

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



February 2017

(269) 429-3281

VOLUME XXIV

ISSUE II

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.



Life's Little Gifts



Sometimes life brings a lamp of gold
And puts it in our hands to hold,
Somethimes she brings a step toward fame
And leaves it somewhere near our name.

Sometimes she brings true love to share
With someone who was waiting there,
Sometimes she brings strength anew
To finish tasks that we must do.

But the greatest of the gifts she brings
Is a heart within that always sings,
No matter what its fate may be
A heart that's glad, a heart that's free.

A heart that knows if raindrops fall
The marigold will then grow tall,
A heart that takes what comes each day
And makes the most of it some way.

Content to feel a higher power
Rules over every single hour,
A heart that knows as time goes by
It must not ask just how or why.

When Life walks swiftly by its doors
And gives a fellow traveler more,
A heart that knows some good shall come
Not as it seems to come to some,
But slowly surely from above
In God's own time by his own love!

Author Mrs. David Covington



Happy Valentine's Day!



BCCS Bulletin Board

Direct Thrivent Choice Dollars

If you are a Thrivent Financial member, don't forget to direct Thrivent Choice Dollars®. Grant funding from Thrivent Financial through its Thrivent Choice® program can help support organizations you care about. Don't let designated Choice Dollars expire! Eligible Thrivent

Financial members who have been designated Choice Dollars have until March 31, 2017 to direct any remaining 2016 Choice Dollars. The Berrien County Cancer Service, Inc. is an approved to receive Choice Dollars. Go to Thrivent.com/thriventchoice to learn more and find program terms and conditions. Or call 800-847-4836 and say "Thrivent Choice" after the prompt.



THE BERRIEN COMMUNITY FOUNDATION

The Berrien County Cancer Service would like to thank the Berrien Community Foundation for providing us with an \$8,000 grant this year. This grant is applied to the mileage expenses for our nurses who care for cancer patients in their home. We are very grateful for the Berrien Community Foundation whose grants support many local nonprofit agencies. We appreciate our generous community that enables us to support those with cancer and related illnesses here in Southwest Michigan.



IT'S NOT TOO EARLY TO START COLLECTING PENNIES!



Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$464,085.05! Fortunately, this has not all come as "pennies". When bringing your pennies in, remember, we love silver and green paper pennies also! As we celebrate our **28th Annual PENNIES FOR PATIENTS™ DAY**, let's pass up last year's total of \$22,017.32. **Come join us in May 11, 2017** any time between 6:00 a.m. and 6:00 p.m., so if you're an early bird or not, we have a time for you! Come and see the excitement 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 **28th Annual PENNIES FOR PATIENTS DAY!**

Let it Snow, Let it Snow, Let it Snow

The BCCS office may be closed for snow days during inclement weather. So if it is snowing, please call us first at 269-429-3281 prior to coming to the office to make sure that we are open. On the days that the office is closed, the answering machine will be checked periodically. If you have a medical emergency, please call 911. Our nurses will notify their patients regarding home visits. Often the nurses will make patient visits a day early if they know that a snow storm is coming.



ART PLAY WORKSHOPS



Our new schedule and the registration for the 2017 Art Play Workshops are in our website at www.bccancerservice.org. These art workshops are for children who are impacted by cancer and are designed to encourage expression of feelings. 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 the family call 269-429-3281.

Getting Help for Depression.

Depression can be treated. Below are common signs of depression. If you have any of the following signs for more than 2 weeks, talk to your doctor about treatment. Be aware that some of these symptoms could be due to physical problems, so it's important to talk about them with your doctor.

Emotional Signs:

- Feelings of sadness that don't go away
- Feeling emotionally numb
- Feeling nervous or shaky
- Having a sense of guilt or feeling unworthy
- Feeling helpless or hopeless, as if life has no meaning
- Feeling short-tempered, moody
- Having a hard time concentrating, feeling scatterbrained
- Crying for long periods of time or many times each day
- Focusing on worries and problems
- No interest in the hobbies and activities you used to enjoy
- Finding it hard to enjoy everyday things, such as food or being with family and friends
- Thinking about hurting yourself
- Thoughts about killing yourself

Body changes:

- Unintended weight gain or loss not due to illness or treatment
- Sleep problems, such as not being able to sleep, having nightmares, or sleeping too much
- Racing heart, dry mouth, increased perspiration, upset stomach, diarrhea
- Changes in energy level
- Fatigue that doesn't go away
- Headaches, other aches and pains

If your doctor thinks that you suffer from depression, he or she may give you medicine to help you feel less tense. Or, he or she refer you to other experts. Don't feel that you should have to control these feelings on your own. Getting the help you need is important for your life and your health.

Guilt

If you feel guilty, know that many people with cancer feel this way. You may blame yourself for upsetting the people you love, or worry that you're a burden in some way. Or, you may envy other people's good health and be ashamed of this feeling. You might even blame yourself for lifestyle choices that you think could have led to your cancer.

These feeling are all very common. It may help you to share them with someone. Let your doctor know if you would like to talk with a counselor or go to a support group.

When I start to feel guilty that I caused my illness, I think of how little kids get cancer. That makes me realize that cancer can just happen. It isn't my fault.

Becky

Coping With Anger

Anger is a common feeling for many people living with cancer. It is often one of the first emotional reactions a person has to a cancer diagnosis. But it can develop at any time throughout treatment and survivorship.

A person living with cancer may feel anger about the way cancer has disrupted his or her life. He or she may be angry about the way family members and friends reacted to the diagnosis. Many people also wonder "Why me?", which can lead to feeling angry and frustrated. Cancer symptoms can make the happiest people feel angry at times.

In Loving Memory

During December 2016, Memorial Donations were generously made by and for the following people:

In Memory of Raymond Cheek

Linda Cheek, St. Joseph

In Memory of Irene Czajkowski

Barbara Klein, St. Joseph

In Memory of Milton De Zwaan

Barb Hosteter, Hudsonville

In Memory Gaylen Foster

Connie Foster, Stevensville

In Memory of Ronald Germain

Wendy Lozeau, Bridgman

Otis Watkins, Sawyer

In Memory of Winifred Hatfield

Children's Ministries Immanuel Lutheran,
Bridgman

Jeffery & Sharon Siegel, Benton Harbor

In Memory of Peggy Kaiser

Joan Clausen, Berrien Springs

In Memory of DiGe Kolberg

Michael & Valari Regan, Berrien Springs

In Memory of Dorothy Kolberg

Susan & Richard Russell, St. Joseph

In Memory of Ethel Jeanne Phillips

Kathleen Karnik, St. Joseph

Charles & Donna Schiman, Stevensville

In Memory of Edward Allen Rousselle

Courtney Rousselle, St. Joseph

In Memory of Bruce Temple

Ann Temple, Elyria OH

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

We need to learn to be still in
The midst of activity and to be
Vibrantly alive in repose.

Gandhi



“Like” us on Facebook: Berrien County Cancer Service, Inc.

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

February 7 – 1:30 p.m.

March 7 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

February 21- 1:30 p.m.

March 21 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

February 9 – 5:30 p.m.

March 9 – 5:50 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

February 9 – 6:00 p.m.

March 9 – 6:00 p.m.

DATES TO REMEMBER IN FEBRUARY 2017

February 1 – Spunky Old Broads Day

February 2 – Ground Hogs Day

February 4 – World Cancer Day

February 6 – Lame Duck Day

February 9 – National Stop Bullying Day

February 11 – Stress Awareness Day

February 13 – Clean Out Your Computer Day

February 14 – VALENTINE'S DAY!

February 17 – World Human Spirit Day

February 20 – President's Day

February 23 – National Dog Biscuit Day

February 25 – Open That Bottle Night

February 26 – World Pistachio Day

February 29 – LEAP YEAR 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 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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OFFICE STAFF:

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Mantissa Schuler (Admin. Assistant)
Henrietta Hein (Office Clerk)

CANCER SUPPORT GROUP – Stevensville Office

1st 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

3rd 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

Printing Courtesy of Lakeland Community Benefit