

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.



January 2016

(269) 429-3281

VOLUME XXIII

ISSUE I

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.

An Acrostic "HAPPY NEW YEAR" poem

*Here's to health and happiness!
A toast to the New Year!
Peace and joy to all of us!
Prosperity and cheer!
Years come and go, some bad, some good.
New years provide the space,
Each to fill with what one would,
Windows onto grace.
Years come and go, yet still we toast
Each one, for each one seems
As though it were a new-found coast,
Rich with hope and dreams.*



BCCS Bulletin Board

IT'S NOT TOO EARLY TO START COLLECTING PENNIES!



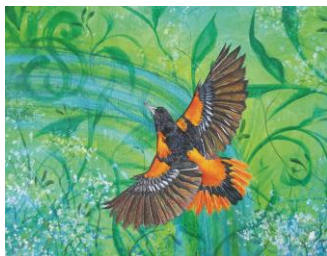
Would you believe what the power of a penny is? Since it started, Pennies for Patients Day has raised \$442,067.73! Fortunately, this has not all come as “pennies”. When bringing your pennies in, remember, we love silver and green paper pennies also! As we celebrate our **27th Annual PENNIES FOR PATIENTS™ 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're 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!**

Let it Snow, Let it Snow, Let it Snow

Just wanted to remind you that the BCCS office may be closed for snow days during inclement weather. So if it is snowing, please call us first at 269-429-3281 prior to coming to the office to make sure that we are open. On the days that the office is closed, the answering machine will be checked periodically. If you have a medical emergency, please call 911. Our nurses will notify their patients regarding home visits. Often the nurses will make patient visits a day early if they know that a snow storm is coming.



ART PLAY WORKSHOPS



Our “Art Play Workshops” are taking a break during the months of December and January due to the potential of inclement weather. This past year we held 32 workshops for children impacted by cancer. The art was beautifully showcased at our art festival in November. There are photos of the event on our Facebook site: Berrien County Cancer Service, Inc. 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 them call 269-429-3281 and speak with Renee' or Nancy regarding our Art Play Workshops.

Thank You to the Lakeland Health Foundations!

We are excited to be awarded a grant from the Community Wellness Endowment of the Lakeland Health Foundations to help fund a new and improved Website! This will greatly help with our website being found with searches and in communicating our mission online. Hopefully by the time you read this, it will be in place, so check us out at www.bccancerservice.org. We truly appreciate this gift from the Lakeland Health Foundations.

Why and Where Cancer Returns

“I was floored. I thought all the cancer was gone. I was just getting back to a normal life. I was even more surprised that it came back in a different place. But I didn’t care where it was. I just wanted it to go away.” —Ronald)

Some things you should know are:

A recurrent cancer starts with cancer cells that the first treatment didn’t fully remove or destroy. Some may have been too small to be seen in follow-up. This doesn’t mean that the treatment you received was wrong. And it doesn’t mean that you did anything wrong, either. It just means that a small number of cancer cells survived the treatment. These cells grew over time into **tumors** or cancer that your doctor can now detect.

When cancer comes back, it doesn’t always show up in the same part of the body. For example, if you had colon cancer, it may come back in your liver. But the cancer is still called colon cancer. When the original cancer spreads to a new place, it is called a **metastasis** (meh-TAS-tuh-sis).

It is possible to develop a completely new cancer that has nothing to do with your original cancer. But this doesn’t happen very often. Recurrences are more common.

Adjusting to the News

Maybe in the back of your mind, you feared that your **cancer** might return. Now you might be thinking, “How can this be happening to me again? Haven’t I been through enough?”

You may be feeling shocked, angry, sad, or scared. Many people have these feelings. But you have something now that you didn’t have before—experience. You’ve lived through cancer once. You know a lot about what to expect and hope for. Also remember that treatments may have improved.

Your Feelings

(“Life has changed again and I can’t help feeling frustrated with all that’s going on. One minute I’ll be upset and angry. Then the next minute, I’ll start crying all of a sudden. I just never know what’s coming next.” —Kathy)

People feel so many emotions when they find out that their cancer has come back. Shock, fear, anger, and denial are just a few. The new diagnosis hits them as hard as it did the first time, or even harder.

Regardless of your first reaction, starting cancer treatment again can place even more demands on your mind and spirit. You’ll have good days and bad days. So just remember that it’s okay to feel a lot of different emotions.

Some of these emotions may be ones you have had at other times in your life. But you may be feeling them more intensely. If you have dealt with them in the past, you may be able to cope with them now, too. If some of the feelings are new, or are so strong that it is hard to get through everyday activities, you may want to ask for help.

There are many people who may be able to help you. These include **health psychologists**, oncology social workers, other mental health experts, and leaders in your faith or spiritual community. They know many ways to help you cope with your feelings.

Stress

“Once you get diagnosed again and go through more surgeries or procedures your life is not normal. It’s always in the back of your mind. What now? What’s next?” —Margaret)

Stress is a normal reaction to cancer. After all, you’re dealing with a lot: treatment, family, your job, money, and day-to-day living. Sometimes, you may not even notice that you are stressed. But your family and friends probably see a change.

Anything that makes you feel calm or relaxed may help. So try to think of things that relax you and that you enjoy doing. Some people try deep breathing, listening to tapes that have nature sounds, or listening to music.

“I am only 35 years old. How am I supposed to deal with cancer recurrence? I’m too young to die.”

Cancer is hard at any age, but it’s especially hard to cope with when you are young and believe you have a

full, long life ahead of you. Cancer recurrence may seem even more unfair then. Worse, it's often more aggressive in the younger cancer survivor – it may grow and spread faster. This aggressiveness means that it could come back earlier and be harder to treat.

Having a recurrence does not mean you will die, but there's no denying that it's something you will and should think about. It's a painful prospect, one that calls for thoughtful processing and even preparation. First of all, a talk with your doctor can give you some idea how realistic your fears and concerns are. Even when you're healthy, it never hurts to be prepared for the chance you could die. You'll want to make plans for your family if the worst happens.

You need to get support that works for you so you can talk about and express your feelings about recurrence. You can also learn more about yourself and explore the meaning of your life. Sometimes our lives have a purpose and meaning we cannot see clearly. It can be very helpful to discover that purpose and take pleasure from it when it seems there is no hope.

“Is having a positive attitude important in fighting the cancer? My friends say it is, but I feel sad and discouraged.”

When you have cancer, grief and sadness are normal.

In recent years, much attention has been paid to the importance of having a positive attitude. Some people go so far as to suggest that such an attitude will stop the cancer from growing or prevent death. Patients are even told that they will never beat the cancer if they don't stop feeling sad, bad, depressed, or other so-called “negative” feelings. This kind of message is destructive to people who are dealing with cancer and recurrence. They are fighting for their lives and then are told they are responsible for causing their own illness. And to make matters worse, they may feel as if they aren't supposed to grieve or feel sad over the new hardships and major changes in their lives. Please do not allow others' misguided attempts to encourage positive thinking to place the burden of your cancer on you. That is not accurate, and it's not fair to you.

Via: NCI.gov, National Cancer Institute

“The thing to try when all else fails is again.”

In Loving Memory

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

In Memory of Edith Paustian

Mr. & Mrs. Jerry Turner, Three Oaks

In Memory of Rita G. Reid

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

Please Consider...

Looking Ahead

BCCS SUPPORT GROUP – Stevensville

January 5 – 1:30 p.m.

February 2 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

January 19 – 1:30 p.m.

February 16 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

January 14 – 5:30 p.m.

February 11 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

January 14 – 6:00 p.m.

February 11 – 6:00 p.m.

DATES TO REMEMBER IN JANUARY 2016

January 1 – New Years Day!!!

January 4 – Blue Monday

January 7 – Harlem Globetrotters Day

January 10 – League of Nations Day

January 13 - Make Your Dreams Come True Day

January 15 – Humanitarian Day

January 18 – Martin Luther King Day

January 21 – National Hugging Day

January 23 – National Pie Day

January 26 – Toad Hollow Day of Encouragement

January 28 – National Kazoo Day

January 29 - Fun at Work Day

January 31 – Inspire Your Heart With Art Day

Newsletters available online and on email

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.

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