

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 in Southwest Michigan.



November 2015

(269) 429-3281

VOLUME XXIII

ISSUE XI

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.

Thank you, God, for everything,
The big things and the small.
For "every good gift comes from God" ...
The giver of them all.

And all too often we accept, without any thanks or praise,
The gifts God sends as blessings, each day in many ways.
And so at this Thanksgiving Time, we offer up a prayer...
To thank you, God, for giving us a lot more than our share.

First, thank you for the little things
That often come our way,
The things we take for granted
But don't mention when we pray,
The unexpected courtesy, the thoughtful, kindly deed,
A hand reached out to help us in the time of sudden need.
Oh, make us more aware, dear God, of little daily graces
That come to us with "sweet surprise"
From never-dreamed-of places.

Then, thank you for the "Miracles"
We are much too blind to see,
And give us new awareness of our many gifts from Thee,
And help us to remember that the Key of Life and Living
Is to make each prayer a Prayer of Thanks
And every day Thanksgiving

--Helen Steiner Rice



United Way
of Southwest Michigan

BCCS Bulletin Board

Join us at our Art Festival



Please join us for an evening of heavy Hors d'oeuvres and refreshments while listening to live music and vocals as we stroll through the beautiful art objects done in multiple mediums that children have created while taking part in our "Art Play" program this year. During our pilot year, "Art Play" has brought children from all over Berrien County together who have been impacted by cancer to create beautiful objects of art in a relaxed, healing environment. Our talented and credentialed artists, volunteers, and staff will be on hand to discuss the program. Meet the talented artist, Pam Kirkham, who designed and painted the "Fight or Flight" oriole painting and its connection to Deb Salvano, the mother who inspired our therapeutic art program. We will also have some of the children and their families that have benefitted from this program available to talk about their experiences and art.

*"Art Play" is a Berrien County Cancer Service community based therapeutic art program for children ages 5-18 who have been impacted by cancer (family member, friend, self). **You may find our schedule of classes on our website at bccancerservice.org then look for "Art Play" on the blue ribbon at the top of the page. When you follow that link, you will find a calendar and instructions for how to register online.** You may also obtain a schedule and register by calling our office at 269-429-3281 and ask for Renee' or Nancy.*

A Tribute to Our Beloved Rita Reid

Our very special Emeritus Board Member, Rita Reid, passed away Sunday, October 4, 2015 following an extended illness. Rita was very devoted to her family and community. Since cancer touched the lives of so many she knew and loved, she joined BCCS in 1958 and sat on their Board of Directors and served several terms as the Vice President. Using her marketing degree and business connections; she was active in fundraising and in helping BCCS continue their legacy and mission of providing oncology nursing services to residents of Berrien County. She considered the founding nurse of BCCS, Ms. Olove Colcord, RN her best friend. At the time of Rita's passing; she was the oldest, living Emeritus Board Member of the Berrien County Cancer Service and a four time cancer SURVIVOR. Her Granddaughter is following in her footsteps with devotion to BCCS through having been a BCCS Board Member and is now our Community Development Liaison.



Thank You to the Lakeland Health Foundation!

We are excited to be awarded a grant from the Community Wellness Endowment of the Lakeland Health Foundation to help fund a new and improved Website! This will greatly help us in communicating our mission online as well as improve our ability to create an easy online registration process for programs such as our "Art Play" Workshops. It will take a few months to have everything in place, but you may look for the changes at www.bccancerservice.org. We greatly appreciate this gift from the Lakeland Health Foundation.

There are three ways that cancer spreads in the body.

Cancer can spread through tissue, the lymph system, and the blood:

- Tissue. The cancer spreads from where it began by growing into nearby areas.
- Lymph system. The cancer spreads from where it began by getting into the lymph system. The cancer travels through the lymph vessels to other parts of the body.
- Blood. The cancer spreads from where it began by getting into the blood. The cancer travels through the blood vessels to other parts of the body.

Cancer may spread from where it began to other parts of the body.

When cancer spreads to another part of the body, it is called metastasis. Cancer cells break away from where they began (the primary tumor) and travel through the lymph system or blood.

- Lymph system. The cancer gets into the lymph system, travels through the lymph vessels, and forms a tumor (metastatic tumor) in another part of the body.
- Blood. The cancer gets into the blood, travels through the blood vessels, and forms a tumor (metastatic tumor) in another part of the body.

The metastatic tumor is the same type of cancer as the primary tumor. For example, if thyroid cancer spreads to the lung, the cancer cells in the lung are actually thyroid cancer cells. The disease is metastatic thyroid cancer, not lung cancer.

Some cancers and cancer treatments cause side effects months or years after treatment has ended.

Some cancers and cancer treatments cause side effects that continue or appear months or years after cancer treatment has ended. These are called late effects. Late effects may include the following:

- Physical problems.
- Changes in mood, feelings, thinking, learning or memory.
- Second cancers (new types of cancer)

Some late effects may be treated or controlled. It is important to talk with your doctor about the possible late effects caused by some cancers and cancer treatments.

Stress and Anxiety

Both during and after treatment, it's normal to have stress over all the life changes you are going through. Anxiety means you have extra worry, can't relax, and feel tense. You may notice that:

- Your heart beats faster.
- You have headaches or muscle pains.
- You don't feel like eating. Or you eat more.
- You feel sick to your stomach or have diarrhea.
- You feel shaky, weak, or dizzy.
- You have a tight feeling in your throat and chest.
- You sleep too much or too little.
- You find it hard to concentrate.

If you have any of these feelings, talk to your doctor. Though they are common signs of stress, you will want to make sure they aren't due to medicines or treatment.

Stress can keep your body from healing as well as it should.

If you're worried about your stress, ask your doctor to suggest a counselor for you to talk to. You could also take a class that teaches ways to deal with stress. The key is to find ways to control your stress and not to let it control you.

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.

Via: NCI, National Cancer Institute.gov

In Loving Memory

During September 2015, Memorial Donations were generously made by and for the following people.

In Memory of Myron Appeleget

Delores & Jeanette Fester, Benton Harbor

In Memory of Gordon Bauschke

Philip & Barbara Lomonaco, Benton Harbor
George Russell, St. Joseph
Alice Smith, Coloma

In Memory of Francis & Ray Dillman

Barbara Lane, Benton Harbor

In Memory of James Finkler

Angelo Jo & Joseph Naines, St. Joseph

In Memory of John Jeske

Bob, Rochelle & Mike Mahler, St. Joseph
Susan Seaman, St. Joseph
John & Suzanne Connelly, Birmingham
Bruce & Susan Bittenbender, St. Joseph
Doris & Marc Wiederwax, St. Joseph
Laura Merle, St. Joseph

In Memory of Kathryn Lavenka

Lela Maxine Mitchell, Buchanan
Don & Susie Schermer, Axton VA
Mary Fredenburg, South Bend IN
Linda Steinke, Stevensville
Bill & Diane Loeffler, Buchanan
George & Etta Klingspon, Galien

In Memory of James "Doc" Maxwell, D.O.

Ronald & Peggy Perkins, Benton Harbor

In Memory of Kathryn Willard

Kim Rodgers, Benton Harbor

In Memory of Susan McDonnell Wolfe

William & Louise Dillingham, St. Joseph
Arden & Vada Pridgion, St. Joseph
Mary Lange, Grand Rapids

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.

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The three arch-enemies of happiness,  
Hurry, Worry and Debt.

Nowell Dwight Hills

## Looking Ahead

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

Berrien County Cancer Service  
November 3 – 1:30 p.m.  
December 1 – 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

Niles Senior Center  
November 17 – 1:30 p.m.  
December 15 – 1:30 p.m.

### **RAINBOWS OF HOPE – St. Joseph**

Marie Yeager Cancer Center  
November 12 – 5:30 p.m.  
December 10 – 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center  
November 12 – 6:00 p.m.  
December 10 – 6:00 p.m.

#### **DATES TO REMEMBER IN NOVEMBER 2015**

November 1 – Daylight Saving time Ends  
November 3 – Election Day  
November 4 - Use Your Common Sense Day  
November 7 – Sausage & Kraut Day  
November 9 World Freedom Day  
November 11 – Veterans Day  
November 14 – National Pickle day  
November 17 – Homemade Bread Day  
November 20 – Universal Children’s Day  
November 26 – **Thanksgiving Day**  
November 27 – Black Friday  
November 30 – Stay Home Because You’re Well Day

#### **Newsletters available online and on email**

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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**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