

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



March 2016

(269) 429-3281

VOLUME XXIII

ISSUE III

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.

A Touch Can Say so Many Things

A touch can say so many things
That words cannot express;
It speaks of tenderness and love
With just a light caress.

A touch can say, "have courage,"
When your word is not quite right;
And then can share a happiness
Unspoken with delight.

A gentle touch of sympathy
Can say, "I understand,"
And speak my friendship silently
Each time I touch your hand.

When words become inadequate
To say how much I care,
A simple touch can tell you all
These things I want to share.

Mary L. Case



BCCS Bulletin Board

Calling all BCCS Volunteers!



National Volunteer Week is a time to celebrate people doing extraordinary things through service. This year it will be celebrated April 10-15, 2016. **Our 4th annual Volunteer Appreciation Reception will be held Thursday, April 7, 2016 from 11 a.m. to 4 p.m.** We know that this is a week early, but we know that volunteer week is a very busy week for many of you since you volunteer at multiple places! ***Come and join us for food and fun – and take a break, we will supply the food!***

PENNIES FOR PATIENTS – PENNY AUCTION!

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!**

Are you a penny collector? We will be having an auction of 1,994 wheat back pennies and 6 silver pennies (total 2,000 pennies!). Our starting bid is \$30.00, so beginning today, call in your bid to our office at 269-429-3281. The auction will end at 6:00 p.m. on Pennies for Patients Day.



Stevensville 4 Corners

She’s done it again! Ashley Weber, our extraordinary teen volunteer has set up to collect contributions for Pennies for Patients Day at Stevensville’s 4 Corners. Come by John Beers Road and Stevensville Baroda intersection on Friday, April 15 between 4:15 – 7:15 p.m. to give your donation to the BCCS volunteer at the intersection. Over the past several years, Ashley has collected over \$10,000.00 for BCCS!!! What an amazing volunteer!

“CANCER IS NOT TRIVIAL” FUNDRAISER



An exciting new fundraiser consisting of a Trivial Contest will be held April 16 at the St. Joe Kicker’s Club with doors opening at 6 p.m. and Trivia starting at 7 p.m. All of the information you need to know is on the yellow sheet that came with this newsletter. You can participate in a variety of ways by: 1) joining a team; 2) being a sponsor; 3) donating an item to auction; 4) coming and enjoying an evening of fun. All proceeds from this event will go directly to the Berrien County Cancer Service.

***IF YOU NEED “CANCER IS NOT TRIVIAL” COLOR POSTERS FOR DISPLAY
PLEASE CALL US AT 269-429-3281***

ART PLAY WORKSHOPS

Our new schedule and the registration for the 2016 Art Play Workshops are in our website at www.bccancerservice.org. 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. 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.



Art Therapy & Children

Even at a young age, art therapy can be beneficial. A large part of a child's development is being able to be creative and learn how to express themselves. Art therapy gives children the opportunity to do both in a safe environment. Some common art therapy goals for young children are sensory awareness and integration, problem-solving skills, identification and expression of feelings, and increase self-esteem.

While therapy and psychotherapy in general have many benefits, the concept of art therapy has proven to be successful in various ways that differ from traditional therapy practice. There are various uses for art therapy with regard to healing, but the benefits may surprise you if you've never heard of art as a form of therapy.

Art therapy sets itself apart as a means of therapy by utilizing the creative process of art and having a low barrier to entry. Art therapy can be especially beneficial to children as younger people are usually less capable and less comfortable expressing themselves via words.

While art therapy can benefit children greatly, it can also be very helpful to adults. Really, anyone can benefit from art therapy. Even if you're using creative arts as a means of expression without the aid of an art therapist, there are still many benefits to be had. Art therapy benefits for people with more serious disorders. Without going into the details of all the possibilities, let's just say that art therapy can benefit a wide spectrum of disorders, diseases and disabilities.

Art therapy can help improve various mental and physical symptoms including, but not limited to, reducing pain, anxiety, and tension. It can be

beneficial to those who have mental disorders, severe or light emotional abuse, cancer, post traumatic stress disorders, people who are bipolar, and a variety of other serious ailments.

In conclusion, art therapy can also help people with their social skills. The benefits of art therapy in these types of situations can help with people that are withdrawn or shy, or who, for some reason or another, have a difficult time functioning within social situations.

Basically, the benefits of art therapy can be quite broad. It can improve lives by helping people improve their mental, emotional, and even physical states. It can raise the quality of life for many people, and it's worth considering if it can aid you in some way or another.

Again, maybe it's just the act of executing creative expression on your own with others, or maybe it's seeking professional help with a certified art therapist. Either way, the benefits of art therapy make it worth exploring as a catalyst for healing. At a very young age, children start to develop self-esteem. Learning a new skill can help to increase their self-esteem and feel more confident. An art therapy intervention could be to teach them a new art skill, like introducing them to a new art medium. While this may seem intimidating at first for a child, the child's ability to develop a new skill will help their self-identity and self-esteem.

Children are never too young to be creative. It is important that their creativity is fostered in a way that is beneficial to them. Art therapy is just one way that children can be creative while gaining the skills that can help them in their development.

Ref: ArtTherapyBlog.com

In Loving Memory

During January 2016, Memorial Donations were generously made by and for the following people:

In Memory of Irene Czajkowski

Barb Klein, St Joseph

In Memory of Norm Dorgelo

Charlie & Mariel Reed, Pendleton IN

In Memory of Julianne Elias

Bruce Chadwick, Great Falls VA

Paula Ludwig, St. Joseph

Tom & Karen Chadwick, Muskegon

Debra Sobanski, Stevensville

Suzanne Jewell, Stevensville

In Memory of Gaylen Foster

Connie Foster, Stevensville

In Memory of Johnny Gorman

Eva Gorman, Berrien Springs

In Memory of Edna Pelkey

Bonnie Russom, Dowagiac

Robert & Janice Keene, Eau Claire

Roger & Jennifer Rosenthal, Stevensville

Delores Yetzke, Stevensville

Sylvia & Terry Etter, St. Joseph

Louise Lausman, Stevensville

Phillip & Sheila Lane and

Patrick & Kayte Lee Lane, Bangor

Kenneth & Barbara Berry, Benton Harbor

Sandra & William Sullivan, St. Joseph

Mary & Michael Sears, Benton Harbor

In Memory of Dr. William "Bill" Schlender

Matilda Sonnenberg, Sawyer

In Memory of Betty Jane Swanson

Susan & Greg Lyman, Travers City

In Memory of Adam Tilly

Rebecca Eichler-Toth & Family, 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.

Here are some statements from our "Art Play Workshops" artists:

"I've seen kids go from isolated and introspective to outgoing and caring for other little artists they'd only just met a session or two prior. The kids have formed friendships and joked and shown real camaraderie between themselves. It's been fun and exciting and I hope to join up with the program next year as well."

Kim Bollman, artist.

"In the groups I have done so far I have observed in the kids an overall opening up and they begin to blossom. I believe Art Play is offering the kids a wonderful opportunity to be seen and building self-confidence." Holly Garces, Registered Art Therapist.



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

March 1 – 1:30 p.m.

April 5 – 1:30 p.m.

BCCS SUPPORT GROUP – Niles

March 15 – 1:30 p.m.

April 19 – 1:30 p.m.

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

March 10 – 5:30 p.m.

April 14 – 5:30 p.m.

Ostomy Support Group

Lakeland Regional Medical Center

March 10 - - 6:00 p.m.

DATES TO REMEMBER IN MARCH 2016

March 1 – National Peanut Lovers Day

March 3 – World Book Day

March 4 - Employee Appreciation Day

March 6 – Mothering Day

March 8 - International Working Women’s Day

March 9 – Get Over It Day

March 11 – Johnny Appleseed Day

March 13 – Daylight Savings Time Day

March 15 – National Agriculture Day

March 16 – Freedom of Information Day

March 17 – St. Patrick’s Day

March 19 – Clients Day7

March 20 – Spring !

March 21 – Memory Day

March 23 – National Tamale Day

March 25 – National Medal of Honor Day

March 27 - EASTER

March 30 - Doctor’s 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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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