

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.



October 2015

(269) 429-3281

VOLUME XXIII

ISSUE X

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.

Autumn Scene

Upon the hills the giant trees with color were ablaze,
Like smoke from smouldering embers rose the late October haze.
All silent and magnificent I fancied I could see
The Master Artist touching up some solitary tree,
But the glory of the picture where the painter signs his name.

Now I cannot speak the language of the men who paint and draw,
And with technical precision can't describe the scene I saw.
All I know is that a picture was unrolled for me to see,
And the high lights and the shadows seemed just what they ought to be,
But that gorgeous burst of color in the foreground caught my eye,
And I knew it made the landscape, though I couldn't say just why.

It struck me as peculiar, where an earthly painter signs,
The Master Artist splashed His name in tangled shrubs and vines.

Edgar A. Guest



BCCS Bulletin Board

OPEN HOUSE / QUILT RAFFLE



SAVE THE DATE! We will have our annual Open House/Quilt Raffle on **Thursday, October 22 from 10 a.m. to 6 p.m.** We will have a table full of delicious food all day, so stop by for lunch or come between 5p – 6p when we will have a pizza party! **The quilt raffle will be held 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.

CHILDREN'S ART FESTIVAL

On Thursday, November 19 from 5:00 – 7:30pm at the Marie Yeager Cancer Center, please join us for an enjoyable evening strolling through the beautiful art objects that children have created while taking part in our “Art Play” program this year. There will also be heavy Hors d'oeuvres and refreshments as well as live music and vocals. Come talk to 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. “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). Learn about and experience the benefits of art as a means of expressing feelings. The Marie Yeager Cancer Center is located at the Lakeland Health Park (Bldg D), 3800 Hollywood Rd, St. Joseph, MI. Come support the children and families of Berrien County.



The Herald-Palladium

Going PINK for October!



During the month of October, the Herald Palladium is displaying Pink Ribbons throughout their paper on Mondays and Tuesdays in the business ads and classified ads.

To remember or honor someone with breast cancer, for only \$12, you can have a photo along with the name and a pink ribbon and for \$10 the name and ribbon. If you run a business add, it is only \$10 to add a pink ribbon to be displayed in your add. A portion of these ads goes to support BCCS and the nursing care we give in our community.

Bike Ride / 5K Results

A HUGE THANK YOU!!! to all the volunteers, participants and BCCS staff who helped to make our Cancer Care Awareness Weekends a success! The weekend started off with a Cancer Survivor's Celebration on Saturday, September 12 in Niles. We were privileged to hear from Melissa Tsunemori regarding her experience as a cancer patient with BCCS along with Wendy Chapman, also a cancer survivor, who told how much our Art Play program has positively impacted her children. Both stories were heart stirring and dynamic. Jann Totzke, R.N. (Director of Oncology Services of Lakeland Health) related how the Berrien County Cancer Service is the eyes and ears of the Oncology Clinic as well as the impact that Lakeland Health is having in the community. We were also privileged to have representative from the Strong Women of Faith and Chemosabies.



Following the program, was the 1st Annual Olove Colcord 5K Family Fun Run/Walk. On Sunday was our 20th Annual Bike Ride with 102 riders taking to the roads! The weather was cool to begin with but warmed up nicely with the sun shining! Mike Jones of Cycle & Fitness of St. Joseph donated a bike for raffle which was won by Lee Green. Lee is one of our volunteers and was celebrating his 20th birthday on that Sunday....see his big smile on the Berrien County Cancer Service, Inc. Facebook page!

Feelings and Cancer

Dealing with the different side effects and life changes of cancer treatment can be hard on you emotionally as well as physically. Just as cancer affects your physical health, it can bring up a wide range of feelings you're not used to dealing with. It can also make many feelings seem more intense. They may change daily, hourly, or even minute to minute. This is true whether you're currently in treatment, done with treatment, or a friend or family member. These feelings are all normal.

Denial

When you were first diagnosed, you may have had trouble believing or accepting the fact that you have cancer. This is called denial. It can be helpful because it can give you time to adjust to your diagnosis. It can also give you time to feel hopeful and better about the future.

Sometimes, denial is a serious problem. If it lasts too long, it can keep you from getting the treatment you need.

The good news is that most people work through denial. Usually by the time treatment begins, most people accept the fact that they have cancer and move forward. This is true for those with cancer as well as the people they love and care about.

Anger

People with cancer often feel angry. It's normal to ask, "Why me?" and be angry at the cancer. You may also feel anger or resentment towards your health care providers, your healthy friends and your loved ones. And if you're religious, you may even feel angry with God.

Anger often comes from feelings that are hard to show, such as fear, panic, frustration, anxiety, or helplessness. If you feel angry, you don't have to pretend that everything is okay. Anger can be helpful in that it may motivate you to take action. Talk with your family and friends about your anger. Or, ask your doctor to refer you to a counselor.

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
- 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 an 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 help your body deal with cancer. So, scientists are studying whether a hopeful outlook and positive attitude 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.

In Loving Memory

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

In Memory Charles Brohman

Larry & Christine Sunday, Baroda

In Memory of Dale Carson

Jodi Jerdon, Dowagiac
Anonymous Donation
Helga Oelke, Stevensville
Matilda Sonnenberg, Sawyer
Tammie Eisenhart, St. Joseph
Jeff & Rhonda Barchett, Benton Harbor
Peggy & Bob Angeli, Holland
William Boyd, Bridgman
Julius Grau, Berrien Springs
Bernice Zilke, Bridgman
Richard Grau, St. Joseph
Blanche Krieger, New Troy
Heidi Neiman, Buchanan
Lucille Grau, Stevensville
Dave Coulston, Niles

In Memory of Art Kaeding

Janet Essig, Lake
Anonymous Donation

In Memory of Nadine Kerns

Winston Sherry, Winter Park, FL

In Memory of Jeanette Kraklau

Jeanette Fester, Benton Harbor

In Memory of Evelyn Larson

Delores & Jeanette Fester, Benton Harbor

In Memory of Pete Racine

Peggy & Gerald Schaffer, Sawyer

In Memory of Kay Ruder

Marie Kangas, Buchanan

In Memory of Kenneth Ryno

Jeanette Fester, Benton Harbor

In Memory of Susan Wolfe

, Western Michigan University Hospital
Lynn Ross, Kalamazoo
Joyce Eichler, St. Joseph
Newton Frank, 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.

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*A bell is no bell till you ring it,  
A song is no song till you sing it,  
And love in your heart  
Wasn't put there to stay,  
Love isn't love till you give it away.  
Sound of Music "Sixteen"*

## Looking Ahead

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

October 6 – 1:30 p.m.  
November 3 – 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

October 20 – 1:30 p.m.  
November 17 – 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
October 8 – 5:30 p.m.  
November 12 – 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center  
October 8 – 6:30 p.m..  
November 12 – 6:00 p.m.

#### **DATES TO REMEMBER IN OCTOBER 2015**

October 1 – International Day of Older Persons  
October 2 Guardian Angels Day  
October 4 – Improve Your Office Day  
October 5 – Child Health Day  
October 7 – Emergency Nurses Day  
October 9 – World Egg Day  
October 12 – National Kick Butt Day  
October 13 – Metastatic Breast Cancer Day  
October 15 Get to Know Your Customers Day  
October 16 – Boss's Day  
October 17 – Sweetest Day  
October 19 – Evaluate Your Life Day  
October 21 - Medical Assistants Recognition Day  
October 22 – National Nut Day  
October 24 – United nation's Day  
October 26 – Lung Health day  
October 29 – National Cat Day  
October 31 – National Forgiveness 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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\*Indicates Honorary Members

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Julie Koch (Accountant)  
Henrietta Hein (Newsletter)  
Reneé Reid-Smith (Community Liaison)

**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