

# 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.



February 2015

(269) 429-3281

VOLUME XXIII

ISSUE II

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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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## Life's Little Gifts



Sometimes life brings a lamps of gold  
And put it in our hands to hold,  
Sometimes she brings a step toward fame  
And leaves it somewhere near our name.

Sometimes she bringstrue love to share,  
Someone who was waiting there,  
Sometimes she brings strength anew  
To finish tasks that we must do.

But the greatest of the gifts she brings  
Is a heart within that always sings,  
No matter what its fate may be  
A heart that's glad, a heart that's free.

A heart that knows if raindorps fall  
The marigold will then grow tall,  
A heart that takes what comes each day  
And makes the most of it some way.

Content to feel a higher power  
Rules over every single hour,  
A heart that knows as time goes by  
It must not ask just how or why.

When life walks swiftly by its doors,  
And gives a fellow traveler more,  
A heart that knows some good shall come  
Not as it seems to come to some,  
But slowly surely from above  
In God's own time by his own love!



United Way  
of Southwest Michigan

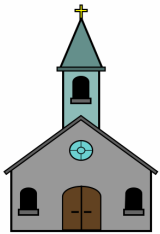
# BCCS Bulletin Board

## ENJOY FINE DINING AND BENEFIT BCCS!

The Berrien County Cancer Service, Inc. has been selected as a beneficiary for a **Bentwood Tavern Give-Back Dinner on Tuesday, March 24, 2015, from 5-10 pm!** On that evening, 50% of all food and beverage revenue will be generously donated to BCCS. All donated funds will go toward our Patient Needs Fund, which ensures our services will remain available to patients as long as needed. Bentwood Tavern features “artisan comfort cuisine” with a modern spin on pub fare. It is located inside the Marina Grand Resort at **600 West Water Street in New Buffalo, Michigan.** **For reservations, please call 269.469.1699 or visit [www.bentwoodtavern.com](http://www.bentwoodtavern.com).** You can also check them out on Facebook.



No registration or coupons are necessary. Invite your friends and family to join use for a fun evening of great food and fellowship in support of our patients!



## 1<sup>st</sup> Congregational Church Music Program

Come join us for a benefit concert to support local organizations who touch the lives of those with cancer and their families. The theme of this concert is “**Stronger Than Before, a Gift of Hope**”. This will be held on Sunday, Feb 22 at 4:30 – 6:00 p.m. the First Congregational Church 2001 Niles Ave, St. Joseph, MI. This meaningful program will include music from Lake Effect Jazz, Andrews University Singers, the Boys and Girls Club of Benton Harbor choir, and the 1<sup>st</sup> Congregational Chancel Choir. There is no admission fee but a free will offering will be taken to benefit Lory’s Place, Handles of Hope and the Berrien County Cancer Service. For further information please call: 269-983-5519.

## NOTES OF APPRECIATION TO:

### THE FREDERICK S. UPTON FOUNDATION

The Berrien County Cancer Service would like to thank the Frederick S. Upton Foundation for providing us with a \$10,000 grant this year. This grant offsets the mileage expenses for our nurses who care for cancer patients in their home or places of business. It will enable us to have an adequate supply of vital nutritional supplements, wheel chairs and other essential pieces of medical equipment for our patients. We also appreciate our awesome office staff that shop sales and use coupons to stretch the dollars for the maximum benefit of the dollars we are entrusted with. We are grateful for the Frederick S. Upton Foundation and our generous community that enables us to support those with cancer and related illnesses here in Southwest Michigan.



## NOTES OF APPRECIATION TO: (continued)

### THE WOLVERINE PIPE LINE DAY OF CARING



On Monday, December 15, 2014, Renee' Reid-Smith, Community Development Liaison for the Berrien County Cancer Service, Inc. presented the Wolverine Pipe Line Company (WPL) with the BCCS Business of the Year Award for their "Day of Caring" for a BCCS Niles cancer patient and his family. WPL donated over 84 man hours and multiple household repairs were done last October. Renee' thanked the team for their outstanding support of the BCCS mission and for making a healing home environment for their patient and his family to recover in. WPL is known for many exemplary core values and Reid-Smith added another, "Compassionate Community Stewardship." Company spokesman and the "Day of Caring" lead employee, David Brooks stated, "Our WPL Company Niles Team is thankful that every year our company supports a "Day of Caring" which allows us to lift someone's burden and bring a smile to those we help." Indeed they did....

### Getting Help with Family Issues

After treatment, you may want to consider getting help from someone to help you and your family adjust. Ask your doctor or social worker to refer you to a counselor. An expert on family roles and concerns after cancer treatment may help your family work on your problems.

How do you cope with family issues? Here are some ideas that have helped others deal with family concerns:

- **Let others know what you're able to do as you heal - and what not to expect.** For example, don't feel like you have to keep the house or yard in perfect order because you always did in the past.
- **Know that this is a new time in your life so it may take time to adjust.** Roles in the family may change again and different emotions may get triggered. This is normal.

Give yourself time. You and your family will be able to adjust over time to the changes cancer brings. Just being open with each other can help ensure that each person's needs are met. Good communication is still very important.

### Talking with Children and Teens

Help the children in your family understand that it may take a while for you to have the energy you used to have now that you are finished with treatment. Be open about what you can and can't do.

You don't have to tell your kids about every checkup or every symptom that occurs. But do tell them if you still have side effects that make certain things hard for you to do. If you're not able to do an activity or go to an event, the children may think that you're unhappy or mad at them.

Children of cancer survivors have said that these things are important once their parent has finished treatment. That you:

- Be honest with them
- Speak as directly and openly as possible
- Keep them informed about your cancer and involved in your recovery
- Spend extra time with them

With your permission, other family members should also be open with your children about your cancer and its treatment.

From: [www.cancer.gov](http://www.cancer.gov)

# *In Loving Memory*

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

**In Memory of Charles Bruins**

James Bruins Sr., Benton Harbor

**In Memory of Charles Joseph Getz**

Murray Miller, Berrien Springs

Sandra & Keith McClintock, Baroda

John & Karen Harner, Baroda

Ron & Barb Petzke, St. Joseph

Dolores & David Dierking, Valparaiso IN

Terry Flaga, Stevensville

Robert Riske, Baroda

Dennis, Debbie, Branden & Chris Mensinger,  
Bridgman

Donald & Colette Metzger, Stevensville

Doug & Diane Mensinger, Baroda

Ned Totzke, Baroda

Gary & Linda Witkowske, Baroda

Susan Weikel, Sawyer

Bonnie Lee Boldt, Baroda

Dick & Linda Petzke, Parker CO

Claudia Brister, Baroda

**In Memory of Johnny Gorman**

Eva Gorman, Berrien Springs

**In Memory of Karen Jordan**

Randy & Shelly Frank, Bridgman

**In Memory of Irene Leatz**

Karen Coffey, Stevensville

**In Memory of Janet McFall**

Sylvia & James Barricklow, Stevensville

**In Memory of Cindy Norris**

Ann Badgley, Buchanan

**In Memory of Frances Redding**

Wee Chik American Legion Aux, Sawyer

Susan Weikel, Sawyer

**In Memory of Ed Rousselle**

Courtney Rousselle, St. Joseph

**In Memory of Eve Sanchez**

Bob & Karen Hayward, St. Joseph

**In Memory of Rhonda Steinke**

Fred & Nadine Steinke, Eau Claire

**In Memory of Mr. Duane Stotler**

George & Norma Truhn, St. Joseph

Shirley Truhn, St. Joseph

**In Memory of Bruce Temple**

Ann Temple, Elyria OH

**In Memory of Robert Vanhorn**

Verlin Vanhorn, Coloma

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.**

**A good word is an easy obligation;  
but not to speak ill requires only our silence,  
which costs us nothing.**

*John Tillotson*

## Looking Ahead

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

February 3 & 17 - 1:30 p.m.  
March 3 & 17 - 1:30 p.m.

### **BCCS SUPPORT GROUP – Niles**

February 10 & 24 - 1:30 p.m.  
March 10 & 24 - 1:30 p.m.

### **RAINBOWS OF HOPE– St. Joseph**

Marie Yeager Cancer Center  
February 12 - 5:30 p.m.  
March 12 - 5:30 p.m.

### **Ostomy Support Group**

Lakeland Regional Medical Center  
February 12 - 6:00 p.m.  
March 12 - 6:00 p.m.

#### **DATES TO REMEMBER IN FEBRUARY 2015**

February 1 – Super Bowl  
February 2 - Ground Hogs Day  
February 4- World Cancer Day  
February 6 - Lame Duck Day  
February 9 - National Stop Bullying Day  
February 11 – Make a Friend Day  
February 12 – Lincoln’s Birthday  
February 14 – Valentines Day  
February 16 – President’s Day  
February 17 - Mardi Gras  
February 18 – National Drink Wine Day  
February 22 – Daytona 500  
February 26 – National Chili Day  
February 27 – National Day of Action (Peace Corp)  
February 28 – National Tooth Fairy 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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Henrietta Hein (Newsletter)  
Reneé Reid-Smith (Community Liaison)

**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