

# BERRIEN COUNTY CANCER SERVICE NEWSLETTER

[www.bccancerservice.org](http://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



December 2014

(269) 429-3281

VOLUME XXII

ISSUE XII

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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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## Christmas is for Children

By Anonymous

Christmas is for children -  
at least that's what they say,  
It's time of wide-eyed wonder,  
a magic holiday

When candy canes and gingerbread  
fill tummies with delight  
And little sleepyheads try hard  
to stay up through the night.

Yes, Christmas is for children-  
anyone will tell you so.  
The twinkling, colored lights on trees  
make youngsters' eyes just glow!

Each package and each stocking  
is approached with childish joy  
And toys bring squeals of laughter  
from each eager girl and boy.

Yes, Christmas is for children -  
all they say is true.  
How wonderful that at Christmas time -  
grownups are children, too!



# BCCS Bulletin Board

## THANK YOU FROM OUR HEARTS



As we reflect on the past year, we are grateful to everyone who has enabled us to reach out in a meaningful way to those with cancer and related illnesses in our community. It is you that care enough for others to keep our nurses going into the homes of those around us. It is you that care enough to bring in donations to our loan closet so that others have the needed medical equipment and medical supplies when they need them. It is you that bring in pennies and donations for our Pennies for Patients™ Day and get winded on bikes as you pedal through the countryside on our Bike Ride. It is you that bring wonderful food for our Open House and Quilt Raffle. So we say, **“THANK YOU TO ALL OUR FRIENDS AND MAY THE COMING YEAR BE FILLED WITH LOVE AND LAUGHTER FOR YOU AND YOUR FAMILY”**.

A special **“THANK YOU”** to the **Stevensville American Legion**. For many years – including this year, they have generously provided Thanksgiving food assistance for some of our patients. Another caring group is the **Mary-Martha Circle of the First Congregational Church of St. Joseph**. They wrap all kinds of present for our nurses to hand out at Christmas time. 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 there are those in our community who are reaching out in significant ways.



**MERRY CHRISTMAS  
AND  
HAPPY HOLIDAYS  
TO ALL OF YOU  
FROM ALL OF US HERE AT BCCS!!**

*Nancy Church, RN*

*Connie Demler, RN*

*Ellen Caagbay, RN*

*Julie Koch*

*Claudia Briston*

*Renee' Reid-Smith*

*Henrietta Hein*

*Carrie Klint, RN*

*Susan Lerke, RN*



1. **Don't wait on me to call you if I need anything.** Please call me every once in a while and set up a date and time to come over. I know you told me to call if I ever needed anything, but it's weird asking others to spend time with me or help me with stuff I used to be able to do on my own. It makes me feel weak and needy, and I'm also afraid you'll say "no."
2. **Let me experience real emotions.** Even though cancer and its treatments can sometimes influence my outlook, I still have normal moods and feelings in response to life events. If I'm angry or upset, accept that something made me mad and don't write it off as the disease. I need to experience and express real emotions and not have them minimized or brushed off.
3. **Ask me "what's up" rather than "how do you feel."** Let's talk about life and what's been happening rather than focusing on my illness.
4. **Forgive me.** There will be times when the illness and its treatment make me "not myself." I may be forgetful, abrupt or hurtful. None of this is deliberate. Please don't take it personally, and please forgive me.
5. **Just listen.** I'm doing my very best to be brave and strong, but I have moments when I need to fall apart. Just listen and don't offer solutions. A good cry releases a lot of stress and pressure for me.
6. **Take pictures of us.** I may fuss about a photo, but a snapshot of us can help get me through tough times. A photo is a reminder that someone thinks I'm important and worth remembering. Don't let me say "I don't want you to remember me like this" when treatment leaves me bald or scarred. This is me, who I am RIGHT NOW. Embrace the now with me.
7. **I need a little time alone.** A few points ago I was talking about how much I need to spend time with you, and now I'm telling you to go away. I love you, but sometimes I need a little solitude. It gives me the chance to take off the

brave face I've been wearing too long, and the silence can be soothing.

8. **My family needs friends.** Parenting is hard enough when your body is healthy; it becomes even more challenging when you're managing a cancer diagnosis with the day-to-day needs of your family. My children, who aren't mature enough to understand what I'm going through, still need to go to school, do homework, play sports, and hang out with friends. Car-pooling and play dates are sanity-savers for me. Take my kids. Please. My spouse could also benefit from a little time with friends. Grab lunch or play a round of golf together. I take comfort in knowing you care about the people I love.

9. **I want you to reduce your cancer risk.** I don't want you to go through this. While some cancers strike out of the blue, many can be prevented with just a few lifestyle changes – stop smoking, lose extra weight, protect your skin from sun damage, and watch what you eat. Please go see a doctor for regular check-ups and demand follow-up whenever pain, bleeding or unusual lumps show up. Many people can live long and fulfilling lives if this disease is discovered in its early stages. I want you to have a long and fulfilling life.

10. **Take nothing for granted.** Enjoy the life you have right now. Take time to jump in puddles, hug the kids, and feel the wind on your face. Marvel at this amazing world God created, and thank Him for bringing us together.

While we may not be thankful for my cancer, we need to be grateful for the physicians and treatments that give me the chance to fight this thing. And if there ever comes a time when the treatments no longer work, please know that I will always be grateful for having lived my life with you in it. I hope you feel the same about me.

#### ***About the author***

*Kim Helminski Keller is a Dallas-based mom, wife, teacher and journalist. She is currently receiving treatment for thyroid cancer.*

*Via: facebook*

# *In Loving Memory*

During October 2014, Memorial Donations were generously made by and for the following people

**In Memory of Marian P. Archer**

Jeanette & Delores Fester, Benton Harbor

**In Memory of Diane Biek**

Dr. Tom & Karen Kirkdorfer, Stevensville

**In Memory of Margaret Broderick**

Al & Virginia Drews, Stevensville

Betty Laviolette, St. Joseph

Brian Berndt, Stevensville

Jerry & Linda Drews, Stevensville

Dean & Johnny Case, Sodus

Kathleen Cook, Benton Harbor

**In Memory of Frank Callender**

Kenneth (Casey) & Alice Clark, Berrien Springs

Jim & Maureen Gormley, Dundas, ON, Canada

Ernest & Dawn Koenig, Granger IN

David Karsten & Family, St. Joseph

Blossom Trails

JoAnn & Timothy Smith, Benton Harbor

Karol Banyon, Benton Harbor

Anthony & Carol Dlouhy, Stevensville

James Sr. & Mary Gioiosa, Watervliet

Sylvia & Terry Etter, St. Joseph

Ruth Stanton, St. Joseph

Joyce Sommerfeldt, Kalamazoo

Karen & Wayne Shell, St. Joseph

Al & Helen Monfort, Chatham, ON, Canada

**In Memory of Lorene Gipson**

Ronald Shaffer, Three Oaks

**In Memory of Tony Gipson**

Ronald Schaffer, Three Oaks

**In Memory of Karen Ross Hammond-Nash**

Joseph & Angelajo Naines, St. Joseph

**Inn Memory of John Lozmack**

Don & Colette Metzger, Stevensville

**In Memory of John Mack**

Mike Levi, St. Joseph

**In Memory of Christine**

Michael & Valerie Wurn, Osceloa IN

**In Memory of Jean Philpot**

Ray & Lela Hoge, Baroda

**In Memory of Karen Rudowske**

Kathy & Ken Rudowske, Berrien Springs

**In Memory of Lorraine Smith**

Don & Colette Metzger, Stevensville

**In Memory of Barbara Ann Sonnenberg**

Jean Christensen, Watervliet

Sharon Weldy, Niles

Diane Janke, Coloma

Dorothy Cayo, Coloma

Paul Koehler, Ellenton, FL

Janet Mundy, Berrien Springs

Marcia Koehler, St. Joseph

Joe & TonI Engel, Watervliet

Rendell Marci, Coloma

Tom & Merry Yops, Coloma

## *In Honor of*

**In honor of Debra George**

Hospice at Home, St. Joseph

**In honor of Eric Sharkey**

Mike Levi, 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

## Looking Ahead

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

December 2 & 16 – 1:30 p.m.

January 6 & 20 – 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

December 9 & 23 – 1:30 p.m.

January 13 & 27 – 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center

December 11 – 5:30 p.m.

January 8 – 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center

December 11 – 6:00 p.m.

January 8 – 6:00 p.m.

#### **DATES TO REMEMBER IN DECEMBER**

December 1 – Cyber Monday

December 2 – Special Education Day

December 3 – Special Kids Day

December 5 – AFL- CIO Day

December 6 – St. Nicholas Day

December 9 – Weary Willie Day

December 12 - Poinsettia Day

December 13 – Nought And Crosses Day

December 15 – Bill of Rights Day

December 18 – National Re-gifting Day

December 20 – World Day of Prayer

December 21 – World Peace Day

December 24 - CHRISTMAS EVE

December 25 – **CHRISTMAS DAY !!!**

December 27 – Howdy Doody Day

December 31 – New Years Eve!

#### **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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Henrietta Hein (Newsletter)  
Renee Reid-Smith (Community Liason)

**CANCER SUPPORT GROUP** – Stevensville Office

1<sup>st</sup> and 3<sup>rd</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

2<sup>nd</sup> and 4<sup>th</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

Printing:

Courtesy of Lakeland Community Benefit