

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



August 2016

(269) 429-3281

VOLUME XXIII

ISSUE VIII

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.

.....

Don't Quit

When things go wrong, as they sometimes do,
When the road you're trudging seems all uphill.
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit.
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learn,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow---
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late
When the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out---
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit---
It's when things seem worst that you must not
quit.

Edgar A. Guest



BCCS Bulletin Board



CAR RAFFLE

We are excited to partner with LeValley Chevrolet Buick GMC Dealership in Benton Harbor to raffle a 2016 Chevy Cruze LT car on September 29 at Santaniello's Restaurant and Banquet Facility. Join us starting at 6:30 p.m. for live music/cash bar with the drawing at 7:30 p.m. This raffle will support our local nursing services and the supportive resources that we provide. Currently we are waiting for our raffle license, but expect that by mid-August we will be able to start selling tickets. Keep an eye on our website at www.bccancerservice.org or our facebook page at Berrien County Cancer Service, Inc. for details!

Unveiling of Community Art Project

We are excited to see the completion of the Water Street Glassworks (WSGW) Community Tile Art Project. This project is a compilation of over 1,000 glass tiles created by the community at various venues. We were delighted to partner with WSGW in making tiles through our art program several times....at our Art Festival last November, with the 4th graders at Bridgman Elementary, and when TEAM (Teens Exhibiting Able Minds) joined our Art Play Workshop last March. To celebrate the unveiling of the Community Tile Art Project, WSGW is planning a 3 mile run/walk starting at 9 a.m. with the dedication of the project at noon on August 20. For more information check out the WSGW website at: www.waterstreetglassworks.org/wsgw/.



Open House/Quilt Raffle

SAVE THE DATE! We will have our annual Open House/Quilt Raffle on **Thursday, October 6th from 10 a.m. to 6 p.m.** We will have a table full of refreshments, so stop by for lunch or come between 5p – 6p when we will have a pizza party! **The quilt raffle will be held after the pizza party at 6:00 p.m.** The tickets are only \$1 each or 6 for \$5. Come by to view the quilt and purchase tickets anytime during our office hours. **In addition to buying tickets, we are looking for volunteers to sell tickets.** Call or stop by to pick a packet of tickets up and give your friends, family, social club, etc. the opportunity to win a quilt and help someone with cancer. Remember each ticket is a winner by providing in-home nursing support to the cancer patients of Berrien County.



Thank You! - Brentwood Hot Dog Fundraiser

On Wednesday, July 13th, 2016 the kind folks at Brentwood of Niles held a very successful gourmet hot dog/brat fundraiser to benefit the Berrien County Cancer Service, Inc. Ms. Jennifer Andrews, Marketing Director, for Brentwood of Niles explained that part of their mission is to make a local impact by giving back to local non-profits who serve the community's needs. On behalf of our patients, BCCS thanks Brentwood of Niles and all those who locally stopped in for a great meal cooked with love.



Thank You! - Recycling Patrol Event

A special thank you to Matthew Genovese, Recycling Patrol of Berrien County, and Stevensville American Legion Post 568 for coming together to collect recyclables for our nursing services.

Thank You! - Cars for Cancer

Another special "Thank you" to Jessica Deam for organizing Cars for Cancer at Bridgman festival on July 9th. We hope you were able to enjoy these wonderful classic cars and trucks!



Thank You! – St. Joseph First United Methodist Church

We appreciate the wonderful congregation at St. Joseph 1st UMC for reaching out to us and allowing us to share with them how BCCS impacts the community. Thank you for your generous offering and the caring spirit of your congregation.

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 have any questions, please 269-429-3281 and speak with Renee' or Nancy.



Patients living with cancer can feel different levels of distress.

Some patients living with cancer have a low level of distress and others have higher levels of distress. The level of distress ranges from being able to adjust to living with cancer to having a serious mental health problem, such as major depression. However, most patients with cancer do not have signs or symptoms of any specific mental health problem. This summary describes the less severe levels of distress in patients living with cancer, including;

- Normal adjustment – A condition in which a person makes changes in his or her life to manage a stressful event such as a cancer diagnosis. In normal adjustment, a person learns to cope well with emotional distress and solve problems related to cancer.
- Psychological and social distress – A condition in which a person has some trouble making changes in their life to manage a stressful event such as a cancer diagnosis. Help from a professional to learn new coping skills may be needed.
- Adjustment disorder – A condition in which a person has a lot of trouble making changes in his or her life to manage a stressful event such as a cancer diagnosis. Symptoms such as depression, anxiety, or other emotional, social or behavioral problems occur and worsen the person's quality of life. Medicine and help from a professional to make these changes may be needed.
- Anxiety disorder – A condition in which a person has extreme anxiety. It may be because of a stressful event like a cancer diagnosis or

for no known reason. Symptoms of anxiety disorder include worry, fear, and dread. When the symptoms are severe, it affects a person's ability to lead a normal life. There are many types of anxiety disorders: 1. Generalized anxiety disorder. 2. Panic disorder (a condition that causes sudden feelings of panic). 3. Agoraphobia (fear of open places or situations in which it might be hard to get help if needed). 4. Social anxiety disorder (fear if social situations). 5. Specific phobia (fear of a specific object or situation). 6. Obsessive compulsive disorder. 7. Post-traumatic stress disorder.

There are certain risk factors for serious distress in people with cancer.

Nearly half of cancer patients report having a lot of distress. Patients with lung, pancreatic, and brain cancers may be more likely to report distress, but in general, the type of cancer does not make a difference. Factors that increase the risk of anxiety and distress are not always related to the cancer. The following may be risk factors for high levels of distress in patients with cancer;

- Trouble doing the usual activities of daily living.
- Physical symptoms and side effects (such as fatigue, nausea, or pain).
- Problems at home.
- Depression or other mental or emotional problems.
- Being young, nonwhite, or female.
- Having a lower level of education.

In Loving Memory

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

In Memory of Fielding Finch

Camille Sandel, Stevensville

In Memory of Beverly Gessinger

The Friday Card Group
c/o Betty Dunnuck, Niles

In Memory of William (Bill) Gillespie

Joseph & Angelajo Naines, St. Joseph

In Memory of John Janke

Jeanette & Delores Fester, Benton Harbor

In Memory of Robin Winters

Kincheloe Elementary School, Dowagiac

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.

In Honor of

In Honor of BCCS Nurse, Nancy Church

Trecia Bowerman, Niles

Happy 90th Birthday, Gladys!

Long-time volunteer Gladys Sandera just celebrated her 90th Birthday. She started volunteering for us 16 year ago and has folded thousands of BCCS newsletters, assisted with Pennies for Patients, and helped in many other ways, always with a smile!
THANK YOU for all you've done for us through the years.



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

August 2 – 1:30 p.m.
September 6 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

August 16 – 1:30 p.m.
September 20 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center
August 11 – 5:30 p.m.
September 8 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center
August 11 – 6:00 p.m.
September 8 – 6:00 p.m.

DATES TO REMEMBER IN AUGUST 2016

August 1 – World Lung Cancer Day
August 3 – Friendship Day
August 4 – National Chocolate Chip Day
August 6 – Root Beer Float Day
August 8 – Happiness happens Day
August 10 – Paul Bunyan Day
August 11 – Presidential Joke Day
August 12 – Worldwide Art Day
August 15 National Relaxation Day
August 17 – Black Cat Appreciation Day
August 19 – World Humanitarian Day
August 21 - Senior Citizens Day
August 23 - Valentino Day
August 25 – Kiss and Make Up Day
August 27 – Just Because Day
August 29 – Individual Right's 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!**

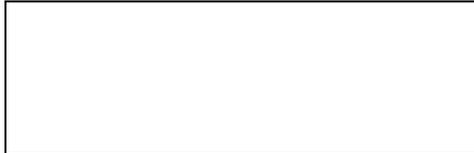
Berrien County Cancer Service, Inc.
7301 Red Arrow Highway
Stevensville, MI 49127

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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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