

THANK YOU to all BCCS Volunteers during the year 2013

In 2013 we had 114 volunteers who contributed at least 1,421 hours of service to our agency. The national average for the value of their services is \$22.14 an hour. Our volunteers helped by:

- ♥ Assembling our newsletters
- ♥ Assisting with Special Events:
 - Pennies for Patients™
 - Annual Bike Ride
 - Relay for Life Team
 - Open House / Quilt Raffle
- ♥ Assisting in our office with various tasks

National Volunteer Week is April 6-12, 2014. Volunteers help BCCS carry out our philosophy of people helping people. If you would like to join our Volunteer Circle of Friends, please call our office at 429-3281 or send us an e-mail at staff@bccancerservice.org.

If you see one of these special people, please take the time to shake their hand and thank them for their efforts on behalf of the 591 people helped through the Berrien County Cancer Service during 2013.



Thank you to all of our 2013 Volunteers!

Gloria Alis
Joseph Appelget
Alma Arent
Pat Beiermeister
*Linda Beushausen
Joyce Both
Claudia Brister
Kathy Burkett
*Dr. Fred Busse
Virginia Byers
Daniel Caagbay
Ellen Caagbay
Joyce Cable
Rebecca Carr
Bradley Church
Nancy Church
Nathan Church
Rene Church
Rod Church
Alice Davis
Connie Demler
Sue Desmet
*Joseph Dick
Marcia Ebanks
Carolyn Fanslau
Dolores Fester
Harriet Fester
Jeannette Fester
Judy Fogarty
Ester Gabriel
Char Gast
Don Gatchell
Shirley Gatchell
Jim Gillette
Norma Goldner
*Nancy Gothberg
Lee Green
Betty Hahn

*Sharon Hainer
Debbie Hansen
Kirk Hansen
Brenda Haueisen
*Darlene Joy Hawkins
Henrietta Hein
Lupe Hein
Doris Helm
Laverne Howard
Adam Karnik
Andrea Karnik
Kathy Karnik
Kelly Kellenberger
Bill Kerns
Bob Kerns
Nadine Kerns
Louise King
*Jerry Koch
Julie Koch
*Dr. Gerald Kozuh
Eleanor Krejci
Ofie Kuss
Helen Lacelle
Barbara Lane
Louise Lausman
Dora Leonard
*Mike Levi
Annie Lopez
Lindsey Ludens
Char Marko
John Maryanski
Michael Mason
Michelle Mbugua
Angela Moore
Elda Nelson
Emma Nelson
Rod Nelson
Ross Nelson

Dorothy Ott
Rachel Otte
Jo Parrish
Andy Pavlopoulos
Elle Pavlopoulos
George Pavlopoulos
Sam Pavlopoulos
Aaron Peppel
Karen Polstin
*JoAnn Pullen-Bruni
Beth Przybylinski
Stella Ratulowski
Raymond Reichert
Shirley Reichert
*Renee Reid-Smith
Lisa Reyes
Jo Ann Rumney
Bill Runkle
Linda Salverson
Gladys Sandera
Ken Schadler
Emily Small
*Jolita Allene Smith
Jeanne Spitzer
Mary Sundblad
Samantha Swartz
Charles Swain
Julia Swain
Heidi Tailey
John Tolhuizen
*Tim Trine
Deb Vliet
Michelle Voelker
Ashley Weber
Lauri Weber
*Cheryl Weise
Wanda Witkowski
Deb Wittmuss

*Board Members

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 free skilled home nursing services, equipment, information and supplies at cost for cancer patients and their families in Berrien County.



April 2014

(269) 429-3281

VOLUME XXIII

ISSUE IV

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.

April's Coming

I heard from April yesterday,
How welcome was her news!
She said she's planned a rainbow spring
Of delicate, pastel hues.

The earth will wear a grassy robe
Of polished, velvety green,
And trees will get a rain shampoo
To give their leaves a sheen

Soft blue and rosy hyacinths
And Golden Daffodils
Will grow in happy splendor
On all of April's hills.

Yes, I heard from April yesterday
I cannot tell you more,
But wait with me for spring time—
April has glory in store!
By Ann Poland



United Way
of Southwest Michigan

BCCS Bulletin Board

Calling all BCCS Volunteers!

National Volunteer Week is a time to celebrate people doing extraordinary things through service. This year it will be celebrated April 6-12, 2014. **Our 2nd annual Volunteer Appreciation Reception will be held Thursday, April 10, 2014 from 11 a.m. to 4 p.m. Come and join us for food and fun!**



Let's Support Ashley and Friends!

Come to the **Stevensville 4 Corners on Friday, April 11 from 5 – 8 p.m.** and meet our enthusiastic teen volunteers, Ashley Weber and her friends (corner of John Beers and Stevensville-Baroda Rd.). They will be there with their jars collecting donations for BCCS! So if you are out driving around, be sure to go through that intersection and support these young people who have a heart for those with cancer! You may have seen Ashley on a parade float; she is the former 2010 SW Michigan Preteen Queen and 2013 Blossom Time Teen Queen.

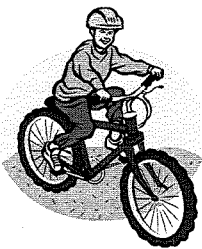
PENNIES FOR PATIENTS™

This year we will be celebrating our **25th Annual PENNIES FOR PATIENTS™ DAY!** Let's celebrate our silver anniversary with extra silver. **Come join us on Thursday, May 8, 2014.** Our office will be open from 6:00 a.m. until 6:00 p.m. so if you are an early bird or not, we have a time for you! Come and see the excitement of tens of thousands of pennies along with refreshments and fun. There will also be a Niles location on Main and 3rd Street from 12:00 – 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 **25th Annual PENNIES FOR PATIENTS™ DAY!**



Bike Ride

Our 19th annual Bike Ride through beautiful Southwestern Michigan will take place on **Sunday, June 22, 2014.** While it may be a little early to get your bike out, it is not too early to start planning or to register. **We are looking for volunteers to take our posters and brochures to the local businesses, photograph the riders as well as lending a helping hand on the day of the Bike Ride.** Call us at 269-429-3281 and if you can't ride a bike, find out how you can sponsor a rider for this fun event!



HAVE A STORY TO TELL?

bccancerservice.org

Our new website is up and running. One of the things we would like to add are some testimonies to how we help people. If you would like to tell about how BCCS has helped you, please email staff@bccancerservice.org or mail us your testimony along with a statement giving us permission to post it on our website as a testimony.

Newsletters available by email or online

If you would like to receive the email version of our newsletter, please send us an email at staff@bccancerservice.org. You may also view our newsletters on our website: www.bccancerservice.org. We are also happy to send it to you through the mail.

Stomach Cancer - Who Is at Risk?

People at elevated risk for gastric cancer include elderly patients with atrophic gastritis or pernicious anemia, patients with sporadic gastric adenomas, familial adenomatous polyposis, or hereditary nonpolyposis colon cancer, and immigrant ethnic populations from countries with high rates of gastric carcinoma. Workers in the rubber and coal industries are also at increased risk.

Risk factors for gastric cancer include the presence of precursor conditions such as chronic atrophic gastritis and intestinal metaplasia, pernicious anemia, and gastric adenomatous polyps. Genetic factors include a family history of gastric cancer, Li Fraumeni syndrome, and Type A blood type. Environmental factors include low consumption of fruits and vegetables; consumption of salted, smoked, or poorly preserved foods; cigarette smoking; and radiation exposure. Compared with the general population, people with duodenal ulcer disease may have a lower risk of gastric cancer.

Estimated new cases and deaths from stomach cancer in the United States in 2013:

New cases: 21,600 Deaths: 10,990

Cancer Cells

Cancer begins in cells, the building blocks that make up tissues. Tissues make up the stomach and other organs of the body. Normal cells grow and divide to form new cells as the body needs them. When normal cells grow old or get damaged, they die, and new cells take their place. Sometimes, this process goes wrong. New cells form when the body doesn't need them, and old or damaged cells don't die as they should. The buildup of extra cells often forms a mass of tissue called a growth, polyp, or tumor.

Tumors in the stomach can be benign (not cancer) or malignant (cancer). Benign tumors are not as harmful as malignant tumors:

Benign tumors:

- are rarely a threat to life
- can be removed and usually don't grow back
- don't invade the tissues around them
- don't spread to other parts of the body

Malignant tumors:

- may be a threat to life
- often can be removed but sometimes grow back
- can invade and damage nearby organs and tissues
- can spread to other parts of the body

Stomach cancer usually begins in cells in the inner layer of the stomach. Over time, the cancer may invade more

deeply into the stomach wall. A stomach tumor can grow through the stomach's outer layer into nearby organs, such as the liver, pancreas, esophagus, or intestine.

Stomach cancer cells can spread by breaking away from the original tumor. They enter blood vessels or lymph vessels, which branch into all the tissues of the body. The cancer cells may be found in lymph nodes near the stomach. The cancer cells may attach to other tissues and grow to form new tumors that may damage those tissues.

Symptoms

Early stomach cancer often does not cause symptoms. As the cancer grows, the most common symptoms are:

- Discomfort or pain in the stomach area
- Difficulty swallowing
- Nausea and vomiting
- Weight loss
- Feeling full or bloated after a small meal
- Vomiting blood or having blood in the stool

Most often, these symptoms are not due to cancer. Other health problems, such as an ulcer or infection, can cause the same symptoms. Anyone who has these symptoms should tell their doctor so that problems can be diagnosed and treated as early as possible.

Staging

If the biopsy shows that you have stomach cancer, your doctor needs to learn the stage (extent) of the disease to help you choose the best treatment.

Staging is a careful attempt to find out the following:

- How deeply the tumor invades the wall of the stomach
- Whether the stomach tumor has invaded nearby tissues
- Whether the cancer has spread and, if so, to what parts of the body.

Treatment

The choice of treatment depends mainly on the size and location of the tumor, the stage of disease, and your general health.

Treatment for stomach cancer may involve surgery, chemotherapy, or radiation therapy. You'll probably receive more than one type of treatment. For example, chemotherapy may be given before or after surgery. It's often given at the same time as radiation therapy.

Via: National Cancer Institute, NCI.gov.

In Loving Memory

During February 2014, Memorial Donations were generously made by and for the following people:

In Memory of Barbara Armstrong

Donald Miller, Green Valley AZ

In Memory of Lisa Marie Daniel

Paula Ludwig, St. Joseph
Judith Sinclair, Hartford
Joanna Livieratos, Grand Junction
Howard & Mona Karst, Hampstead, MD
Ann Marie Marlow, St. Joseph
Lori Carlson, Coloma
Carla Jones, Fairview, WV
Jami Jacobs, Coloma
Amy Nickel, Lake Havasu City, AZ
Janet Sieber, Delphi, IN
Debra & Peter Olsen, Coloma
Elsie Knight, Yuma, AZ
Bonny & Joe Barrett, Coloma
Coloma Education Association

In Memory of Valerie J. Gelder

Donald Richmond, St. Joseph

In Memory of Brian Holt

Chris Marzke, St. Joseph
John Proos, St. Joseph
David Nick, Alpharetta, GA

In Memory of Frances Shuck Laughlin

John Salnoske, Benton Harbor
Marilyn Lomonaco, St. Joseph

In Memory of Rose Roberts

Norm Sauser, St. Joseph

In Memory of Marjean Sauser

Betty Appel, St. Joseph
Audrey Elsner, Benton Harbor
Norm Sauser, St. Joseph

In Memory of Sandy Williams

Marjorie Polfus, 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 Today

No pessimist ever discovered the secrets of the stars,
or sailed to an uncharted land,
or opened a new heaven to the human spirit.

Helen Keller

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

April 1 & 15 - 1:30 p.m.

May 6 & 20 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

April 8 & 22 - 1:30 p.m.

May 13 & 27 – 1:30 p.m.

OSTOMY SUPPORT GROUP – Stevensville

April 15 - 1:30 p.m.

May 20 – 1:30 P.M.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

April 10 - 5:30 p.m.

May 8 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

April 10 – 6:00 p.m.

May 8 – 6:00 p.m.

DATES TO REMEMBER IN APRIL

April 1 – April Fools Day

April 2 – National Day of Hope

April 4 – National D.A.R.E. Day

April 6 – Hostess Twinkie Day

April 7 – No Housework Day

April 10 – ASPCA Day

April 11 – World Parkinson's Disease Day

April 14 - International Moment of Laughter Day

April 15 – Income Tax Pay Day

April 18 - National Wear Your Pajamas to Work Day

April 20 – **Easter!**

April 25 – Arbor Day

April 26 – National Go Birding Day

April 29 International Dance Day

April 30 – National Honesty Day

Please Consider...

Berrien County Cancer Service, Inc., is a non-profit organization funded primarily by the 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 _____

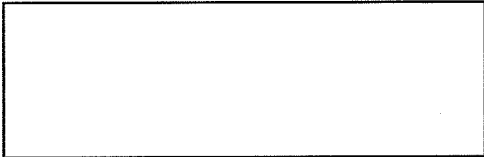
Thank you for your generosity!

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. 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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Susan Lerke, R.N.	Ellen Caagbay, R.N.

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Claudia Brister (Office Manager)
Julie Koch (Accountant)
Henrietta Hein (Newsletter)

CANCER SUPPORT GROUP – Stevensville Office
1st and 3rd 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
2nd 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
2nd and 4th Tuesday of each month – 1:30 p.m.
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.
Lakeland Regional Medical Center
Community Room
1234 Napier Ave.
St. Joseph, MI 49085
Phone: (269) 983-8804