

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



July 2016

(269) 429-3281

VOLUME XXIII

ISSUE VII

The **BERRIEN COUNTY CANCER SUPPORT GROUPS**
are groups 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.

.....

The Flower of Liberty

What flower is this that greets the morn,
Its hues from Heaven so freshly born?
With burning star and flaming band
It kindles all the sunset land;
O tell us what its name may be---
Is this the Flower of Liberty?
It is the banner of the free,
The starry Flower of Liberty.

In savage nature's far abode
Its tender seed our fathers sowed;
The storm-winds rocked its swelling bud;
Its opening leaves were streaked with blood,
Till lo! Earth's tyrants shook to see
The full-blown Flower of Liberty!
Then hail the banner of the free,
The starry Flower of Liberty.

Behold its streaming rays unite,
One mingling flood of braided light—
The red that fires the southern rose,
With spotless white from northern shows,

And, spangled o'er its azure, see
The sister Stars of Liberty
Then hail the banner of the free,
The starry Flower of Liberty!

The blades of heroes fence it round;
Where'er it springs is holy ground;
From tower and dome its glories spread;
It waves where lonely sentries tread;
It makes the land as ocean free,
And plants an empire on the sea!
Then hail the banner of the free,
The starry Flower of Liberty.

Thy sacred leaves, fair Freedom's flower,
Shall ever float on dome and tower,
To all their heavenly colors true,
In blackening frost or crimson dew—
And God love us as we love thee,
Thrice holy Flower of Liberty!
Then hail the banner of the free,
The starry Flower of Liberty.



BCCS Bulletin Board

PENNIES FOR PATIENTS



A HUGE THANK YOU!!!! To everyone who participated in our Pennies for Patients Day. As was noted on the first page, the total was a whopping \$22,017.32! That is nearly \$2,000 more than last year. We appreciate everyone who participated and saved their pennies, nickels, dimes, quarters, and dollars. It is not too early to start collecting for next year. Remember, all the proceeds stay local to help those with cancer and related illnesses in our community. "As a nurse who has been with BCCS for 27 years, I have often heard my patients' say, 'I don't know what I would do without you'". Connie, R.N. Thank you for making a difference in the lives of those here in beautiful Southwest Michigan!

Art Play Workshops

We are excited to announce our new set schedule for Art Play Workshops between now and November.

- Every 2nd Monday of the month from 4:30-5:30 pm there is a clay session with Cathy Tapia.
 - July 11 & August 8
- Every 2nd Thursday of the month from 5:30-7:00 pm there is a varied session with Art Therapist, Holly Garces at the Marie Yeager Cancer Center in conjunction with the Rainbows of Hope Cancer Support Group.
 - July 14 & August 11

The schedule and the registration are on 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 (current or previously) or who is a stable pediatric cancer patient, please have the family call 269-429-3281 and speak with Renee' or Nancy regarding our Art Play Workshops.



BIKE RIDE

We know that some of you have been asking about our Annual Bike Ride which we have had for 20 years. While the Bike Ride has been a lot of fun, we are sad to announce that we are discontinuing the Bike Ride Fundraiser. This has been a difficult decision with many variables to consider such as safety, oversaturation of bike ride and 5K fundraisers, lack of growth, and need for mission focus. In its place, we will be creating an art festival/gala fundraiser in the fall based on our therapeutic art program. We were excited about the community's response to our art festival last year and feel that we will be able to more clearly align our mission of caring with the art festival. If you are interested in being part of the planning committee for this art festival and new fundraiser, please call Nancy at 269-429-3281. We would love to have you join us in the planning phases to make this a success!



A New Normal

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
- Permanent scars on your body
- Not be 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.

I had unrealistic expectations of wellness at first. I had to learn to take things slowly and understand that healing would take time. Robin

Coping with Fear of Cancer Recurrence

When cancer treatment is over, patients are often faced with mixed emotions. While there is happiness and relief that come with the end of treatment, survivors may also feel fear and anxiety. Probably the most common fear is that the cancer will come back (a cancer recurrence).

Sometimes I feel like I have a dark cloud hanging over my head. Simon

Fear of recurrence is normal and often lessens over time. However, even years after treatment, some events may cause you to become worried. Follow-up visits, certain, certain symptoms, the illness of a

loved one, or the anniversary date of the date you were diagnosed can all trigger concerns.

One step you can take is to be informed. Understand what you can do for your health now, and find out about the services available to you. Doing so can give you a greater sense of control.

Even though you can't control whether or not your cancer recurs, there are steps you can take to help cope with your fears.

Take care of your mind and body

Even though you can't control whether or not your cancer recurs, you can use your energy to focus on wellness and manage stress. Here are some things you can do to take care of your mind and body:

- Find ways to help yourself relax. Relaxation exercises have been proven to help people with stress and may help you relax when you feel worried. Meditation and yoga also help reduce stress.
- Talk to others. Sharing your feelings with friends and family may help you feel better and realize that you're not alone. You can also join a support group to talk to others who are having the same fears.
- Exercise. Moderate exercise (examples: walking, biking, swimming) can help reduce anxiety and depression. It also may improve your mood and boost your self-esteem.
- Eat a healthy diet. Talk to a dietician or nutritionist about the foods you should eat to stay healthy and maintain your strength.
- Write your feelings down. It may help to express your feelings by writing a journal or a notebook. Many people find that getting their thoughts on paper helps them to let go of worries and fears.
- Seek comfort from spirituality. Many survivors have found their faith, religion, or sense of spirituality to be a source of strength.
- Give back. Some people like to channel their energy by volunteering and helping others. Being productive in this way gives them a sense of meaning and lets them turn their attention on others.
- Take part in clubs, classes, or social gatherings. Getting out of the house may help you focus on other things besides cancer and the worries it brings.

In Loving Memory

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

In Memory of Trudy (Gertrude) Berndt

Loren Berndt, Bridgman

In Memory of Bev Gessinger

Amy Fava, Canton
Deanna Wolford, Niles

In Memory of Virginia “Cookie” Holmes-Painter

Carolyn Corteville, Benton Harbor

In Memory of Viola Nielsen

Eva Uhrik, St. Joseph

In Memory of Judith Niespodziany

Marie Kangas, Buchanan

In Memory of Roberta Otte

Carolyn Norton, Coloma

In Memory James (Jim) Pierson

James Smith, St. Joseph
Jackie Groth, Dowagiac
Kay Rose, Dowagiac

In Memory of James Pontius

Deanna Wolford, Niles

In Memory of Kimberly Schewe

Larry Ward, Stevensville

In Memory of Sharon Jean Schmidt

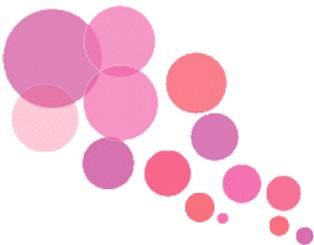
Kathleen Mazurek, Hillsborough, NC
David Rennhack, New Troy
Susan Koleski, New Baltimore
Mary Price, Baroda
Wilma Rennhack, New Troy
Karon Gaul, Bridgman
Betty Harfert, Sawyer
Beverly Koch, Three Oaks

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

Life is mostly froth and bubble;
Two things stand like stone: ----
Kindness in another's trouble
Courage on our own.

Adam Lindsay Gordon



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

July 5 – 1:30 p.m.
August 2 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

July 19 – 1:30 p.m.
August 16 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
July 14 - - 5:30 p.m.
August 11 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center
July 14 – 6:00 p.m.
August 11 – 6:00 p.m.

DATES TO REMEMBER IN JULY 2016

July 1 – International Chicken Wing Day
July 2 – International Cherry Pit Spitting Day
July 4 – Independence Day
July 6 – Fried Chicken Day
July 7 – Father – Daughter Take A Walk Day
July 10 – Don't step On a Bee Day
July 15 – Be a Dork Day
July 17 – National Ice Cream Day
July 18 – Global Hug Your Kid Day
July 23 – Gorgeous Grandma Day
July 25 – Red Shoe Day
July 27 – National Korean War Veteran Armistice Day
July 29 – Lasagna Day
July 30 - Father-In-Law Day
July 31 – World Ranger 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.

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
STEVENSVILLE, MI
PERMIT NO. 129



BERRIEN COUNTY CANCER SERVICE, INC. - BOARD OF DIRECTORS:

Melinda Graham Gruber	President	Dr. Fred Busse	*Peter Lai	*Dr. Edmund Paloyan
Dr. Gerald Kozuh	Vice President	Sharon Hainer	*Barbara Lane R.N.	*Dr. Sapna Patel
Joseph Dick...	Treasurer	Darlene Hawkins	*Dr. Eric Lester.	Jolita Allene Smith
Nancy Gothberg	Secretary	*Jerry Koch	Michael Levi	Tyson Tharp
Joshua Simons	Executive Comm.	*Dr. Betty Koshy	*Hannah Noble	Mike Wyble

*Indicates Emeritus Members

NURSING STAFF:

Nancy Church, R.N.	Executive Director	Jean Carow, R.N.
Connie Demler, R.N.		Susan Lerke, R.N.
Ellen Caagbay, R.N.		Kimberly Penney, R.N.

OFFICE STAFF:

Claudia Brister (Office Manager)
Julie Koch (Accountant)
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