

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.



June 2018

(269) 429-3281

VOLUME XXV

ISSUE VI

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.

Happy Father's Day

DAD

He never wanted wealth or fame,
this quiet honest man,
yet he instilled within my heart
his simple life-style plan.

He searched himself to find the joy
that freely flower within,
erasing tears and childhood fears
with gentle hug and grin.

He taught respect of nature's plan
example was his tool,
the pattern for his dailywalk?
he used the "golden rule."

Janet Rumpf Wolfe



Happy
FATHER'S
DAY



BCCS Bulletin Board

BREAKING NEWS!!! WE ARE RELOCATING!

Look for us at the Marie Yeager Cancer Center in August 2018. We will remain Berrien County Cancer Service and will still offer the same great services to our community. This will enable us to be closer to many of our patients. More information to follow in next month's newsletter.

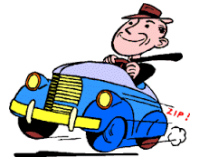
PENNIES FOR PATIENTS – THE POWER OF A PENNY!



We had a fun and eventful 29th Annual Pennies for Patients Day! The day started off with the familiar voice of Pat Moody from 6:00 – 9:00 a.m. on WSJM radio giving penny facts and interviewing BCCS staff and Board Members. All day long we were greeting many of you who came bearing wonderful gifts of pennies, nickels, dimes, quarters, dollars, and checks. Thank you to the St. John's United Church of Christ who hosted our Niles drop off site. We will have a final count in the July newsletter. What a wonderful, caring community we live in!

Stevensville 4 Corners

She's done again! Ashley Weber, our extraordinary volunteer organized to collect donations for Pennies for Patients Day at Stevensville's 4 Corners. If you were driving through that intersection on Friday, May 11th, you may have seen Ashley along with her family and friends including BCCS volunteers and staff. Over the past several years, Ashley has collected over \$12,000.00 for BCCS!!! She started with us as Miss Pre-Teen Southwest Michigan in 2010. What an amazing volunteer!



Bottoms up for a Cure Pub Run

Thank you to Aimee Foster and Team "Lucky Charms" for organizing the 8th Annual Pub Run. Despite the cold weather, they raised an amazing \$8,276 on Saturday, April 29th! Check out our Facebook page at Berrien County Cancer Service, Inc. for pictures and details of all the sponsors and donors who so generously contributed to make the Pub Run a success.

"TEAM UP AGAINST CANCER"

Grab your pompoms and join the fun at the St. Joseph High School varsity football game at Dickinson Stadium on Friday, September 28. This will be an exciting game for the St. Joe Bears vs. the Portage Central Mustangs. Food vendors, a survivor walk, memory ribbon formed on the field post-game, cancer resource information tables and a pink football jersey exchange for the sponsors will highlight the evening festivities. **To find out how you can order a Football Jersey or event T-shirt, please call Nancy at 269-429-3281.** All proceeds will go to assist local cancer patients in SW Michigan and will be distributed to the Berrien County Cancer Service and Marie Yeager Cancer Center. More information to follow in next month's newsletter or visit our Facebook page and website: www.bccancerservice.org.



ART PLAY WORKSHOPS

Thursday – June 14th and July 12th at Marie Yeager Cancer Center from 5:30-7:00 pm

Monday – June 11th and July 9th at Buchanan Art Center from 4:30-5:30 pm

These workshops are designed for families impacted by cancer and are designed for children and adults to learn side-by-side as they express themselves through art. 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 or visit our

website: www.bccancerservice.org or our FB page: Berrien County Cancer Service, Inc.



National Survivor's Day June 3, 2018

Who are Cancer Survivors?

The term "Cancer Survivor" commonly refers to someone who has a history of cancer. "Co-survivor" is a term sometimes used to describe a person who has cared for a friend or loved one with cancer.

The word "survivor" does not appeal to all people who have a history of cancer. The reasons for this vary. For instance, they may simply identify more with being "a person who has had cancer," or perhaps they are dealing with cancer every day and do not think of themselves as a survivor, but more as someone who is "living with cancer."

Living life with a history of cancer is unique for each person. Yet a common thread is true for most, that life is different after cancer.

Some common reactions to having had cancer are:

- I appreciate life more
- I have greater self-acceptance
- I feel more anxious about my health
- I don't know how to cope now that treatment is over

What is Survivorship?

"Cancer Survivorship" has at least 2 common meanings:

- Having no signs of cancer after finishing treatment
- Living with, through and beyond cancer. According to this definition, cancer survivorship begins at diagnosis and includes people who continue to have treatment over the long term, to either reduce the risk of recurrence or to manage chronic disease.

What are the Phases of Survivorship?

These three phases of survivorship describe the specific period a survivor is going through:

- Acute survivorship begins at diagnosis and goes through to the end of initial cancer treatment. Cancer treatment is the focus.
 - Extended survivorship begins at the end of initial cancer treatment and goes through the months after. The effects of cancer and treatment are the focus.
 - Permanent survivorship is the period when years have passed since cancer treatment
- Changed Relationships

When active treatment is over, some survivors' needs change and relationships may shift:

- Some friends may become closer, while others distance themselves
- Families can become overprotective or may have exhausted their ability to be supportive
- Ignored relationships problems prior to cancer diagnosis surface

What you can do:

- Realize the entire family changes from the cancer experience in ways they may not be aware of
- Work through these changes to get the support you need
- Maintain open and ongoing communication

Getting back to work:

Going back to a regular work schedule is a sign of getting back to normal routine and lifestyle. Most people need their job and the health insurance it provides.

People with cancer may:

- Work during treatment
- Take time off for treatment and return to work afterwards
- Be unable to return to work due to the effects of the cancer or its treatment

Adapted from: cancer.org

In Loving Memory

During April 2018, Memorial Donations were generously made by and for the following people:

In Memory of Mrs. Lois “Duke” Abbott

Marlene Kay Arend, Baroda
Rodger & Lynn Lockman, St. Joseph
Rich & Dee Potter, Uncasville CT

In Memory of Ronald Green

Beaudoin Electrical Construction Inc., Sodus
Mike & Denise Crockett, Benton Harbor
Barbara Orr, Benton Harbor
John & Amy Lowell, Watervliet
American Legion Post 362, Coloma

In Memory of Joan English

Doris Helm, Berrien Springs

In Memory of Robert Jones

Janice & Donald Jackson, St. Joseph
Rich Slaviek, St. Joseph
Ray & Shirley Truhn, Galien

In Memory Donna Machurick

Ronald & Charmain Hanners, St. Joseph

In Memory of David Lee Ponegalek

Janet Brecht, Stevensville
Michele Davis Wagner, Fort Myers FL
Terry & Debbie Glaske, Baroda
V. Olson, Stevensville
Peggy & Gerald Schaffer, Sawyer

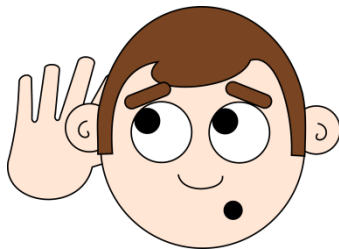
In Memory of Edward Schultz

Beverly & Dennis Soucek, Loveland CO

In Memory of Vicki Vitale

Ralph & Barbara Stelter, Bangor

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

When you talk,
you are only repeating what you already know.
But if you listen,
you may learn something new.

Unknown



Looking Ahead

BCCS SUPPORT GROUP – Stevensville

June 5 – 1:30 pm

July 3 – 1:30 pm

BCCS SUPPORT GROUP – Niles

June 19 – 1:30 pm

July 17 – 1:30 pm

RAINBOWS OF HOPE– St. Joseph

Marie Yeager Cancer Center

June 14 – 5:30 pm

July 12 – 5:30 pm

CHILD & FAMILY SUPPORT GROUP

Art Play Workshop

2nd Thursday at Marie Yeager Cancer Center

2nd Monday at the Buchanan Art Center

Visit www.bccancerservice.org or call

BCCS at 269-429-3281 for details

OSTOMY SUPPORT GROUP

Lakeland Regional Medical Center

June 14 – 6:00 pm

July 12 – 6:00 pm

DATES TO REMEMBER IN JUNE 2018

June 1 – Donut Day

June 3 – National Cancer Survivors Day

June 4 – Old Maids Day

June 6 – Global Running Day

June 8 – Upsy Daisy Day

June 9 – Donald Duck Day

June 11 – National Making Life Beautiful Day

June 14 – Flag Day

June 19 – Garfield the Cat Day

June 21 - First Day of Summer

June 23 - Let It Go Day

June 25 – Please Take My Kids to Work Day

June 28 - National Hand Shake Day

June 30 – NOW 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 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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Debra Hansen, R.N.		Kimberly Penney, R.N.

OFFICE STAFF:

Claudia Brister	Office Manager
Sarah Rodgers	Admin Assistant
Henrietta Hein	Office Clerk

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