

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



May 2016

(269) 429-3281

VOLUME XXIII

ISSUE V

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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Mother's Day

Gentle hands that never weary in love's vineyard sweet,
Eyes that seem forever cheery when our eyes they chance to meet,
Tender, patient, brave, devoted this is always mother's way.
Could her worth in gold be quoted as you think of her to-day?

There shall never be another quite so tender, quite so kind
As the patient little mother; nowhere on this earth you'll find
Her affection duplicated; none so proud if you are fine.
Could her worth be overstated? Not by any words of mine.

Death stood near the hour she bore us, agony was hers to know,
Yet she bravely faced it for us, smiling in her time of woe;
Down the years how oft we've tried her, often selfish, heedless, blind,
Yet with love alone to guide her she was never once unkind.

Vain are all our tributes to her if in words alone they dwell.
We must live the praises due her; there's no other way to tell
Gentle mother that we love her. Would you say, as you recall
All the patient service of her, you've been worthy of it all?



BCCS Bulletin Board

ART PLAY WORKSHOPS

Our new schedule and the registration for the 2016 Art Play Workshops are on our website at www.bccancerservice.org. We are excited to have the clay class with Cathy Tapia every 2nd Monday of the month from 4:30-5:30pm at the Buchanan Art Center and Art Therapist Holly Garces leading out on the 2nd Thursday of the month from 5:30-7:00 p.m at the Marie Yeager Cancer Center during the Rainbows of Hope Cancer Support Group. 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

If you have not yet turned in your “pennies”, now is a great time to do it! We will be making our last call for Pennies for Patients on Tuesday, May 31, 2016. After that date, any further pennies will go to next year's Pennies for Patients Day. Pennies for Patients Day is our biggest day of activity for the entire year and we hope that you were able to join us. Our total count for 2016, will be in July's newsletter since the newsletter goes to the printer nearly a month before it is sent out. If you can't wait until July to see the total, you can always stop by the office and take a peek at the running total on the wall!



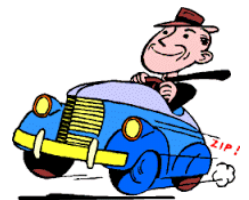
“CANCER IS NOT TRIVIAL” FUNDRAISER

The excitement was high at the Trivia Contest on Saturday evening April 16. Melissa and Travis Tsunemori organized an exciting new fundraiser at the St. Joe Kicker's Club. There were 13 teams from various areas businesses and friend groups that were in competition to see who knew the most answers to 10 rounds of 10 questions each. Staff and friends of BCCS had a team that knew the fewest questions and came in last, but undoubtedly we were the biggest winners by the end of the evening. A BIG THANK YOU to Melissa and Travis, the many volunteers, The Kicker's Club, all the participants, and those who graciously gave back prizes and tip money to further our mission to provide oncology nursing care to those with cancer in our community.



Stevensville 4 Corners

She's did it again! Ashley Weber, our extraordinary teen volunteer organized to collect donations for Pennies for Patients Day at Stevensville's 4 Corners. If you were driving though that intersection on Friday, April 15, you may have seen Ashley along with her family and friends including BCCS staff and former staff (thanks Barbara and Kathy!). Over the past several years, Ashley has collected over \$10,000.00 for BCCS!!! What an amazing volunteer!



Feelings and Cancer

Dealing with the different side effects and life changes of cancer treatment can be hard on you emotionally as well as physically. Just as cancer affects your physical health, it can bring up a wide range of feeling you're not used to dealing with. It can also make many feelings seem more intense. They may change daily, hourly, or even minute to minute. This is true whether you're currently in treatment, done with treatment, or a friend or family member. These feelings are all normal.

Often the values you grew up with affect how you think about and deal with cancer. For example some people:

- Feel they have to be strong and protect their friends and families
- Seek support and turn to loved ones or other cancer survivors.
- Ask for help from counselors or other professionals
- Turn to their faith to help them cope

Whatever you decide, it's important to do what's right for you and not to compare yourself with others. Your friends and family members may share some of the same feelings. If you feel comfortable, share this information with them.

Loneliness

People with cancer often feel lonely or distant from others. This may be for a number of reasons:

- Friends sometimes have a hard time dealing with cancer and may not visit or call you.
- You may feel too sick to take part in the hobbies and activities you used to enjoy.
- Sometimes, even when you're with people you care about, you may feel that no one understands what you're going through.

It's also normal to feel alone after treatment.

You may miss the support you got from your health care team. Many people have a sense that their safety net has been pulled away, and they get less attention. It's common to still feel cut off from certain friends or family members. Some of them may think that now that treatment is over, you will be back to normal soon, even though this may not be true. Others may want to help but don't know how.

Look for emotional support in different ways. It could help you to talk to other people who have cancer or to join a support group. Or, you may feel better talking only to a close friend or family member, or counselor, or a member of your faith or spiritual community. Do what feels right for you.

Gratitude

Some people see their cancer as a "walk-up call." They realize the importance of enjoying the little things in life. They go places they've never been. They finish projects they had started but put aside. They spend more time with friends and family. They mend broken relationships.

It may be hard at first, but you can find joy in your life if you have cancer. Pay attention to the things you do each day that make you smile. They can be as simple as drinking a good cup of coffee or talking to a friend.

You can also do things that are more special to you, like being in nature or praying in a place that has meaning for you. Or, it could be playing a sport you love or cooking a good meal. Whatever you choose, embrace the things that bring you joy when you can.

Express Your Feelings

People have found that when they express strong feelings like anger or sadness, they're more able to let go of them. Some sort out their feelings by talking to friends or family, other cancer survivors, a support group, or a counselor. But even if you prefer not to discuss your cancer with others, you can still sort out your feelings by thinking about them or writing them down.

Don't Try to Be Upbeat If You're Not

Many people say they want to have the freedom to give in to their feelings sometimes. As one woman said, "When it gets really bad, I just tell my family I'm having a bad cancer day and go upstairs and crawl into bed."

For photos & events, check out our Facebook page: Berrien County Cancer Service, Inc. Be sure to "Like" us!
And website: www.bccancerservice.org

In Loving Memory

During March 2016, Memorial Donations were generously made by and for the following people.

In Memory of Ernest and Minnie Arent

Alma Arent, St. Joseph

In Memory of Trudy Berndt

Mr. & Mrs. James McCutcheon, Marquette
Mr. & Mrs. Robert Lannon, Eagle WI
Katherine Kelly, Punta Gorda, FL
John & Joyce Vagher, Fort Morgan, CO
Susan Hingst, Algoma, WI
N. Jane Potvin, Marquette
Larry & Anna Tornes, Sunbury, OH
Elizabeth Zilke, Bridgman
Dennis Robinson, Marquette
Mr. & Mrs. George Wanska, Marquette
Theresia Gollnast, Bridgman
Art Hanson, Bridgman
Beverly Reitz Rittmeyer, Coloma
John & Phyllis Wilk, Baroda
Mr. & Mrs. Ken Korcek, Bridgman
James Berndt, Bridgman
Annette & Clarence Ott, Bridgman
Berta Minnick, Walnut Creek, CA
Bruce & Judith Nitz, Baroda
Dale & Pam Sorget, Bridgman
Carolyn Miller, Bridgman

In Memory of Juanita Birdyshaw

Margaret Crandall & family, Bonita Springs, FL

In Memory of Lester Krause, Jr.

Frank Nehring, Stevensville

In Memory of Wanda Dorice Lolmaugh

Dorothy Hess, Buchanan

In Memory of Anne Louise Mathieu

Judith Funk, Marshall
Jean & Kevin Mathieu, Bridgman
Linda Cooper, St. Joseph
Joseph & Virginia Kamp, Bridgman
John & Phyllis Wilk, Baroda
Judith Mathieu, Bridgman

In Memory of Thelma Reifschneider

Kappa Theta Chi Sorority, St. Joseph

In Memory of David Snodgrass

Cuthbert Agency, Inc., Eau Claire
Rita Gustafson, Buchanan
Mary Ann McNeas, Enterprise AL

In Memory of George Truhn

Norma Truhn, St. Joseph

In Memory Adeline (Lilli) Warneboldt

Irene Waldmann, St. Joseph
Edith Nickel, 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

Just being happy helps other souls along;
Their burdens may be heavy and they not strong;
And your own sky will lighten if other skies you brighten
By just being happy with a heart full of song.



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

May 3 – 1:30 p.m.

June 7 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

May 17 – 1:30 p.m.

June 21 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

May 12 – 5:30 p.m.

June 9 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

May 12 – 6:00 p.m.

June 9 – 6:00 p.m.

DATES TO REMEMBER IN MAY 2016

May 1 – Lemonade Day

May 3 – Lumpy Rug Day

May 4 – World Give Day

May 6 – National R.N. Recognition Day

May 7 – Bladder Cancer Awareness

May 8 – **Mother's Day**

May 8 – World Ovarian Cancer Day

May 11 – Hostess Cupcake Day

May 13 – Friday the 13th Day

May 15 – National Chocolate Chip Cookies Day

May 18 – National Employee Health & Fitness Day

May 21 – Do Dah Day

May 23 – World Crohn's & Colitis Day

May 25 – National Missing Children's Day

May 28 – National Polka Day

May 30 – Memorial 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