

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



September 2016

(269) 429-3281

VOLUME XXIII

ISSUE IX

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.



Each Day Brings a Chance to Do Better



How often we wish for another chance
to make a fresh beginning,
A chance to blot out our mistakes
and change failure into winning---
And it does not take a special time
to make a brand-new start,
It only takes the deep desire
to try with all our heart
To live a little better
and to always be forgiving
And to add a little "sunshine"
To the world in which we're living---
So never give up in despair
And think that you are through,
For there's always a tomorrow
And a chance to start anew.



BCCS Bulletin Board

Bistro on the Boulevard Give-Back Dinner

Bring your family and friends to a special night at the Bistro on the Boulevard! The Bistro is sponsoring a special Give-Back Dinner to support our mission of caring for local cancer patients. Join us on **Thursday, Sept. 22 starting at 5:00 p.m.** for a relaxing evening of delicious food and great company! ***There will be a drawing for a very special Bistro package: A WEEKEND GETAWAY & DINNER FOR 2 that you won't want to miss.***



BCCS 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. This year's quilt was pieced by Julie Koch and quilting was donated by Eileen Sweeney of Accomplish Quilting. 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.



“TEAM UP AGAINST CANCER”

Grab your pom poms and join the fun at the St. Joseph High School varsity football game in Dickinson Stadium on Friday, September 30 with the gates opening at 5:00 p.m. Pink jerseys will be worn by the St. Joseph football team in support of this fundraiser and to honor the memory of Denise Bohn, a victor in the fight against breast cancer and an inspiration to all who knew her. To find out how you can order a t-shirt or sweatshirt to honor a loved one who has had cancer or for more information please go to <http://bit.ly/TeamUpAgainstCancer>. “Team Up Against Cancer” is a community fundraising and educational event dedicated to helping those fighting cancer, provide education regarding the prevention of cancer, and to celebrate cancer survivors. All proceeds will assist local cancer patients in SW Michigan and will be distributed as follows: Berrien County Cancer Service for home nursing care, Susan G. Komen for breast cancer research, and the Marie Yeager Cancer Center, St. Joseph. Email for questions: team_up@comcast.net



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. 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



Pennies for Patients - Correction

We apologize that there was an error on our list of pennies donors. We listed Trinity Lutheran Church and School. It should have read Sawyer Trinity Lutheran Church and School.

Overwhelmed

When you first learn that you have cancer, you may feel as if your life is out of control. This could be because:

- You wonder if you're going to live.
- Your normal routine is disrupted by doctor visits and treatments.
- People use medical terms that you don't understand.
- You feel like you can't do the things you enjoy.
- You feel helpless and lonely.

Even if you feel out of control, there are ways you can take charge. Try to learn as much as you can about your cancer. Ask your doctor questions and don't be afraid to say when you don't understand. Also, many people feel better if they stay busy. You can take part in activities such as music, crafts, reading, or learning something new.

“At first I felt overwhelmed. But once I gathered information, I felt comfortable talking with my doctor about my cancer and ready to make decisions about treatment.”

Lorna

Fear and Worry

It's scary to hear that you have cancer. You may be afraid or worried about:

- Being in pain, either from the cancer or the treatment.
- Feeling sick or looking different as a result of your treatment.
- Taking care of your family.
- Paying your bills.
- Keeping your job.
- Dying.

Some fears about cancer are based on stories, rumors, or wrong information. To cope with fears and worries, it often helps to be informed. Most people feel better when they learn the facts. They feel less afraid and know what to expect. Learn about your cancer and understand what you can do to be active partner in your care. Some studies even suggest that people who are well-informed about their illness and treatment are more likely to follow their treatment plans and

recover from cancer more quickly than those who are not.

“I read as much as I can find about my cancer. Imagining the worst is scarier than knowing what might happen. Having all the facts makes me much less afraid.”

Mauricio

Hope

Once people accept that they have cancer, they often feel a sense of hope. There are many reasons to feel hopeful. Millions of people who have had cancer are alive today. Your chances of living with cancer—and living beyond it—are better now than they have ever been before. And people with cancer can lead active lives, even during treatment.

Some doctors think that hope may your body deal with cancer. So, scientists are studying whether a hopeful outlook and positive helps people feel better. Here are some ways you can build your sense of hope:

- Plan your days as you've always done.
- Don't limit the things you like to do just because you have cancer.
- Look for reasons to have hope. If it helps, write them down or talk to others about them.
- Spend time in nature.
- Reflect on your religious or spiritual beliefs.
- Listen to stories about people with cancer who are leading active lives.

Sadness and Depression

Many people with cancer feel sad. They feel a sense of loss of their health, and the life they had before they learned they had the disease. Even when you're done with treatment, you may still feel sad. This is a normal response to any serious illness. It may take time to work through and accept all the changes that are taking place.

When you're sad, you may have very little energy, feel tired, or not want to eat. For some, these feelings go away or lessen over time. But for others, these emotions can become stronger. The painful feelings don't get any better, and they get in the way of daily life. This may be a medical condition called depression. For some, cancer treatment may have added to this problem by changing the way the brain works.

In Loving Memory

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

In Memory of Elaine DeMorrow

Ruth Stanton, St. Joseph

In Memory of Robert Fischer

Jeanne Hardt, St. Joseph

In Memory of Dick Forsythe

Fran Konya, St. Joseph

In Memory of Martin Joseph Koziel

Marcia Burdick, Niles

Donald Wachs, Stevensville

Patricia (Aunt Patty) Hemphill, Benton Harbor

Conrad & Mary Beth Larson, Buchanan

Doretta Williams, Niles

Cheryl Weise, St. Joseph

Maryann Denny, St. Joseph

Doug & Deb Brewer, New Carlisle

Rick & Sherry Hein Galien

Randy & Robin Hein, Galien

Ron & Lupe Hein, Galien

Ron Hein Sr., Galien

Dagmar Duncan, Sawyer

Patricia Tincher, Galien,

Joseph & Judy Saratore, Buchanan

In Memory of Martin Joseph Koziel (con't)

Orville & Karen Worvey, Buchanan

Ron & Jan Nate, Dowagiac

Roger & Patricia Swierbut, St. Joseph

Sharon Flanagan, Niles

American Medical Association, Chicago IL

Richard & Barbara Garrard, Niles

Steve & Brenda Klingerman, Niles

Margaret Aalfs, Buchanan

Gail (Williams) Cole, Buchanan

Rick & Sheryl McKeel, Niles

In Memory Mark Rose

Charles & Susan Fox, Stevensville

In Memory of Richard Lee Sandel

Daniel Sandel, Lawrenceville GA

In Memory Roy Scarbrough

Donald & Colette Metzger, Stevensville

Donald & Norma Goldner, Eau Clair

Debbie McCartney, Sodus

In Memory of Lloyd E. Smith

Kathryn Foster, 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

Thick waters show no images of things;
Friends are each other's mirror and should be,
Clearer than crystal, or the mountain springs,
And free from clouds, design or flattery.

Philips

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

September 6 – 1:30 p.m.

October 4 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

September 20 – 1:30 p.m.

October 18 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

September 8 – 5:30 p.m.

October 13 – 5:30

Ostomy Support Group

Lakeland Regional Medical Center

September 8 – 6:00 p.m.

October 13 – 6:00 p.m.

DATES TO REMEMBER IN SEPTEMBER 2016

September 1 – Be Kind Day

September 2 – Hug Your Boss Day

September 4 - National Wildlife Day

September 7 – Grandma Moses Day

September 8 – Pediatric Hematology/Oncology Nurses Day

September 9 – Stand Up To Cancer Day

September 11- Grandparents Day

September 13 – Scooby Doo Day

September 16 – Trail of Tears Commemoration Day

September 18 – National Cheeseburger Day

September 21 – World’s Alzheimer’s Day

September – 23 – Restless Legs Awareness Day

September 26 – Family Day – Be Involved

September 27 – Ancestor Appreciation Day

September 30 - Ask a Stupid Question 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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LOOK INSIDE FOR
INFO REGARDING
OUR CAR RAFFLE!

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Julie Koch (Accountant)
Henrietta Hein (Newsletter)
Renee 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