

# 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



January 2017

(269) 429-3281

VOLUME XXIV

ISSUE I

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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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### If We Could



If we could catch a fluffy cloud  
We would do it just for you  
And share with you its beauty  
On the days you're feeling blue.

If we could build a hill top  
You call your very own  
A place to find serenity  
A place to be alone.

If we could take your worries  
And toss them in the sea  
But all these things we're finding  
Are impossible you see.

We cannot build a hill top  
Or catch cloud so fair  
But let us be what we know best  
A friend that's always there.

*Author Unknown*



*Happy New Year!!! From all of us at BCCS*

# BCCS Bulletin Board

## *In Appreciation*

We are very grateful for the community businesses that support our mission of caring for those with cancer in the community. **BIG THANK-YOUs to the Stevensville Meijer store** for providing assistance for patient transportation **and the Stevensville Martin's Super Market** for choosing us as the nonprofit to benefit from the Snapshots with Santa pictures.



Also **MANY THANK-YOUs** to those who provided Christmas for some of our patients: **Mary-Martha Circle of the First Congregational Church of St. Joseph.** They wrap all kinds of presents for our nurses to hand out at Christmas time. **Lori Conrad-Miller & family of Studio 1** in Stevensville generously provided Christmas for a family. **Norma Goldner** made Christmas much more special for a family with presents for all! **The Ladies Auxiliary Post #105 Benton Harbor** also sponsored a family and made their Christmas much more merry! It is the generosity of our community that allows us to touch people in a special way beyond our nursing care. ***This support is so meaningful to those who are going through difficulties, knowing that you are there.***

## **IT'S NOT TOO EARLY TO START COLLECTING PENNIES!**



Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$464,085.05! Fortunately, this has not all come as “pennies”. When bringing your pennies in, remember, we love silver and green paper pennies also! As we celebrate our **28<sup>th</sup> Annual PENNIES FOR PATIENTS™ DAY**, let's pass up last year's total of \$22,017.32. ***Come join us in May 2017*** (date to be determined – we will let you know next month) any time between 6:00 a.m. and 6:00 p.m., so if you're an early bird or not, we have a time for you! Come and see the excitement of thousands of pennies along with refreshments and fun. There will also be a Niles location on Main and 3<sup>rd</sup> Street from 12:00 – 2:00 p.m. with cookies and punch. All the proceeds stay local to help those with cancer in our community. Bring your pennies, silver, and dollars and join us for our **28<sup>th</sup> Annual PENNIES FOR PATIENTS DAY!**

## **Let it Snow, Let it Snow, Let it Snow**

Just wanted to remind you that the BCCS office may be closed for snow days during inclement weather. So if it is snowing, please call us first at 269-429-3281 prior to coming to the office to make sure that we are open. On the days that the office is closed, the answering machine will be checked periodically. If you have a medical emergency, please call 911. Our nurses will notify their patients regarding home visits. Often the nurses will make patient visits a day early if they know that a snow storm is coming.



## **ART PLAY WORKSHOPS**



Our “Art Play Workshops” are taking a break during the months of January due to the potential of inclement weather. This past year we held 16 workshops for children impacted by cancer with a total of 71 participants. The art was beautifully showcased at our art festival in November. 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 them call 269-429-3281 and speak with Nancy regarding these workshops.

## **What You Should Know About Cancer Treatment, Eating Well, and Eating Problems**

People with cancer often need to follow diets that are different from what they think of as healthy. For most people, a healthy diet includes:

1. Lots of fruits and vegetables, and whole grain breads and cereals
2. Modest amounts of meat and milk products
3. Small amounts of fat, sugar, alcohol, and salt

When you have cancer, though, you need to eat to keep up your strength to deal with the side effects of treatment. When you are healthy, eating enough food is often not a problem. But when you are dealing with cancer and treatment, this can be a real challenge.

When you have cancer, you may need extra protein and calories. At times, your diet may need to include extra milk, cheese, and eggs. If you have trouble chewing and swallowing, you may need to add sauces and gravies. Sometimes, you may need to eat low-fiber foods instead of those with high fiber. Your dietitian can help you with any diet changes you may need to make.

### **Cancer treatment can cause side effects that lead to eating problems**

Cancer treatments are designed to kill cancer cells. But these treatments can also damage healthy cells. Damage to healthy cells can cause side effects. Some of these side effects can lead to eating problems. The cancer travels through the blood vessels to other parts of the body. Common eating problems during cancer treatment include:

- Appetite loss
- Changes in sense of taste or smell
- Constipation
- Diarrhea
- Dry mouth
- Lactose intolerance
- Nausea
- Sore mouth
- Sore throat and trouble swallowing
- Vomiting
- Weight gain
- Weight loss

Some people have appetite loss or nausea because they are stressed about cancer and treatment. People who react this way almost always feel better once treatment starts and they know what to expect.

### **Things to do and think about before you start cancer treatment**

Until treatment starts you will not know what, if any, side effects or eating problems you may have. If you do have problems, they may be mild. Many side effects can be controlled. Many problems go away when cancer treatment ends.

- Think of your cancer treatment as a time to get well and focus just on yourself.
- Eat a healthy diet before treatment starts. This helps you stay strong during treatment and lowers your risk of infection.
- Go to the dentist. It is important to have a healthy mouth before you start cancer treatment.
- ❖ Ask your doctor, nurse, or dietitian about medicine that can help with eating problems.
- ❖ Discuss your fears and worries with your doctor, nurse, or social worker. He or she can discuss ways to manage and cope with these feelings.
- ❖ Learn about your cancer and its treatment. Many people feel better when they know what to expect.

### **Not everyone has eating problems during cancer treatment**

There is no way to know if you will have eating problems and, if so, how bad they will be. You may have just a few problems or none at all. In part, this depends on the type of cancer you have, where it is in your body, what kind of treatment you have, how long treatment lasts, and the doses of treatment you receive.

During treatment, there are many helpful medicines and other ways to manage eating problems. Once treatment ends, many eating problems go away. Your doctor, nurse, or dietitian can tell you more about the types of eating problems you might expect and ways to manage them. If you start to have eating problems, tell your doctor or nurse right away.

# *In Loving Memory*

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

**In Memory of Jerry & Marilyn Conrad**

Glen & Dorothy Conrad, St. Joseph

**In Memory of Fredrick Herman Kinsel**

Scott & Carol Ward, Eau Claire  
Beth Kraiger, Coloma  
Charles & Beth Smith, St. Joseph  
Butch & Beth Totzke, Berrien Spring  
Susan Videnovich, Baroda  
South Bend Clinic, South Bend IN  
Matilda Sonnenberg, Sawyer

**In Memory of Ruth McGee**

Tom & Jan McGee, Mishawaka IN

**In Memory of Angela L. Phillips**

Dec-O-Art, Inc., Elkhart IN

**In Memory of Gladys A Sandera**

Kelli & Tom Kline, Oak Park IL

**In Memory of Kathleen Diane Scarry**

Carolyn Corteville, Benton Harbor

## *In Honor of*

**In Honor of Heather Metz**

Margaret and John Yetzke

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**

Every job is a self-portrait  
Of the person who did it.  
Autograph your work with quality.



## Looking Ahead

### **BCCS SUPPORT GROUP – Stevensville**

January 3 – 1:30 p.m.  
February 7 – 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

January 17 – 1:30 p.m.  
February 21- 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
January 12 – 5:30 p.m.  
February 9 – 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center  
January 12 – 6:00 p.m.  
February 9 – 6:00 p.m.

#### **DATES TO REMEMBER IN JANUARY 2017**

January 1 – New Year's Day  
January 2 – Rose Bowl Game  
January 5 – Bird Day  
January 7 – Harlem Globetrotters Day  
January 10 – National Poetry at Work Day  
January 13 – Blame Someone Else Day  
January 16 – Civil Service Day  
January 17 – National Bootleggers Day  
January 20 – National Cheese Lovers Day  
January 21 – National Hugging Day  
January 22 – National Pie Day  
January 24 – Belly laugh Day  
January 27 – Fun at Work Day  
January 29 – National Puzzle Day  
January 31 – Appreciate Your Social Security Check Day

#### **Newsletters available online**

Our newsletters are available on our website:  
[www.bccancerservice.org](http://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](mailto: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](mailto: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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\*Indicates Emeritus Members

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Debra Hansen, R.N.		Kimberly Penney, R.N.

**OFFICE STAFF:**

Claudia Brister (Office Manager)
Mantissa Schuler (Admin. Assistant)
Henrietta Hein (Office Clerk)

**CANCER SUPPORT GROUP** – Stevensville Office

1<sup>st</sup> 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

2<sup>nd</sup> 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

3<sup>rd</sup> Tuesday of each month – 1:30 p.m.

**Niles Senior Center**

1109 Bell Road

Niles, MI 49120

Phone: (269) 429-3281

**OSTOMY SUPPORT GROUP**

2<sup>nd</sup> 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