register please call:

Shelley Wilkinson 269-556-2866 or swilkinson@lakelandhealth.org

