

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



April 2016

(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.

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THE GIFT OF SPRING



Spring arrived the other day
And called the sunbeams out to play.
She scattered showers on the earth
So barren soil could give a new birth.
She tiptoed through the flower beds
And gently kissed each sleepy head,
The flowers glistened in the sun
As colors bold she gave each one.
She chose for willows, chartreuse gowns,
And daffodils, bright golden crowns,
Then placed a robin in our tree
So he could sing for you and me.
Her magic wand she used with skill
Then scampered off across the hill.
Our Father God, to Thee we sing
Sweet praises for your gift of Spring.

D. L. Zeigler



United Way
of Southwest Michigan

BCCS Bulletin Board

“CANCER IS NOT TRIVIAL” FUNDRAISER

An exciting new fundraiser consisting of a Trivial Contest will be held April 16 at 7 p.m. at the St. Joe Kicker’s Club. All of the information you need to know is on the yellow sheet that came with this newsletter. You can participate in a variety of ways by: 1) joining a team; 2) being a sponsor; 3) donating an item for auction; 4) coming and enjoying an evening of fun. All proceeds from this event will go directly to the Berrien County Cancer Service.

Bottoms up for a Cure Pub Run

Team “Lucky Charms” is hosting the 6th Annual Pub Run with 98.3 The Coast as the Event Sponsor. This will take place on Saturday, April 30th from 1:00 p.m.-5:00 p.m. to benefit the Berrien County Cancer Service. Online registration is at www.radiosupersaver.com or at 98.3 The Coast – A Mid-West Family Broadcasting Station, 580 E. Napier Ave., Benton Harbor, MI 49022. Race route and registrations begin at 11:00 a.m. at Babe’s Lounge, 565 Riverview Drive, Benton Harbor. Cost is \$22.00 by April 21th and includes a t-shirt. Day of event registration is \$25.00, however T-shirts may not be available that day. Included in this fun-filled day is a silent auction and 50/50 raffle. Questions? Call Aimee Foster at 269-930-2580 or email her at msufoster@yahoo.com. Find more information on Facebook- Search for 6th Annual “Bottoms Up for a Cure” Pub Run .

ART PLAY WORKSHOPS

Our new schedule and the registration for the 2016 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. Our facebook page has fun-filled photos of the workshops – check it out at Berrien County Cancer Service, Inc. 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 and speak with Renee’ or Nancy regarding our Art Play Workshops.



PENNIES FOR PATIENTS – PENNY AUCTION!

Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$442,067.73! Fortunately, this has not all come as “pennies”. The year of the most pennies was 2002 when 13,000 pennies arrived. When bringing your pennies in, remember, we love silver and green paper pennies also! As we celebrate our **27th Annual PENNIES FOR PATIENTS™ DAY**, let’s pass up last year’s total of \$19,201.69. **Come join us on Thursday, May 5, 2016** any time between 6:00 a.m. and 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 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 **27th Annual PENNIES FOR PATIENTS DAY!**



Are you a penny collector? We will be having an auction of 1,994 wheat back pennies and 6 silver pennies (total 2,000 pennies!). Our starting bid is \$30.00, so beginning today, call in your bid to our office at 269-429-3281. The auction will end at 6:00 p.m. on Pennies for Patients Day.

What is psychological stress?

Psychological stress describes what people feel when they are under mental, physical, or emotional pressure. Although it is normal to experience some psychological stress from time to time, people who experience high levels of psychological stress or who experience it repeatedly over a long period of time may develop health problems (mental and/or physical).

Stress can be caused both by daily responsibilities and routine events, as well as by more unusual events, such as a trauma or illness in oneself or a close family member. When people feel that they are unable to manage or control changes caused by cancer or normal life activities, they are in distress. Distress has been increasingly recognized as a factor that can reduce the quality of life of cancer patients. There is even some evidence that extreme distress is associated with poorer clinical outcomes. Clinical guidelines are available to help doctors and nurses assess levels of distress and help patients manage it.

How does the body respond during stress?

The body responds to physical, mental, or emotional pressure by releasing stress hormones (such as epinephrine and norepinephrine) that increase blood pressure, speed heart rate, and raise blood sugar levels. These changes help a person act with greater strength and speed to escape a perceived threat.

Research has shown that people who experience intense and long-term (i.e. chronic) stress can have digestive problems, fertility problems, urinary problems, and weakened immune system. People who experience chronic stress are also more prone to viral infections such as the flu common cold and to have headaches, sleep trouble, depression, and anxiety.

How can people who have cancer learn to cope with psychological stress?

Emotional and social support can help patients learn to cope with psychological stress. Such

support can reduce levels of depression, anxiety, and disease- and treatment-related symptoms among patients.

Some expert organizations recommend that all cancer patients be screened for distress early in the course of treatment. A number also recommend re-screening at critical points along the course of care. Health care providers can use a variety of screening tools, such as a distress scale or questionnaire, to gauge whether cancer patients need help managing their emotions or with other practical concerns. Patients who show moderate to severe distress are typically referred to appropriate resources, such as a clinical health psychologist, social worker, chaplain, or psychiatrist.

Can psychological stress cause cancer?

Although stress can cause a number of physical health problems, the evidence that it can cause cancer is weak. Some studies have indicated a link between various psychological factors and an increased risk of developing cancer, but others have not.

Apparent links between psychological stress and cancer could arise in several ways. For example, people under stress may develop certain behaviors, such as smoking, overeating, or drinking alcohol, which increase a person's risk for cancer. Or someone who has a relative with cancer may have a higher risk for cancer because of the stress induced by the family member's diagnosis.

Via: NCI.gov, National Cancer Institute

Art Therapy for Cancer Patients

Focusing on painting is living only in the moment. It is actually telling the brain that we are engrossed in the present task at hand and not in worry/ anxiety. This way the mind receives only positive messages which in turn change the hormones & cells which are essential to one's recovery.

In Loving Memory

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

In Memory of Dale Baker

Marie Kangas, Buchanan

In Memory of Trudy Berndt

Barbara Lane, Benton Harbor

In Memory of Juanita Birdyshaw

Christie Lehmann, Bloomfield Hills

John Fellows, Shelby Twp.

Paul Rand, Shelby Twp.

In Memory of Bruce Buck

Pat & Bob Coons, Niles

In Memory of Robert Caulpetzer

Barbara Stover, Berrien Springs

In Memory of Valerie Gelder

Donald Richmond, St. Joseph

In Memory Mary Martorano

Keith & Christine Kolberg, St. Joseph

LeValley Chevrolet Buick GMC Truck

Joseph & Roselyn Sax, Fort Meyers FL

Izabella & Henry Gajewski, Benton Harbor

Elsa Elsner, St. Joseph

In Memory of Edna Pelkey

Marietta DeMorrow, Benton Harbor

Ron Pat Collins, Homer Glen IL

Ann Smith, Galva IL

In Memory of Edna Pelkey (con't)

Barbara Lane, Benton Harbor

Melanie Snay, Delanson

In Memory of L. Michael Renfro

Carol Momany, Benton Harbor

In Memory of Dave Resch

Kathy Karnik, St. Joseph

Barbara Lane, Benton Harbor

Edward & Georgianna Conrad, Niles

Michael & Claudia Hanley, St. Joseph

Doris Tippett, St. Joseph

Anne Dailey, Lake Geneva WI

Shirley Meyerhofer, Lake Geneva WI

Ellen Kummerl, Dowagiac

Joe & Sue Lodyga, Fort Meyers FL

Passaro, Kahne & Taylor Law Off.

Gordon & Niki Schreiber, St. Joseph

Ronald & Jeri Golba, St. Joseph

Jim & Caryl Meister, St. Joseph

Judith Fowler, St. Joseph

Joan Gleiss, St. Joseph

Kathryn Welch, Benton Harbor

Beatrice Starke, St. Joseph

In Memory of David Snodgrass

Bob & Anita Flippo, St. Joseph

Sandy Snodgrass, Stevensville

Mr. & Mrs Larry Kanous, Galien

Lakeland Radiology, St. Joseph

In Memory of Shirley Stewart

Shirley Johnson, 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

Nobody has any right to find life uninteresting or unrewarding who sees within the sphere of his own activity a wrong he can help to remedy, or within himself an evil he can hope to overcome.

Charles H. Eliot



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

April 5 – 1:30 p.m.

May 3 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

April 19 – 1:30 p.m.

May 17 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

April 14 – 5:30 p.m.

May 12 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

April 14 – 6:00 p.m.

May 12 – 6:00 p.m.

DATES TO REMEMBER IN APRIL 2016

April 1 – April Fool's Day

April 3 – Don't go to Work Unless It's Fun Day

April 6- Hostess Twinkie Day

April 7 – No House Work Day

April 9 – National Cherish an Antique Day

April 10 – National Farm Animals Day

April 12 – National Library Day

April 15 – National Tax Pay Day

April 16 – National Wear Your Pajamas to Work Day

April 18 – National Lineman Appreciation Day

April 21 – National Chocolate-Covered Cashews Day

April 23 – National Dance Day

April 24 – World Meningitis Day

April 26 – National Kids and Pets Day

April 27 – National Little Pampered Dog Day

April 29 "Peace" Rose Day

April 30 – Adopt a Shelter Pet 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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Henrietta Hein (Newsletter)
Reneé Reid-Smith (Community Liaison)

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