

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



February 2016

(269) 429-3281

VOLUME XXIII

ISSUE II

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.

My Valentine

I will give my love an apple
Without any core,
I will give my love a house
Without any door,
I will give my love a palace
Wherein she may be
And she may unlock it
Without any key.

How can there be an apple
Without any core?
How can there be a house
Without any door?
How can there be a palace
wherin she may be
And she may unlock it
Without any key?

My head is an apple
Without any core,
My mind is a house
Without any door,
My heart is a palace
Wherein she may be
And she may unlock it
Without any key.

Old English Folk Song



United Way
of Southwest Michigan

BCCS Bulletin Board



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 makes a difference in 2 major ways. It helps to offset the mileage expenses for our nurses who care for cancer patients in their home or places of business and it enables us to have an adequate supply of vital nutritional supplements, wheel chairs and other essential pieces of medical equipment and supplies for our patients. We appreciate our 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 very 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.

Save the Date!

Here are a couple of dates that you will want to add to your calendar!



Volunteer Appreciation Party – Thursday, April 7 (we are a week early)

Pennies for Patients – Thursday, May 5, 2016

It's NOT TOO SOON to start collecting **PENNIES FOR PATIENTS – THE POWER OF A PENNY!**

Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$442,067.73! Fortunately, this has not all come as “pennies”. The year of the most pennies was 2002 when 13,000 pennies arrived. When bringing your pennies in, remember, we love silver and green paper pennies also! As we celebrate our **27th Annual PENNIES FOR PATIENTS™ DAY**, let's pass up last year's total of \$19,201.69. ***Come join us on Thursday, May 5, 2016*** any time between 6:00 a.m. and 6:00 p.m. so if you are 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 3rd 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 **27th Annual PENNIES FOR PATIENTS DAY!**



ART PLAY WORKSHOPS



While this newsletter is being written, we are working on the calendar for our Art Play Workshops for 2016. These art workshops are for children who are impacted by cancer and are designed to encourage expression of feelings. Our facebook page has fun-filled photos of the workshops – check it out at Berrien County Cancer Service, Inc. We plan to have the schedule of art workshops on our website by the time you receive this, which you may view at www.bccancerservice.org. 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 the family call 269-429-3281 and speak with Renee' or Nancy regarding our Art Play Workshops.

Pancreatic Cancer Facts

Pancreatic cancer accounts for only 2% of cancers diagnosed in the United States each year; however, it is the fifth leading cause of cancer death in this country. According to the American Cancer Society's most recent estimates for pancreatic cancer in the United States, more than:

- 42,000 cases are diagnosed each year
- 35,000 people die because of the disease

The lifetime risk of having pancreatic cancer is about 1 in 72. It is about the same for men and women. The risk increases with age, and most cases are diagnosed between 60 and 80 years old. Pancreatic cancer usually has few, if any, signs or symptoms in the early stages when it would be most treatable.

The pancreas is a spongy, oblong organ about 6 inches long and 2 inches wide. It is located behind the lower part of the stomach, between the stomach and the spine. The pancreas is important because it makes insulin and other hormones that help the body absorb sugar and control blood sugar, and produces juices that aid in digestion.

Pancreatic Cancer Types

The pancreas contains two main types of cells:

- Exocrine cells, which make digestive juices
- Endocrine cells, which produce hormones

Almost all pancreatic cancers start in exocrine cells. These cells line the pancreatic duct (duct cells), through which pancreatic juices with digestive enzymes flow.

Adenocarcinoma is cancer of the exocrine cells. It accounts for 95% of pancreatic cancers.

Islet cell carcinoma involves endocrine cells. Most islet cell tumors are malignant, but some are benign, such as insulin-producing islet cell tumors. Tumors can be:

- Functional and produce abnormally high amounts of hormones
- Non-functional and produce no hormones

Pancreaticoblastoma is very rare. This type of pancreatic cancer is found mostly in young children.

Isolated sarcomas and lymphomas can occur in the pancreas. These are very rare.

Pseudopapillary neoplasms occur mostly in young women in their teens and 20s.

Ampullary cancer: This rare type of exocrine tumor begins where the bile duct (from the liver) and the pancreatic duct join with the small intestine. Since it causes yellowing of the skin and eyes, it may be found earlier than other types of pancreatic cancer.

Using visualization to cope with cancer treatment

During chemotherapy, a friend suggested that I picture a bright candle dripping wax and snuffing out the cancer cells. That was WAY too mild for me. This was a war, and I told my doctors to throw everything they had at it.

Instead, I envisioned little green army men fighting my cancer. I decided to accept that this battle was bigger than me. After all, I was just the battlefield. That acceptance gave me a sense of peace and helped me cope with treatment.

What helped me during my pancreatic cancer treatment

So many cancer patients that I have met feel compelled to determine how they got cancer. In my case, I am an anomaly. I do not fit the profile for pancreatic cancer. I have no family history. I did not have any of the conditions that make you susceptible. Accepting that my diagnosis was just bad luck made it easier for me to focus on the treatment.

I chose to focus on achieving victory rather than worrying about how I got cancer. I kept my head in the game by keeping my eye on the prize and surviving for my army of caregivers and friends. I took things one day at a time and only looked to the next day, the next treatment. This kept me from feeling overwhelmed.

I encourage you to find whatever scenario works for you. It may be calm and peaceful, like the dripping wax, or violent like my war visual. Regardless of how you cope, stay positive, stay hopeful and most importantly, get up, show up and never, ever give up.

Via: NCI.gov

In Loving Memory

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

In Memory of Jerry & Marilyn Conrad

Glenn & Dorothy Conrad, St. Joseph

In Memory of Margaret Foulkes

Eileen Mikus, Pellston

In Memory of Lorene Lundy

Pat Coons, Niles

In Memory of Dr. Richard Macri DDS

Char Krause, Berrien Springs,
Delbert & Myrna Hunt, Niles

In Memory of Michael Richards

Joyce Richards, Bridgman

In Memory of Edward Allen Rousselle

Courtney Rousselle, St. Joseph

In Memory of Eve Sanchez

Karen Hayward, St. Joseph

In Memory of Shirley Smith

Carol & Jerry Orlaske, St. Joseph

In Memory of Rhonda Steinke

Fred & Nadine Steinke, Eau Claire

In Memory of Bruce Temple

Ann Temple, Elyria OH

In Memory of Edith Paustian

Mr. & Mrs. Jerry Turner & Hannah Noble
Three Oaks

In Memory of Rita Reid

Don & Diana Kamp, Stevensville
Sam Cook, Watervliet
Jim & Joan Smith, St. Joseph

In Memory of Mark Stacik

Lonnie & Sylvia Counts, Benton Harbor
Helen Austin, St. Joseph
Corine Tichenor, 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.

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 2 – 1:30 p.m.

March 1 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

February 16 – 1:30 p.m.

March 15 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

February 11 – 5:30 p.m.

March 10 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

February 11 – 6:00 p.m.

March 10 - 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 – Valentine’s 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. 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.

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

CANCER SUPPORT GROUP – Stevensville Office

1st 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

2nd 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

3rd Tuesday of each month – 1:30 p.m.

Niles Senior Center

1109 Bell Road
Niles, MI 49120

Phone: (269) 429-3281

OSTOMY SUPPORT GROUP

2nd 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