

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.



October 2018

(269) 429-3281

VOLUME XXV

ISSUE X

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.

October



O hush October morning mild,
thy leaves have ripened to the fall;
tomorrow's wind, if it be wild,
should waste them all.
The crows above the forest call;
tomorrow they may form and go.

O hush October morning mild,
begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled;
beguile us in the way you know.

Release us in the way you know.
Release one leaf at break of day;
at noon release another leaf;
one from our trees, one far away.
Retard the sun with gentle mist;
and chant the land with amethyst.
Slow, slow!

For the grapes' sake, if they were all,
whose leaves already are burnt with frost,
whose cluster fruit must else be lost—
For the grapes' sake along the wall.

Robert Frost

BCCS Bulletin Board

BERRIEN COUNTY CANCER SERVICE HAS MOVED!

Berrien County Cancer Service is excited to announce our move; our office and loan closet has relocated to the second floor at the Marie Yeager Cancer Center, 3900 Hollywood Rd., St. Joseph, MI.

Benefits include:

- Improved awareness and accessibility to programs and services for cancer patients and their families.
- Expanded space for the resources in our loan closet.
- For those with non-cancer diagnoses, borrowing durable medical equipment for short term use based on availability.

Please return all borrowed durable medical equipment items to the very back (north end) of Van's Medical Equipment of Lakeland located at 323 W. Glenlord Rd., St. Joseph. A huge "Thank You" to Van's for cleaning all of our borrowed medical equipment!

We accept the following donated items:

- Gently used Durable Medical Equipment (wheelchairs, walkers, shower chairs, commodes, canes, etc.)
- The following items in un-opened packages: bed pads, pull-ups, diapers, insert pads and dressing items.
- Nutrition – Boost, Ensure, etc.
- Wigs, wig products, turbans, scarfs and hats.
- Post mastectomy bras and prosthesis.
- Continence care products including colostomy and urostomy items.

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

ART FESTIVAL



On Wednesday, October 24th from 5:30 – 8:00 pm at the Box Factory for the Arts, please join us for an enjoyable evening strolling through the beautiful art objects that children have created while taking part in our "Art Play Workshops" this year. Come talk with the children and their families that have benefited from this program about their experiences and art pieces along with our talented artists, volunteers, and staff. Joining us will be Jenni Bush, a professional face painter as well as interactive art projects, refreshments, and live music by John Tolhuizen to make your evening memorable. Come and learn about and experience the benefits of art as a means of expressing feelings. The Box Factory for the Arts is located at 1101 Broad Street, St. Joseph, MI. Come support these children and families of Berrien County. You may call us for more information at 269-429-3281 or on our website at: <http://www.bccancerservice.org/events/art-festival>.

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:

- **Lighthouse Attic, Inc – Donation**
- **Corvette Coventry of SW Michigan – Annual Fundraiser**

ART PLAY WORKSHOPS

Thursday – October 11th and November 8th at Marie Yeager Cancer Center from 5:30-7:00 pm

Monday – October 8th and November 12th 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 or our FB page: Berrien County Cancer Service, Inc.

Paul's Story

"I try not to focus on my problems. I try to focus on other people's problems." That's how Paul describes his approach to dealing with cancer. In fact, helping others is how Paul approaches his whole life, not just his cancer. It's what you might expect from someone who has spent years caring for others as an emergency room (ER) technician, a girls basketball coach and a homeless shelter volunteer.

"I'm going to fight with all the strength that I have, because that's all I can do and that's the type of person I am".

In December 2014, after experiencing persistent coughing and shortness of breath, Paul underwent a CT scan that revealed a large mass on his lung. The diagnosis was Stage IV lung cancer. As an athletic person who never smoked, Paul was shocked.

The day his doctor delivered the news, Paul found himself alone in the exam room while his wife stepped out to make a phone call. Fear and doubt crept in, and Paul wondered what his future would hold.

But he didn't stay in that mindset for long. He soon transformed his fears into actionable, positive affirmations about how he would continue serving others. He also felt grateful for his care team, which included some of the doctors and nurses he'd worked with as a technician in the ER.

"Coaching, my care team, my family and my kids keep me going. I wouldn't have made it this far without them".

Paul credits his strong faith in God and his dedication to serving others for his peaceful resolve in the face of cancer. He is also deeply grateful for his family. Every Friday morning, his wife and two young children welcome him home after his chemotherapy treatment. And by Friday evening, he is out coaching his basketball team. Though he has yet to make adjustments to his daily routines, his relationships with others give him focus and strength.

Paul stays positive by embracing what he can do, instead of focusing on what cancer has taken away. He continues to do what he loves most: caring for others. With that in mind, he always has a reason to get up in the morning to fight another day. "I'm still going to do all the things that I want to do, even with cancer".

***October is Breast Cancer and Liver Cancer Awareness month.**

Survivorship

There are millions of adults and children in the United States who are cancer survivors. Many say that they felt they had lots of support during their treatment, but once it ended it was hard to make a transition to a new way of life. It was like entering a whole new world where they had to adjust to new feelings, new problems and different ways of looking at the world.

The end of cancer treatment is often a time to rejoice. Most likely you're relieved to be finished with the demands of treatment. You may be ready to put the experience behind you and have life return to the way it used to be. Yet at the same time, you may feel sad and worried. It can take time to recover. And it's very common to be thinking about whether the cancer will come back and what happens now. Often this time is called adjusting to a "new normal." You will have many different feelings during this time.

One of the hardest things after treatment is not knowing what happens next. Those who have gone through cancer treatment describe the first few months as a time of change. It's not so much "getting back to normal" as it is finding out what's normal for you now. People often say that life has new meaning or that they look at things differently.

Your new normal may include:

- Making changes in the way you eat and the things you do.
- New or different sources of support
- Not being able to do some things you used to do more easily
- Emotional scars from going through so much.

You may see yourself in a different way, or find that others think of you differently now. Whatever your new normal may be, give yourself time to adapt to the changes. Take it one day at a time.



In Loving Memory

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

In Memory of Michael William Beilman

Barbara Klein, St. Joseph

In Memory of David Berner

Leyland Ruggeberg, Grand Mound IA
Solon State Bank, Tiffin IA
Frances O'Sullivan, Buchanan
Cherry Hill Home Assn
Steve & Brenda Ickes, Union Pier
Bonnie & Don Dhamer, Schaumburg IL
Mark Filippini, Hainesville IL
Nanette Melligan, Schaumburg IL
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Brian Ruggeberg, Huntington NY
Wayne Berner, Cana Winchester OH
Aimee Bachert, Bloomington MN
Steve Buchenot, Bordentown NJ
Vida Giniotis, Three Oaks

In Memory of James Horton

Mr. & Mrs. Ray Gough, Kalamazoo
Mr. & Mrs. Bob Hale, Kokomo IN
Joan Aalfs, St. Joseph
Robert Whitaker, Coloma
Ann & Thomas Frakes, Bridgman

In Memory of James Horton (con't)

Diane & T.A. Buczwinski, St. Joseph
Inge Longpre, Stevensville
Richard & Jean Graebel, Stevensville
Donald & Norma Goldner, Eau Claire
Joyce Stockman, St. Joseph
Linda Korrell, Benton Harbor
Eugene Herrman Jr. & Family, Bridgman

In Memory of Rich O'Connor

Jim & Sue Barricklow, Stevensville

In Memory of Grant "Bud" Stauffer Jr.

Jeff Hood, Chesterton IN
Roger & Marsha DePoy, Niles
Lori Elfaisal, Raleigh NC

In Memory of Mark Waaso

The Trust of Hannah Noble, Three Oaks
Juanita Blosser, Bridgman

In Memory of Robert "Bob" Widdis

Ruth & Allen Shuler, Baroda
RAMBO INC., Bridgman

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

Thank you for reminding me that others walk uphill just as I do.
How often I forget and think that I walk hardship's path alone. Amen

Looking Ahead

BCCS SUPPORT GROUP – Niles

October 16 – 1:30 pm
November 20 – 1:30 pm

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
October 11 – 5:30 pm
November 8 - 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
October 11 – 6:00 pm
November 8 – 6:00 pm

DATES TO REMEMBER IN OCTOBER 2018

October 1 – Child Health Day
October 4 – Improve Your Office Day
October 7 – National Forgiveness Day
October 10 - Bulling Prevention Day
October 13 – Metastatic Breast Cancer Day
October 18 – National Chocolate Cupcake Day
October 19 – Mammography Day
October 22 – National Nut Day
October 24 – United Nations Day
October 26 – National Day of the Deployed
October 27 – Make a Difference Day
October 30 – National Candy Corn Day
October 31 – Halloween

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!**

Berrien County Cancer Service, Inc.
3900 Hollywood Road
St. Joseph, MI 49085

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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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RETURN SERVICE REQUESTED



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Debra Hansen, R.N.	

OFFICE STAFF:

Claudia Brister.....Office Manager
Henrietta Hein.....Office Clerk
Sarah Rodgers.....Admin Assistant

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
(269) 983-8804

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

