

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



October 2016

(269) 429-3281

VOLUME XXIII

ISSUE X

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.

Happy Guy Fester Day!



Happy Guy Fester Day!



Welcome Autumn

The hot summer winds
Have whispered goodbye.
And I greet this new season
With a welcome sigh.
Its golden hues
The rusts and reds.
Such beautiful colors
Leave little unsaid.
The fallen leaves
Rustle 'neath my feet.
A colorful quilt,
Covering yard and street.
The autumn months
Give me time to prepare
My heart and mind
For winter's fare.

Ina Bradshaw



BCCS Bulletin Board

BCCS ART FESTIVAL

On Thursday, November 10 from 5:30 – 7:30pm 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 benefitted from this program about their experiences and art pieces along with our talented artists, volunteers, and staff. Here is a sneak preview of the evening excitement!



- ***Jenni Bush of Funny Face Face Painting will delight the children with her artistry***
- ***Jeff and Theresa Heaton, artists who currently have an exhibit called “Material Driven” at the Box Factory for the Arts through October 10. They are leading an interactive art project for children of all ages***
- ***Jon Krugh of Center Line Music - MC and providing background music***
- ***Jenny Miner of Water Street Glassworks will be demonstrating Cardea Beads***
- ***Holly Garces, Art Therapist will be leading an interactive art project for children***
- ***Bike Drawing courtesy of Mike Jones of Cycle and Fitness***

There will also be appetizers and music to make your evening enjoyable. “Art Play Workshops” are a Berrien County Cancer Service community based therapeutic art program for children ages 5-17 who have been impacted by cancer (family member, friend, self). Learn about and experience the benefits of art as a means of expressing feelings. A BIG “Thank you” to Jamie Bingaman for hosting the BCCS Art Festival. The Box Factory for the Arts is located at 1101 Broad Street, St. Joseph, MI. Come support the children and families of Berrien County. You may call us for more information at 269-429-3281 or check out our website at:

<http://www.bccancerservice.org/events/art-festival>



Thrivent Choice

We are pleased that Tracy Coombs, a Thrivent Financial Associate from St. Joseph reached out to us to present us with an opportunity to become a Thrivent Financial approved nonprofit organization. This means that if Thrivent is part of your financial portfolio, you are able to direct Thrivent Choice Dollars to the Berrien County Cancer Service. Those Choice Dollars would then be used to provide skilled in-home oncology nursing to those with cancer and related illnesses in our community. Another exciting way that Thrivent Financial reaches out in the community is through Action Teams. We want to say, “Thank you” to Tracy for organizing a Thrivent Action Team for our Art Festival. If you are a Thrivent member and would like to know how to use the Choice Dollars program or organize a Thrivent Action Team, please contact Tracy Coombs at 269-605-4949.

Are You Facing a Decision about Surgery for DCIS or Breast Cancer?

Do you have ductal carcinoma in situ (DCIS) or breast cancer that can be removed with surgery? If so, you may be able to choose which type of breast surgery to have. Often, your choice is between breast-sparing surgery (surgery that takes out the cancer and leaves most of the breast) and a mastectomy (surgery that removes the whole breast).

Once you are diagnosed, treatment will usually not begin right away. There should be enough time for you to meet with breast cancer surgeons, learn the facts about your surgery choices, and think about what is important to you. Learning all you can will help you make a choice you can feel good about.

Talk with Your Doctor

Talk with a breast cancer surgeon about your choices. Find out:

- What happens during surgery
- The types of problems that sometimes occur
- Any treatment you might need after surgery

Be sure to ask a lot of questions and learn as much as you can. You may also wish to talk with breast cancer friends or others who have had surgery.

Get a Second Opinion

After talking with a surgeon, think about getting a second opinion. A second opinion means getting the advice of another surgeon. This surgeon might tell you about other treatment options. Or, he or she may agree with the advice you got from the first doctor.

Some people worry about hurting their surgeon's feelings if they get a second opinion. But, it is very common and good surgeons don't mind. Also, some insurance companies require it. It is better to get a second opinion than worry that you made the wrong choice.

If you think you might have a mastectomy, this is also a good time to learn about breast reconstruction. Think about meeting with a reconstructive plastic surgeon to learn about this surgery and if it seems like a good option for you.

Breast-Sparing surgery, Followed by Radiation Therapy.

Breast-sparing surgery means the surgeon removes only the DCIS or cancer and some normal tissue around it. If you have cancer, the surgeon will also remove one or more lymph nodes from under your arm. Breast-sparing surgery usually keeps your breast looking much like it did before surgery. Other words for breast-sparing surgery include:

- Lumpectomy
- Partial mastectomy
- Breast-conserving surgery
- Segmental mastectomy

After breast-sparing surgery, most women also receive radiation therapy. The main goal of this treatment is to keep cancer from coming back in the same breast.

Some women will also need chemotherapy, hormone therapy, and/or targeted therapy.

Think about What Is Important to You

After you have talked with a breast cancer surgeon and learned the facts, you may also want to talk with your spouse or partner, family, or other women who have had breast cancer surgery.

Then, think about what is important to you. Thinking about these questions and talking them over with others might help.

About Surgery Choices

- If I have breast-sparing surgery, am I willing and able to have radiation therapy 5 days a week for 5 – 8 weeks?
- If I have a mastectomy, do I also want breast reconstruction surgery?
- If I have breast reconstruction surgery, do I want it at the same time as my mastectomy?
- What treatment does my insurance cover? What do I have to pay for?

Life after Surgery

- How important is it to me how my breast looks after cancer surgery?
- How important is it to me how my breasts feels after cancer surgery?
- If I have a mastectomy and do not have reconstruction, will my insurance cover my prostheses and special bras/
- Where can I find breast prostheses and special bras?

Learning More

- Do I want a second opinion?
- Is there someone else I should talk with about surgery choices?
- What else do I want to learn or do before I make my choice about breast cancer surgery?

In Loving Memory

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

In Memory of Dr. Edward Dodge Atwood

Dockerty Health Care Services, Inc., Bridgman
c/o Woodland Health Care Services, Inc.

In Memory of Theresia Gerstenkorn

Butch & Kay Totzke, Berrien Springs
Clifford & Dorothy Masterson, Bridgman

In Memory of Martin Joseph Koziel

Elizabeth Przybylinski, Benton Harbor
Fran & Jim Stark, Anaheim CA
Judy Doehrer, Bridgman
Lisa Montgomery, Bridgman
Pamela Kwader, Stevensville
Geraldine De Poy, Rolling Prairie, IN

In Memory of Mrs. Dorothy Murdock

Thomas & Nancy Shaffer, Niles

In Memory of Benjamin Praeger

Mickey Sipress, Benton Harbor
William Benner, St. Joseph
Jeffery Garfield, Indianapolis IN
Ken & Michele Buddenbaum, Indianapolis IN
Edward & Susan Meny, St. Joseph

In Memory of Benjamin Praeger (con't)

Diet Center of St. Joe, St. Joseph
James & Marie Straub, St. Joseph
Wayne & Michele Demchinski, St. Joseph

In Memory Lucille Slosson

Gail Roush, St. Joseph

In Memory of Jeffrey Squires

Geraldine Zoul, Elgin IL
Mr. & Mrs. John Montgomery, San Tan Valley AZ

In Memory Bill Vanderburg

Marilyn Harrington, New Buffalo

In Memory of Alice Wanbaugh

Donna Lippert, Benton Harbor

In Memory of Juanita Weatherford

Beth Mathieu, Bridgman
Deborah Harding, 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

A fresh new day; how thankful I am!
Indeed, my heart rejoices.
Please walk with me through this day
And show me Your path. Amen

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

October 4 – 1:30 p.m.
November 1 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

October 18 – 1:30 p.m.
November 15 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
October 13 – 5:30 p.m.
November 10 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center
October 13 – 6:00 p.m.
November 10 – 6:00 p.m.

DATES TO REMEMBER IN OCTOBER 2016

October 1 – International Day of Older Persons
October 3 – Habitat Day
October 4 – Improve Your Office Day
October 7 – World Smile Day
October 10 - Native American Day
October 12 – Emergency Nurses Day
October 13 – Metastatic Breast Cancer Awareness Day
October 15 – National Grouch Day
October 17 – National Boss’s Day
October 18 – National Chocolate Cupcake Day
October 21 – Mammography Day
October 23 – Mother-in-Law Day
October 26 – Mule Day
October 27 – Cranky Co-workers Day
October 29 – National Forgiveness Day
October 30 – National Candy Corn Day
October 31 – National Caramel Apple 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

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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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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